



SCOTTISH FA UEFA FOOTBALL FITNESS A LICENCE COURSE OUTLINE



UEFA FOOTBALL FITNESS LICENCE COURSE OUTLINE

A UEFA Football Fitness A Licence holder will possess a clear understanding of the complex relationship between all aspects of football performance for both the men's and women's game, and must demonstrate competence in each of the following four areas:

FITNESS COACH

- Working in the capacity of a full-time fitness coach in elite youth or senior football
- Developing the fitness of all players (including goalkeepers)
- Delivering fitness programmes which are evidence-based and underpinned by contemporary scientific knowledge and insights
- Collaborating with others as part of a multi-disciplinary team in a high-performance environment
- Creating an impactful club fitness strategy
- Managing the planning, implementation and reviewing of player fitness development programmes
- Communicating information and data effectively across disciplines, and at all levels of a football club/national team
- Engaging proactively in personal and professional development
- Understanding the diversity of football fitness roles (e.g., generalist vs specialist)

PLAYER AND TEAM

- Creating and delivering fitness interventions which are in line with identified team and individual needs
- Collaborating with members of the performance team to deliver an interdisciplinary approach to player performance and development
- Developing, delivering and reviewing progress for all players against fitness goals which are objective, relevant and achievable
- Collaborating with other staff to design and deliver safe and effective return to play / performance protocols for players following injury
- Creating an environment which encourages players to contribute to the management of their health, fitness and well-being
- Working within club/national team and professional body protocols and code of conduct, at all times

TRAINING ENVIRONMENT

- Understanding the physical demands of different types of football training, and styles of match play
- Developing and delivering structured and progressive fitness programmes, which align with current and potential performance capacity of players (including return to training post injury)
- Managing the fitness aspect of team performance
- Delivering safe and effective training programmes on and off the training field which are complementary to other performance goals
- Using contemporary technologies to implement testing and monitoring programmes to objectively evaluate the performance and development of players
- Reviewing and analysing objectively the impact of fitness interventions, and making appropriate adjustments

MATCH

- Preparing players and the team for the physical demands of football match play
- Aligning fitness strategies with club/national team playing philosophy, and other factors such as state and stage of the season
- Analysing physical performance of players in matches, and providing feedback which is contextualised for match events and outcomes
- Delivering all match day duties in an efficient and integrated manner (pre-, during and post-match)

UEFA FOOTBALL FITNESS A LICENCE ENTRY REQUIREMENTS

The UEFA Football Fitness A Licence will build on the competencies gained by the fitness coach through the completion of the UEFA C Licence, UEFA Football Fitness B Licence and their Bachelor level knowledge in sports or exercise science.

Entrance to the UEFA Football Fitness A Licence course will therefore require completion of the following:

- Children's Wellbeing in Scottish Football (e-learning); and
- Mental Health in Scottish Football (e-learning); and
- UEFA C Licence **and** UEFA Football Fitness B Licence
- Bachelor level of knowledge in sports or exercise science

Entrance will also be granted to:

- Experienced high level practitioners within elite level football: a practitioner who does not hold a UEFA Football Fitness B Licence but has a minimum of 10 years working in a suitable role within elite level football. Please note this will only apply during the initial role out phase of the course (i.e. until end 2026), after which time a UEFA Football Fitness B Licence will be a mandatory pre-requisite.
- Those have not completed a Bachelor Level Degree within the field of Sports or Exercise Science but are able to display a similar level of knowledge through an aptitude test comprising of a portfolio of evidence and admission interview.

Notes:

- No other qualifications will be accepted as a prerequisite for this particular UEFA Football Fitness A Licence course.
- All applicants must also be working at the highest level of the game possible; working at youth and/or amateur level as an absolute minimum. To properly implement learning from the course, working with youth players at U16 as a minimum is recommended. UEFA A Fitness Licence coaching practice, assignments and assessments will be based on the 11 v 11 game.

In addition to the above, candidates whose UEFA C Licence or UEFA Football Fitness B Licence was achieved through another National Association must include the following documents:

- Evidence of valid UEFA C Licence/UEFA Football Fitness B certification (as well as evidence of appropriate CPD accreditation, if applicable).
- Coaching & Playing / Football CV.
- Letter of support (normally from the club/ team that will be worked with for the duration of the course.)
- Letter outlining why you wish to undertake the UEFA Football Fitness A Licence with the Scottish FA.
- **UEFA Cross Border forms will only be required if your application has been successful. This will be requested separately.**

UEFA FOOTBALL FITNESS LICENCE

BLENDDED LEARNING APPROACH

PHASE 1



ONLINE THEORETICAL MODULES – VIRTUAL CLASSROOMS

- 10 evenings duration when theoretical components of the course will be delivered.

SELF-DIRECTED LEARNING: ASSIGNMENT SUBMISSION



- Tasks and Assignments to be completed as part of the course curriculum
- Some of these assignments will include the need for you to video record your own sessions at your own club. Applicants should therefore ensure that they have the wherewithal at their club to submit recorded sessions.

SELF-DIRECTED LEARNING: E-LEARNING

Unless already completed as part of prior learning, course candidates must complete the 'Equality in Scottish Football E-Learning' course that will cover the following topics:



- Diversity and Inclusion within Scottish Football
- Exploring Potential Barriers
- Creating an Inclusive Environment
- Discrimination in Society
- Hate Crime in Scottish Law
- Equality in Law

UEFA FOOTBALL FITNESS LICENCE BLENDED LEARNING APPROACH

PHASE 2

COACHING PRACTICE AND LEARNING

- Course cost is inclusive of tuition fees, lunch, and Scottish FA adidas kit
- Cost does not include accommodation



On successful completion of Phase 1 and Phase 2, course candidates will have undertaken the following:

- At least 5 days (10 evenings) of online learning
- 13 days of in-person coaching practice and learning
- 6 days of in-person 'micro group' club based coaching practice and learning
- At least 10 days for the completion of additional tasks and assignments

After successful completion of Phase 1 and Phase 2, candidates can progress to Phase 3.

PHASE 3

ASSESSMENTS

- Submission of all assignments within course portfolio to relevant standard.
- 1 in person meeting or appropriate video submission to deliver assessment sessions.

COURSE FEE

The course fee, payable in full, for all three phases is £3000.

Those unable to pay the full fee 14-days prior to course commencement will forfeit their place.

UEFA FOOTBALL FITNESS A LICENCE DATES

Applications close – Monday 2nd February 2026

PHASE 1

ONLINE EVENING SESSIONS

DATE	TIME
Monday 23rd February	6.00pm – 9.00pm
Tuesday 24th February	6.00pm – 9.00pm
Monday 2nd March	6.00pm – 9.00pm
Tuesday 3rd March	6.00pm – 9.00pm
Monday 9th March	6.00pm – 9.00pm
Tuesday 10th March	6.00pm – 9.00pm

PHASE 1

ONLINE EVENING SESSIONS

DATE	TIME
Monday 6th April	6.00pm – 9.00pm
Tuesday 7th April	6.00pm – 9.00pm
Monday 13th April	6.00pm – 9.00pm
Tuesday 14th April	6.00pm – 9.00pm

UEFA FOOTBALL FITNESS A LICENCE DATES

PHASE 2

COMBINED

	DATE	TIME
In person at Hampden/Toryglen	Sunday 15th March	9.00am – 4.00pm
	Monday 16th March	9.00am – 4.00pm
	Tuesday 17th March	9.00am – 4.00pm
In person at candidate's club	April	TBC

PHASE 2

COMBINED

	DATE	TIME
In person at Hampden/Toryglen	Sunday 26 th April	9.00am – 4.00pm
	Monday 27 th April	9.00am – 4.00pm
	Tuesday 28 th April	9.00am – 4.00pm

PHASE 2

COMBINED

	DATE	TIME
In person at Hampden/Toryglen	Sunday 23rd August	9.00am – 4.00pm
	Monday 24th August	9.00am – 4.00pm
	Tuesday 25th August	9.00am – 4.00pm
In person at candidate's club	September	TBC

PHASE 2

COMBINED

	DATE	TIME
In person at Hampden/Toryglen	Sunday 18 th October	9.00am – 4.00pm
	Monday 19 th October	9.00am – 4.00pm
	Tuesday 20 th October	9.00am – 4.00pm
	Wednesday 21 st October	9.00am – 4.00pm

Final candidate practical assessment either club visit or online video submission.

Friday 20th November 2026 – Completion of all assignments

Re-Assessment -

All UEFA Licence courses delivered by the Scottish FA allow up to three assessment attempts before participants are required to retake the entire course. Please note that any reassessment attempt will have an additional fee.

UEFA FOOTBALL FITNESS LICENCE BOOKING PROCESS

Please apply with the following information and supporting documents via Comet:

<https://www.scottishfacomet.co.uk/mycomet/private/seminars/42920398>

Please upload a full Football CV to include the following information:

- Full Name
- Nationality
- Date of Birth
- Current Club
- Coaching Qualifications e.g. UEFA C Licence
- Academic Qualifications e.g. BSc Sports Science
- Professional Playing Career (if applicable)

Supporting Documents

All Applicants:

- Evidence of a valid UEFA Football Fitness B Licence certification (as well as evidence of appropriate CPD accreditation, if applicable).
- Evidence of Bachelor Level Degree within the field of Sports or Exercise Science or Portfolio of Evidence containing; current job description, curriculum vitae, certificates of qualifications, evidence of interdisciplinary work (e.g., with coaches, medical staff, analysts, etc.), evidence of training practice (planning, execution, and review of training plans), evidence of testing/monitoring practice (selection of tests / tools, validation work, collection, collation, and interpretation of data), at least one reference from colleagues, clients or line managers.

Non Scottish Applicants Must Also Include:

- Letter of support (normally from the club/ team that will be worked with for the duration of the course).
- Letter outlining why you wish to undertake the UEFA Football Fitness A Licence with the Scottish FA.
- UEFA Cross Border forms will only be required if your application has been successful. This will be requested separately.

The course is either pass or fail, and not attendance based.

For any further additional information, please contact
coachedfitness@scottishfa.co.uk