



SPORTZPLANET

# COACHING COURSE



**2020  
ONLINE  
VELOCITY FOOTBALL ACADEMY  
OXFORD UK**

FOR REGISTRATION VISIT  
[FOOTBALL@SPORTZPLANET.COM](mailto:FOOTBALL@SPORTZPLANET.COM)  
[WWW.SPORTZPLANET.COM](http://WWW.SPORTZPLANET.COM)



# Level 1

## COACHING AWARD

The Oxford English Football

- English coaching system philosophy
- Understanding player development
- Warm up practices
- Main Activities Practices
- Games
- Planning Coaching Sessions
- Delivering Coaching Sessions
- Reviewing Coaching Sessions

The L1 course is designed for coaches working within grassroots football, offering a mixture of live stream and pre-recorded videos allowing for practical sessions and workshops. L1 is for an introduction to coaching.

Each course will have an FA coach Educator as a mentor who will be able to answer any questions and connect to give you a real experience.

**L1 COURSE COST: \$350**



Course Program set at 30 hours including 6 hours live, duration set at 3 to 4 weeks allowing for flexible learning.

**TO REGISTER**

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MOBILE: +61 (0)410304791



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# Level 2

## COACHING CERTIFICATE

The Oxford English Football – Level 2  
Coaching Certificate

Level 2 is a more advanced course

- Player Profiling
- Developing a season programme
- Match Analysis
- Goal Setting & Targets for players
- Physical Training
- Practical Small Sided Games
- Functional Practices
- Phase of play

The L2 course is a higher rated course, designed for coaches working with players 12 upwards. The L2 course offers a mixture of live stream and pre-recorded videos allowing for practical sessions and workshops. The L2 program is a Coaching Certificate.

Each course will have an FA coach Educator as a mentor who will be able to answer any questions and connect to give you a real experience.

## L2 COURSE COST: £305

Course Program set at 80 hours including up to 15 hours live, duration set at 4 to 6 months allowing for flexible learning.

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**L2 COURSE COST: \$525** 

Course Program 80 hours including up to 15 hours live, duration set at 4 to 6 months allowing for flexible learning.

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