ISSPF
INTERNATIONAL SOCCER SCIENCE & PERFORMANCE FEDERATION



PARTNERSHIPS

COURSE CATALOGUE

THE MODERN GAME NEVER STOPS EVOLVING. NEITHER SHOULD YOU.

Football is evolving faster than ever. New research, technology, training methods and coaching practices continually influence how players are developed and how high-performance environments operate. For organisations connected to football, keeping pace with this change is becoming increasingly important.

Accessing the latest knowledge, however, is not always easy. Traditional education can require significant time, travel and financial commitment, while increasingly demanding professional, academic and personal schedules can make continued development difficult.
The International Soccer Science & Performance Federation (ISSPF) brings together leading research, contemporary thinking and applied practices from elite practitioners, academics and industry professionals working across the global game together, in one flexible online learning environment.

We make specialist football education accessible, giving learners access to the newest ideas, different perspectives and current practices that can enhance knowledge, challenge thinking and support continued development, whilst allowing learning to take place around existing commitments rather than competing with them.

For organisations, ISSPF provides a flexible way to extend and enhance the learning opportunities available to staff, coaches, practitioners, students, members or wider communities. From access to existing programmes through to group education, bespoke learning and strategic partnerships, the approach can be shaped around the needs of each organisation.

Discover how ISSPF can bring the evolving knowledge of the global game closer to your organisation.

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ISSPF provides a comprehensive portfolio of specialist football education courses designed to support learning and development across the key areas of the modern game, often with a pathway to enhance student development. Each course offers lectures, knowledge tests & assignments, with the option of workbooks if desired.

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FOUNDATION CERTIFICATE IN SOCCER PERFORMANCE ANALYSIS

This foundation course introduces performance analysis as a practical coaching tool. It helps coaches understand what to look for, how to capture and structure observations, and how to use video and data to support player development and tactical decision-making.

Learners will work through key analysis methods including match analysis techniques, in-possession tactical trends, and technical performance indicators. The programme also covers common video analysis tools and how to integrate analysis into coaching education and training design.

It's ideal for those starting their analysis journey who want clear, applied methods they can implement immediately in team environments.

Learning modules:

- Beginner's Guide to Performance Analysis in Soccer
- Effective Performance Analysis Techniques for Coaching Education
- Video Analysis Software Tools for Soccer Coaches
- In-Depth Guide to Match Analysis Techniques
- Coaching Analysis for Football Intelligence & Decision Making in Soccer
- In-Possession Tactical Trends in Elite European Soccer
- Technical Performance Analysis Techniques in Elite Soccer



KEY FAQ INFORMATION

Who the course is for:

- Coaches, practitioners and students who want an introduction to football performance analysis tools and match analysis methods for improving decision-making.

Why it's important:

- Develops an evidence-informed way to identify trends, improve feedback, and support tactical/technical

INTERMEDIATE CERTIFICATE IN SOCCER PERFORMANCE ANALYSIS

This intermediate certificate develops analysis practice beyond basic match review and into structured individual, unit and team analysis. It supports practitioners who want to interpret tactical trends and translate analysis into actionable coaching and training content.

The focus includes out-of-possession tactical trends, tactical performance analysis, and understanding elite youth tactical development. Learners build a clearer process for analysing performance across contexts and communicating insights within staff environments.

It is particularly useful for analysts and coaches working with teams that need consistent tactical feedback and clearer links between match trends and training priorities.

Learning modules:

- Comprehensive Guide to Individual, Unit & Team-Based Analysis
- Out-of-Possession Tactical Trends in Elite European Soccer
- Tactical Performance Analysis in Soccer
- Elite Youth Soccer: Tactical Training & Understanding Techniques



KEY FAQ INFORMATION

Who the course is for:

- Coaches and analysts seeking deeper tactical analysis skills and structured workflows beyond beginner level.

Why it's important:

- Strengthens the ability to translate tactical trends (especially out-of-possession behaviours) into coaching decisions and training design.

MASTERS CERTIFICATE IN SOCCER PERFORMANCE ANALYSIS

This Masters-level performance analysis course develops advanced methods for extracting insights from match and training data and translating them into applied coaching decisions. It focuses on sophisticated approaches that support recruitment, player development, opposition preparation and tactical planning.

Learners will explore topics such as analysing the game model, network analysis, set-piece analysis, and talent identification through performance data. The modules also address youth match analysis innovation and quantifying external load through analysis—linking data to physical performance contexts.

The programme is suited to learners with strong applied or academic backgrounds who want to bridge performance data and coaching impact and move into leadership roles within analysis and performance departments.

Learning modules:

- Quantifying external load through performance analysis
- Advanced Cognitive Aspects in Soccer Training: Part 2
- Analysing the Game Model
- Preparing for upcoming Opponents
- Affordable Network Analysis for Soccer Player Centrality
- Talent Identification Through Performance Analysis in Soccer
- Innovative Methods for Youth Soccer Match Analysis
- In-Depth Set Piece Analysis in Professional Soccer



KEY FAQ INFORMATION

Who the course is for:

- Those with a strong academic or applied background in sport science/coaching/analysis, actively involved in professional or semi-professional environments, seeking leadership roles in analysis/recruitment/player development.

Why it's important:

- Provides advanced, applied methods for bridging performance data and coaching decisions in modern football environments.

FOUNDATION CERTIFICATE IN DATA SCIENCE & SOCCER ANALYTICS

This foundation certificate introduces the tools and methods used to turn soccer data into practical insights. It explores how analytics support player and team performance analysis, and scouting and planning, while developing an understanding of the strengths and limitations of performance statistics.

Learners will discover how to set up analytical tools, collect and clean soccer datasets, and communicate findings through visualisations, dashboards and reports. The course connects basic statistical understanding with practical workflows using Python, R and visual analytics platforms.

Player role profiling, an applied performance case study and an introduction to monitoring technologies demonstrate how these methods support football decisions. The emphasis is on preparing reliable data, interpreting it within context and presenting useful findings to coaches and practitioners.

Learning modules:

- Soccer Analytics & Essential Tools
- Data Collection & Preparation
- Statistics & Data Visualisation
- Player Roles & Applied Performance Analysis
- Technology & Data Integration



KEY FAQ INFORMATION

Who the course is for:

- Coaches, analysts and performance practitioners seeking an introduction to data science and soccer analytics.
- Students and aspiring analysts looking to develop practical skills in handling, interpreting and presenting soccer data.

Why it's important:

- Builds a structured foundation for using data to support football decisions.
- Connects data preparation and statistical understanding with clear, practical communication.
- Encourages critical evaluation of performance metrics, player profiles and emerging technologies.

PROFESSIONAL CERTIFICATE IN GOALKEEPER COACHING SCIENCE (PRO YOUTH LEVEL)

This professional certificate focuses on the applied methods used in elite academies to develop youth goalkeepers. It blends technical coaching, game understanding and key performance support areas (conditioning, nutrition, psychology) relevant to the developing goalkeeper.

The modules cover training design within LTAD, goalkeeping expectations, skill acquisition, and analysis, helping coaches build sessions that meet youth development needs while preparing keepers for the match-day pressures of modern football.

It is suited to goalkeeper coaches and staff who want a structured, science-informed approach to youth goalkeeper performance and progression within team environments.

Learning modules:

- The role of the goalkeeper coach
- Training design & application in LTAD
- Goalkeeper development in a team
- Youth-level nutritional support
- Youth goalkeeper development
- Goalkeeping expectations
- Skill acquisition in goalkeeping
- Goalkeeper coaching analysis
- Managing pressure
- Case-study: elite academy goalkeeper training



KEY FAQ INFORMATION

Who the course is for:

- Coaches, practitioners and students interested in better decisions when coaching goalkeepers as groups or individuals, particularly in youth/academy environments.

Why it's important:

- Provides specific training principles, tactics and techniques applied at elite academies to support youth goalkeeper development.

PROFESSIONAL MASTERS IN GOALKEEPER COACHING SCIENCE (SENIOR PRO LEVEL)

This senior professional programme develops advanced goalkeeper coaching science for elite, first-team environments. It focuses on the competitive demands of the modern goalkeeper and the specialist coaching processes required to prepare goalkeepers for high-pressure performance.

The content includes modern goalkeeper training, movement preparation, technical and philosophical insights, performance support considerations (including dietary analysis and coping under pressure), and building a goalkeeper-specific game and training model.

It is designed for experienced goalkeeper coaches and practitioners who want an applied, evidence-informed approach that aligns goalkeeper development with the broader team performance model.

Learning modules:

- The role of the Goalkeeper Coach
- The specific competitive demands of the modern Goalkeeper
- Modern Soccer Goalkeeper Training
- Soccer specific movement preparation: Improving efficiency
- Philosophical and Technical Insights to Goalkeeper Training
- Dietary Analysis of a Goalkeeper – Case Study
- Developing a Goalkeeper specific soccer game and training model
- Emotion, Anxiety & Coping in elite soccer Skill Acquisition in Goalkeeping



KEY FAQ INFORMATION

Who the course is for:

- Practitioners and coaches working with goalkeepers in senior/pro environments seeking greater depth in goalkeeper coaching science and performance training methodology.

Why it's important:

- Provides efficient methods and applied insight for programming goalkeeper development within elite team sport environments, supporting preparation, performance and recovery.

FOUNDATION CERTIFICATE IN SOCCER NUTRITION

This foundation course introduces the core principles of nutrition for football performance: how players fuel for training and matches, recover effectively, and reduce injury risk through better day-to-day nutritional practices. It provides an entry point to soccer-specific nutrition rather than generic diet advice.

Learners will explore soccer physiology and the role of macronutrients and micronutrients, hydration strategies, and how to structure training, match and recovery fuelling. The content also includes key considerations for female players and responsible use of supplements.

By the end, learners will have a practical understanding of how nutrition supports repeated high-intensity performance and how to educate players with simple, actionable guidelines.

Learning modules:

- Soccer physiology
- Macro & micronutrients in soccer
- Vitamins & Minerals in soccer
- Hydration in soccer
- Training, match & recovery fuelling
- Nutrition & injury
- Nutrition in female soccer
- Maximal intensity conditioning
- Training session design
- Supplements in soccer



KEY FAQ INFORMATION

Who the course is for:

- Beginner to elite level coaches and practitioners who want to understand soccer-specific nutrition and the impact of diet on performance and recovery.

Why it's important:

- Helps learners understand key energy sources for intermittent high-intensity soccer and the fuelling required for performance and recovery.
- Supports injury risk reduction through better understanding of nutrients, hydration and recovery strategies.

INTERMEDIATE CERTIFICATE IN SOCCER NUTRITION

This intermediate course builds on foundational nutrition knowledge to focus on applied fuelling and planning strategies across the training week and season. It is designed for coaches and practitioners who want more depth on nutritional periodisation and decision-making in real football environments.

The modules address macronutrient-specific fuelling (carbohydrates, protein, dietary fats), youth nutrition support, and advanced planning methods and strategies. Learners will also explore dietary analysis through a case study and considerations for vegetarian/vegan approaches in soccer.

By the end, learners should be more confident in building practical nutrition plans, supporting different player needs, and aligning nutrition with performance objectives and training demands.

Learning modules:

- The required skill sets of the soccer nutritionist
- Nutritional support for the youth soccer player
- Soccer specific fuelling: carbohydrates
- Nutritional periodisation
- Soccer specific fuelling: dietary fats
- Nutritional planning: method & strategies
- Soccer specific fuelling: protein
- Vegetarian & Vegan in Soccer: Part 1
- Dietary analysis methods: a case study
- Vegetarian & Vegan in Soccer: Part 2



KEY FAQ INFORMATION

Who the course is for:

- Coaches/practitioners looking to apply more advanced nutritional planning and periodisation within soccer settings.

Why it's important:

- Develops applied strategies for aligning nutrition with training demands, player development and different dietary approaches.

MASTERS CERTIFICATE IN SOCCER NUTRITION

The Masters Certificate in Soccer Nutrition is designed for coaches and practitioners who want an advanced, evidence-informed understanding of elite football nutrition. It addresses the role of the nutritionist, individualisation across age groups, and the interaction between fuelling strategies and performance demands.

The modules take learners into specialist topics such as endocrinology and intermittent fasting considerations, while keeping a practical lens on training and match fuelling. The emphasis is on translating advanced knowledge into structured nutritional support within high-performance environments.

This programme suits those aiming to lead or significantly contribute to nutrition practice within clubs, academies or performance departments.

Learning modules:

- Soccer nutrition & the role of the nutritionist
- Endocrinology of Soccer
- Individualization of soccer nutrition: from youth to adults
- Soccer Training & Match Fuelling
- The effects of intermittent fasting on soccer performance
- Vegan & vegetarian soccer players



KEY FAQ INFORMATION

Who the course is for:

- Coaches and aspiring professionals seeking advanced knowledge and methods in soccer nutrition and applied high-performance fuelling.

Why it's important:

- Develops deeper expertise for individualised fuelling and recovery strategies aligned to elite soccer demands and performance adaptation.

PROFESSIONAL CERTIFICATE IN WOMEN'S SOCCER SCIENCE & HIGH PERFORMANCE COACHING

This specialised program is built around the unique demands of the women's game and provides applied sport science and performance coaching strategies for high-performance environments. It addresses profiling, monitoring and planning considerations that are specific to female athletes and women's football contexts.

The modules bring together game demands, screening and profiling, load monitoring and performance data analysis, nutrition fundamentals, psychological resilience, and culture-building. The emphasis is on practical, evidence-based strategies that can be implemented immediately.

It is designed for professionals working in, or aspiring to enter, high-performance roles within women's football, and supports career progression through a focused, women's-soccer-specific curriculum.

Learning modules:

- Demands of the Women's Game
- Foundations of Soccer Nutrition
- Screening and Profiling the Elite Female Soccer Player
- Psychological Resilience in Soccer
- Monitoring Load and Analysing Performance Data in Women's Soccer
- Developing a Winning Culture
- Physiological and Tactical Considerations of Female Soccer
- Load Monitoring in Women's Professional Soccer



KEY FAQ INFORMATION

Who the course is for:

- Individuals working in, or aspiring to enter, high-performance roles within women's soccer (coaching, sport science, performance leadership).

Why it's important:

- Women's soccer is evolving rapidly with increasing demands; the course provides evidence-based strategies tailored to the female game to enhance performance and reduce injury risk.

INTERMEDIATE CERTIFICATE IN WOMEN'S SOCCER SCIENCE & HIGH PERFORMANCE COACHING

This intermediate certificate brings together coaching methodology and applied soccer science to support player development and performance in women's soccer. It connects the demands of the women's game with practical approaches to training, tactical planning and player support.

Learners will explore how to develop a coaching philosophy and game model, analyse tactical performance and organise effective training programmes. The course also covers workload monitoring and managing the combined demands of club football, international competition and travel.

Female-specific considerations in recovery, nutrition and ACL injury risk reduction provide a broader understanding of player preparation. The emphasis is on connecting these areas to make informed coaching and performance decisions.

Learning modules:

- Performance Demands & Coaching Methodology
- Game Models & Tactical Analysis
- Periodisation & Player Management
- Load Monitoring & Recovery
- Female Player Health & Nutrition



KEY FAQ INFORMATION

Who the course is for:

- Coaches, practitioners and students seeking to improve training, tactical planning and player development in women's soccer.
- Sport science and performance practitioners supporting female players and teams.

Why it's important:

- Connects coaching, tactical preparation and performance support within a structured approach.
- Develops understanding of female-specific health, recovery and nutrition considerations.
- Supports informed training decisions across club and international environments.

CERTIFICATE IN STRENGTH & CONDITIONING FOR SOCCER PERFORMANCE

This certificate equips coaches and practitioners with practical, soccer-specific methods to develop strength, endurance and speed while supporting recovery and injury resilience. It is built around applying contemporary strength & conditioning principles to the realities of football training and match demands.

Learners will explore key themes including competition-induced fatigue and recovery, warm-up strategies, endurance and speed-endurance development, biomechanics, nutrition considerations, load monitoring and periodisation within a team environment.

The course is aimed at helping learners make better performance decisions by linking evidence-informed methods to on-field outcomes—supporting player readiness, development and long-term performance.

Learning modules:

- Competition Induced Fatigue in Soccer – Practical Applications for Enhancing the Recovery Process
- Injury Prevention in Soccer: Key Strategies & Methods
- LTAD – Building a Model for an Academy Development
- Biomechanical Considerations within Soccer
- Soccer Training: Soccer Specific Warm-Up Strategies
- Soccer Specific Endurance Training
- Speed Endurance Training in Soccer
- Soccer Nutrition: from Youth to Adults
- Training Load Monitoring in Elite Soccer Players
- Individual Periodization within a Soccer Team: A Working Model



KEY FAQ INFORMATION

Who the course is for:

- Individuals responsible for strength & conditioning, training, preparation and coaching aspects of soccer players.
- Those developing knowledge in strength & conditioning, training and development of individual players and teams.

Why it's important:

- Provides efficient training methods and research-based insights to develop player strength & conditioning alongside nutrition, psychology and long-term development.
- Highlights practical application of modern assessment tools and S&C methods to maximise development and decision-making.

ADVANCED CERTIFICATE IN STRENGTH & CONDITIONING FOR SOCCER PERFORMANCE

The Advanced Certificate extends core Strength & Conditioning principles into deeper coaching-science applications for football environments. It is designed for practitioners who already work in performance settings and want next-level tools to maximise speed, endurance and strength while managing recovery and injury risk.

Content includes maximal-intensity conditioning strategies, advanced load quantification, sprint/peak-velocity exposure decisions, nutritional optimisation for recovery and adaptation, and the integration of game-based training to deliver physical returns.

This programme is especially relevant to staff seeking more depth and modern methods to make higher-quality performance decisions across the training week and competitive cycle.

Learning modules:

- Maximal intensity conditioning periods in soccer: Physical vs. Tactical strategies
- Understanding injury prevention and rehabilitation in soccer
- LTAD – Training Design & Application in Youth Development
- Biomechanical considerations within soccer: strength & movement principles (Part B)
- Peak velocity exposure in soccer: To sprint or not to sprint?
- Strength & Conditioning: A current understanding
- Nutritional optimisation of recovery and adaptation in elite soccer
- A multi-modal approach to quantifying external load in soccer
- Soccer specific game based training: The physical returns
- Application & monitoring post-training & match recovery strategies in soccer



KEY FAQ INFORMATION

Who the course is for:

- Intermediate to elite level coaches/practitioners (including learners progressing from the Certificate in Strength & Conditioning).

Why it's important:

- Provides modern, efficient training methods and applied insight for balancing physical preparation, tactical content and recovery across the week.
- Develops deeper understanding of sprint exposure, load monitoring, and recovery/nutrition strategies for elite performance support.

MASTERS CERTIFICATE IN STRENGTH & CONDITIONING FOR SOCCER PERFORMANCE

This Masters-level Strength & Conditioning course advances the use of sport science, technology, screening and monitoring within football performance environments. It is designed for practitioners who want deeper knowledge of how to assess, plan and deliver conditioning interventions in soccer.

The modules connect physical data analysis, heart-rate monitoring, corrective strategies, warm-ups, and core training principles, supporting more sophisticated decision-making in training design and performance support.

It suits coaches and staff working with individual players or teams who want a more comprehensive evidence-informed approach to high-performance physical preparation.

Learning modules:

- Physical data analysis in professional soccer
- The role of sport science & technology within the coaching process
- Screening processing in soccer & corrective implementation
- Pre-Training Preparation: Soccer Specific Warm Ups
- The use of heart rate monitoring in soccer
- Core Training for Soccer: Strength & Movement Principles



KEY FAQ INFORMATION

Who the course is for:

- Individuals responsible for strength & conditioning and conditioning development of players/teams who want advanced sport science and monitoring approaches.

Why it's important:

- Offers contemporary research and practical applications of assessment tools and S&C methods to improve evidence-based conditioning decisions.

CERTIFICATE IN YOUTH SOCCER ATHLETIC DEVELOPMENT (LTAD)

This course focuses on long-term athletic development in youth football, helping coaches build robust pathways for physical development that match age, maturation and academy structures. It covers how to test and monitor youth players and how to apply development principles to training design.

The modules address key areas such as talent identification, strength development, velocity-based training, nutritional support, and periodisation. The aim is to help learners plan progressive, safe, and effective physical development programmes that support skill and performance.

It is ideal for those working in youth academies, grassroots and development programmes who want a clearer evidence-informed framework for building athletic qualities over time.

Learning modules:

- Youth Testing in Soccer
- Talent ID & LTAD
- Strength Development
- Long-Term Development
- Nutritional Support
- Building a Soccer Academy Model
- Training Design & Application
- Velocity Based Training
- Physical & Tactical Periodisation
- Youth Physical Development



KEY FAQ INFORMATION

Who the course is for:

- Coaches and practitioners working with youth players who want to understand testing, development frameworks, and training design for long-term progression.

Why it's important:

- Supports safe and progressive development by aligning training content with maturation and long-term planning rather than short-term results.
  Helps build academy models and training structures that develop resilient, athletic players.

CERTIFICATE IN GRASSROOTS SOCCER COACHING

This foundation-level course is designed to help grassroots coaches build a clear, player-first coaching framework for youth and community environments. It focuses on the practical realities of coaching: creating engaging sessions, keeping players safe, and building confidence through simple, repeatable coaching principles.

Across the course, learners will develop a structured approach to planning and delivering sessions that match the needs of beginner players, while still supporting long-term development. The content balances 'what to coach' with 'how to coach', emphasising communication, organisation, and creating a positive learning culture.

By the end, learners should be able to organise age-appropriate games, apply core coaching processes, and integrate off-pitch fundamentals that support learning and enjoyment. The programme is well-suited to coaches who want a modern introduction to coaching with clear on-field application.

Learning modules:

- Fundamentals & an introduction to coaching
- The coaching process
- A modern youth academy training structure
- Principles & fundamentals - Off pitch requirements
- An integrated coaching approach



KEY FAQ INFORMATION

Who the course is for:

- Individuals responsible for coaching, training, and preparation of soccer players from youth to senior levels.
- Individuals interested in developing knowledge in training methodology, physical training, and development of athletes/teams.

Why it's important:

- Builds core grassroots coaching skills (safe learning environment, organising games, basic FUNdamentals, preparation and warm-up).
- Provides a modern, structured approach to youth/grassroots coaching practice.

FOUNDATION CERTIFICATE IN SOCCER COACHING, PERIODISATION & GAME MODEL DEVELOPMENT

This foundation course is built for those who want a clear framework for structuring training around the way their team plays—rather than relying on disconnected drills. It focuses on aligning technical, tactical and physical elements so sessions transfer to match performance.

Learners will learn how to build purposeful training weeks, design sessions that develop players in every moment, and apply tactical periodisation in a practical way. The aim is to coach with clarity: knowing what the team needs, when they need it, and how to progress content.

It's especially useful for coaches who want a simple but robust planning 'spine' that improves weekly rhythm, decision-making and the link between training and match day.

Learning modules:

- Build training weeks with clear structure, not random sessions
- Align technical, tactical, and physical work for match-day performance
- Apply tactical periodisation in practice, without getting lost in theory
- Develop players mentally, physically, and tactically in every session
- Plan training with clarity and confidence, knowing what your team needs and when
- Design sessions that transfer to matches, not just look good in training



KEY FAQ INFORMATION

Who the course is for:

- Coaches looking for a structured approach to weekly planning and session design aligned to a clear game model.

Why it's important:

- Improves the link between training content and match demands through a coherent weekly structure.
- Gives coaches practical tools to plan and deliver purposeful sessions across the microcycle.

CERTIFICATE IN MODERN SOCCER COACHING

This certificate provides a practical framework for planning and delivering purposeful soccer training. It connects session structure, warm-up design, technical development, conditioning, possession practices and training games, helping coaches align their work with player needs and game-related outcomes.

Learners will explore how to organise training across the weekly soccer microcycle, including technical development from Match Day+1 to Match Day-1. The modules examine how to progress warm-up intensity, select conditioning methods for each training day, and adapt technical and possession practices to their intended physical and tactical demands.

The course also explores how small, medium and large-sided games create different demands, and how coaching constraints can shape decision-making and game-based learning. It is suited to coaches seeking a more structured approach to session progression, weekly planning and the connection between training and match performance.

Learning modules:

- Applying a Coaching Structure for Soccer
- A Periodized Approach to Warming Up in Soccer
- Technical Development in Soccer
- Periodization for Soccer Conditioning
- Possession Periodization for Soccer Coaching
- Training Games to Maximize Soccer Performance



KEY FAQ INFORMATION

Who the course is for:

- Coaches responsible for planning and delivering soccer sessions and weekly training programmes across youth and senior environments.
- Practitioners seeking to connect technical development, physical conditioning and game-based learning within a coherent coaching approach.

Why it's important:

- Builds a clear framework for organising sessions with purpose, progression and game-related outcomes.
- Helps coaches match warm-ups, technical practices, possession drills and conditioning to the demands of the training week.
- Supports more informed use of training games and coaching constraints to develop player decision-making and performance.

FOUNDATION CERTIFICATE IN SOCCER PSYCHOLOGY & MENTAL SKILLS TRAINING

This foundation psychology course introduces the mental side of football performance and gives learners practical tools to support player confidence, focus, motivation, and communication. It is built for real coaching settings where psychology needs to be applied simply and consistently.

Learners will explore key mental skills (attention control, energy management, imagery, self-confidence) and team factors such as cohesion and communication. The aim is to help you create environments where players learn well, manage pressure, and perform with resilience.

The course also encourages coach self-reflection—helping you evaluate your own behaviours and leadership approaches to improve how you influence athletes.

Learning modules:

- The role of psychology
- Energy management
- Focus, attention & concentration
- Player motivation
- Team cohesion & communication
- Self-confidence
- Using imagery
- Coach self-reflection



KEY FAQ INFORMATION

Who the course is for:

- Coaches, practitioners and students who want foundational tools to support mental skills and performance behaviours in players and teams.

Why it's important:

- Provides practical mental skills strategies coaches can apply to improve confidence, focus, motivation and communication in training and matches.

INTERMEDIATE CERTIFICATE IN SOCCER PSYCHOLOGY & MENTAL SKILLS TRAINING

This intermediate course expands mental skills coaching into more applied and contextual topics, including resilience, injury psychology, decision-making, and emotional intelligence. It is designed for learners who want to influence performance behaviours more consistently across training and competition.

Learners will examine how motivational climates are created, how different personalities respond to coaching, and how talent identification and skill acquisition link with psychological development. The course also explores the role of the coach as a leader shaping culture and learning.

It's well suited to those supporting developing and competitive players where psychological readiness and adaptability are critical to progression and performance.

Learning modules:

- Motivational Climate
- Decision Making Processes
- Emotional Intelligence
- Psychology of Injury
- Resilience in Soccer
- The Role of the Coach
- Understanding Personalities
- Talent Identification
- Skill Acquisition



KEY FAQ INFORMATION

Who the course is for:

- Coaches, practitioners and students looking for applied psychology tools for performance, development, and injury contexts.

Why it's important:

- Improves coaches' ability to build resilient, motivated players and to manage psychological factors that influence performance and development.

MASTERS CERTIFICATE IN SOCCER PSYCHOLOGY & MENTAL SKILLS TRAINING

This Masters certificate provides advanced tools and frameworks for developing mental performance, resilience and learning environments in football. It is designed for learners who want deeper, elite-level approaches to psychology that can be integrated into coaching practice and player pathways.

The content spans psychological periodisation, performance enhancement interventions, talent development environments, and the academy-to-first-team transition. It also addresses coaching principles and diversity, linking psychological understanding to leadership and culture.

Learners finish with a broader, more strategic view of how psychology supports performance and development across an entire club system—not just individual interventions.

Learning modules:

- Coaching Principles: Part 1
- Soccer Performance Enhancement Interventions
- Psychological Periodisation
- Youth to 1st Team Link
- An environmental approach to psychology & talent development
- Player adaptability & understanding transitions
- Mental Skill Development in Soccer
- Coaching Principles: Part 2
- Soccer Specific Skill Acquisition
- Diversity in Soccer



KEY FAQ INFORMATION

Who the course is for:

- Beginner to elite level learners seeking the latest research and efficient methods for soccer-specific psychology and mental skills training.

Why it's important:

- Provides advanced techniques used in elite settings to maximise mental performance and protect player well-being under pressure.

CERTIFICATE IN SOCCER INJURY, PREVENTION & RETURN TO PLAY

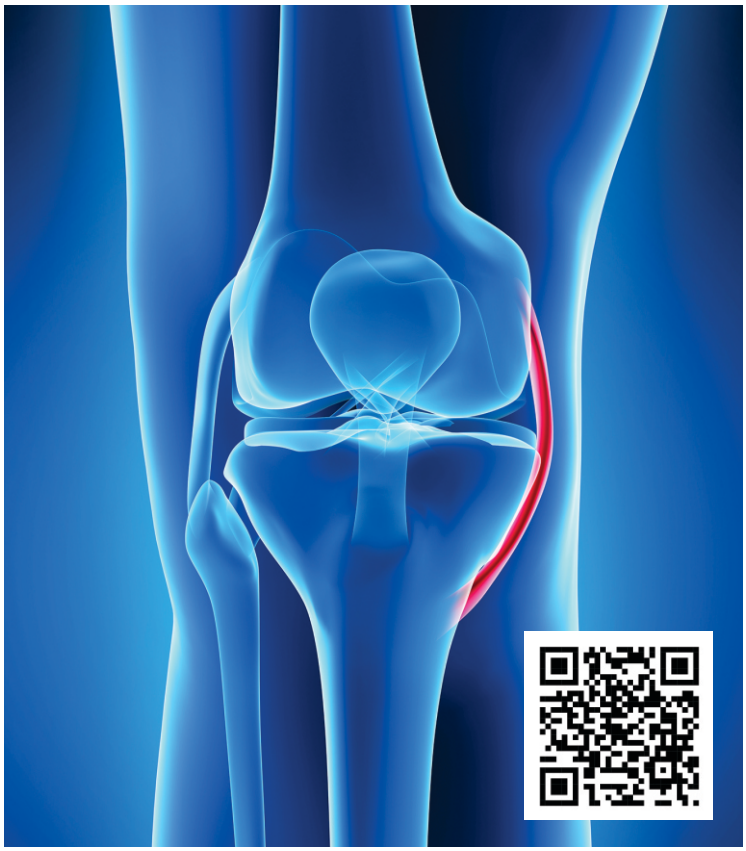
This course provides a practitioner-focused pathway through injury analysis, prevention strategies, rehabilitation, and return-to-play decision making in football. It is designed to support staff working in multidisciplinary environments where performance and player availability depend on robust injury processes.

The content bridges research-driven insight and applied methods: understanding injury patterns and risk factors, applying corrective and movement preparation strategies, and integrating psychological and nutritional considerations during rehabilitation.

Learners finish with a clearer framework for reducing injury risk, progressing rehab safely, and returning players to training and competition with confidence—using modern approaches and evidence-informed practice.

Learning modules:

- Injury analysis
- Rehabilitation
- Injury reduction strategies
- Corrective exercises
- Nutrition for injury
- Injury prevention methods
- Psychology during injury
- Movement Preparation
- ACL injuries
- Return to Play



KEY FAQ INFORMATION

Who the course is for:

- Individuals responsible for management and rehabilitation of football players from a training, preparation, coaching and rehabilitation perspective.
- Those working with athletes/players within multidisciplinary staff structures.

Why it's important:

- Provides up-to-date injury analysis, injury reduction processes, and modern approaches for rehab and return-to-play decisions.

CERTIFICATE IN SOCCER BUSINESS & MANAGEMENT

This certificate introduces the key business and management pillars that underpin modern football clubs and soccer organisations. It provides a structured pathway through governance, finance, marketing, and strategic decision-making; supported by theory and applied case-study thinking.

Learners will explore how clubs operate as organisations, how regulations and governance shape decision-making, and how sustainable development is built through ethical and effective management. The content is designed to help learners understand the 'whole club' picture rather than isolated business functions.

Whether learners are aspiring to work in sport management or want to better understand the wider soccer industry, the course builds a foundation in club operations, revenue drivers, and strategic planning; skills that translate across professional, semi-pro, and community settings.

Learning modules:

- Soccer History & Politics
- Governance & Regulation
- Strategic Management
- Club Finance & Revenue
- Marketing & Sponsorship
- Sport-For-Development



KEY FAQ INFORMATION

Who the course is for:

- Individuals interested in developing skills to support managerial and business matters of a soccer club.
- Learners who want to explore the soccer industry through a sport management lens, supported by theory and case studies.

Why it's important:

- Builds understanding of sport management fundamentals for organising and managing a club or soccer entity.
- Develops insight into financial/administrative decision-making, ethics, sustainable development, and future industry trends.

CERTIFICATE IN SOCCER TRAINING LOAD MANAGEMENT

This course focuses on the tools and principles used to plan, monitor and adjust training load in football. It supports coaches and practitioners who need to balance fitness development with freshness and injury risk, especially across busy competitive schedules.

Learners will work through monitoring approaches (internal and external load), testing, and subjective assessment methods, then connect these to weekly microcycle planning. The emphasis is on applying load management to real team environments rather than treating monitoring as a purely data-driven exercise.

The course helps learners spot load 'spikes', plan progressive exposure to key demands, and improve readiness—so training supports performance while reducing risk across the season.

Learning modules:

- Player Testing & Monitoring
- Injury Reduction Strategies
- Applications of Load Management
- Weekly microcycle, planning & performance
- External Load Monitoring
- Testing & Monitoring: Training & Games
- Subjective Effort Assessment
- Competitive training microcycle



KEY FAQ INFORMATION

Who the course is for:

- Individuals responsible for training and coaching in team sports, and those developing knowledge in training and development of athletes/teams.

Why it's important:

- Explains why load should be monitored and assessed in soccer and how to apply modern monitoring and assessment tools.
- Develops understanding of managing training spikes, balancing fitness/freshness/fatigue, and preparing players progressively while reducing non-contact injury risk.

CERTIFICATE IN SOCCER SCIENCE & PERFORMANCE

This course brings together core domains of football performance—physical preparation, psychology, nutrition, tactical periodisation, and injury reduction—into a single, practical foundation in soccer science. It is aimed at coaches who want to justify and improve their training decisions using evidence-informed principles.

Rather than treating performance areas in isolation, the modules connect match demands with weekly planning and coaching interventions. Learners will explore how and why specific methods work, and how to apply them to improve player fitness, readiness and consistency.

It's a strong entry point for coaches and practitioners building a well-rounded understanding of soccer performance, with content that supports better communication within staff teams and clearer decision-making in the training process.

Learning modules:

- The physical demands of the game
- Mental skill development
- Tactical periodisation
- Injury reduction strategies
- Leadership and culture
- Goal scoring trends
- Soccer nutrition
- Competitive training microcycle



KEY FAQ INFORMATION

Who the course is for:

- Individuals responsible for training, preparation and coaching of soccer/football players or team sports.
- Learners developing knowledge in soccer performance, including those with sport science backgrounds and recognised coaching awards.

Why it's important:

- Provides justification for training methods and decision-making processes within soccer.
- Highlights practical application of modern, research-based training methods and assessment tools.
- Improves evidence-based understanding across coaching science topics and supports better decisions around fitness, analysis, nutrition and training design.

CERTIFICATE IN PHYSICAL TRAINING & SOCCER METHODOLOGY

This course explores how to plan and deliver physical training within a football methodology ensuring physical outputs support, rather than compete with, technical and tactical objectives. It's aimed at coaches and practitioners who want a practical framework for integrating conditioning with the way the team plays.

Learners will work through core planning concepts (periodisation, tapering, and microcycle design) and apply them to competitive schedules. The focus is on understanding what to prioritise across the week and how to tailor training loads and content to match game demands.

The modules connect planning, session design, and game model development, helping you make better decisions when balancing physical and tactical work. It's particularly useful for those supporting teams where performance depends on repeated high-intensity outputs across congested schedules.

Learning modules:

- Tapering & Periodisation
- Microcycle, planning & performance
- Game Model Development
- Individualised Periodisation
- Developing a Working Model
- Player carbohydrate requirements
- Physical & Tactical Periodisation
- Maximal intensity conditioning
- Training session design
- Competitive Microcycle



KEY FAQ INFORMATION

Who the course is for:

- Coaches and practitioners responsible for training and coaching in individual or team sports.
- Those developing knowledge in preparation, periodisation, and coaching methodology

Why it's important:

- Helps coaches integrate physical preparation with tactical/technical demands to support match performance.
- Develops practical planning tools (microcycle/periodisation) to manage load, performance and recovery across a season.

DIPLOMAS

Alongside our individual courses, we also offer diplomas that span the breadth of the topic, so learners can progress though all levels to achieve a fully rounded knowledge while making a cost saving on purchasing courses individually.

GOALKEEPER COACHING SCIENCE DIPLOMA (2-COURSE)

- Coaches/practitioners responsible for training and coaching in individual or team sports.
- Those developing knowledge in preparation, periodisation, and coaching methodology (including learners with recognised coaching awards and sport science backgrounds).

It provides a complete pathway from youth development to senior professional practice, providing an integrated toolkit across every development stage of goalkeeper coaching. It focuses on the technical-tactical demands of goalkeeping alongside key performance support factors, coaching design, analysis and progression.



STRENGTH & CONDITIONING FOR SOCCER PERFORMANCE DIPLOMA (3-COURSE)

- Certificate in Strength & Conditioning for Soccer Performance
- Advanced Certificate in Strength & Conditioning for Soccer Performance
- Masters Certificate in Strength & Conditioning for Soccer Performance

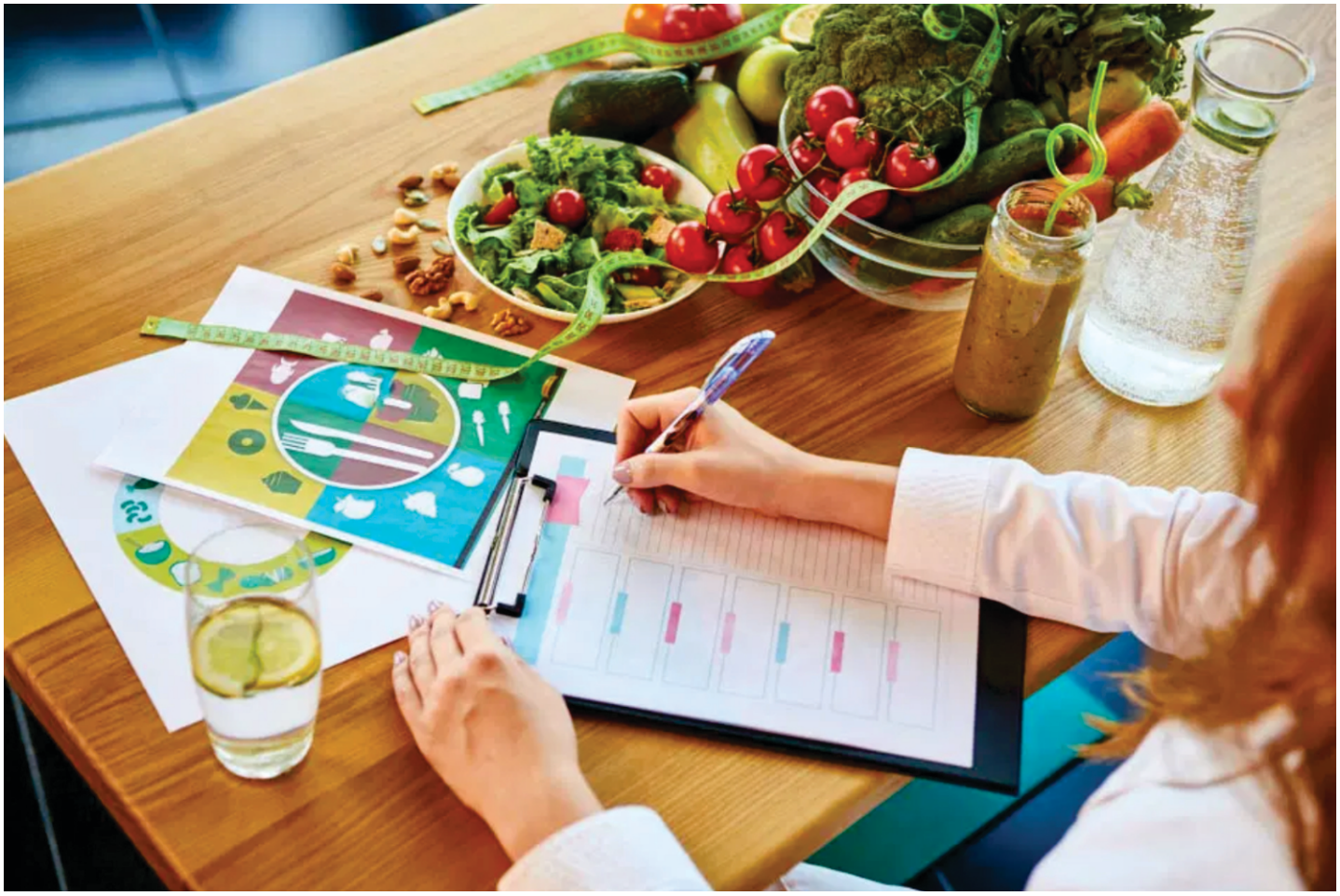
By combining the Certificate, Advanced Certificate and Masters Certificate, this diploma creates a coherent development pathway in soccer-specific Strength & Conditioning by providing a step-by-step build from core methods, through to advanced monitoring, planning and applied sport science approaches. It is designed for practitioners who want a structured progression rather than isolated learning.



SOCCER NUTRITION DIPLOMA (3-COURSE)

- Foundation Certificate in Soccer Nutrition
- Intermediate Certificate in Soccer Nutrition
- Masters Certificate in Soccer Nutrition

This 3-course Diploma is designed as a complete nutrition pathway—from foundational principles to advanced, elite-level application. It provides progressive depth and a coherent structure rather than isolated nutrition topics, covering fundamentals, applied planning and periodisation, and advanced performance nutrition methods.



SOCCER PERFORMANCE ANALYSIS DIPLOMA (3-COURSE)

- Foundation Certificate in Soccer Performance Analysis
- Intermediate Certificate in Soccer Performance Analysis
- Masters Certificate in Soccer Performance Analysis

Our complete analysis pathway takes learners from foundational match and video analysis skills, through to advanced tactical insight and applied decision-making in high-performance environments. By combining Foundation, Intermediate and Masters certificates, it offers a coherent progression to those who want to develop a robust workflow for individual, unit and team analysis, opposition preparation, and advanced performance insight.



SOCCER PSYCHOLOGY & MENTAL SKILLS TRAINING DIPLOMA (3-COURSE)

- Foundation Certificate in Soccer Psychology & Mental Skills Training
- Intermediate Certificate in Soccer Psychology & Mental Skills Training
- Masters Certificate in Soccer Psychology & Mental Skills Training

This diploma provides the complete psychology and mental skills education pathway throughout the 3 courses, progressing from foundational coaching tools to advanced elite-level methods and systems thinking around player development environments. This enables a step-by-step progression in mental skills coaching, performance behaviours, resilience, and psychological periodisation to build psychology capability progressively in order to support player development, performance under pressure and healthy environments across a club system.



BESPOKE DIPLOMAS

We are also able to create bespoke diplomas in conjunction with you. These can be a specific combination of courses which are tailored to your requirements and the educational needs of your learners. Contact us to discuss further details and options.



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