



# UK FUTSAL



## FUTSAL/HANDBALL LEADER CERTIFICATE AWARD

The Certificate course content is aimed at those that want to know more about futsal as a sport and is a great fit for beginners.

### COST

Certificate Course £50 (per student)

### COURSE OBJECTIVES

On completion of the course the candidate should be able to:

- Understand and appreciate the fundamentals
- Organise and coach the basic skills and techniques
- Understand the basic principles of attack and defence
- Appreciate the 'Laws of the Game'
- Have an basic awareness of the fitness demands

Course of Training - 6 hours (90% practical, 10% theory)

Minimum Age: 14+

Course Duration: 6 hours

Course Prerequisites: Student

Have an understanding of the fundamentals

Maximum number of students: 22

Minimum students: 16

### COURSE CONTENT

#### Theory:

The course will introduce some key aspects in the following:

- What is Futsal/handball?
- History
- Benefits of Futsal/handball
- Safe Learning Environment
- Differences between 5 a-side and Futsal

#### Practical

Practical elements of the course will provide an introduction to:

- Game play
- The techniques of Futsal/handball
- Principle of Formation & rotation
- Game of futsal/handball
- Principles of play
- Rule of Futsal/handball

#### Practical Involvement

Candidates will be encouraged to participate practically to maximise their opportunities for learning. (This however will not prevent successful completion of the award).

#### Certificate

Coaching competencies meet from a one day training day, no formally assessed at this stage.

A higher standard of planning, thinking, observing and organisation would be expected should you wish to qualify for the license accreditation. In either course you will have a number of opportunities on the course to develop your coaching.

### FURTHERING YOUR COACH EDUCATION

To build on your knowledge base and further your coach education your Member Federation and/or Region/Association will conduct regular updates. There will also be UKFA workshops at regular intervals for you to attend should you wish.

For more information [www.ukfutsal.org](http://www.ukfutsal.org)