

## NZF Course Descriptors

### Junior Coach Education Pathway

Course	<b>NZF Introduction to Junior Coaching Course</b>
Description	<p>This first step for new coaches provides information on how to organise a safe &amp; fun football session for players. It also provides over 30 easy to follow coaching activities that players will not only enjoy, but learn from too.</p> <p>It is a great starting point for beginner coaches looking for friendly advice on how and what to coach your junior players.</p>
Content Covered	<ul style="list-style-type: none"> <li>• The role of a game leader / coach</li> <li>• Introduction to football games &amp; activities</li> <li>• Meeting the needs of junior footballers</li> </ul>
Learner Resources	<p>CD Rom with information including:</p> <ul style="list-style-type: none"> <li>• Over 100 games &amp; activities for junior footballers</li> <li>• Additional information on junior footballers</li> </ul> <p>Each coach also receives access to NZF Football Online, providing additional resources including:</p> <ul style="list-style-type: none"> <li>• Weekly coaching session plans</li> <li>• Learn the rules of the game</li> </ul>
Duration	2 Hours
Suitable for	Beginner coaches working with grassroots players aged 4-12 years.
Pre requisite qualifications	None
Assessment Procedure	None
Cost	Free

Course	<b>NZF Junior Level 1 Coaching Award</b>
Description	<p>This course is perfect for people who are looking to improve their coaching and to develop their knowledge and understanding of how to work effectively with junior players.</p> <p>Looking at both the 'How' and 'What' of coaching junior footballers through an interactive and practical approach, as well as providing a comprehensive resource for coaches to take away and use with their players.</p>
Content Covered	<ul style="list-style-type: none"> <li>• What is an effective coaching session?</li> <li>• The qualities of a football coach working with junior players</li> <li>• Meeting junior footballers needs</li> </ul>
Learner Resources	<p>Learner Pack &amp; CD Rom with information including:</p> <ul style="list-style-type: none"> <li>• Over 50 new games &amp; activities for junior footballers</li> <li>• Ongoing coach development templates</li> </ul> <p>Each coach also receives access to NZF Football Online, providing additional resources including:</p> <ul style="list-style-type: none"> <li>• Key course content</li> <li>• Hints &amp; tips for game day</li> <li>• Learn the rules of junior football</li> </ul>
Duration	4 Hours
Suitable for	Beginner coaches working with grassroots players aged 4-12 years.
Pre requisite qualifications	NZF Introduction to Junior Coaching Course
Assessment Procedure	None
Cost	Federation price structure

Course	<b>NZF Junior Level 2 Coaching Award</b>
Description	<p>This coaching award is made up of four bite sized modules helping coaches to develop knowledge and skills in specific subject areas. These modules are perfect for developing coaches who want to increase their effectiveness in key areas of coaching relating to junior players.</p> <p>Coaches are able to select particular modules to suit their needs or complete the NZF Junior Level 2 Coaching Award by attending all four modules.</p>
Content Covered	<p>Module Topics are:</p> <ul style="list-style-type: none"> <li>• Player Centred Coaching (4 hours)</li> <li>• Developing Technique &amp; Skills (4 hours)</li> <li>• Football Fitness (2 hours)</li> <li>• Tactical Coaching (4 hours)</li> </ul>
Learner Resources	<p>Learner Pack for each module including:</p> <ul style="list-style-type: none"> <li>• Key course content</li> <li>• Additional information on module topic</li> <li>• Self Reflection Tasks</li> </ul>
Duration	14 hours
Suitable for	Developing coaches working with grassroots / talented players aged 7-12 years.
Pre requisite qualifications	NZF Junior Level 1 Coaching Award
Assessment Procedure	None
Cost	Federation price structure

Course	<b>NZF Junior Level 3 Coaching Award</b>
Description	This course is for coaches looking to provide a comprehensive programme for Junior Footballers, allowing them to flourish both as young players and as young people. Focusing on skill acquisition, it will provide coaches with the knowledge, tools and ability to create a development programme that ensures that all players are involved in appropriate activities and the appropriate times.
Content Covered	<ul style="list-style-type: none"> <li>• Skill acquisition</li> <li>• Analysis of players in the game</li> <li>• The coaching process</li> <li>• Planning a development programme</li> </ul>
Learner Resources	<p>Learner Pack and memory stick including information on:</p> <ul style="list-style-type: none"> <li>• Long Term Player Development Programme templates</li> <li>• Skill acquisition</li> <li>• Videos of Coach Educator session delivery</li> <li>• Videos of coaches session delivery</li> </ul>
Duration	50 Hours
Suitable for	Developing coaches working with grassroots / talented players aged 7-12 years.
Pre requisite qualifications	NZF Junior Level 2 Coaching Award (All four modules completed) NZF Youth Level 3 Coaching Award
Assessment Procedure	Video assessment Distance learning tasks
Cost	<p>\$1050</p> <p>Fee includes: Lunch, NZF Coach Education Apparel, Course Tuition, Support and Resources and Assessment</p>
Available	March 2015

## Youth Coach Education Pathway

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Course **NZF Youth Level 1 Coaching Award**

Description This course is ideal for coaches who want to work with groups of young players and provides a fantastic insight into how to coach Football at this important age. Full of modern coaching sessions that emphasise developing players in a fun environment, it is a great introduction for anyone with an interest in the youth game.

Content Covered

- The playing environment
- Meeting youth footballers' needs
- Dealing with difference
- How to progress / regress activities

Learner Resources Learner Pack & CD Rom with information including:

- Over 60 games & activities for youth footballers
- Ongoing coach development templates

Each coach also receives access to NZF Football Online, providing additional resources including:

- Weekly coaching session plans
- Attacking & defending principles
- Injury Prevention guidance
- Laws of the Game

Duration 4 Hours

Suitable for Beginner coaches working with grassroots players aged 13-19 years.

Pre requisite qualifications None

Assessment Procedure None

Cost Federation price structure

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Course	<b>NZF Youth Level 2 Coaching Award</b>
Description	<p>This course builds on knowledge learnt in the Youth Level 1 Football Coaching Award, offering the chance for enthusiastic coaches to holistically develop their players and ready them for the adult game. This course will help coaches develop their footballers not only as players, but as people too.</p> <p>Provided in a modular structure, coaches are able to select particular modules to suit their needs or complete the NZF Youth Level 2 Coaching Award by attending all four modules.</p>
Content Covered	<p>Module Topics are:</p> <ul style="list-style-type: none"> <li>• Player Centred Coaching (4 hours)</li> <li>• Developing Technique &amp; Skills (4 hours)</li> <li>• Football Fitness (4 hours)</li> <li>• Tactical Coaching (4 hours)</li> </ul>
Learner Resources	<p>Learner Pack for each module including:</p> <ul style="list-style-type: none"> <li>• Key course content</li> <li>• Additional information on module topic</li> <li>• Self Reflection Tasks</li> </ul>
Duration	16 Hours
Suitable for	Developing coaches working with grassroots / talented players aged 13-19 years.
Pre requisite qualifications	NZF Youth Level 1 Coaching Award
Assessment Procedure	None
Cost	Federation price structure

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Course	<b>NZF Youth Level 3 Coaching Award</b>
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Description	This course is for coaches looking to provide a complete coaching experience for youth footballers, enabling them to be all that they can be. With content developed from researching best practice methods from all over the world, this high level learning will allow coaches to design and conduct season long programmes for their players.
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| Content Covered | <ul style="list-style-type: none"><li>• Match analysis</li><li>• The objectives and structure of Football</li><li>• The NZF Philosophy and Vision</li><li>• The NZF Team Model</li><li>• The Professional Coach Model</li><li>• Periodised Planning</li><li>• Plan, prepare, conduct and evaluate a game training session</li><li>• Manage youth players</li><li>• Age appropriate, holistic development of youth footballers</li></ul> |
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Learner Resources	Learner Pack and memory stick including information on:
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- Coaches Portfolio
- Periodised programme templates
- Match analysis templates
- Practical session – self evaluation templates
- Course Workbook
- Videos of role model training sessions
- Videos of coaches session delivery

Duration	50 Hours (5 Days)
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Suitable for	Developing coaches working with talented players aged 13-19 years.
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Pre requisite qualifications	NZF Youth Level 2 Coaching Award (All four modules completed) or NZF Junior Level 3 Coaching Award
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Assessment Procedure	Video assessment – post course
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Cost	\$1050 Fee includes: Lunch, NZF Coach Education Apparel, Course Tuition, Support and Resources and Assessment <i>* the YL3CA runs concurrently with the SL2CA. This presents an ideal opportunity for coaches to complete both courses and can be undertaken by completing an additional day of instruction at a cost of \$140</i>
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Available

February 2015



## Senior Coach Education Pathway

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Course **NZF Senior Level 1 Coaching Award**

Description This first step for coaches of adult players provides information on how to organise enjoyable coaching sessions working on specific areas of technical development. Looking at areas such as “Warm Ups”, “What to do on Game Day” and “Benefits of Small Sided Games”, it is an informative starting point for coaches looking for guidance on the best way to coach adults.

Content Covered

- Structure of a coaching session
- Meeting adult footballers’ needs
- Warm Ups & Cool Downs
- Coaching Styles
- Designing coaching sessions for technical outcomes

Learner Resources Learner Pack with information including:

- Positional roles & responsibilities
- Fundamental Techniques
- Principles of Play
- Coaching session examples

Each coach also receives access to NZF Football Online, providing additional resources including:

- Post course information – “Learn the Rules”
- Weekly coaching sessions

Duration 8 Hours

Suitable for Beginner coaches working with grassroots senior players.

Pre requisite qualifications None

Assessment Procedure None

Cost Federation price structure

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Course **NZF Senior Level 2 Coaching Award**

Description Following on from the Senior Level 1 Coaching Award, this course focuses on analysing football and creating practices to help your team to improve. It also concentrates more on the “how” to coach adult players, meaning that coaches are able to apply coaching techniques at the right time to ensure team development.

Content Covered

- Match analysis
- The objectives and structure of Football
- The NZF Philosophy and Vision
- The NZF Team Model
- The Professional Coach Model
- Periodised Planning - Pre Season
- Developing a coaching process
- Plan, prepare, conduct and evaluate a game training session
- Manage Senior Players

Learner Resources Learner Pack and memory stick including information on:

- Coaches Portfolio
- The NZF Team Model
- Periodised programme templates
- Match analysis templates
- Practical session – self evaluation templates
- Course Workbook
- Videos of role model training sessions
- Videos of coaches session delivery

Duration 50 Hours (5 days)

Suitable for Developing coaches working with grassroots / talented senior players.

Pre requisite qualifications NZF Senior Level 1 Coaching Award

Assessment Procedure Video assessment

Cost \$1050  
Fee includes: Lunch, NZF Coach Education Apparel, Course Tuition, Support and Resources and Assessment  
*\* the SL2CA runs concurrently with the YL3CA. This presents an ideal opportunity for coaches to complete both courses and can be undertaken by completing an additional day of instruction at a cost of \$140*

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Course **NZF Senior Level 3 Coaching Award**

Description

The Senior Level 3 Coaching Award has been created to provide higher level learning for coaches wishing to offer their players the best training environment possible. Looking even deeper into areas covered in Senior Level 2 but also new subjects such as “Player & Team Management” and “Creating a Performance Culture”, this course will enable coaches to plan high level activities for a complete season.

The NZF Senior Level 3 Coaching Award has been accredited as the equivalent of a Oceania “B” License, ensuring that the qualification is recognised across the world.

- Content Covered
- Match analysis
  - The NZF Philosophy and Vision
  - The NZF Team Model
  - The Professional Coach Model
  - The application of the coaching process
  - Plan, prepare, conduct and evaluate a game training session
  - Communicating with senior footballers
  - Periodised Planning –Football conditioning for senior footballers
  - Match Management
  - Player & team management

- Learner Resources
- Learner Pack and memory stick including information on:
- Coaches Portfolio
  - NZF Team Model
  - Periodised programme templates
  - Match Analysis templates
  - Practical session – self evaluation templates
  - Videos of role model training sessions
  - Videos of coaches session delivery

Duration 120 Hours (12 Days)

Suitable for Advanced coaches working with higher level senior players and talented youth players aged 16 years and older.

Pre requisite qualifications NZF Senior Level 2 Coaching Award  
NZF Youth Level 3 Coaching Award  
Or overseas equivalent e.g UEFA/AFC C License

Assessment Procedure Video assessment                      Periodised Planning  
Laws of the game examination                      Match Planning

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Cost

\$2030

Fee includes: Lunch, NZF Coach Education Apparel, Course Tuition, Support and Resources and Assessment

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# Goalkeeping Coach Education Pathway

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Course **NZF Introduction to Goalkeeping Coaching**

Description The Introduction to Goalkeeping Coaching Course presents new or existing coaches with the opportunity to familiarize themselves with how to work with players in this important position. The course is designed to provide all attending with an introduction to the basics of coaching Goalkeepers, including the fundamental techniques to focus on.

Content Covered

- Qualities of a Goalkeeper coach
- Fundamentals techniques of Goalkeeping
- Fun games & activities to use with Goalkeepers

Learner Resources CD Rom including:

- Games & activities for GKs
- GK Fundamental Techniques Document

Each coach also receives access to NZF Football Online, providing additional resources including:

- Additional course content
- Online games & activities for GKs

Duration 3 Hours

Suitable for Beginner coaches working with grassroots GKs of any age.

Pre requisite qualifications None

Assessment Procedure None

Cost Federation Price Structure

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Course	<b>NZF Goalkeeping Level 1 Coaching Award</b>
Description	This course provides a deeper understanding on the GK fundamental techniques, as well as introducing advanced additions such as “Dealing with crosses” and “Dealing with 1v1s”. This course aims to show how coaches can bring these key aspects alive in a variety of game realistic GK sessions.
Content Covered	<ul style="list-style-type: none"> <li>• The role of the GK and required attributes</li> <li>• How to coach advanced GK techniques</li> <li>• Organising game awareness activities</li> <li>• Planning sessions for GK development</li> </ul>
Learner Resources	<p>CD Rom including:</p> <ul style="list-style-type: none"> <li>• 20 new games &amp; activities for GKs</li> <li>• GK Advanced Techniques Document</li> </ul> <p>Each coach also receives access to NZF Football Online, providing additional resources including:</p> <ul style="list-style-type: none"> <li>• Additional course content</li> <li>• Online games &amp; activities for GKs</li> </ul>
Duration	10 Hours
Suitable for	Beginner coaches working with grassroots GKs of any age.
Pre requisite qualifications	NZF Introduction to Goalkeeping Coaching
Assessment Procedure	None
Cost	Federation Price Structure
Available	July 2015

Course	<b>NZF Goalkeeping Level 2 Coaching Award</b>
Description	Following on from the GK Level 1 Coaching Award, this course focuses on the GKs role as part of the overall team. It also concentrates more on the “how” to coach GKs, meaning that coaches are able to apply techniques at the right time to ensure GK development.
Content Covered	<ul style="list-style-type: none"> <li>• Designing Functional practices</li> <li>• GKs as the 11<sup>th</sup> outfield player</li> <li>• GKs in the Mental / Social corner</li> </ul>
Learner Resources	Learner Pack and memory stick including information on: <ul style="list-style-type: none"> <li>• Functional practices for GKs</li> <li>• Game analysis templates</li> <li>• Videos of Coach Educator session delivery</li> </ul>
Duration	20 Hours
Suitable for	Developing GK coaches working with higher level youth & adult GKs.
Pre requisite qualifications	NZF Goalkeeping Level 1 Coaching Award
Assessment Procedure	Video Assessment
Cost	TBC
Available	March 2016

Course	<b>NZF Goalkeeping Level 3 Coaching Award</b>
Description	This course is for GK coaches looking to provide a complete coaching experience for their GKs, enabling them to be all that they can be. With content developed from researching best practice methods from all over the world, this high level learning will allow GK coaches to design holistic development programmes for their players.
Content Covered	<ul style="list-style-type: none"> <li>• Match and player analysis</li> <li>• Designing practices to aid GK development</li> <li>• Periodisation for peak performance</li> <li>• Conditioning for GKs</li> </ul>
Learner Resources	<p>Learner Pack and memory stick including information on:</p> <ul style="list-style-type: none"> <li>• Long Term Player Development Programme templates</li> <li>• Videos of role model training sessions</li> <li>• Videos of coaches session delivery</li> </ul>
Duration	50 Hours
Suitable for	Advanced GK coaches working with higher level GKs.
Pre requisite qualifications	NZF Goalkeeping Level 2 Coaching Award
Assessment Procedure	Video Assessment
Cost	TBC
Available	September 2016



## Futsal Coach Education Pathway

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Course **NZF Introduction to Coaching Futsal Course**

Description This course has been designed with a focus on working with recreational Futsal players. It provides beginner coaches with an insight into the game structure and the benefits that it can have for players involved. The Introduction to Coaching Futsal will be perfect for those looking to engage players a this fun, fast paced form of the game.

Content Covered

- Introduction to the game
- NZF coaching approach
- How Futsal aids player development

Learner Resources Each coach receives access to NZF Football Online, providing additional resources including:

- Additional course content
- Weekly Futsal coaching sessions

Duration 2 Hours

Suitable for Beginner Futsal coaches working with recreational players of all ages.

Pre requisite qualifications None

Assessment Procedure None

Cost Free

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Course **NZF Futsal Level 1 Coaching Award**

Description The Futsal Level 1 Coaching Award presents coaches with an informative guide to leading coaching sessions and taking a team on game day. The course is designed to provide Futsal coaches with the ability to design appropriate sessions as well as have an understanding of basic tactics and formations.

Content Covered

- Role of a Coach / Coaching Styles
- Futsal techniques
- Futsal formations
- Design & Delivery of technical practices

Learner Resources Learner Pack with information including:

- Futsal techniques
- Player roles & responsibilities
- Laws of the game

Each coach also receives access to NZF Football Online, providing additional resources including:

- Additional course content
- Weekly Futsal coaching sessions

Duration 4 Hours

Suitable for Beginner Futsal coaches working with community players of all ages.

Pre requisite qualifications NZF Introduction to Coaching Futsal Course

Assessment Procedure None

Cost Federation Price Structure

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Course	<b>NZF Futsal Level 2 Coaching Award</b>
Description	The Futsal Level 2 Coaching Award provides developing coaches with the next steps into leading teams in competitive game day environments. The course is designed to equip coaches with the ability to create and deliver variable defensive and offensive sessions.
Content Covered	<ul style="list-style-type: none"> <li>• Attacking &amp; defending principles</li> <li>• Futsal fitness</li> <li>• Player roles and responsibilities</li> <li>• Design &amp; delivery of team practices</li> </ul>
Learner Resources	<p>Learner Pack with information including:</p> <ul style="list-style-type: none"> <li>• Match analysis templates</li> <li>• Player roles &amp; responsibilities</li> <li>• Team Periodisation models</li> </ul> <p>Each coach also receives access to NZF Football Online, providing additional resources including:</p> <ul style="list-style-type: none"> <li>• Videos of Coach Educator session delivery</li> <li>• Weekly Futsal coaching sessions</li> </ul>
Duration	10 Hours
Suitable for	Developing Futsal coaches working with talented players of all ages.
Pre requisite qualifications	NZF Futsal Level 1 Coaching Award
Assessment Procedure	None
Cost	TBC

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Course **NZF Futsal Level 3 Coaching Award**

Description The Futsal Level 3 Coaching Award is for coaches aspiring to work at national league level and beyond. The course focuses on understanding Futsal from a high performance perspective where all elements of player development are finely tuned to produce a high performing environment on and off the court.

Content Covered

- Planning a season programme / Periodisation
- Set Plays
- Team & player management
- Game analysis
- Plan, prepare, conduct and evaluate a practice

Learner Resources Learner Pack and memory stick including information on:

- Periodisation programme templates
- Game analysis templates
- Videos of role model training sessions
- Videos of coaches session delivery

Duration 30 Hours

Suitable for Advanced Futsal coaches working with higher level teams.

Pre requisite qualifications NZF Futsal Level 2 Coaching Award

Assessment Procedure Video assessment

Cost TBC

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