

## INTRODUCTION TO FAM GRASSROOTS COACHING

“Football has to be fun for kids or it doesn't make sense”  
- Johan Cruyff -



### WHO is it for?

Coaches, teachers, individuals who works with children aged 9 to 12 years old.

### WHAT is this course about?

Through this 2-day course, participants will understand the 4 Stages of Player Development from the Malaysia Football Plan (DNA) and learning the 4 Core Skills - First Touch, Striking the Ball, Running with the ball & 1V1. Participants will also learn how to demonstrate progression within an activity and how to ensure that all activities are safe, engaging and suitable for players of all ages and abilities.

This course is a combination of interactive learning in the classroom and on the pitch sessions – with the aim of helping participants develop their skills as a grassroots football coach.

### HOW will participants benefit from this course?

By the end of the course participants should be able to:

- ✔ Understand the philosophy of FAM Grassroots Football;
- ✔ Understand the coaching processes, methods, styles and use them in their own coaching; and
- ✔ Plan, organize and deliver coaching activities and games realistic session for children aged 9-12 years old.



## COURSE SCHEDULE

Time	Day 1	Day 2
7:30 a.m.	Registration	Registration
8:00 a.m.	<b>Welcome remarks</b> Introduction to the course by the Educators	
8:15 a.m.	<b>Skill Training Introduction</b> <b>4 Core Skills - Model Sessions (Field)</b>	<b>Group Delivery of</b> <b>Skill Training Sessions</b>
11:00 a.m.	<b>Reflection on the morning sessions</b> 4 Stages of Player Development Skill Training Phase C.H.A.N.G.E.I.T	
12:00 p.m.	Lunch	Lunch
1:00 p.m.	<b>Role of a Coach</b> Understand the important part a coach will play in the development of players	<b>Reflection on the morning sessions</b>
2:30 p.m.	<b>Model Session Planner</b>	<b>Child Protection</b> Safety and wellbeing of young people
3:30 p.m.	Hi-Tea Break	Hi-Tea Break
4:00 p.m.	<b>Group Planning on Skills Training Session</b> Coaches will be pair up in groups to plan for the delivery of a coaching session during Day 2	<b>Next Steps</b>
4:30 p.m.		Closing Ceremony
4:45 p.m.	Summary Session & <b>Reflection</b>	Summary Session & <b>Reflection</b>
5:00 p.m.	<b>End of Day 1</b> Learning logs, reflection and personal reading	<b>End of the course</b>

\* Please note that the agenda is subject to change, and will be updated continuously up to the course day