



# The Internship

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# WHAT IS <sup>The</sup> Internship ?

The Internship is a coaching education program designed to give you the knowledge and on field practical skills application for you to further your football coaching dream.

It is overseen by a Pro License holder with coaching experience in the PSL.

Your coaching mentor is available regularly for discussion and you are evaluated regularly with critical feedback to improve your coaching.





## OUR GOAL OUTCOME FOR YOU

The core goal of The Internship is to improve the standard of coaching in South Africa, by giving inexperienced coaches what they need most, knowledge and guidance. By the end of the course you should be competent to coach at any amateur level in the men's or women's game, be competent to assist in a professional youth academy in South Africa, and those that really offer the aptitude competence to coach as a lead coach in a professional academy in South Africa.

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# HOW DOES THE PROGRAM WORK?

The course is broken down into four modules, Theory of Football, Theory of Training, Sport Science and Analytics. These are sent to you as webinars, videos and live Q&A's.

If you are not already at a team, we will look to assist you with a team to do your practical hours at. These will be assessed by one of our assessors around the country.

After 10 months and once your assignments and testing are all complete you will then be given your certificate.

JAN-FEB

Enrollment begins

FEB-MAR

Completion of Theory of Training  
and Theory of Football Modules

APR-JUNE

Completion of Sport Science and  
Analytics.

JULY

Practical work and assessments  
commence

OCT

Conclusion of Internship



# MODULES

## THEORY OF FOOTBALL

- Factors of Performance
- Techniques 101 and Adv Techniques
- Tactical Fundamentals and Adv Tactics
- Goalkeeper Coaching 1 and 2

## THEORY OF TRAINING

- Course Introduction and Overview
- What is a Coach?
- Long Term Player Development
- Pedagogy
- Age Appropriate Coaching

## SPORT SCIENCE

- Energy Systems
- Motor Qualities and Methods of training
- Periodisation 1, 2 and 3

## ANALYTICS

- Introduction to Analysis
- Using Analysis Software
- Creating and Presenting Presentations
- Common Metrics

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# The Add-Ons

Not only will you get great knowledge and mentoring, but we will also include you in the webinar series from an English Academy.

For the best coaches employment opportunities may be available and we will take two of you over to the English Academy for a two week period to shadow their coaches.







*"I'm incredibly grateful for the practicals and theory that we did, it helped me get myself ready for the real life situations coaching can bring. It helped me gain vast knowledge and experience entering the coaching world. Little did I know when I started what doors it might open" – Damian Van Rensberg (Former Cape Town City and Golden Arrows)*



*"This Internship was thorough and covered all aspects of football coaching in great depth. As a young football coach, I felt that this Internship gave me the tools to improve my coaching skills holistically and developed my tactical and technical insights into the game through well-thought out assignments and the execution of practical hours." – Justin Tucker (Cape Town)*



# PAYMENT PLANS

## R12 000 PA

Payment of R12 000 prior to the course commencing.

## R2 000 PM

A deposit of R5000 is paid prior to the course and then 4 monthly payments of R2000 to be paid in before June.



**SIGN UP NOW!**

Click here to sign up, or go to our website  
[www.soccertech.net](http://www.soccertech.net)  
and go to the Internship under the Services tab.

Once signed up our managers will contact you.

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