

Bridging Resources for
Year 11 Applicants:
BTEC Level 3
National Extended
Diploma in Sports
Coaching and
Development (Football)



St John Rigby College



BTEC Level 3 National Extended Diploma in Sports Coaching and Development (Football)

(3 A Level Equivalent)

Year 12 Sept. 2020 Transition Tasks

Firstly, thank-you for choosing to access this resource as part of your preparation for joining St. John Rigby College Sport Department in September 2020. We know that these are challenging circumstances for you to be in at the minute, and making the decision to prepare for next year will hopefully mean you can make a really positive start to the course.

The purpose of this resource is to give you an insight into the type of activities which you may undertake as part of the BTEC Level 3 National Extended Diploma in Football Coaching and Development.

Whilst studying on this course, students will undertake 12 units of work, each of which come together to provide an enhanced knowledge and understanding of the role of coaching and development in Football.

This resource takes some areas of a number of units indirectly and puts them together in the form of a project. The work in this resource has not been taken directly from the specification, therefore students who don't have the opportunity to complete each task won't be disadvantaged when you start your studies with us. Hopefully it will be interesting, useful and can be used to supplement knowledge and assessment both next year and beyond.

If you have any questions or you want to discuss any of the tasks more, please don't hesitate to contact the Head of Department, Reyanna Leonard: Reyanna.leonard@sjr.ac.uk.

Football Coaching and Development – Coaching Project

Introduction

Football is one of the most popular sports and past times and is enjoyed by so many around the world. With large amounts of support comes the need to ensure that the sport remains exciting and entertaining for all. Therefore, it is becoming more and more important for those involved in football to become more qualified, more knowledgeable and ultimately be able to provide more entertainment. Coaches/Managers in football, are one of the key fundamental aspects of ensuring that football continues to improve, develop and increase in popularity.

Your Task

Having chosen to study this course, we know you will already have a great appreciation for the game of football... BUT... what does it actually take to be a coach that works and is respected at the top level?

You are therefore going to be discovering areas of exactly that question...

‘What does it take to become a coach in the highest levels of football? How do you get there and more importantly, how do you stay there?’

Research ideas:

- Read an autobiography written by a coach(es)/manager(s) of your choice. What is their story behind becoming a football coach?
- Find newspaper articles with interviews from a range of coaches/managers.
- Read any blogs written by coaches/managers.
- Watch any documentaries about football coaches/managers.

From your research complete the following short tasks:

Task	Detail	Complete ✓ or ✗
Task 1	Newspaper article: Coach/Manager of your choice.	
Task 2 (part a)	Roles and Responsibilities of football coaches/managers.	
Task 2 (part b)	Self-Analysis: Your own roles and responsibilities.	
Task 3	Plan: How would you become a top coach/manager in football?	
Task 4	Coaching Plan: Produce a coaching session plan.	

Task 1:

Choose a manager/coach of your choice and write a short newspaper article about how they became to be at the top of their level.

Article Title:

Text:

Image:



Task 2 (part a):

Research the roles and responsibilities of being a football manager/coach. From this produce a short presentation on what roles and responsibilities are important and why.

Roles of Coaches/Managers	Detail	Why is this important?

** Add extra rows if required.*

Responsibilities of Coaches/Managers	Detail	Why is this important?

** Add extra rows if required.*

Task 2 (part b):

From your roles and responsibilities, take a look at your own experiences in coaching. Which roles and responsibilities have you already demonstrated? Which roles and responsibilities would be an area of improvement for you as you developed your coaching skills?

Self-Analysis:

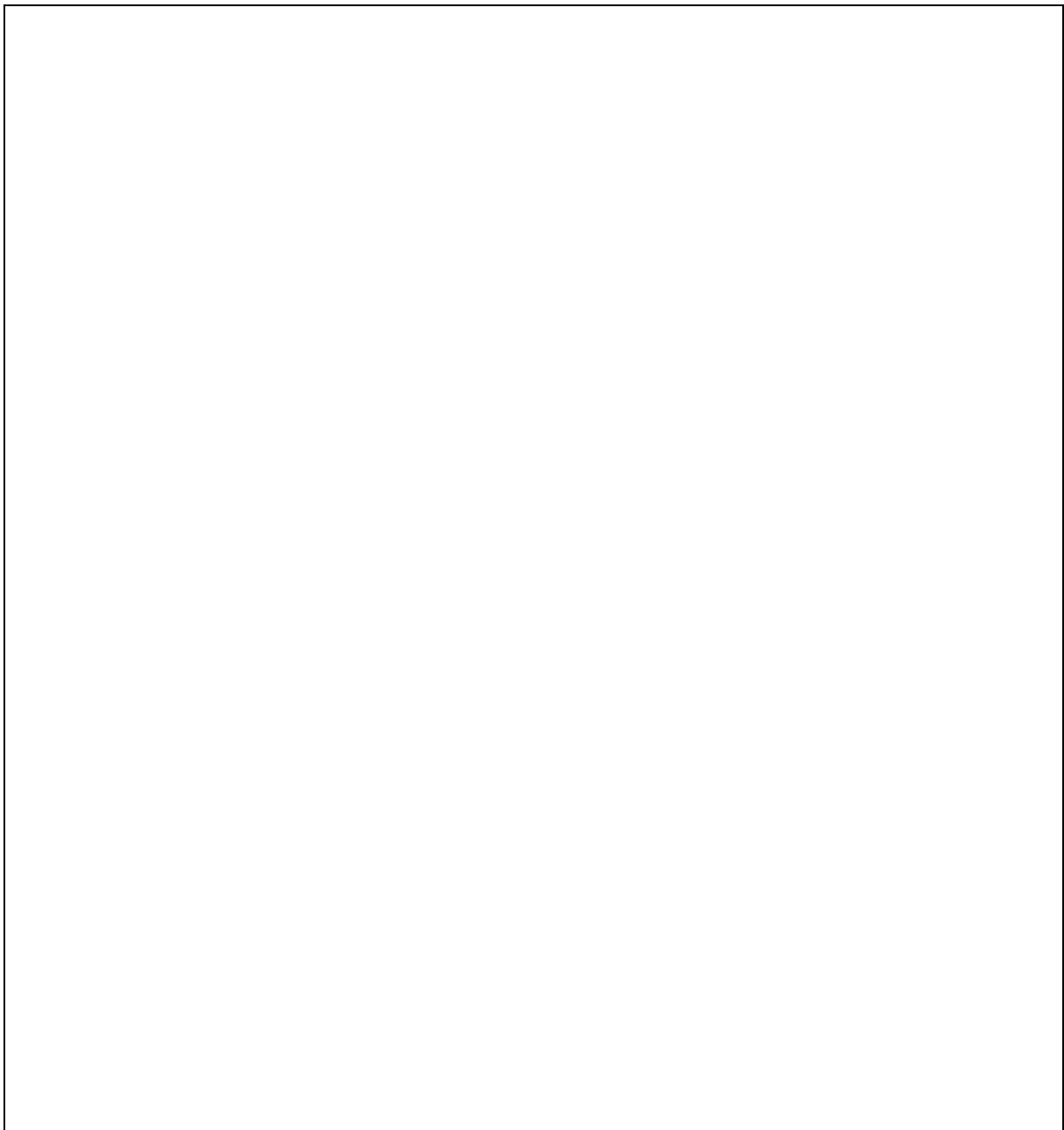
I am already good at and have demonstrated the following roles and responsibilities of coaches...	I need to improve the following roles and responsibilities of coaches...

Task 3:

From your research what would you need to do to become a top football coach/manager?
How would you get to the top level?

Think about:

- Experience
- Qualifications
- Volunteering
- First paid job
- Moving up the ranks
- Staying at the top

A large, empty rectangular box with a thin black border, intended for the student to write their answers to the task questions.

Task 4:

You have an interview with your local team to become an assistant coach in the academy. Plan a one-hour session that you believe will show you at your best and will allow you to prove those roles and responsibilities you have said are your strengths whilst also limiting showing your areas for improvement.

Before you start think about what your strongest area to coach is... **defence, attack, goalkeeping?**

You must include:

- Warm-up
- Skills based drills
- Match-based activities
- Cool-down

	Plan	Timings
Warm-up		
Skills		
Match		
Cool-down		



Full Coaching Session Plan:

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