



COACH EDUCATION

C DIPLOMA SYLLABUS



Concacaf

COACH PROFILE

The coach profile is a combination of the knowledge, skills, and attitudes that we hope the coach develops or has reinforced upon completion of the C Diploma.

Grassroots Coach

- Assess own needs and understand goal setting process
- Knowledge of the grassroots environment
- Facilitating a positive learning experience for all players
- Creating an environment that encourages people of all ages, genders, races, backgrounds, levels, and abilities to play the game of football
- Developing a player-centred approach to coaching and player development
- Reflects on personal experiences

Players and Team

- Assess the players needs and team needs in the Grassroots environment
- Promoting the holistic development of players and the team
- Developing positive values and attitudes in players toward the game and life in general
- Inspiring a lifelong commitment to the game both on and off the field
- Reflect on team development process

Training Environment

- Assessing player and team needs and identifying developmentally appropriate training goals and objectives in a grassroots environment
- Planning and designing the training week, sessions, and activities
- Implementing and monitoring the principles of planning to deliver training sessions and activities within the week
- Analyzing and reflecting

Match Performance

- Understands the coaching process and how to connect the training week to the match
- Utilizing various game formats to teach the game and promote enjoyment
- Creating a safe and inclusive game day environment
- Analysis and reflects on own performance

LEARNING OUTCOMES

Competences	Module	Hours of Education
Understands and builds a grassroots coaching philosophy	Developing a Coaching Philosophy	3.0hrs
Understands the importance to continue to develop as a person and as a professional. Promoting lifelong learning.		
Understand what is grassroots soccer	The Grassroots Game	3.0 hrs
Understands how the LTPD framework aligns with grassroots soccer		
Understanding the characteristics and structure of the game		
The characteristics of players: ages and stages of development – social, physical, psychological and footballing abilities.	Understanding the Grassroots Player	3.0 hrs
Understanding the importance to develop the holistic needs of player		
Understanding how to develop skillful players		
Communicating effectively, providing feedback and building rapport with stakeholders in the grassroots environment.	The Role of the Grassroots Coach	3.0 hrs
Creating a positive fun-filled learning environment for all participants regardless of physical abilities, gender, background, age etc., while inspiring longevity in the game both on and off the field.		
Understand the Canada Soccer Safe Sport Roster'		
Modeling positive attitudes, values and self regulation when communicating with others on and off the field.	Transformational Coaching	3.0 hrs
Understands the importance of players' health, care and welfare.		
Understands social influences that impact the players and teams		
Building relationships and a collaborative spirit between the coach and players, and among players.		

LEARNING OUTCOMES

Competences	Module	Hours of Education
Developing the grassroots player's physical abilities: agility, stability, coordination, speed, strength, power, endurance.	Developing Athletic Abilities	3.0 hrs
Enhancing fundamental movement skills: object control, locomotor and non-locomotor.		
Promoting a development approach rather than focusing on winning.	Observation of Competency	2.0 hrs
Understand the C Diploma Coach Profile		
Promoting environments that encourage decision making, fun and participation.	Positive Grassroots On-Field Environments	2.0 hrs
Preparing clear outcomes for the training sessions, while understanding the different returns for different types of training sessions.		
Allowing players to be involved in self-discovery, in an environment where mistakes are allowed.		
Improving players individual technical and tactical abilities.		
Utilizes tools to foster mental skills such as resilience, growth mindset, creativity, self-confidence, problem-solving, decision-making and leadership	Transformational Coaching in the Grassroots Environment	2.0 hrs
Promoting environments that encourage decision making, fun and participation.		
Understanding the role of the coach in building relationships		
Exhibits and models inclusive behaviour on and off the field.		
Understands and can apply the structure and phases of training.	Applying Training Principles in Warm-Ups	2.0 hrs
Understands and can apply training principles (specificity, individualization, progression, variety, etc.) to training sessions.		

LEARNING OUTCOMES

Competences	Module	Hours of Education
Understanding training methodology (assess and identify, plan, implement and analyze and reflect)	Practice Theory and Relating to the Game	2.0 hrs
Understanding the different types of training sessions in a weekly plan		
Understands effective structures of training sessions.		
Understanding the Canada Soccer 'Environment Design' Framework		
Understands and can coach the basic principles of the game: attacking, defending, and transition.	Exploring the Attacking Principles of the Game	2.0 hrs
Understands and can coach the basic principles of the game: attacking, defending, and transition.	Exploring the Defensive Principles of the Game	2.0 hrs
Understanding the important logistics that need to be considered when planning a practice session plan	Effective Practice Session Planning	10.0 hrs
Understanding how to develop objectives and learning intentions based on the grassroots environment and the needs of the individual player, group of players and/ or team.		
Selecting appropriate activities based on the objective of training session.		
Planning and preparing a variety of teaching (coaching) methods (or actions).		
Organizing a safe, developmentally appropriate, reality-based, and positive training environment.		

LEARNING OUTCOMES

Competences	Module	Hours of Education
Understands the contemporary grassroots player	Coaching the Grassroots Player	8.0hrs
Understands the Canada Soccer Coaching Process Framework		
Understands and can apply different methods of teaching and coaching (guided discovery, directing demonstration, interventions, organization, differentiation etc...) to develop technical and tactical skills		
Observing and adjust the activities/session related to player and team needs and training session goals (reflection-in-action) .		
Building relationships and a collaborative spirit between the coach and players, and among players.		
Review training session objectives and reflect on own performance		
Understands small-sided games: structure, benefits, principles, rules.	Importance of Small-Sided Games	4.0hrs
Promoting environments that encourage decision making, fun and participation.		
Understands and can coach the basic principles of the game: attacking, defending, and transition.		
Understands the characteristics of a team.	Understanding the Roles and Responsibilities of the Team	4.0hrs
Understands different game formats - team/player preparation, selection, and structure.		
Understands and can coach the basic principles of the game: attacking, defending, and transition.		

LEARNING OUTCOMES

Competences	Module	Hours of Education
Understands the elements of a match plan at the grassroots level.	Prepare Manage and Coach a Match Day Plan	4.0 hrs
Aligning the weekly training objectives and the match plan.		
Understands the internal and external factors that influence the match plan.		
Identifying and presenting the starting lineup, system, and basic tactics/strategies and managing game time.		
Transformational Coaching behaviours before, during and post match.		
Emphasizing on enjoyment and participation		
Observing a Match		
Discussing the game objective with the players post match		
Understands and can prepare a weekly plan appropriate for the grassroots football environment and the needs of the individual player, group of players and/or team: structure, writing objectives and basic periodization guidelines.	Developing Weekly Plans (Micro Cycle)	2.0 hrs
Applies the Integration of a weekly plan and the training session(s).		

ASSESSMENT OF COMPETENCY

Canada Soccer C Diploma holders will be required to complete formative and summative assignments demonstrating understanding and application of essential theories and practices:

Grassroots Coach

- Develops a grassroots coaching philosophy aligned to the role of the grassroots coach.
- Creates a personal development plan.

Players and Team

- Understands the characteristic of players, ages and stages of development and how they influence long term player development.
- Understands how to create and maintain a safe environment for players and team.

Training Environment

- Understands how to incorporate basic training methods and principles in the planning and delivery of training sessions.
- Develops a weekly plan with specific objectives based on the grassroots environment.
- Plan training session plans based on specific objectives for the grassroots environment and needs of the individual player, group of players and/or team.
- Delivers an effective training session based on a specific objective related to the grassroots environment.
- Utilizes reflective practice to evaluate of training session.

Match Performance

- Develops and prepares players for a match based on the week's objectives in a grassroots environment.
- Executes a plan for the match based on training week objectives based on the grassroots environment and motivates players during the game.
- Analyze and reflect the game