



## FA Course – Working with Teams (Women only)

This is a pre Level 1 coaching course aimed at anyone planning to work with girls' Football teams (Open to Students aged 16 or over, Teachers, Teaching Assistants, and Parents).

- **Wednesday 3<sup>rd</sup> February 2010**
- **9.30am – 4.00pm**
- **Upper Clapton Rugby Club, Thornwood, Epping**
- **Theory and practical sessions so you need to wear appropriate clothing/ footwear**
- **Bring your own lunch**
- **Course resources provided**
- **Free of charge!**

Please advertise this course to anyone you feel may be interested.

If there is enough of a take up of this course, we are hoping to organise an FA level 1 Coaching Course in the near future for women only.

To book a place, please complete the attached form and return to the Specialism Office, Davenant Foundation School, fax number 020 84986713.

For further information, please contact Julia Gardiner, West Essex PDM at [juliag@davenant.com](mailto:juliag@davenant.com) or 0208 498 6711.



## **Course Information: Working with Teams (Women Only)**

- **Minimum Age:** 16
- **Course Duration:** 6 hours
- **Course Prerequisites:** None
- **Course aims and objectives:**
  - To understand best practice in relation to running school/junior club teams and player development
  - To understand player development and pupil learning and the contribution being part of a school/junior club team can make to these areas
  - To understand how teachers/coaches actions can contribute/detract from the learning environment/experience
  - To enhance teachers/coaches/leaders tactical and technical knowledge
  - To enhance teachers/coaches/leaders communication/listening skills
  - To understand how learning can impact on each individuals work practices

### **Course Content:**

**Theory:** The course will introduce some key aspects in the following:

- Organisation – health and safety around running teams/codes of conduct
- Philosophy including FA LTPD 4 corners model
- Psychology – understanding communication and team talks
- Practical planning – understanding basic strategies and tactics
- Practical planning 2 - Identifying own teams and oppositions strengths and weaknesses

**Practical:** Practical elements of the course will provide an introduction to:

- Understanding the 3 key moments of the game
- Understand warm ups and cool downs – LTPD
- Understand formations of teams of 6,7 or 8 players
- To identify and implement simple strategies and tactics in relation to the changing circumstances in the game



To book your place fax to Specialism Office, Davenant  
Foundation School on 02084986713

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Name \_\_\_\_\_

School/ college \_\_\_\_\_

Position \_\_\_\_\_

Email address \_\_\_\_\_

Contact telephone number \_\_\_\_\_

Emergency contact number \_\_\_\_\_

Medical conditions \_\_\_\_\_

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