

New Zealand Football Coaching Courses 2017 *Central Region*



WELCOME

Welcome to the New Zealand Football Coaching Course Programme for 2016. The number of football coaches in New Zealand keeps growing.

Back ground information on the NZF pathway

During 2012, our three tiered pathway received fantastic feedback from coaches attending. We had some new exciting developments in 2014, including the launch of the NZF Senior Level 1 Coaching Award. This will enable us to give the best service possible to all who enrol on our courses throughout this year.

The comprehensive Coach Education Pathway is available to assist with any coach's development, regardless of age or experience. The content of the courses on offer will have a direct impact on the development of our players; whether that be with grassroots or high performance squads.

NZF COACH EDUCATION PATHWAY

This brochure contains information on the course content for all NZF Coaching Courses. Central Football Federation are currently offering comprehensive Coach Education Programme in their region, providing formal and informal ways of enabling coaches to develop their knowledge and skills.





NZF COACHING PHILOSOPHY

New Zealand Football Coaching Principles

This NZF approach is founded on the following principles:

- **Appropriate for New Zealand** - reflective of New Zealand's unique culture and football environment
- **Flexible** - providing coaches with more choice and a higher degree of ownership in selecting and following their own development pathway
- **Player centred** – based on the needs of the players and designed to meet the age-related development needs of players throughout the game
- **Applicable and practical** - 'on-the job learning' experiences (creating and recognizing learning experiences in the coaching environment)
- **Life long learning** - promoting continued personal development and self-responsibility for learning
- **The new approach** - will provide a myriad of learning opportunities that allow coaches to identify and access personal development that corresponds with the players they are coaching and their specific developmental needs





Junior Coaching Courses

The NZF Junior Coaching Courses provide a fantastic insight into working with 4-12 year olds. Research has shown that this junior age group is key in the development of a person's sporting ability as well as their qualities as a person.

The content aims to equip all coaches attending with the knowledge to provide suitable activities for players at this important age. Courses encourage coaches to know as much about their young players as they do about the game.

Introduction to Junior Coaching

This first step for new coaches provides information on how to organise a safe & fun football session for players. It also provides over 30 easy to follow coaching sessions that players will not only enjoy, but learn from too.

It is a great starting point for coaches looking for friendly advice on how and what to coach your junior players.

Venue: Havelock North Club Rooms

Time: 6.00pm – 8.00pm

Date: 4th April

Cost: FREE

Registration:

<https://membership.sportstg.com/regofor m.cgi?formID=66857>

Junior Level 1 Coaching Award

This course is perfect for coaches who are looking to improve their coaching and to develop their knowledge and understanding of how to work effectively with junior players.

Looking at both the 'How' and 'What' of coaching junior players through an interactive and practical approach as well as providing a comprehensive resource for coaches to take away and use with their players.

Venue: Napier City Rovers Clubrooms

Part 1: Theory, 11th April, 6-8pm

Part 2: Practical, TBC with Candidates

Cost: \$75

Registration:

<https://membership.sportstg.com/regofor m.cgi?formID=66901>

Junior Level 2 Coaching Award

This Coaching Award is made up of four bite sized modules helping coaches to develop knowledge and skills in specific subject areas.

Tactical Module

Venue: Napier City Rovers Clubrooms

Part 1: Theory, Tuesday 14th March, 6-8pm

Part 2: Practical, TBC with Candidates

Cost: \$60

Registration:

<https://membership.sportstg.com/regofor m.cgi?formID=66858>



Youth Coaching Courses

Young players develop at different rates physically, technically, socially and mentally. In order to offer the highest level of provision, coaches will need to have a truly player-centred approach and be able to develop their footballers at this exciting age.

The New Zealand Football Coaching Pathway presents developing coaches working with youth players between the ages of 13 and 17 years with an informative and exciting progression to football coaching.

Youth Level 1 Coaching Award

Full of modern coaching sessions that emphasise developing players in a fun environment, it is a great introduction for absolutely anyone with an interest in the game.

Venue: Napier City Rovers

Time: 6.00pm – 8.00pm

Part 1: Theory, Thursday 18th May

Part 2: Practical: TBC with Candidates

Cost: \$75

To register to click on link below:

<https://membership.sportstg.com/regofor m.cgi?formID=66902>

Youth Level 2 Coaching Award

Made up of four bite-sized modules, such as “Developing Technique & Skill” and “Tactical Coaching”, this course will help coaches develop their footballers not only as players, but as people too.

Player Centerd Coaching

Venue: Napier City Rovers

Time: 6:00pm – 8.00pm

Part 1: Theory - Tuesday 28th March

Part 2: Practical TBC with Candidates

Cost: \$60

To register please click on link below:

<https://membership.sportstg.com/regofor m.cgi?formID=66903>





Senior Coaching Courses

The Senior Game is growing from strength to strength in New Zealand, with numbers of active players increasing each year. In order to meet the demands of the game, it is important that coaches are kept informed on the latest methods of coaching adult players.

Whether you are a coach working with an adult team for the first time or have vast experience of working with elite players, New Zealand Football will have a course for you.

Senior Level 1 Coaching Award

This first step for coaches of adult players provides information on how to organise enjoyable coaching sessions working on specific areas of team development.

Looking at areas such as “Warm Ups”, “What to do on Game Day” and “Benefits of Small Sided Games”, it is an informative starting point for coaches looking for guidance on the best way to coach adults.

Venue: Port Hill Clubrooms, Marewa Park

Part 1: 9am -2pm, Sunday 19th February

Part 2: 6pm-8pm 1st March

Cost: \$100

Registration:

[To register click here:](#)

Senior Level 2 Coaching Award

Following on from the Senior Level 1 Football Coaching Award, this course concentrates more on the “how” to coach adult players. It provides a number of techniques to do this, meaning that coaches are able to apply them at the right time to ensure team development.

Topics covered include “Attacking Principles of Play”, “Defending as a Team” & Fitness for Football, providing in depth knowledge into working with adult players.

Please check NZ Football Website for more info

Senior Level 3 Coaching Award

The Senior Level 3 Football Coaching Award has been created to provide higher level learning for enthusiastic coaches wishing to offer their players the best training environment possible.

Looking even further into areas covered in Senior Level but also new subjects such as “Match Analysis” and “Systems of Play”, this course will enable coaches to plan high level activities for the whole season.

Please check NZ Football Website for more information

