

SOUTH EAST REGION

COACH DEVELOPMENT

2010



INTRODUCTION

Football is a wonderful sport and as guardians of this our national game we hope you will continue to participate in and benefit from our renowned coach development programme. More than ever coach education should be embraced and viewed as an important way to take on fresh ideas which will ultimately help you create the best possible environment for your players to improve as well as grow as citizens.

The game at grassroots continues to develop and as it does we must ensure our principles do not waiver. Football can provide so much, not just the joy and excitement from playing, but it can also address and improve health and social skills amongst others. Here and with relentless positivity we must inspire our young people and encourage in them the desire to improve individually and have the confidence to express themselves on and off the pitch.

The role of the coach at all levels of our national game remains crucial and at whatever age and stage you coach, your contribution to the development of football and the opportunities you provide is inspiring. Whether you are stimulating aspiring young footballers to master the ball, helping talented performers in their pursuit of technical excellence or providing access and enjoyment in the amateur game your support to Scottish football is invaluable.

Good luck and we look forward to welcoming you to one of our many courses or development in-services during 2010.

Jim Fleeting

Director of Football Development
Scottish FA



Scottish FA Coach Education Courses 2010

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South East Regional Football Partnership SFA Community Programmes

Scottish FA Development Officers deliver a comprehensive programme of football activity in your area for children and youths of all levels

- **Holiday Courses**
- **Mini-Kickers**
- **Football 4s**
- **Player Development Centres**
- **Midnight leagues**
- **Street Football**
- **Primary School Coaching Programme**
- **Secondary School Coaching Programme**
- **Skill Development Centres**
- **Area Development Squads**

For more information
visit our website at:

www.scottishfa.co.uk

PLAYER PATHWAY

The diagram opposite illustrates the Scottish FA Coach Education Pathway.

Please note that the South East Region Partnership will deliver Children's Pathway courses to Level 4, Youth Pathway courses to Level 4, Goalkeeping to Level 2, Adult Level 1 as well as the Coaching Players with a Disability Certificate.

To apply for any Level 1 to Level 3 course contact your Local Football Development Officer. (Details on page 19)

For information on Children's & Youth Awards, Scottish FA Licence Awards and Physical Preparation please visit:

www.scottishfa.co.uk

NB Applicants must be aged 16 years or over for all courses.



CHILDREN (5 to 12 years)

PHYSICAL PREPARATION

LEVEL 5
Advanced Children's Licence

LEVEL 4
Basic Children's Award

LEVEL 3
Coaching in the Game Certificate

LEVEL 2
Coaching Young Footballers Certificate

LEVEL 1
Early Touches Certificate



YOUTH (12 to 18 years)

PHYSICAL PREPARATION

LEVEL 5
Advanced Youth Licence

LEVEL 4
Basic Youth Award

LEVEL 3
Coaching in the Game Certificate

LEVEL 2
Coaching Youth Footballers Certificate

LEVEL 1
Development Activities



ADULT (18+ years)

LEVEL 5
UEFA Pro Licence

LEVEL 4
UEFA Advanced Licence

LEVEL 3
UEFA Basic Licence Assessment

LEVEL 2
UEFA Basic Licence Introductory Course

LEVEL 1
Club Coach Certificate



SPECIALIST COURSES

Youth Directors Award

Coaching Footballers with a Disability

LEVEL 5
Advanced Goalkeeping Licence Assessment

LEVEL 4
Advanced Goalkeeping Licence Introductory Course

LEVEL 3
Goalkeeping Basic Licence

LEVEL 2
Goalkeeping Intermediate Certificate

LEVEL 1
Goalkeeping Certificate



CHILDREN'S PATHWAY (5-12yrs)

LEVEL ONE Early Touches

This 6-hour course is open to all interested parties aged 16 and over, experienced or otherwise, who work with children of primary school age. In addition to delivering new content, the course will assist coaches to develop their coaching technique, focus on skill development and will explore the best age specific activities for developing young players

COURSE FEE: £30.00 (Quality Mark Clubs - Reduced Price £14) Discounts must be authorised by the Scottish FA Regional Club Dev. Manager prior to applying for course)

VENUE	DATE	TIME	APPLY TO....
Meadowmill Sports Centre, Tranent	Saturday 16 January	10am to 4pm	Walter Borthwick
Dalkeith Campus (Indoor hall)	Saturday 23 January	10am to 4pm	Keith Wright
Earlston High School (Indoor hall)	Sunday 24 January	10am to 4pm	Dougie Anderson
Broughton High School, Edinburgh (Indoor)	Sunday 7 February	10am to 4pm	Chris Roberts
Bathgate Sports Centre	Friday 12 February	10am to 4pm	Jim Grant
Poltonhall Recreation Ground, Bonnyrigg	Friday 2 July	10am to 4pm	Keith Wright
Meggetland Sports Complex, Edinburgh	Tuesday 13 July	10am to 4pm	Chris Roberts
Galashiels Astro turf, Gala Academy	Sunday 15 August	10am to 4pm	Dougie Anderson
Bathgate Sports Centre	Friday 20 August	10am to 4pm	Jim Grant
Broughton High School, Edinburgh	Sunday 5 September	10am to 4pm	Chris Roberts

LEVEL TWO Coaching Young Footballers

This 12-hour course is designed to assist coaches with the planning, preparation, organisation and evaluation of their coaching sessions. It focuses on coaching style and the use of differentiation, i.e. provision of practices to suit the wide range of abilities within the primary school age group.

COURSE FEE: £45.00 (Quality Mark Clubs - Reduced Price £21) Discounts must be authorised by the Scottish FA Regional Club Dev. Manager prior to applying for course)

VENUE	DATE	TIME	APPLY TO....
Meadowmill Sports Centre, Tranent	Sunday 24 January & 7 February	10am to 4pm	Walter Borthwick
Dalkeith Campus (Indoor Hall)	Saturday 6 & 13 February	10am to 4pm	Keith Wright
Broughton High School, Edinburgh (Indoor)	Sunday 14 & 21 February	10am to 4pm	David Sheldon
Queens Centre, Galashiels	Sunday 21 & 28 March	10am to 4pm	Dougie Anderson
Bathgate Sports Centre	Friday 19 & 26 March	10am to 4pm	Jim Grant
Meggetland Sports Complex, Edinburgh	Wednesday 14 & Thursday 15 July	10am to 4pm	David Sheldon
Bathgate Sports Centre	Friday 15 & 22 October	10am to 4pm	Jim Grant



CHILDREN'S PATHWAY (5-12yrs)

LEVEL THREE Coaching In The Game

In both Children's and Youth Awards Structures, the 12-hour Coaching in the Game Certificate Course looks at the knowledge and understanding required to help young players appreciate concepts such as width, depth and support within the small-sided game. The course is largely practical in nature and prospective coaches are required to demonstrate the ability to coach basic strategies to young players.

COURSE FEE: £45.00 (Quality Mark Clubs - Reduced Price £21) Discounts must be authorised by the Scottish FA Regional Club Dev. Manager prior to applying for course)
NB. Applicants must be in possession of both Level 1 Early Touches and Level 2 Coaching Young Footballers Certificates.

VENUE	DATE	TIME	APPLY TO....
Newbattle Community High School (Astroturf)	Friday 12 & 19 March	2pm to 8pm	Keith Wright
Broughton High School, Edinburgh	Friday 2 & 9 April	10am to 4pm	David Sheldon
Bathgate Sports Centre	Friday 21 & 28 May	10am to 4pm	Jim Grant
Meggetland Sports Complex, Edinburgh	Thursday 22 & Friday 23 July	10am to 4pm	David Sheldon
Galashiels Astroturf, Gala Academy	Friday 27 August & 3 Sept.	4pm to 10pm	Dougie Anderson
Meggetland Sports Centre, Edinburgh	Sunday 10 & 17 October	10am to 4pm	David Sheldon
Meadowmill Sports Centre, Tranent	Saturday 16 & 23 October	10am to 4pm	Walter Borthwick
Bathgate Sports Centre	Friday 5 & 12 November	10am to 4pm	Jim Grant

LEVEL FOUR Basic Children's Award

Free In-Service Session

VENUE	DATE	TIME	APPLY TO....
Hearts Academy, Edinburgh	Friday 19 February	6.30 to 8.30pm	Scottish FA South East Region Office

This 30-hour non-residential course is designed for coaches working with young players (5-12 years) and provides a recognised qualification for adults working in children's football. Comprising of 2 practical components consisting of Coaching Young Footballers and Technique Development, it is a prerequisite for candidates wishing to enrol on the Level 5 Advanced Children's Licence.

COURSE FEE: £180.00 (Quality Mark Clubs - Reduced Price £90) Discounts must be authorised by the Scottish FA Regional Club Dev. Manager prior to applying for course)
NB. Successful candidates will be subject to an enhanced check by Disclosure Scotland undertaken by the association.

VENUE	DATE	TIME	APPLY TO....
Peffermill Playing Fields, Edinburgh	Friday 23 & 30 April, Saturday 1 May, Friday 14 & Saturday 15 May	10am to 4pm	Scottish FA Football Development Department Hampden Park, Glasgow

Applications for the above courses are available on page 17.

For information on the Physical Preparation and the Advanced Children's Licence visit www.scottishfa.co.uk



YOUTH PATHWAY (12-18yrs)

LEVEL ONE Development Activities

This 6-hour course is open to anyone working with players in the 12 to 18 age range.

COURSE FEE: £30.00 (Quality Mark Clubs - Reduced Price £14) Discounts must be authorised by the Scottish FA Regional Club Dev. Manager prior to applying for course)

VENUE	DATE	TIME	APPLY TO....
Queens Centre, Galashiels Bathgate Sports Centre Broughton High School, Edinburgh Newbattle Community High School (Astroturf)	Sunday 7 February Friday 19 February Saturday 6 March Friday 7 May	10am to 4pm 10am to 4pm 10am to 4pm 2pm to 8pm	Dougie Anderson Jim Grant Chris Roberts Keith Wright
Meadowmill Sports Centre, Tranent Meggetland Sports Complex, Edinburgh Galashiels Astroturf, Gala Academy Bathgate Sports Centre Broughton High School, Edinburgh	Saturday 3 July Monday 19 July Sunday 22 August Friday 27 August Sunday 5 September	10am to 4pm 10am to 4pm 10am to 4pm 10am to 4pm 10am to 4pm	Walter Borthwick Chris Roberts Dougie Anderson Jim Grant Chris Roberts

LEVEL TWO Coaching Youth Footballers

This 12-hour course is designed to provide youth coaches with ideas on the key issues involved in the development of youth players. It takes account of individual skill development in a variety of game related situations. Prospective coaches will be given feedback on teaching practice sessions.

COURSE FEE: £45.00 (Quality Mark Clubs - Reduced Price £21) Discounts must be authorised by the Scottish FA Regional Club Dev. Manager prior to applying for course)

NB. Applicants must have completed level one Development Activities course.

VENUE	DATE	TIME	APPLY TO....
Broughton High School, Edinburgh Bathgate Sports Centre Earlston High School (Astroturf) Poltonhall Recreation Ground, Bonnyrigg Meggetland Sports Complex, Edinburgh	Saturday 13 & 20 March Friday 23 & 30 April Friday 23 & 30 April Friday 14 & 21 May Tuesday 20 & Wednesday 21 July	10am to 4pm 10am to 4pm 4pm to 10pm 10am to 4pm 10am to 4pm	David Sheldon Jim Grant Dougie Anderson Keith Wright David Sheldon
Meadowmill Sports Centre, Tranent Bathgate Sports Centre	Saturday 4 & 11 September Friday 24 September & 1 October	10am to 4pm 10am to 4pm	Walter Borthwick Jim Grant



YOUTH PATHWAY (12-18yrs)

LEVEL THREE Coaching In The Game

In both Children's and Youth Awards Structures, the 12-hour Coaching in the Game Certificate Course looks at the knowledge and understanding required to help young players appreciate concepts such as width, depth and support within the small-sided game. The course is largely practical in nature and prospective coaches are required to demonstrate the ability to coach basic strategies to young players.

COURSE FEE: £45.00 (Quality Mark Clubs - Reduced Price £21) Discounts must be authorised by the Scottish FA Regional Club Dev. Manager prior to applying for course)
NB. Applicants must be in possession of both Level 1 Development Activities and Level 2 Coaching Youth Footballers Certificates.

VENUE	DATE	TIME	APPLY TO....
Newbattle Community High School (Astroturf)	Friday 12 & 19 March	2pm to 8pm	Keith Wright
Broughton High School, Edinburgh	Friday 2 & 9 April	10am to 4pm	David Sheldon
Bathgate Sports Centre	Friday 21 & 28 May	10am to 4pm	Jim Grant
Meggetland Sports Complex, Edinburgh	Thursday 22 & Friday 23 July	10am to 4pm	David Sheldon
Galashiels Astroturf, Gala Academy	Friday 27 August & 3 Sept.	4pm to 10pm	Dougie Anderson
Meggetland Sports Centre, Edinburgh	Sunday 10 & 17 October	10am to 4pm	David Sheldon
Meadowmill Sports Centre, Tranent	Saturday 16 & 23 October	10am to 4pm	Walter Borthwick
Bathgate Sports Centre	Friday 5 & 12 November	10am to 4pm	Jim Grant

LEVEL FOUR Basic Youth Award

Free In-Service Session

VENUE	DATE	TIME	APPLY TO....
Peffermill Playing Fields, Edinburgh	Wednesday 21 July	6.30 to 8.30pm	Scottish FA South East Region Office

This 30-hour non-residential qualification assesses competence in delivering a coaching session based on the format of the Coaching Youth Footballers Certificate Course. In addition, candidates will be required to demonstrate the ability to shape a team and structure an individual programme for youth players.

COURSE FEE: £180.00 (Quality Mark Clubs - Reduced Price £90) Discounts must be authorised by the Scottish FA Regional Club Dev. Manager prior to applying for course)
NB. UEFA Advanced Licence holders are exempt from this award. Successful candidates will be subject to an enhanced check by Disclosure Scotland undertaken by the association.

VENUE	DATE	TIME	APPLY TO....
Peffermill Playing Fields, Edinburgh	Friday 10 & 24 & Saturday 25, September, Friday 8 & Saturday 9 October	10am to 4pm	Scottish FA Football Development Department, Hampden Park, Glasgow

NB. UEFA A Licence holders may be exempt from completing the Basic Youth Award criteria prior to attending the SFA Advanced Youth Licence.

This is on the understanding that the UEFA A Licence was obtained post 2003. Attendance at a two-day induction is also compulsory. In addition, candidates must be in possession of the Physical Preparation Certificate for Youth.

Applications for the above courses are available on page 17.

For Physical Preparation and Advanced Youth Licence information visit www.scottishfa.co.uk

SPECIALIST COURSES

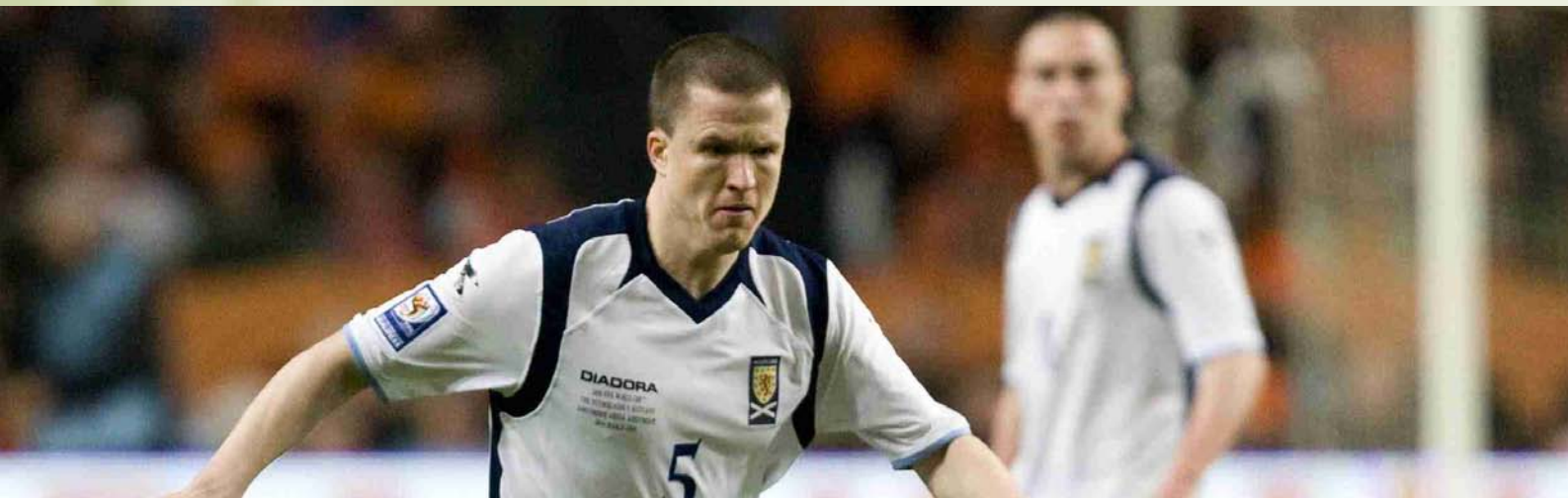
Adult (18 plus years)

LEVEL ONE Club Coach

This 12-hour course is open to coaches who work with adult players at amateur, junior or senior club level. The course is practical in nature and looks at the basic themes of control, passing, possession, dribbling, finishing and defending, as well as the structure of training sessions.

COURSE FEE: £50.00 (Quality Mark Clubs - Reduced Price £25) Discounts must be authorised by the Scottish FA Regional Club Dev. Manager prior to applying for course)
NB. Applicants must be aged 18 or over.

VENUE	DATE	TIME	APPLY TO....
Meadowmill Sports Centre, Tranent	Thursday 6 & Friday 7 May	10am to 4pm	Walter Borthwick



Goalkeeping

LEVEL ONE Goalkeeping

This 6-hour course is designed to assist coaches aged 16 or over who work with goalkeepers from children to adult.

COURSE FEE: £30.00 (Quality Mark Clubs - Reduced Price £14) Discounts must be authorised by the Scottish FA Regional Club Dev. Manager prior to applying for course)

VENUE	DATE	TIME	APPLY TO....
Dalkeith Campus (Grass) Meggetland Sports Complex, Edinburgh Bathgate Sports Centre	Sunday 21 February Sunday 28 March Friday 9 April	10am to 4pm 10am to 4pm 10am to 4pm	Keith Wright David Sheldon Jim Grant

Applications for the above courses are available on page 17.



SPECIALIST COURSES

Goalkeeping

LEVEL TWO Goalkeeping Intermediate

This 12-hour non-residential course is designed to further develop coaches, aged 18 years and over, who work with goalkeepers. The course is largely practical in nature and deals with topics such as shape, mobility, shot stopping and basic handling.

COURSE FEE: £50.00 (Quality Mark Clubs - Reduced Price £25) Discounts must be authorised by the Scottish FA Regional Club Dev. Manager prior to applying for course)
NB. Applicants must be aged 18 or over and must have completed Level 1 Goalkeeping Certificate course.

VENUE	DATE	TIME	APPLY TO....
Peffermill Playing Fields, Edinburgh	Saturday 17 & Sunday 18 April	10am to 4pm	Scottish FA Football Development Department Hampden Park, Glasgow

The above course is held in Edinburgh in conjunction with the South East Region.

For information on the Goalkeeping Intermediate and the Goalkeeping Licence visit www.scottishfa.co.uk

Disability

Coaching Footballers with a Disability

This 6-hour course is open to all interested parties aged 16 and over, experienced or otherwise, who work with or have an interest in working with footballers with a disability. Using practical and workshop teaching methods the course is designed to give coaches an insight into best practice when delivering coaching sessions to groups of players with a wide range of abilities and disabilities.

COURSE FEE: £45.00 (Quality Mark Clubs - Reduced Price £21) Discounts must be authorised by the Scottish FA Regional Club Dev. Manager prior to applying for course)

VENUE	DATE	TIME	APPLY TO....
Peffermill Playing Fields, Edinburgh	TBC	10am to 4pm	Scottish FA Football Development Department Hampden Park, Glasgow

For information on Adult Licence courses visit www.scottishfa.co.uk

Applications for the above courses are available on page 17.





UEFA has issued a recent directive aimed at all member associations regarding the introduction of Continuous Professional Development (CPD) for all Scottish FA Licence holders.

As a consequence, this coming year will see the implementation of a new Professional Development programme for coaches. UEFA and the Scottish FA requires all new and existing Pro, A, B, Youth Licence and Youth Directors Award coaches to attain a minimum of 15 hours of CPD credit over a three year period to ensure their licence or award remains active. (Note: It is the intention of the Scottish FA to role out CPD for Goalkeeping and Advanced Children's Licence holders in August 2010).

The key principle behind this initiative is to ensure that all new and existing licensed coaches, who are actively coaching, have access to the most advanced and cutting edge techniques and information within their area of coaching expertise in the Adult, Youth, Children or Specialist Course Pathways.

Whilst the Scottish FA will make every attempt to support coaches to carry out CPD, it is ultimately the sole responsibility of the individual to keep his/her licence/award qualification current and therefore recognised by the Scottish FA and UEFA. The following points outline the programme for 2010:

- Licence holders of existing Adult, Youth and Youth Directors' Award qualifications must register their commitment to CPD with the Scottish FA (see Appendix A – CPD Registration form) by 1 August 2010. Coaches in this position will have three years from the point of registration to attain the 15 hours CPD.
- Candidates with both an Adult and a Youth orientated licence must carry out 15 hours of CPD for each licence to ensure they both remain current (i.e a total of at least 30 hours).
- The Scottish FA will publish details as to how coaches may attain the 15 hours credit. Coaches who have registered will also be contacted with dates, venues and any additional costs of courses.
- Candidates who register for CPD must pay an initial registration fee of £50 (inc VAT). An additional £20 (inc VAT) subscription fee must be paid thereafter for each year the coach is a member of the Scottish FA Professional Development for Coaches Programme.
- In the event the three-year period has elapsed and the minimum requirements of CPD have not been met, the licence/award will cease to be recognised and the individual will be required to re-sit the full course.

For an official application form please view the National Coach Education brochure at www.scottishfa.co.uk

COACH DEVELOPMENT DAYS

In addition to the certified coach education programmes offered, the Scottish FA are determined to provide additional content to coaches who have attended the coaching courses and are interested in further enhancing their knowledge of the game. The coach development events are led by the Regional Football Development Staff and other leading professionals involved in our sport.

Regional Youth Coaching Conference

VENUE	DATE	TIME	CONTENT
Almonvale Stadium, Livingston	April/May TBC	10am to 4pm	Practical sessions focusing on developing youth players as well as Q & A sessions with guest coaches

Apply to Scottish FA South East Region Office.

NB. Cost: £10 per person (Quality Mark Coaches - Reduced Price £5) Discounts must be authorised by the Scottish FA Regional Club Dev. Manager prior to applying for course. There are a restricted number of delegate places available which will be allocated in order of receipt of the application form.

Regional Small-Sided Games Coaching Conference

VENUE	DATE	TIME	CONTENT
Hearts Training Academy, Heriot-Watt University, Edinburgh (Indoor)	Saturday 27 February	12noon to 4pm	Training Programme for 7-a-side teams Shaping in the small-sided game Developing Creative Players Individual Technique Development

Apply to Scottish FA South East Region Office. To apply for Coach Development Days, complete the Application Form on page 17.

NB. This development day is free, however there are a restricted number of delegate places available which will be allocated in order of receipt of the appropriate application form.

Coach Development In-Service

A series of 1.5 to 3 hour workshops covering a range of topics from Shaping a Team and Skill Development to Physical Conditioning for young football players. These workshops are for coaches who want to further develop their coaching skills and knowledge to provide high quality coaching sessions. Workshop sessions will be delivered at venues across the Region by the Regional Development Officers and Scottish FA National Staff.

Regional In-Service For Coaches/Clubs

VENUE	DATE	TIME	CONTENT
Peffermill Playing Fields, Edinburgh	Wednesday 28 April	6pm to 9pm	Scottish FA Skills National Challenge - Coaches In-service
Peffermill Playing Fields, Edinburgh	Thursday 6 May	6.30 to 8.30pm	U12 Transitional Workshop for 7v7 to 11v11
Peffermill Playing Fields, Edinburgh	Monday 17 May	6.30 to 9pm	Pre-Season Training Sessions
Meadowbank Sports Centre Edinburgh	Wednesday 16 June	6.30 to 8.30pm	Mini Kickers In-service

Apply to Scottish FA South East Region Office. To apply for Coach Development Days, complete the Application Form on page 17.

Local In-Service For Coaches/Clubs

VENUE	DATE	TIME	CONTENT
Netherdale, Galashiels	Sunday 14 March	10am to 3.30pm	Sport Borders Coaching Conference
Bankton Mains Murieston	Monday 2 August	6.30pm to 8pm	Team shaping 4s, 7s, 11s & Games Formats
Peffermill Playing Fields, Edinburgh	Wednesday 4 August	6.30pm to 8pm	Team shaping 4s, 7s, 11s & Games Formats
Netherdale, Galashiels	Friday 6 August	7pm to 8.30pm	Team shaping 4s, 7s, 11s & Games Formats
Hallhill, Dunbar	Wednesday 11 August	6.30pm to 8pm	Team shaping 4s, 7s, 11s & Games Formats
Poltonhall Rec. Ground, Bonnyrigg	Monday 23 August	6pm to 7.30pm	Team shaping 4s, 7s, 11s & Games Formats
Meadowmill Sports Centre, Tranent	Monday 22 November	6.30pm to 8pm	Futsal/Creative Player
Queens Centre, Galashiels	Friday 26 November	8pm to 9.30pm	Futsal/Creative Player
Bathgate Sports Centre	Friday 3 December	6.30pm to 8pm	Futsal/Creative Player
Dalkeith Campus (indoor)	Sunday 5 December	10am to 12noon	Futsal/Creative Player
World of Football, Edinburgh	Thursday 9 December	6.30pm to 8pm	Futsal/Creative Player

Apply to Scottish FA South East Region Office. To apply for Coach Development Days, complete the Application Form on page 17.



QUALITY MARK

Is your club interested in...

- **Becoming more successful, on and off the park?**
- **Raising its profile at local and national level?**
- **Resources to increase your club's coach education and first aid?**
- **A visit by Scottish FA community coaches and regional staff to develop your young players and volunteers?**
- **Developing Scottish Football**

If the answer to any of the above questions is 'YES' then why not join the growing number of clubs who are committed to partnership working with the Scottish FA and are now reaping the rewards of the **Quality Mark award**



supporting
grassroots
football



LOTTERY FUNDED



SCOTTISH FA CLUB DEVELOPMENT

Congratulations to the SFA South East Region's Quality Mark Clubs

COMMUNITY AWARD HOLDERS

Haddington Athletic FC	East Lothian
Murieston United FC	West Lothian
Spartans Football Club	Edinburgh

DEVELOPMENT AWARD HOLDERS

Boroughmuir Thistle FC	Edinburgh
Galadean Juniors FC	Scottish Borders
Loanhead Miners YFC	Midlothian
Polbeth United FC	West Lothian
Tranent Colts FC	East Lothian

STANDARD AWARD HOLDERS

Ancrum FC	Scottish Borders
Armada Sports Club	West Lothian
Arniston Rangers FC	Midlothian
Beeslack Thistle FC	Midlothian
Blackburn United FC	West Lothian
Bonnyrigg Rose FC	Midlothian
Broughton FC	Scottish Borders
Broxburn Athletic	West Lothian
Craigshill Thistle FC	West Lothian
Currie Star FC	Edinburgh
Dunbar United Colts FC	East Lothian
Easthouse BC	Midlothian
Edina Hibs FC	Edinburgh
Edinburgh City FC	Edinburgh
Edinburgh United FC	Edinburgh
Edinburgh Star FC	Edinburgh
Eskmills BC	Midlothian
Fernieside FC	Edinburgh
Gala Fairydean FC	Scottish Borders
Greenlaw FC	Scottish Borders
Hutchison Vale FC	Edinburgh
Kelso FC	Scottish Borders
Leithen Vale FC	Scottish Borders
Liberton United FC	Edinburgh
Livingston Hearts FC	West Lothian
Lochend YFC	Edinburgh
Melrose FC	Scottish Borders
Newlands FC	West Lothian
North Merchiston FC	Edinburgh
Peebles FC	Scottish Borders
Penicuik Thistle FC	Midlothian
Preston Athletic FC	East Lothian
Selkirk FC	Scottish Borders
Star A Cyp	Midlothian
Tweedbank FC	Scottish Borders
Tynecastle FC	Edinburgh
Uphall Diamonds FC	West Lothian
Whitburn FC	West Lothian

Why get involved? Clubs involved in the SFA Quality Mark programme have shown a considerable level of growth demonstrated by an increase in their playing membership and the number of volunteers involved with the club.



TESTIMONIALS

"The Scottish FA Quality Mark Award is something the club has worked extremely hard to deliver and we are delighted to have achieved the Community Level Award. The process has brought the club closer together in many aspects and has helped improve the standard of coaching within the club which ultimately, will help our players. As well as this, the support from the Scottish FA staff throughout the Quality Mark has provided a long term vision for the club and their support has also enabled us to access a £100,000 external grant to develop the facilities at the club".

- **Haddington Athletic FC**

"As a new girls & women's club, the Quality Mark helped us develop in the right direction. The club now has a long term plan and we have already witnessed significant growth in terms of the number of teams, players, volunteers and qualifications of our coaches. The Scottish FA development staff were excellent and the support they provided was fantastic and we would like to thank them for their guidance".

- **Boroughmuir Thistle FC**

"Bonnyrigg is a relatively small town but has numerous football clubs at children, youth and adult levels. Through the work of the Scottish FA staff and the Quality Mark, the autonomous clubs have come together and are now operating under the banner of the Bonnyrigg Rose Community Football Club which will now provide a platform for football in the town to continue to grow and develop for years to come.

- **Bonnyrigg Rose Community Football Club**

For further information on the Quality Mark Initiative, please visit www.scottishfa.co.uk or contact David Drummond, SFA South East Club Development Manager on 0131 667 8245 or email - david.drummond@scottishfa.co.uk



VOLUNTEER DEVELOPMENT WORKSHOPS

Child Protection

COURSE FEE: £20.00 (Quality Mark Clubs - Reduced Price £FREE) Discounts must be authorised by the Scottish FA Regional Club Dev. Manager prior to applying for course)

VENUE	DATE	TIME	CONTENT
Peffermill Playing Fields, Edinburgh	Wednesday 17 February	6pm to 9pm	Safeguarding & Protecting Children - Level 1
Penston House, McMerry, East Lothian	Wednesday 24 March	6pm to 9pm	Safeguarding & Protecting Children - Level 1
Penicuik Town Hall, Midlothian	Wednesday 25 August	6pm to 9pm	Safeguarding & Protecting Children - Level 1
West Lothian	Wednesday 22 September	6pm to 9pm	Safeguarding & Protecting Children - Level 1
Peffermill Playing Fields, Edinburgh	Monday 25 October	6pm to 9pm	Safeguarding & Protecting Children - Level 1
Peffermill Playing Fields, Edinburgh Scottish Borders (Please contact Andy Lawrie (Coaching Network Officer) at andy.lawrie@scotborders.gov.uk)	Monday 22 November TBC	6pm to 9pm TBC	In Safe Hands - Level 2 Safeguarding & Protecting Children - Level 1

For all above courses (except Scottish Borders) apply to: Scottish FA South East Region Office.

First Aid

COURSE FEE: £20.00 (Quality Mark Clubs - Reduced Price £FREE) Discounts must be authorised by the Scottish FA Regional Club Dev. Manager prior to applying for course)

VENUE	DATE	TIME	CONTENT
Meggetland Sports Complex, Edinburgh	Saturday 6 February	9.30am to 4.30pm	HSE First Aid for Football
Penicuik Town Hall, Midlothian	Wednesday 17 & 24 March	6pm to 9pm	HSE First Aid for Football
Penston House, McMerry, East Lothian	Saturday 24 April	9.30am to 4.30pm	HSE First Aid for Football
Meggetland Sports Complex, Edinburgh	Thursday 20 & 27 May	6pm to 9pm	HSE First Aid for Football
West Lothian	Saturday 28 August	9.30am to 4.30pm	HSE First Aid for Football
Penicuik Town Hall, Midlothian	Saturday 18 September	9.30am to 4.30pm	HSE First Aid for Football
Meggetland Sports Complex, Edinburgh	Tuesday 2 & 9 November	6pm to 9pm	HSE First Aid for Football
Scottish Borders (Please contact Andy Lawrie (Coaching Network Officer) at andy.lawrie@scotborders.gov.uk)	TBC	TBC	HSE First Aid for Football

For all above courses (except Scottish Borders) apply to: Scottish FA South East Region Office.



Scottish FA Volunteer Programme

Do You Have A Keen Interest In Our National Game?

**WOULD YOU LIKE TO DEVELOP
YOURSELF AS A FOOTBALL COACH?**



If so then why not volunteer in football. The Scottish FA is working in partnership with the Scottish Government, funded through the 'CashBack for Communities' initiative, to provide new opportunities for young people to get involved in football. If you think volunteering is for you then why don't you join the growing number of volunteers helping to develop the game at grassroots level.



For further information please visit:
www.scottishfa.co.uk

Chris Smith
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APPLICATION FORM

Please fully complete this form in BLOCK CAPITALS and return to the appropriate co-ordinator (including the relevant course fee). You may photocopy the form or cut out and send this page. For details of return address, refer to the contacts on the back page of this document. A refund will be provided if the course is fully subscribed.

Title: Mr Mrs Miss Ms other (please specify)

(please tick)

Surname Forname Date of Birth

Address Street Town Postcode

Tel: (home) (daytime) (mobile)

Email Nationality Ethnic Origin

Club/School Quality Mark (please tick if applicable)

Age Range No. of Boys/Girls

Please provide details any previous SFA courses attended. (Level 4 applicants please remember to include copies of your Levels 1, 2 & 3 certificates.)

.....

Please provide details of any medical conditions, disabilities, dietary requirements or specific needs

.....

Courses for coaches working with Children (5 to 12 years) (please tick the relevant box (es))

Level 1 Early Touches Venue Date

Level 2 Coaching Young Footballers Venue Date

Level 3 Coaching in the Game Venue Date

Level 4 Basic Children's Award Venue Date

Courses for coaches working with Youth Footballers (12 to 18 years) (please tick the relevant box (es))

Level 1 Development Activities Venue Date

Level 2 Coaching Youth Footballers Venue Date

Level 3 Coaching in the Game Venue Date

Level 4 Basic Youth Award Venue Date

Specialist and Adult courses (please tick the relevant box (es))

Adult Club Coach Venue Date

Goalkeeping Venue Date

Goalkeeping Intermediate Venue Date

Coaching Footballers with Disabilities Venue Date

To apply for a course please complete the Application form and send it with the appropriate payment to the Local Authority running the course. Cheques should be made payable to the appropriate local authority. The addresses for Local Authorities can be found on page 19.

Applications for Level 4, Goalkeeping Intermediate, or Coaching Footballers with a Disability course should be sent to Hampden Park (address on page 19). Cheques for these courses should be made payable to 'Scottish FA'

Scottish FA South East Region Workshops & Conference Events (please complete as appropriate)

Workshop Venue Date

Workshop Venue Date

Workshop Venue Date

Workshop Venue Date

To apply for South East Region Workshop or Conference Events please complete the Application form and send it to Scottish FA South East Region Office. (address on page 19) Cheques for these courses should be made payable to 'Scottish FA'

Signed Date

If fees are being paid by a third party please provide details below

Name of Third Party Authorised Signature

NB. From time to time, photographs and video footage may be taken during events/courses for promotional purposes. If you have any objection to this, please inform us in writing.

DATA PROTECTION ACT:

Your information will be used by the Scottish Football Association to maintain and update course attendance records and may be used to inform you of future events/opportunities. If you do not wish to receive such information, please tick this box

VOLUNTEERING

The Scottish FA is seeking to recruit volunteers into the game. If you are interested in receiving information regarding volunteering opportunities from the Scottish FA or Scottish FA Quality Mark clubs/schools, please tick this box



South East Regional Football Partnership Club Training Visits

February - October 2010

SCOTTISH FA DEVELOPMENT STAFF AND COACHES WILL DELIVER A VARIETY OF SESSIONS IN CONSULTATION WITH YOUR CLUB COACHES, DELIVERED AT YOUR CLUB'S TRAINING VENUE.

Sessions focused on strengths and weaknesses of your team and based on one of the following themes:

- **SKILL DEVELOPMENT SESSIONS**
- **INDIVIDUAL TECHNICAL DEVELOPMENT**
- **TACTICAL SESSIONS**
- **PHYSICAL PREPARATION FOR CHILDREN & YOUTH PLAYERS**

To book or for more information please contact:

Aidan Forbes
SFA South East Events Coordinator

t: **0131 667 8245**
e: southeast@scottishfa.co.uk

www.scottishfa.co.uk

SOUTH EAST REGION CONTACTS

Mark Munro - South East Regional Manager

Tel: 07918 192 672.

Email: mark.munro@scottishfa.co.uk

Aidan Forbes, Scottish FA Regional Office & Events Co-ordinator,

Tel: 0131 667 8245

Email: southeast@scottishfa.co.uk

David Drummond, SFA Regional Club Development Manager,

Tel: 07827 082 667

Email: david.drummond@scottishfa.co.uk

Chris Smith, Scottish FA Regional Player & Coach Development Officer,

Tel: 07841 569 806

Email: chris.smith@scottishfa.co.uk

Contact address for all above:

Scottish FA South East Region, McArthur Pavilion, 42 Peffermill Road, Edinburgh EH16 5LL..

Jim Grant, Scottish FA Football Development Officer,

West Lothian Council,

Strathbrock Partnership Centre, 189a West Main Street, Broxburn EH52 5HL.

Tel: 07769 928 343

Email: jim.grant@westlothian.gov.uk

Neil Orr, Scottish FA Lothians Football Development Manager,

Midlothian Council,

Penicuik Town Hall, 33 High Street, Penicuik EH26 8HS.

Tel: 01968 664 094

Email: neil.orr@midlothian.gov.uk

Keith Wright, Scottish FA Football Development Officer,

Midlothian Council,

Penicuik Town Hall, 33 High Street, Penicuik EH26 8HS.

Tel: 01968 664 090

Email: keith.wright@midlothian.gov.uk

Walter Borthwick, Scottish FA Football Development Officer,

East Lothian Council,

Meadowmill Sports Centre, Tranent EH33 1LZ.

Tel: 01875 619 065

Email: wborthwick@eastlothian.gov.uk

Dougie Anderson, Scottish FA Senior Football Development Officer,

Scottish Borders Council,

Sports Development Unit, 3 John Street, Galashiels TD1 3JX.

Tel: 01896 756 274

Email: Danderson2@scotborders.gov.uk

Drew Kelly, Scottish FA Football Development Officer,

Scottish Borders Council,

Sports Development Unit, 3 John Street, Galashiels TD1 3JX.

Tel: 01896 756 274

Email: Dkelly@scotborders.gov.uk

David Sheldon, Scottish FA Football Development Officer,

City of Edinburgh Council,

5-7 Regent Road, Edinburgh EH7 5BL.

Tel: 0131 550 6849

Email: davidsheldon@sportinedinburgh.com

Chris Roberts, Scottish FA Football Development Officer,

City of Edinburgh Council,

5-7 Regent Road, Edinburgh EH7 5BL.

Tel: 0131 550 6829

Email: chrisroberts@sportinedinburgh.com



For Licence Level coaching and Physical Preparation please contact:

**The Scottish FA, Football Development Department,
Hampden Park, Glasgow G42 6PY.**

Email: coaching@scottishfa.co.uk

If you Live It, Play It, Love It... you'll find a wealth of online web resources at **scottishfa.co.uk**

If you are currently coaching or just thinking about volunteering and taking your first steps towards coaching, the Scottish FA website has a wide range of resources and advice to support you.

With over 450 coach development courses available each year covering Children, Youth, Adult, Goalkeeping and Disability football, there are many local, regional and national opportunities and events to get involved in to help improve your coaching skills.

Have a look at **www.scottishfa.co.uk** for information on:

- Event and course information
- Downloadable training plans
- Club development support
- Skills tests for young players
- Sports science resources
- Animated training and shaping drills
- Printable coach resources
- Regular advice from Scottish FA coaches
- Best practice from our foreign club visits

Visit **www.scottishfa.co.uk**



SOUTH EAST REGION Coach Development Diary (January-June 2010)

Date	Course	Venue	Page
JANUARY			
● Sat 16 January	Early Touches	Meadowmill Sports Centre	5
● Sat 23 January	Early Touches	Dalkeith Campus	5
● Sun 24 January	Early Touches	Earlston High School	5
● Sun 24 January & 7 February	Coaching Young Footballers	Meadowmill Sports Centre	5
FEBRUARY			
● Sat 6 February	HSE First Aid for Football	Meggetland, Sports Complex, Edinburgh	14
● Sat 6 & 13 February	Coaching Young Footballers	Dalkeith Campus	5
● Sun 7 February	Early Touches	Broughton High School, Edinburgh	5
● Sun 7 February	Development Activities	Queens Centre, Galashiels	7
● Sun 7 February	Coaching Young Footballers	Meadowmill Sports Centre	5
● Fri 12 February	Early Touches	Bathgate Sports Centre	5
● Sun 14 & 21 February	Coaching Young Footballers	Broughton High School, Edinburgh	5
● Wed 17 February	Safeguarding & Protecting Children	Peffermill Playing Fields, Edinburgh	14
● Fri 19 February	Free In-Service-Basic Children's Award	Hearts Training Academy, Heriot Watt Uni.	12
● Fri 19 February	Development Activities	Bathgate Sports Centre	7
● Sun 21 February	Goalkeeping - Level 1	Dalkeith Campus	9
● Sat 27 February	Small Sided Games Conference	Hearts Training Academy, Heriot Watt Uni.	12
MARCH			
● Sat 6 March	Development Activities	Broughton High School, Edinburgh	7
● Fri 12 & 19 March	Coaching in the Game	Newbattle Community High School	6/8
● Sat 13 & 20 March	Coaching Youth Footballers	Broughton High School, Edinburgh	7
● Sun 14 March	Local In-Service	Netherdale, Galashiels	12
● Wed 17 & 24 March	HSE First Aid for Football	Penicuik Town Hall, Midlothian	14
● Fri 19 & 26 March	Coaching Young Footballers	Bathgate Sports Centre	5
● Sun 21 & 28 March	Coaching Young Footballers	Queens Centre, Galashiels	5
● Wed 24 March	Safeguarding & Protecting Children	Penston House, Macmerry, East Lothian	14
● Sun 28 March	Goalkeeping - Level 1	Meggetland, Sports Complex, Edinburgh	9
APRIL			
● Fri 2 & 9 April	Coaching in the Game	Broughton High School, Edinburgh	6/8
● Fri 9 April	Goalkeeping - Level 1	Bathgate Sports Centre	9
● Sat 17 & Sun 18 April	Goalkeeping - Level 2	Peffermill Playing Fields, Edinburgh	9
● Fri 23 & 30 April	Coaching Youth Footballers	Bathgate Sports Centre	7
● Fri 23 & 30 April	Coaching Youth Footballers	Earlston High School	7
● Fri 23 & 30 April, Sat 1, Fri 14 & Sat 15 May	Basic Children's Award	Peffermill Playing Fields, Edinburgh	6
● Sat 24 April	HSE First Aid for Football	Penston House, Macmerry, East Lothian	14
● Wed 28 April	Coach/Club In-Service	Peffermill Playing Fields, Edinburgh	12
MAY			
● Thu 6 May	Coach/Club In-Service	Peffermill Playing Fields, Edinburgh	12
● Thu 6 & Fri 7 May	Club/Coach - Level 1	Meadowmill Sports Centre, Tranent	9
● Fri 7 May	Development Activities	Newbattle Community High School	7
● Fri 14 & 21 May	Coaching Youth Footballers	Poltonhall Recreation Ground, Bonnyrigg	7
● Mon 17 May	Coach/Club In-Service	Peffermill Playing Fields, Edinburgh	12
● Thu 20 & 27 May	HSE First Aid for Football	Meggetland, Sports Complex, Edinburgh	14
● Fri 21 & 28 May	Coaching in the Game	Bathgate Sports Centre	6/8
JUNE			
● Wed 16 June	Coach/Club In-Service	Meadowbank Sports Centre, Edinburgh	12

SOUTH EAST REGION Coach Development Diary (July-December 2010)

Date	Course	Venue	Page
JULY			
• Fri 2 July	Early Touches	Poltonhall Recreation Ground, Bonnyrigg	5
• Sat 3 July	Development Activities	Meadowmill Sports Centre, Tranent	7
• Tue 13 July	Early Touches	Meggetland Sports Complex, Edinburgh	5
• Wed 14 & Thu 15 July	Coaching Young Footballers	Meggetland Sports Complex, Edinburgh	5
• Mon 19 July	Development Activities	Meggetland Sports Complex, Edinburgh	7
• Tue 20 & Wed 21 July	Coaching Youth Footballers	Meggetland Sports Complex, Edinburgh	7
• Wed 21 July	Free In-Service-Basic Youth Award	Peffermill Playing Fields, Edinburgh	9
• Thu 22 & Fri 23 July	Coaching in the Game	Meggetland Sports Complex, Edinburgh	5
AUGUST			
• Mon 2 August	Local Coach/Club In-Service	Bankton Mains, Murieston	12
• Wed 4 August	Local Coach/Club In-Service	Peffermill Playing Fields, Edinburgh	12
• Fri 6 August	Local Coach/Club In-Service	Netherdale, Galashiels	12
• Wed 11 August	Local Coach/Club In-Service	Hallhill, Dunbar	12
• Sun 15 August	Early Touches	Galashiels Astroturf, Gala Academy	5
• Fri 20 August	Early Touches	Bathgate Sports Centre	5
• Sun 22 August	Development Activities	Galashiels Astroturf, Gala Academy	7
• Mon 23 August	Local Coach/Club In-Service	Poltonhall Recreation Ground, Bonnyrigg	12
• Wed 25 August	Safeguarding & Protecting Children	Penicuik Town Hall, Midlothian	14
• Fri 27 August	Development Activities	Bathgate Sports Centre	7
• Sat 28 August	HSE First Aid for Football	West Lothian	14
• Fri 27 & 3 September	Coaching in the Game	Galashiels Astroturf, Gala Academy	6/8
SEPTEMBER			
• Sat 4 & 11 September	Coaching Youth Footballers	Meadowmill Sports Centre, Tranent	7
• Sun 5 September	Early Touches	Broughton High School, Edinburgh	5
• Sun 5 September	Development Activities	Broughton High School, Edinburgh	5
• Fri 10 & 24 & Sat 25 September & Fri 8 & Sat 9 October	Basic Youth Award	Peffermill Playing Fields, Edinburgh	8
• Sat 18 September	HSE First Aid for Football	Penicuik Town Hall, Midlothian	14
• Wed 22 September	Safeguarding & Protecting Children	West Lothian	14
• Fri 24 September & 1 October	Coaching Youth Footballers	Bathgate Sports Centre	7
OCTOBER			
• Sun 10 & 17 October	Coaching in the Game	Meggetland Sports Complex, Edinburgh	6/8
• Fri 15 & 22 October	Coaching Young Footballers	Bathgate Sports Centre	5
• Sat 16 & 23 October	Coaching in the Game	Meadowmill Sports Centre, Tranent	6/8
• Mon 25 October	Safeguarding & Protecting Children	Peffermill Playing Fields, Edinburgh	14
NOVEMBER			
• Tue 2 & 9 November	HSE First Aid for Football	Meggetland Sports Complex, Edinburgh	12
• Fri 5 & 12 November	Coaching in the Game	Bathgate Sports Centre	6/8
• Mon 22 November	Local Coach/Club In-Service	Meadowmill Sports Centre, Tranent	12
• Mon 22 November	In Safe Hands-Child Protection	Peffermill Playing Fields, Edinburgh	12
• Fri 26 November	Local Coach/Club In-Service	Queens Centre, Galashiels	12
DECEMBER			
• Fri 3 December	Local Coach/Club In-Service	Bathgate Sports Centre	12
• Sun 5 December	Local Coach/Club In-Service	Dalkeith Campus	12
• Thu 9 December	Local Coach/Club In-Service	World of Football, Edinburgh	12