



# Blue Mountains Football Club

## Local 2018 Coaching Courses for:

**U5s – U9s (Grassroots): 13 March + others**

**U9s – U13s (Skill Training): 4 & 11 March**

**U9s – U13s (Skill Training): 24 & 31 March**

**U13s – U17s (Game Training): 3 & 10 March**

**U17s and up (Senior Coaching): 18 & 25 March**

Season 2018 is fast approaching and we need you to help us help you. Coach education is one of the keys to a great footballing experience and Nepean Football Association ("Nepean") is offering parents and coaches, both new and experienced, courses to make this happen.

Below is information on coaching courses being held within Nepean's boundaries.

Can't make the date for the course you want?

Don't worry, visit <https://www.playfootball.com.au/coach/find-a-course> to search for other locations and dates. Courses are held across Australia.

### **As required by Nepean:**

**ALL Division 1 teams MUST have a coach with the appropriate (and current), coaching qualification;**  
and

**ALL U5-U9 teams must have a coach with a current Grassroots Coaching or Skill Training Certificate.**

### **As a Club:**

**Our goal is to have all our coaches accredited.**

To help achieve this, on successful completion of a coaching course, the Club will reimburse BMFC-registered coaches the course fee, as a small token of our appreciation for you investing your time to help coach our players.

<b>What</b>	A <b>Grassroots Coaching</b> Session which will be conducted by James Rankine, Football Manager at Nepean.
<b>Why</b>	It's a FREE coaching course that will help new coaches and those coaching U5s–U9s teams get some guidance on how to develop player skills, by introducing coaches to a variety of drills that can be used in team training sessions.
<b>When</b>	Tuesday, 13 March 2018; 6:00 pm – 9:00 pm
<b>Where</b>	Knapsack Park (Glenbrook)
<b>How</b>	Registration will be via the MFC Coach Education portal. Link tba.
<b>Please Note:</b>	There are a heap of other Grassroots Coaching courses being conducted locally.

<b>What</b>	A <b>Skill Training Certificate</b> Coaching Session which will be hosted by James Rankine, Football Manager at Nepean.
<b>Why</b>	In the Skill Acquisition Phase the coach MUST focus on building a solid foundation of technical skill.  The course is conducted over 14 hours, is fully practical and deals with the development of the 4 Functional Game Skills:  First Touch, Striking the Ball, Running with the Ball, 1 v 1.
<b>When</b>	Saturday, 4 & 11 March 2018; 8:30 am – 4:30 pm Saturday, 24 & 31 March 2018; 8:30 am – 4:30 pm
<b>Where</b>	Cook Park (St Marys)
<b>How</b>	Registration will be via the MFC Coach Education portal – the links are: <a href="https://education-ffa.sportingpulse.com/event.asp?ID=16895">https://education-ffa.sportingpulse.com/event.asp?ID=16895</a> (4 & 11 March) <a href="https://education-ffa.sportingpulse.com/event.asp?ID=16896">https://education-ffa.sportingpulse.com/event.asp?ID=16896</a> (24 & 31 March)



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<b>What</b>	A <b>Game Training Certificate</b> Coaching Session which will be hosted by James Rankine, Football Manager at Nepean.
<b>Why</b>	<p>In the Game Training Phase the coach's aim will be the development of tactical awareness, perception and decision making through a game related approach to training.</p> <p>The course is conducted over 14 hours, is fully practical and provides the coach with training sessions designed to help the players apply the Functional Game Skills in a team setting using the FFA-endorsed '1-4-3-3' formation.</p>
<b>When</b>	Saturday, 3 & 10 March 2018; 8:30 am – 4:30 pm
<b>Where</b>	Cook Park (St Marys)
<b>How</b>	Registration will be via the MFC Coach Education portal – the link is: <a href="https://education-ffa.sportingpulse.com/event.asp?ID=16897">https://education-ffa.sportingpulse.com/event.asp?ID=16897</a>

<b>What</b>	<p>A <b>Senior Certificate</b> Coaching Session which will be hosted by James Rankine, Football Manager at Nepean.</p> <p>In this Phase the coach prepares the team for a competition environment where winning becomes the main aim. Training focuses on solving football problems, based on match analysis. FOOTBALL CONDITIONING also becomes a key part of the course.</p> <p>The course is conducted over 14 hours and assists the coach by providing model sessions on solving football problems.</p>
<b>When</b>	Saturday, 18 & 25 March 2018; 8:30 am – 4:30 pm
<b>Where</b>	Cook Park (St Marys)
<b>How</b>	Registration will be via the MFC Coach Education portal – the link is: <a href="https://education-ffa.sportingpulse.com/event.asp?ID=16898">https://education-ffa.sportingpulse.com/event.asp?ID=16898</a>