**Introduction to SAFA Ekurhuleni’s coaching the Grassroots Coach Program**

We are glad you are interested in becoming a SAFA-approved Grassroots and Youth coach. Registering with SAFA at this level means you are one of the critical people in the development of football as a sport and its positive effects on our youth and community.

The responsibilities of a coach go beyond teaching football skills on the pitch. The goal of football training is to have a positive effect on the child’s whole development and their community. Good coaching should enable children to:

* Have fun through a healthy activity.
* Learn Fair Play
* Develop Team spirit.
* Learn to Win / Lose.
* Experience positive physical and mental development.
* Increase football practice through their community!
* Grow and develop as a player according to their ability providing more talented players for professional and international levels of the game.

As a coach, you will be developing the football skills of the children you coach but also much more. The coach is a leader and educator supporting the psycho-social and skills development of his players, handles administration and acts as a connection to the community.

Requirements to become a SAFA Ekurhuleni’s coaching the Grassroots Coach

* Passion for football
* Literacy and Numeracy and commitment to required administrative tasks
* Interest in the positive, safe development of children and their community
* SAFA registration
* Necessary administrative, planning and leadership skills as outlined above and the coaching skills and knowledge of football proven through qualifying as a Grassroots and Youth coach with SAFA.

**What will you learn on the SAFA Ekurhuleni’s coaching the Grassroots Coach** **program**

Overview of the skills required by SAFA Ekurhuleni’s coaching the Grassroots Coach program

1. **Basic Administration Skills**
* Time Management: Scheduling training, games, and meetings.
* Record-Keeping: Maintaining player rosters, injury reports, and match records.
* Budgeting & Fund Management: Managing club finances (if applicable).
* Communication Tools: Using email, club software, and social media.
* Event Management: Organizing tournaments and friendly matches.
1. **Basic leadership skills**
* Self-Reflection & Personal Development: Understanding your strengths and weaknesses.
* Leadership Styles: Recognizing and adapting your leadership style.
* Effective Communication: Building a rapport with players, staff, and parents.
* Conflict Resolution: Managing conflicts within the team or with parents.
* Inspiring & Motivating Others: Encouraging players’ growth and development.
* Ethical Leadership: Acting as a role model and making ethical decisions.
* Child safety and first aid – ensure children are safe and any injuries are treated.
1. **The tasks SAFA expects an Entry-Level Coach or a Club to perform**
* Training Session Planning: Creating developmentally appropriate training sessions.
* Match Preparation: Team selection, warm-ups, and tactical instructions.
* Player Development: Understanding player growth stages and age-appropriate practices.
* Club Representation: Representing the club's Values, Goals and Expectations.
* Community Engagement: Building relationships with players, parents, and the local community.
* Meetings: Attending regular club or team meetings (Monthly, Reviews, Strategy).
* Administration: Completing administrative duties such as player registrations and match reports.
* Reporting: Documenting player performance, injuries, and other incidents.

**Benefits of the SAFA Ekurhuleni’s coaching the Grassroots Coach program**

After completing the SAFA Ekurhuleni’s coaching the Grassroots Coach program, you will be able to

* Confidently support fun, safe and inclusive football sessions
* Encourage participation through the effective use of motivation and communication techniques
* Use the GAG framework to plan fun activities that meet players’ needs
* Help respond to concussion and sudden cardiac arrest emergencies as well as embed your Emergency Action Plan into your team/club.
* Understand how to use South African football philosophy off “**Ubuntu**, **Tsamaya** and **Phakathi**” which focuses on a collective team effort which values individual brilliance and flair to put the ball in the net and win.
* How to build and adapt a coaching session and assess the session
* Building skills and running a team
* Understand the role of a football coach in interacting with parents and the community and helping children develop their social, emotional and mental side as well as their football skills.
* Be recognised as an officially certified SAFA Ekurhuleni’s coaching the Grassroots Coach program and be ready to move on to the SAFA D-license should you wish to train further.

**The Course Structure - Agenda & Timetable**

**E-Learning (24 hours)**

The modules below need to be completed to pass the course. They will give you the knowledge you need to pass the assessment at the end of the course.

* Module 1 – SAFA Football Philosophy
* Module 2 – The Grassroots Session
* Module 3 – Safeguarding Children in Football Essentials

**Online sessions with Expert Instructors (8 hours)**

These sessions will focus on some of the most important things you’ll need as a football coach

* Session 1 - Helping players love football and practices (1 hour)
* Session 2 - Developing your knowledge of Football (1 hour)
* Session 3 - Matchday: Parent/Community Relationships (1 hour)

Recordings of all three webinars can be watched back on-demand.

**On-site on-the-field sessions with Expert Instructors (8 hours)**

These sessions will focus on how to run a coaching session

* The structure/timetable of a coaching 1-to-1.5 hr session.
* Coaching Drills and skills.
* Developing physical fitness and mental resilience.
* Running small team games.
* Warmup and cool down.

After being taught how to run a coaching session, a practical assessment will be held. You will be given the opportunity to run a part of a standard coaching session and your coaching performance with the children assessed.

**Assessments -8hrs**

* Theory Assessments - Online or paper multiple choice questions based on the material covered in your theory sessions.
* Practical Assessment - An instructor will assess and score your performance while coaching a section of a standard coaching session assigned to you by the instructor.

**How to Apply and become a SAFA Ekurhuleni’s coaching the Grassroots Coach and a SAFA registered coach**

* Fill in the form below or online at https://safaekurhuleni.u2e.co.za/safa-ekurhulenis-coaching-the-grassroots-coach-program-application-form/
* Submit your application to **info@u2e.co.za** with **SAFA Ekurhuleni’s Coaching The Grassroots Coach Application Form** in the subject line.
* Your application will be reviewed, and you will be advised by SAFA Ekurhuleni of your successful application or if your application has not been accepted and why.
* Register on the Coaching programme website.
* Your school or club will pay your annual fee
* You will be able to begin your e-learning modules and assessments.
* A date will be arranged for your practical training day.
* A date will be arranged for your practical assessment of your coaching skills in a live exercise observed and scored by a SAFA instructor.
* Should you attain a high enough standard in your theory and practical assessments you will be recognised as a registered SAFA grassroots and youth coach and receive an official SAFA certificate. An annual fee will maintain your license.

**Application for Registration as a SAFA Ekurhuleni’s coaching the Grassroots Coach**

If you have a passion for wanting to develop players, help them understand more about the game and embrace a love for football, apply to become a SAFA Ekurhuleni’s coaching the Grassroots Coach.

Whether you are currently coaching a team or looking to get into coaching, this course will help you create a safe and fun football environment and deliver suitable coaching sessions and games for players. Please provide the information requested below to be considered for acceptance into the program.

Please fill in the form below and answer all the questions that follow.

|  |  |
| --- | --- |
| **FULL NAME (NAME & SURNAME** |  |
| **ID NUMBER** |  |
| **SAFA REGISTRATION NO (if applicable)** |  |
| **CELLPHONE NUMBER** |  |
| **ADDRESS** |  |
|  |
|  |
| **E-MAIL ADDRESS** |  |
| **SCHOOL / CLUB NAME** |  |
| **SCHOOL / CLUB ADDRESS** |  |
|  |
|  |
| **POSITION HELD AT SCHOOL / CLUB** |  |

**Declaration about eligibility to work with children:**

I confirm that I have never been convicted for sexual or other violent offences and have never been disqualified from working children in any country.

|  |  |
| --- | --- |
| YES | NO |

**Coaching Experience and Courses:**

Have you ever coached a football team?

|  |  |
| --- | --- |
| YES | NO |

What age groups were the players in the team you coached?

|  |  |  |
| --- | --- | --- |
| 6 - 10 | 11 – 15 | 16 - 18 |

Please list any Leadership, Administration or Coaching Courses you have completed:

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Please indicate your opinion, expertise or participation by circling the correct option in each of the following items:

1. **I’m good at reading English?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Strongly Disagree | Somewhat Disagree | Neither Agree nor Disagree | Somewhat Agree | Strongly Agree | N / A |

1. **I’m bad at writing a report in English?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Strongly Disagree | Somewhat Disagree | Neither Agree nor Disagree | Somewhat Agree | Strongly Agree | N / A |

1. **I’m good at basic arithmetic? (Adding, Subtracting, Dividing, Multiplication & Calculating Percentages)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Strongly Disagree | Somewhat Disagree | Neither Agree nor Disagree | Somewhat Agree | Strongly Agree | N / A |

1. **I’m bad at Basic Computer & Phone skills?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Strongly Disagree | Somewhat Disagree | Neither Agree nor Disagree | Somewhat Agree | Strongly Agree | N / A |

1. **I’m good at Basic Administration skills? (Player Register, Player Assessments)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Strongly Disagree | Somewhat Disagree | Neither Agree nor Disagree | Somewhat Agree | Strongly Agree | N / A |

1. **I’m bad at Time Management? (Schedule Training, Games and Meetings)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Strongly Disagree | Somewhat Disagree | Neither Agree nor Disagree | Somewhat Agree | Strongly Agree | N / A |

1. **I’m good at Record-Keeping? (Player Rosters, Injury Reports and Match Records)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Strongly Disagree | Somewhat Disagree | Neither Agree nor Disagree | Somewhat Agree | Strongly Agree | N / A |

1. **I’m good at using Communication Tools? (Email, Club Software, Social Media)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Strongly Disagree | Somewhat Disagree | Neither Agree nor Disagree | Somewhat Agree | Strongly Agree | N / A |

1. **I’m bad at Budgeting and Fund Management? (Club Finances)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Strongly Disagree | Somewhat Disagree | Neither Agree nor Disagree | Somewhat Agree | Strongly Agree | N / A |

1. **I’m bad at Event Management?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Strongly Disagree | Somewhat Disagree | Neither Agree nor Disagree | Somewhat Agree | Strongly Agree | N / A |

1. **I’m good at Basic Leadership Skills?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Strongly Disagree | Somewhat Disagree | Neither Agree nor Disagree | Somewhat Agree | Strongly Agree | N / A |

1. **I’m good at Self-Reflection and Personal Development?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Strongly Disagree | Somewhat Disagree | Neither Agree nor Disagree | Somewhat Agree | Strongly Agree | N / A |

1. **I’m bad at Effective Communication?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Strongly Disagree | Somewhat Disagree | Neither Agree nor Disagree | Somewhat Agree | Strongly Agree | N / A |

1. **I’m good at Inspiring and Motivating others?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Strongly Disagree | Somewhat Disagree | Neither Agree nor Disagree | Somewhat Agree | Strongly Agree | N / A |

1. **I’m bad at Conflict Resolution?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Strongly Disagree | Somewhat Disagree | Neither Agree nor Disagree | Somewhat Agree | Strongly Agree | N / A |

1. **I’m bad at Ethical Leadership and good Financial Management?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Strongly Disagree | Somewhat Disagree | Neither Agree nor Disagree | Somewhat Agree | Strongly Agree | N / A |

1. **Coaches must take responsibility for Children Safety; child safety is a coach’s responsibility?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Strongly Disagree | Somewhat Disagree | Neither Agree nor Disagree | Somewhat Agree | Strongly Agree | N / A |

1. **I know what tasks SAFA Ekurhuleni’s coaching the Grassroots Coach program expects of me to perform?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Strongly Disagree | Somewhat Disagree | Neither Agree nor Disagree | Somewhat Agree | Strongly Agree | N / A |

1. **I’m good at Planning Training Sessions? (Age-appropriate exercises)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Strongly Disagree | Somewhat Disagree | Neither Agree nor Disagree | Somewhat Agree | Strongly Agree | N / A |

1. **I’m bad at Match Preparation? (Team Selection, Warm-ups and Tactical Instructions)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Strongly Disagree | Somewhat Disagree | Neither Agree nor Disagree | Somewhat Agree | Strongly Agree | N / A |

1. **I’m good at Player Development? (Understanding Player Growth and Age-appropriate Goals)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Strongly Disagree | Somewhat Disagree | Neither Agree nor Disagree | Somewhat Agree | Strongly Agree | N / A |

1. **I’m bad at Club Representation? (Values, Goals and Expectations)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Strongly Disagree | Somewhat Disagree | Neither Agree nor Disagree | Somewhat Agree | Strongly Agree | N / A |

1. **I’m good at Community Engagement, Building Relationships with Players, Parents and local Community?**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Strongly Disagree | Somewhat Disagree | Neither Agree nor Disagree | Somewhat Agree | Strongly Agree | N / A |

1. **I’m good at attending Club or Team Meetings? (Monthly, Reviews and Strategy)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Never | Rarely | Sometimes | Often | Always | N / A |

1. **How often do you complete Administration Tasks on time? (Player Registrations and Match Reports)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Never | Rarely | Sometimes | Often | Always | N / A |

1. **How often do you Create and File Reports about players in past 12 months? (Player Performance, Injury Reports and Other Incidents)**

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| 1 | 2 | 3 | 4 | 5 | 6 |
| Never | Rarely | Sometimes | Often | Always | N / A |

All the information provided above is true and complete:

Signature: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

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|  |  |
| --- | --- |
| **APPLICATION DATE RECEIVED** |  |
| **APPLICATION STATUS** |  |
| **SIGNATURE** |  |