



# COACH EDUCATION

## A DIPLOMA SYLLABUS



Concacaf



# COACH PROFILE

Canada Soccer A Diploma holders will have a clear understanding of player, team and staff development at the youth and amateur senior level, and must demonstrate competency in the following areas:

## Coach

- Assess own needs and creates a professional development plan
- Works predominantly as the head coach of elite youth or top amateur teams or in some cases as a member of the coaching staff at the professional level
- Understands the club's philosophy, values, style of play and game model
- Collaborates with coaching staff within the club or team
- Reflects on personal performance and creates action plan

## Players and Team

- Plans, executes, and supports individual player development, including their own objectives, and complying with the club's development plan
- Understands the goal setting process for teams and players
- Understands and utilizing the club's player profile
- Works with players from diverse backgrounds
- Manages and evaluates the team and player in all aspects of performance

## Training Environment

- Assesses team and players' needs and identifying developmentally appropriate training goals and objectives aligned with the game model in Elite Youth and Top Amateur Football environment
- Understands and applying the principles of planning for the team and individuals - cycles in the season
- Plans, organizes, implements, and analyzes developmentally appropriate training sessions in the week aligned with the game model, the periodization plan and upcoming opponent characteristics
- Designs, organizes, implements, and analyzes training sessions focused on individual development/ position specific
- Monitors and analyzes team and players in cooperation with other club/staff members (performance analysts, fitness/sport scientists, medical and other performance staff)

## Match Performance

- Analyzes team and individual performance in a match
- Utilizes the match analysis and creates a pre match plan aligned with the club's game model, taking the opponent into account
- Analyzes multiple matches as an evaluation and learning tool for individual players and the team throughout the season
- Integrates the match plan during the team during the training week
- Determines players readiness and prepares the team for a match through a pre-match talk and warm up routine in collaboration with the high-performance staff
- Reflects in action during the match, prepares for half time and makes adjustment when needed
- Analyzes performance and reflects with team and staff

# LEARNING COMPETENCIES

Competences	Module	Hours of Education
Understanding the role of the coach of elite youth and top amateur players	Welcome and Philosophy of Canada Soccer A Diploma	3.0hrs
Assessing oneself as a coach in the elite youth and top amateur environment	Baseline, Midpoint & Final Video Tasks	24.0hrs
	Transformational Coaching Reflection	3.0hrs
	Learning Through Reflection (Part 1)	2.0hrs
Understanding the roles and responsibilities of a coach in an elite youth and top amateur environment	Philosophical Alignment	3.0 hrs
Building, implementing, monitoring, and evaluating a professional development plan and a coaching philosophy	Personal Development Planning Task	4.0 hrs
Understanding the trends of the match at the international level	Match Observation Pre-course Task	4.0 hrs
Recognizing the differences between styles of play	The Modern Game	8.0 hrs
Understanding the laws of the game	Laws of the Game Task/Test	3.0 hrs
Assessing the club/team's performance environment	Planning for Performance	3.0 hrs
Collaborating with the coaching staff to create a high-performance culture aligned with the club policies and philosophy		
Collaborating with coaching staff in building, implementing, monitoring, and evaluating a game model	Competent Communication (Part 1)	2.0hrs
	Understanding Generation Z	3.0 hrs
Supporting the coaching staff in professional development	NCCP Mentorship	8.0hrs

# LEARNING OUTCOMES

Competences	Module	Hours of Education
Assessing and identifying the needs of players in relation to the player profile and positional profiles	Performance Analysis of the Player	4.0 hrs
Assessing and identifying the needs of the team in a performance environment	Performance Analysis of the Team	4.0 hrs
Utilizing the club's player profile to co-create individual development plan with the player and high-performance staff	Player & Team Analysis Task	8.0 hrs
Building, implementing, monitoring, and evaluating the team development plan		
Collaborating with coaching staff to establish guidelines to Implement, monitor and review the progress of individual development	Safe Sport: Logistical Alignment	4.0 hrs
Collaborating with staff in management of player movement between environments (i.e., between age groups)		
Promoting the health and performance benefits of good lifestyle habits, e.g., nutrition, hydration, sleep	Safe Sport: Physical Alignment	3.0 hrs
Understanding the principles of rehabilitation, return to exercise, return to training, return to play and performance	Rest, Recovery, & Regenerate	2.0 hrs
Facilitating an environment for the optimal development of the players' growth mindset and its elements of learning, commitment, effort, resilience, and self-regulation	Safe Sport: Psychological Alignment	3.0 hrs
Understanding the pressures associated with the performance environment and how they influence players	Safe Sport: Social-Emotional Alignment	3.0 hrs
Understanding the team development process	Developing a Dynamic & Cohesive Team	2.0 hrs
Establishing roles and responsibilities for the player(s) and the coaching staff	Facilitating Group Process	2.0 hrs
Co-Creating team values and set standards to create a team culture aligned with the club's code of conduct		
Utilizing effective communication and management strategies in various situations involving players, coaches, or support staff.	Competent Communication (Part 2)	2.0 hrs



# LEARNING OUTCOMES

Competences	Module	Hours of Education
Understand the principles of planning for the season and the development of the phases of the process	Periodization	3.0 hrs
Understand the principles of planning for the team and individuals - progressing player development relative to style of play	Systems, Strategies & Tactical Roles	3.0 hrs
Collaborate with the high-performance department to identify optimal training cycles relative to the season schedule	Designing a Season Plan Task	8.0 hrs
Collaborate with your staff to plan and prepare your methodological steps within the session/activities. Prepare a variety of coaching actions and behaviors to create a reality-based learning environment		
Collaborate with the high-performance department to understand the purposes of testing: the selection of tests, the use of data to support player management from performance through injury, and player monitoring	Introduction to Performance Analysis	2.0 hrs
Understand the influence of Style of play on the demands of the match - The connection between demand, fatigue, and fitness relative to style of play	Performance Analysis of the Match	4.0 hrs
Assessing and identifying a training model and methodology with training objectives in a season plan	Performance Analysis in Training	4.0 hrs
Assessing the demands of the game model and individual player and team needs		
Analyze team and individual performances across time in training sessions to decide if adjustments are needed	Training Session Effectiveness Audit Task	4.0 hrs
Use subjective and objective data to assess training - effectiveness of the training design, the coach, and the staff. Identify gaps and recognize areas of improvement for next session		
Understanding and apply training workloads, recovery, and fitness testing to produce a safe, balanced physical programmed	Physical Preparation (Part 1)	4.0 hrs
	Physical Preparation (Part 2)	4.0 hrs

# LEARNING OUTCOMES

Competences	Module	Hours of Education
Design different types of reality-based team and individualized training sessions adapted to the position profile, players' level, and stage of development	B Licence Revisited: Attacking Organization	4.0 hrs
	B Licence Revisited: Defensive Organization	4.0 hrs
Select appropriate activities and game forms to achieve the session and the week's objectives. Integrate the expected demand and opportunities presented by the opponent  Integrating the match plan during the training week plan	Design a 10 Day Camp Task	20.0hrs
	Portfolio: Practice Session Planning Task	6.0hrs
Define developmentally appropriate reality-based training session goals and objectives for the team and individuals aligned with the development of the game model, position profile and the upcoming opponent's characteristics	Refining Your Training Model Task	6.0hrs
Define post-training sessions reflection routine and procedures to enhance individual and team performance		
Implement, monitor, and evaluate a realistic training sessions/activities for the team and individuals with your high-performance staff  Orient and engage players with planned coaching methods/ behavior to help players recognize the Identified match situation and the key moments (intensity/complexity) and execute appropriate decisions  Preparing individual players and the team, in collaboration with support staff, for optimal match performance, e.g., team selection, match plans, team talks, etc	Build Up	6.0 hrs
	Break Down	6.0 hrs
	Final Acts	6.0 hrs
	Pressing	6.0 hrs
	Mid & Low Blocks	6.0 hrs
	Denying Final Acts	6.0 hrs
Knowing and using modern analytical tools before, during, and after the match  Analyzing team trends, strength, and weakness over multiple matches  Determine key performance indicators and processes to collect data during the match	Analyzing Your Opposition	4.0 hrs
	Analyzing Your Team	4.0 hrs



# LEARNING OUTCOMES

Competences	Module	Hours of Education
Reading and analyzing the match (own team and opponents) based on player and team tasks	Planning for Match Day	8.0 hrs
Utilizing the conclusion of the team and individual player analysis to prepare a match plan		
Considering individual readiness (All the controllable performance-influencing factors -nutrition, hydration, sleep, emotions, and others)	Designing A Match Day Plan Task	4.0 hrs
Design and develop before, during, and post-match talks, reflection routines, and processes	Working With Generation Z	2.0 hrs
Designing the match plan in collaboration with coaching staff Preparing the match plan in collaboration with coaching staff		
Collaborating with coaching staff when preparing individual players and team for the match (Pre-match talk, warm up routines, and check for player readiness)	Implementing the Match Plan	8.0 hrs
Observe reflect in action and determining adjustment or instruction for the team or individuals in match		
Manage half time and facilitate discussion with team and players and consider possible adjustments to second half		
Utilizing various methods of communication to guide the player(s) during the match		
Support players autonomy and individual decision-making		
Analyze team and individual performances across time in matches to decide if adjustments are needed	Learning Through Reflection (Part 2)	2.0 hrs
Evaluating the match in cooperation with coaching staff	The Match Report	2.0 hrs
Supporting the players to evaluate their own performance and connect to the individual development plan		
Analyze and reflect on your influence on individual performance	Compiling a Match Report Task	4.0 hrs

# ASSESSMENT OF COMPETENCY

Canada Soccer A Diploma holders will be required to complete formative and summative assignments demonstrating understanding and application of essential theories and practice.

## Coach

- Lead oneself: create a personal philosophy
- Leading others: A high performance plan based on the philosophy of the club - Youth Elite and Top Amateur
- Keep a logbook of experiences and assignments linked to the course

## Players and Team

- Collaborate with the coaching staff to influence player development and performance
- Collaborate with the coaching staff to influence team development and performance

## Training Environment

- Develop cycles within the season with the High-performance department
- Develop weekly plans with appropriate reality-based training session goals and objectives
- Design training sessions based on individual and team needs
- Execute and reflect on training sessions based on the week objectives

## Match Performance

- Analyze team and individual performance in a match
- Planning - Create a match plan
- Execution - Implement and adapt the match plan
- Analyzing team and individual performance after the match