



# DIPLOMA IN FOOTBALL SCIENCE & PERFORMANCE COACHING



-  COACHING PRINCIPLES
-  PSYCHOLOGY
-  FITNESS TRAINING
-  TESTING & MONITORING
-  TRAINING METHODOLOGY
-  PERFORMANCE ANALYSIS
-  TACTICAL ANALYSIS
-  PHYSIOLOGY
-  STRENGTH & CONDITIONING
-  TALENT IDENTIFICATION
-  INJURY REDUCTION
-  NUTRITION



In association with



## ISSPF

INTERNATIONAL SOCCER SCIENCE  
& PERFORMANCE FEDERATION

## WHO ARE **ISSPF**?

- The International Soccer Science & Performance Federation (ISSPF) is the world leading online coaching, soccer science & performance education platform for soccer federations around the world.
- ISSPF offers all individuals across all levels of soccer coaching & development, providing the individuals the opportunity to enhance their knowledge & understanding of soccer performance.

*Advance Your Career. Become a Better Coach.*

## ACCREDITED ONLINE SOCCER COURSES

The Global Online Soccer Education Platform Trusted,  
Endorsed & Accredited by Leading Universities and Elite  
Clubs

- Assistance in developing their academic & practical profile across both the scientific & practicing aspects of soccer science.
- Ensures that COSAFA develops their coaches with the most unique development pathway in addition to their coaching licenses.
- Leading practitioners & academics in the world of soccer delivering lecturers & bespoke courses, aimed at enhancing progress of individuals involved with the development & interest of team sport players.

For more information & enquiries on the Diploma email: [learn@cosafa.com](mailto:learn@cosafa.com)

# WORKING PARTNERSHIP WITH **COSAFA**

- The ISSPF, in collaboration with COSAFA has developed a bespoke football science and coaching diploma that is tailored to the needs of Southern African football practitioners.
- The aim of this relationship is to see the development of Southern African to be at the forefront of football on the continent.



## **DIPLOMA** IN FOOTBALL SCIENCE & COACHING

- The COSAFA -ISSPF Diploma in Football Science and Performance Coaching is comprised of four modules focussing around the key modules:
  - ***Certificate in Strength & Conditioning for Soccer Performance***
  - ***Foundation Certificate in Soccer Nutrition***
  - ***Certificate in Physical Training and Soccer Methodology***
  - ***Foundation in Soccer Psychology***

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# DIPLOMA IN FOOTBALL SCIENCE & COACHING

## MODULE ONE:

### *Certificate in Strength & Conditioning for Soccer Performance*

1. Competition Induced Fatigue in Soccer – Practical Applications
2. Injury Prevention in Soccer: Key Strategies & Methods
3. LTAD – Building a Model for an Academy Development
4. Biomechanical Considerations within Soccer
5. Soccer Training: Soccer Specific Warm-Up Strategies
6. Soccer Specific Endurance Training
7. Speed Endurance Training in Soccer.
8. Soccer Nutrition: from Youth to Adults.
9. Considerations & Applications of Training Load Monitoring
10. Individual Periodization within a Soccer Team: A Working Model



Level 1

### Certificate in Strength & Conditioning for Soccer Performance

The ISSPF online Certificate in Strength & Conditioning for Soccer Performance course has been designed and executed to add the science behind the actual practitioner and coaching knowledge for fitness, medical or other support staff working with soccer players. This course provides even further depth into the coaching science aspects of strength & conditioning.

Strength & Conditioning



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# DIPLOMA IN FOOTBALL SCIENCE & COACHING

## MODULE TWO:

### *Foundation Certificate in Soccer Nutrition*

1. Soccer physiology
2. Macro & micronutrients in soccer
3. Vitamins & Minerals in soccer
4. Hydration in soccer
5. Training, match & recovery fuelling
6. Nutrition & injury
7. Nutrition in female soccer
8. Maximal intensity conditioning
9. Training session design
10. Supplements in soccer



Level 1

### Foundation Certificate in Soccer Nutrition

The Foundation Certificate in Soccer Nutrition provides an introduction to soccer nutrition and the fuelling required to maximise player performance and recovery while reducing the risk of injuries.

Coaching Principles | Injury Reduction | Nutrition





# DIPLOMA IN FOOTBALL SCIENCE & COACHING

## MODULE THREE:

### *Certificate in Physical Training and Soccer Methodology*

1. Tapering & Periodisation
2. Microcycle, planning & performance
3. Game Model Development
4. Individualised Periodisation
5. Developing a Working Model
6. Player carbohydrate requirements
7. Physical & Tactical Periodisation
8. Maximal intensity conditioning
9. Training session design
10. Competitive Microcycle



Level 3

### **Certificate in Physical Training and Soccer Methodology**

How do you achieve and manage the balance between physical and tactical training? This course that question and takes you through soccer specific physical training and soccer methodology as well as how to enhance the performance of your players

Coaching Principles | Fitness Training | Physiology



# DIPLOMA IN FOOTBALL SCIENCE & COACHING

## MODULE FOUR:

### *Foundation in Soccer Psychology & Mental Skills Training*

1. The role of psychology
2. Energy management
3. Focus, attention & concentration
4. Player motivation
5. Team cohesion & communication
6. Self-confidence
7. Using imagery
8. Coach self-reflection



Level 1

### Foundation Certificate in Soccer Psychology & Mental Skills Training

The Certificate in Soccer Psychology & Mental Skills Training introduces you to the knowledge, methods & techniques used by elite clubs to build motivation, focus and confidence while protecting the mental well-being of its players

Coaching Principles | Injury Reduction | Psychology



## DELIVERED BY A GLOBAL FACULTY

In football, there's a fine margin between success and failure. That's why clubs at all levels of the game are turning to science and performance specialists to provide them with that winning edge. To stay ahead of the curve, successful coaches understand that they need to continually look for fresh ideas and insights, from all corners of the globe.

ISSPF is the trusted provider of Soccer Science & Performance training for a number of FIFA Federations, elite clubs and leading universities with an elite faculty spanning every continent and all FIFA Confederations.



### International Soccer Science & Performance Federation

Reviews 24 • Excellent



4.6 ⓘ

✓ VERIFIED COMPANY

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## ONLINE EDUCATION

As a way to ensure you get the best possible content from the world leading experts in the game, the content is available online to be maximised.



## YOUR TIME

You can study and develop in your own time, when you travel, after training or games, or whenever you feel you're learning time can be maximised. This way of learning is purely for your own time schedule.



## YOUR COMFORT

The COSAFA – ISSPF Diploma in Football Science & Coaching is developed in order to provide you the best learning content in the comfort of your own surroundings. At the training centre, the comfort of your own home, university online, college or when you travel.

# HOW OUR FOOTBALL COURSES CAN BENEFIT YOU!

Following our structured online soccer courses that are available to you 24/7 on any device, you will become a more valuable member of your clubs coaching faculty, a trusted advisor. Other members will look to you to provide insights, data, and contribute to session design and team management.



*"ISSPF have managed to provide our soccer coaching staff within our college team with a 1st class opportunity to learn & apply some key performance coaching aspects. The opportunity to personally develop & track the staff's progress through their assisted e-learning process is very impressive. I highly recommend the content as a must for all individuals tasked with the development of soccer players across all levels of the game."*



**Ringo Wu (AFC 'B' Coaching Certificate)**

*Head of Physical Education & Sport, Nanwai Kings College Soccer Team, Jinkai District, Jiangsu, China*



## ELITE FACULTY

Cutting edge knowledge from elite coaches



## LEADING PRACTITIONERS

Competitive & practical solutions



## EXPERT COURSE DESIGN

Developed by elite experts



## PRACTICAL ASSIGNMENTS

Practical assignments for stronger retention



## PROFESSIONAL DELIVERY

From specialist soccer scientists & professors



## CPD CERTIFICATION

Advance your career



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## TESTIMONIALS



*"ISSPF have been able to seamlessly provide all individuals with an interest in team sports and specifically soccer with the chance to learn from some of the best people in their key research areas. Developing throughout my career as a fitness & conditioning expert and applying the scientific principles of training at the elite level of the soccer, I feel being able to use the e-learning strategy within ISSPF challenges and adds further credibility to my working practices. I highly recommend individuals from all learning levels to tap into the fantastic resource available here."*



**Claudio Donatelli**

*Performance & Fitness Coach Italian National Team*



*"This is by far the most innovative style of learning that I've seen in this digital era. The breadth of topics covered, combined with the level of detail and insights makes this a must learning environment for any coach who is working or wants to get into the game and progress to the highest levels."*



**Steve McClaren**

*Manchester Utd, Middlesbrough, FC Twente, Wolfsburg, Nottingham Forest, Derby County, England*



*"An experienced director with a demonstrated history of working in the soccer industry & having developed across a range of sports psychology, match analysis, player development, and sports management - I feel the opportunity to integrate the e-learning facility available from ISSPF into as a federation, club or individual self-development level is of huge benefit. As a FIFA & CONCACAF Instructor & Director of Football I have rarely seen an educational tool as good as this to positively influence individuals across a range of key soccer topics."*



**Vin Blaine (CONCACAF)**

*Director of Football & Coach Education, US Virgin Islands Soccer Association, FIFA Coach Educator, US Virgin Islands*



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