



# UK FUTSAL



## PGCE SPORTS AND PHYSICAL EDUCATION TEACHING COURSES FUTSAL/HANDBALL

UK Futsal Association Teacher training Futsal license course available to all teachers. Futsal is the fastest growing game in the UK and underpin playing performance with opportunities to focus on vocational or academic pathways.

### COST

Licensed Course **£50 (per student)**

### COURSE DURATION

- UKFA will provide each school team coach an official program curriculum guide which will be delivered both electronically and on the UK Futsal Association website in the form of ease to understand lesson plans.
- The school staff will also be offered the opportunity to gain a Futsal/handball Coaching certificate.
- 8 hour course (1 hour per week)
- Minimum number of students: 16,
- Maximum number of students: 22
- Minimum Age: 16+

### TRAINING APPROACH

The training course was conducted using a dynamic format with presentations, demonstrations, practical sessions and group discussions.

Our course is comprised of 10% theory and 90% practical.

### WHO IS IT FOR?

This Licence course is for individuals wishing to learn and understand the best techniques required for coaching Futsal/handball.

### COURSE AIMS AND OBJECTIVES

The aim of this course is to provide candidates with an understanding of the techniques and skills related to the game of Futsal/handball. This course will help candidates organise and deliver basic practices. It will also provide candidates with an introduction to the structure of the game, the laws and the role Futsal/handball can play in developing skills and techniques.

### COURSE CONTENT

- Develop an appreciation and understanding of the basic techniques related to coaching Futsal
- Demonstrate an understanding of the underlying fundamental principles related to the game of Futsal
- Display a basic understanding the Laws of the Game
- Develop an understanding of Futsal/Handball as a standalone game in its own right and the significant variances from conventional 5-a-side

- Develop an awareness of the part Futsal/handball can play in the development players.

### 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 appreciation of the fitness demands.
- Defensive fundamentals - Delaying
- Defensive fundamentals - Covering + Helping
- Defensive fundamentals - Regrouping
- Basic defensive fundamentals - Weak + Strong side
- Attacking in General Play + Attacking Exercises
- Formations
- 1v1 attacking Skills

### CERTIFICATE

Coaching competencies meet from a one day training day, not formally assessed at this stage.

### LICENSE

Coaches are formally assessed and deemed competent or not yet competent based on the criteria from the coaching checklist.

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 Association will conduct regular updates. There will also be UKFA workshops at regular intervals for you to attend should you wish.

### METHOD OF RE-ACCREDITATION

Certificate level Every two (2) years a coach will need to attend and complete another community (certificate) course to remain accredited.

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