

This form should be completed and returned to the address below for registration. When dates are set for each course details will be sent out well in advance along with any other relevant information.

Please print clearly.

Name of Participant:

\_\_\_\_\_

Address:\_\_\_\_\_

\_\_\_\_\_

E-Mail: \_\_\_\_\_

Post Code:\_\_\_\_\_

Ph Number:\_\_\_\_\_

Mobile:\_\_\_\_\_ Age\_\_\_\_\_

Football Club: \_\_\_\_\_

Medical details:\_\_\_\_\_

\_\_\_\_\_

If you do not wish your photograph to be taken please tick:

I would like to register for the following course(s).

Grassroots Intro Award:

Level 1:

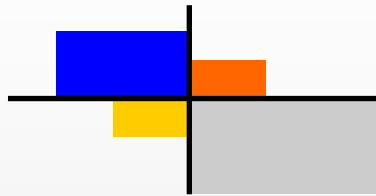
**Please return to: IFA Grassroots Development Officer C/O Lisburn City Council, Leisure Services Dept, Island Civic Centre, The Island, Lisburn. Co Antrim BT27 4RL Ph 028-9250-9554 or Ph 07802327553**

**Data Protection act 1998**

Lisburn City Council collects the data on this form for their purpose of course registration. The data collected may also be used for the purpose of notification of future events and courses run in conjunction with the Council. If you do not wish your personal data to be used for this purpose please tick.



The banner features the Lisburn City Council crest on the left and the Irish Football Association Northern Ireland logo on the right. The central text reads "Lisburn City Council & Irish Football Association Coaching Education Courses". Below the text is a photograph of a busy football pitch with many people, including children in yellow and red kits, walking on the sidelines. At the bottom of the banner are two logos: "GRASSROOTS FOOTBALL" with a soccer ball icon and the tagline "Nurturing the game for a better future", and "SPORT LISBURN" with a stylized flame icon.



Coaching Courses

## Grassroots Intro Award

Small-sided games  
Fundamentals  
Warm-ups  
Activities  
Cost £35.00

### Level 1

Child Protection  
Sport Specific First Aid  
Referees Awareness  
Conditioning  
Nutrition  
Cost £200.00

Please note that prices are correct at time of going to press but may change, it is therefore advisable to check with the IFA Grassroots Development Officer to confirm prices.

There are also student rates for courses that run in schools/colleges. All prices include VAT.

## Coaching Education

Irish Football Association

*From beginners to those who have some experience of coaching these courses are designed to help develop skills and experience. As part of a coaches personal development they are both informative and challenging, forming an important and necessary ingredient in today's development of young footballers and clubs.*

*The "**Grassroots Intro Award**" is particularly aimed at those who are in the beginning stages of their coaching experience looking at important areas such as "fundamentals, balance/coordination, ball familiarisation, space awareness, health and safety considerations, small sided games and fun activities". This course lasts approximately 3 hrs and includes both practical and theory. A certificate is presented on completion of the course.*

*The "**Level 1**" course is more detailed and aimed at those who have some experience of coaching but who as yet have not gained any accreditation. This 30 hrs plus course includes modules in **Child Protection** for which you will be required to complete a disclosure form for Access NI, sport specific **First Aid**, a **Referee's Awareness** course and areas such as conditioning along with nutrition will be looked at. Alongside theory sessions you will be guided through practical sessions of small-sided games etc plus you will be assessed in a practical coaching session. On completion of the course you will be required to complete a 6hr supervised coaching log and when we have received clearance from Access NI you will be issued with your certificate.*

*Please note that it is a **mandatory requirement** when working with anyone under the age of 18 to have been vetted by Access NI.*

*Participants should also be aware that these courses include practical aspects and as such they should be prepared when possible to take part in these activities unless precluded due to injury.*

*The IFA Grassroots programme has in 2009 been awarded a 5 star rating in the prestigious **UEFA Grassroots Charter System**, which is the highest award that can be received by any governing body.*