

UEFA C LICENCE CHEATSHEET

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The focus of the course is on attacking and defending principles, supportive learning environments, the laws of the game, physical prep, structured coaching, and essential coaching tools.

When you are completing the coursework or delivering sessions on the pitch, remembering these concepts will serve you well.

ATTACKING & DEFENDING PRINCIPLES

IN POSSESSION (ATTACKING)

- **Make the Pitch Big:** Expand play by increasing both width & length. This stretches the opponent's defence and opens up space for attack.
- **Create Space:** A result of stretching play, creates space for players.
- **Penetration:** The act of getting beyond the opposition's defensive line by running, dribbling, or passing. This can happen "Over / Through / Around" the defence.
- **Support:** Teammates position themselves to provide options to the player on the ball. This aids in retaining possession, moving the opposition, changing the point of attack, and providing cover against lost possession.

OUT OF POSSESSION (DEFENDING)

- **Make Pitch Small:** Reduce the available space by defending in relation to where the ball is.
- **Deny Space:** Limit the space the opposition has to play by covering the most amount of space with the least amount of players.
- **Be Compact & Narrow:** Players play closer together so there are no gaps in your defensive set-up.
- **Press:** Moving towards an opponent to win back the ball. This would be to win possession quickly and to control the opposition's attack.
- **Delay:** Slowing down the opponent's attack allowing time for teammates to get into position.
- **Show:** Dictate the direction of the opponent's attack through defensive positioning.
- **Cover:** Players assisting teammates in 1v1 situations to influence the attacker's decisions.

SUPPORTIVE LEARNING ENVIRONMENTS

Key Things To Remember

Club Culture & Environment:

Respect & Values
Confidence
Development of Life Skills
Friendly & Safe Atmosphere
Effort & Learning
Club Unity & Community
Fun & Enjoyment

Coaching Practices:

Intentionally set your team culture & values.
Set standards & behaviour guidelines.
Embed a consistent coaching ethos.
Improve players physically, socially, & psychologically.
Develop tools and techniques to get the best out of your players.

THE LAWS OF THE GAME

WORKING WITH REFEREES

Encouraging Fair Play and Ethical Conduct

Encourage honest competition.
Promote teamwork & respect for opponents.
Teach proper reactions to winning and losing.

Understanding Referee Responsibilities

Referees make split-second decisions based on what they see on the field.

Coaches should educate players about:

- Limited viewing angles affecting calls.
- Speed of game makes decisions difficult.
- Applying discretion in subjective decisions, such as advantage play.

Communicating Effectively with Officials

Address officials calmly when seeking clarification.
Encourage team captains to liaise with referees.
Foster a culture of respect, ensuring players approach officials appropriately.

KEY LAWS

Law 1: Field of Play – Pitch dimensions, goal size, and field markings.

Law 11: Offside Rule – Teaching players positioning strategies.

Law 12: Fouls & Misconduct – Ensuring fair play and discipline.

Law 14: Penalty Kicks – Correct positioning and execution.

Law 15-17: Set Pieces – Strategies for throw-ins, goal kicks, corners.



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PHYSICAL PREP

Health Benefits: Cardiovascular health, disease prevention, mental health benefits.

Non-Contact Injuries: Preventable through proper loading strategies.

Overuse: A leading cause of injuries.

Warm-Up Stretching: Importance of dynamic warm-ups.

Energy Systems: Impacted by activity type, duration, and intensity.

STRUCTURED COACHING

Key Things To Remember

Selection of Practice	Game-Based Learning
Adaptation of Practice	Session Design
Time Management	Practice Types
Use of Voice	Adaptation of Practice
Method of Delivery	Coaching Positioning
Coaching Interventions	Model Coach Behaviours
Coaching Position	Time Management
Demonstration	Feedback

Exercise Types

Warm Up	Wave Practice
Drill	Team Tactical Shaping
Game-Related Practice	Position Tactical Shaping
Conditioned Game	Small-Sided Games

ESSENTIAL COACHING TOOLS

Planning and Organization:
Structure sessions with themes.
Understanding 'Age & Stage'.

Important Areas To Plan:
-Set up
-Session instructions for players
-Coaching points

Effective Delivery:
Make sessions enjoyable.
Develop players' game knowledge.

Reflection & Evaluation:
Regularly reflect after sessions

The UEFA C Licence is a great course, no matter which national association you complete it with. This information should be used to aid you and should not be taken as a replacement for the course material itself.

Good luck on the course! If you ever need further help with coaching, then you can speak to me via my [Online Community](#).