



# FAI GRASSROOTS SENIOR INTRODUCTORY

## INTRODUCTION TO COACHING

### AIM:

To introduce coaches/managers to their role in coaching adult players (17 years plus), and to assist them to prepare, plan and implement functional practices and conditioned games for the 11 aside game.

### OBJECTIVES:

To provide coaches with the ability to:

- Identify and develop coaching skills for the adult game.
- Communicate, relate with and motivate the current senior grassroots adult player.
- Introduce warm-ups, basic soccer specific conditioning and technical and tactical functional practices.
- Apply appropriate training/ coaching methods to progress players from the small-sided game to the 11 aside game.
- Identify and apply principles of play in attack, defence and set-pieces.

### ENTRY REQUIREMENTS:

Course candidates will be Coaches or those with aspirations of coaching senior grassroots football for adults, with or without coaching certificates. Grassroots senior introductory is part of an Introduction to coaching programme within the FAI's Coach Education Scheme.

### DURATION/FORMAT:

18 contact hours. There are practical aspects of the course, therefore please bring appropriate attire for both indoor and outdoor facilities.

### ASSESSMENT:

No formal assessment required. Full attendance is compulsory to gain certification.

### COURSE FEE:

**€75 per person.** All fees must be fully paid to the course Co-ordinator in full by commencement of course.

### CONTACT:

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