

## Introduction to 1st4sport and Qualification Purpose Statement for the 1st4sport Level 1 Award in Coaching Football

Regulation		Qualification No.	Level	GLHs <sup>1</sup>	TQT <sup>2</sup>
Qualification title:	1st4sport Level 1 Award in Coaching Football	<a href="#">601/8885/6</a>	1	33	43
Qualification details:	Operational start date	1 August 2016			
	Review date	31 December 2020			
	Registration Period	2 Years			
Overview					
Introduction	<p>This qualification is solely awarded by 1st4sport Qualifications as the recognised awarding organisation regulated by Ofqual in England; CCEA in Northern Ireland, and by <i>Qualifications Wales</i> in Wales. The qualification is part of the Regulated Qualifications Framework (RQF); the content is derived from the National Occupational Standards for Sports Coaching (2014) and the industries agreed common content for coaching. The components and technical content have been developed with The Football Association (The FA), the technical lead agency for football coaching in England. This qualification forms part of The Football Association’s UKCC-endorsed coach education programme. It is designed to prepare aspiring coaches (who are able to deliver independently if over 18 years old) for employment in paid or voluntary roles within the grassroots game, delivering football-coaching sessions to players of all ages, promoting a love of the ball and the game. It is the entry point to the football coach education curriculum and is designed to be the first touch point in a lifelong journey of learning for any aspiring football coach. The qualification sits within The FA’s progressive suite of football coaching qualifications.</p> <p>The qualification and its components are listed on the <i>Register of Regulated Qualifications</i>; component details are contained in the appendix to this specification. This qualification is equivalent to Level 2 on the European Qualifications Framework (EQF). Further information about the EQF can be found at: <a href="http://ec.europa.eu/eqf/home_en.htm">http://ec.europa.eu/eqf/home_en.htm</a></p>				

<sup>1</sup> Guided Learning Hours. GLHs for a specific qualification are defined as the number of hours of largely face-to-face tuition and assessment on-course; this includes all time spent on course-based learning and assessment activities.

<sup>2</sup> Total Qualification Time. TQT for a specific qualification is defined as the total number of notional hours required to achieve the qualification; this includes the GLHs, plus all off-course directed study time, including any time taken to complete any remote working/research/evidence generating activities.

Objective	<p>This qualification is designed to provide benefit to learners on the basis that it prepares them for employment as a Level 1 football coach, usually within the grassroots game and local junior clubs. A Level 1 coach is able to plan, deliver and review individual football coaching sessions. They are able to lead sessions independently if they are over the age of 18. Through the completion of the learning programme for this qualification, learners will be introduced to the practical and theoretical aspects of planning, delivering and reviewing individual football coaching sessions. The foundation level of knowledge and skills developed through this qualification will enable learners to create safe and fun coaching <i>sessions</i> through building, developing and extending a series of linked <i>practices</i>. Learners will be introduced to basic game formats and key rules, and the basics of the England DNA coaching fundamentals and playing principles through completion of four mandatory components; How We Coach, How We Play, The Future Player and How We Support. These components are further broken down into 16 modules of learning which cover topics such as; The Role of the Coach at level 1, Long Term Player Development (LTPD), Creating the Environment, How Players Learn, Leadership and Management, and Reflective Practice.</p>				
Structure	<p>This qualification consists of four mandatory components. Learners must successfully complete all mandatory components.</p>				
	Component title	Component aim	Accreditation no.	Level	GLHs
	How we coach football	To provide coaches with the opportunity to create their own coaching philosophy and style, developing skills and qualities required to coach football. Coaches will learn about the different ways that players learn and how this is linked to the stages of player development, helping them create engaging and positive learning environments, supporting them to become an excellent teacher of the game.	H/508/4901	1	14
	How we play football	To support coaches develop technical and tactical knowledge of the game, helping them link practice to competition, recognising the suitable balance of planning, doing and reviewing as part of their role within their own context. Coaches will learn about level appropriate technical detail associated with the England DNA.	K/508/4902	1	7
How we support in football	To enable football coaches to recognise the contribution of significant others (eg parents) and members of the multi-disciplinary team (eg sports scientists), who support player development, appropriate to each stage of the player development pathway. Coaches will grasp how building relationships with those individuals and/or groups of people	M/508/4903	1	5	

		helps to create and sustain the appropriate support mechanisms for players throughout their development journey. The unit will help coaches make the most of resources available in order to create a positive learning environment for players.			
	The future football player	To provide coaches with the knowledge, understanding and skills required to support the development of English players who are creative, innovative and excellent decision makers, with the capability of developing to their full potential. The component will introduce and promote the concept of players taking ownership of their own learning, and consider how coaches must be able to deal with difference in order to ensure individual player needs are met, promoting learning and development in line with The FA 4 Corner Model.	T/508/4904	1	7
Training and assessment	<p>Achievement of the qualification is normally through attendance on a course of learning and assessment. The assessment specification requires learners to:</p> <ul style="list-style-type: none"> <li>• complete a series of assessed tasks contained within their learning journal provided by The FA and/or located on The FA Learner Management System (LMS)</li> <li>• complete a series of eLearning modules located on The FA Learner Management System (LMS)</li> <li>• demonstrate their ability to coach football for minimum of 15-minutes which can be made up of multiple small practices on separate occasions or a single continuous 15-minute session.</li> </ul> <p>The learning journal, eLearning modules and practical demonstrations of football coaching are inclusive of all assessment criteria. Successful completion will result in the achievement of the qualification.</p>				

Progression	
Entry routes for learners	<p>Prior to registration for the qualification learners are required to:</p> <ul style="list-style-type: none"> <li>be accurately identified</li> <li>be at least 15 years of age</li> <li>be able to communicate effectively in English<sup>3</sup> (this includes listening, speaking, reading and writing).</li> </ul> <p>Prior to certification for the qualification, learners are required to:</p> <ul style="list-style-type: none"> <li>be at least 16 years of age</li> <li>hold as a minimum a current FA Emergency Aid Certificate</li> <li>hold a current completion certificate for The FA Workshop <i>Safeguarding Children in Football</i> (Alternative arrangements are available for learners under the age of 18 years of age).</li> </ul>
Exit routes for learners: Into education	<p>The qualification will enable successful learners, who have practiced and developed their skills in the role of a Level 1 coach, to progress to the 1st4sport Level 2 Certificate in Coaching Football.</p> <p>The skills and knowledge developed may also be used to enable learners to progress to other industry-relevant qualifications in coaching other sports, physical activity, activity leadership, supporting PE in school sport and sport development.</p>
Exit routes for learners: Into employment	<p>This qualification leads to paid or voluntary roles in coaching football, usually within the grassroots game and local junior clubs. The knowledge and skills developed through this qualification may also be used to enable learners to progress to other industry-relevant roles in sports coaching, activity leadership, Sports Official, Sports Volunteer, supporting Physical Education in schools and sport development.</p>

<sup>3</sup> Learners must be able to understand the requirements of, and produce the evidence required for, the qualification and the information within the qualification materials in English without assistance. Where there is demand, this qualification may also be available in Welsh or Irish.

Market and Support	
Target Audience: Learners	The qualification is designed for those who wish to begin an involvement and potentially begin a career pathway in coaching football through coaching individual sessions. It is directed at learners who have a particular interest in football.
Target audience: Centres	The qualification is designed to be delivered through a range of centres which include (but is not limited to) County Football Associations, colleges, training providers and schools.
Target Audience: Employers	The qualification is designed to support employers in the sport, active leisure and physical activity sector; supporting development pathways of employees and volunteers. Qualified and competent employees and volunteers in this sector supports the professionalization of the industry, ensures quality assured services and duty of care to stakeholders.
Alternatives:	<p>Learners without a particular interest in coaching football may consider such qualifications as the <i>1st4sport Level 1 Award for Sports Activators</i>, which focuses on participation in physical activity, rather than sport-specific coaching and may be more appropriate if a learner is looking to deliver sessions focussed on increasing participation in physical activity, rather than delivering sport-specific technical coaching.</p> <p>The 1st4sport Level 1 Award in Coaching Football focuses on the role and skills required to be a football session coach, working in a structured coaching environment and with the support of more qualified coaches.</p> <p>1st4sport awards a number of sport-specific coaching qualifications. A list of our coaching qualifications can be found <a href="#">here</a>.</p>
Support:	The qualification is recognised as the industry standard level 1 qualification for coaching football in England by The FA. It is also recognised as the sole qualification for those looking to begin a career in coaching football by a range of employers, supported by many organisations including; the County Football Associations; professional, semi-professional and amateur football clubs; schools; and colleges. The qualification is a component of The FA's UKCC-endorsed coach education programme. The support is focused on the benefits of the qualification for learners, the objective of the qualification and the predicted learner demand. This information was gathered through valid research and consultation with a range of stakeholders including <a href="#">The Football Association</a> and <a href="#">sports coach UK</a> .