



Irish Football Association

Coach Education



UEFA B Diploma 2026

UEFA B Diploma requirements

Course participants on the UEFA B diploma are required to have:

- A valid UEFA C licence
- Completed a minimum of six months' coaching experience by the B diploma course start date



Course length

The UEFA B Diploma requires a total minimum 120 hours of education.

A minimum 95 hours will be spent studying guided interactive content, with a minimum 25 hours made up of work experience in a club environment. The course is delivered approximately 50/50 between on- and off-pitch activity.

Four pillars of the UEFA B Diploma

The coach

- Working between grassroots and elite football at youth and senior level
- Developing the players and the team in a manner appropriate to their ages and abilities
- Managing all aspects of individual and team performance and working with support staff
- Developing a clear methodology for what and how to teach, to cater to the needs of all players with a variety of backgrounds

The player and environment

- Developing learning outcomes for both individuals and the team
- Understanding the characteristics and playing positions to develop players within the team structure based on the relevant game format
- Allowing players to explore and experiment in the search for effective solutions
- Motivating players by means of suitable training sessions

Training

- Planning and delivering training sessions that are challenging and meet the needs of the individual, groups and the whole team
- Managing, coaching and motivating the group of players effectively in order to achieve a skilful technical performance
- Integrating physical performance aspects into the coaching sessions
- Evaluating individual playing and social behaviours during training sessions and games

The match

- Planning effectively to improve the team's performance
- Coaching the team in a suitable manner
- Evaluating individual and team performance during matches
- Analysing and reflecting on performance using a variety of different methods in order to provide effective feedback to individual players and the team as a whole

Course 1 Schedule

	UEFA B Diploma	
Introduction	Online	2nd March 6.30pm - 8pm
Workshop 1 - Coaching Process	Online	23rd March 6.30pm - 8pm
Workshop 2 - Sport Medicine	Online	15th April 6.30pm - 8pm
Practical Week	Crowne Plaza, Belfast	27th April - 1st May 2026
Workshop 3 - Course Recap	Online	3rd June 6.30pm - 8pm
Workshop 4 - Nutrition	Online	20th July 6.30pm - 8pm
Workshop 5 - Sports Psychology	Online	12th August 6.30pm - 8pm
Course completion		October 2026



Course 2 Schedule

	UEFA B Diploma	
Introduction	Online	20th July 6.30pm - 8pm
Workshop 1 - Coaching Process	Online	5th August 6.30pm - 8pm
Workshop 2 - Sport Medicine	Online	24th August 6.30pm - 8pm
Practical Week	Crowne Plaza, Belfast	14th - 18th September
Workshop 3 - Course Recap	Online	5th October 6.30 - 8.30pm
Workshop 4 - Nutrition	Online	21st October 6.30pm - 8.30pm
Workshop 5 - Sports Psychology	Online	2nd November 6.30pm - 8.30pm
Course completion		March 2027



Candidate Requirements

Candidates are required to

- Attend the practical days which will be delivered over a 5-day practical week and are timetabled from 09:00 to 21.00 each day
- Attend online workshops pre and post the practical weeks
- Submit 25 hours of session plans
- Complete online Safeguarding Modules
- Attend Psychology Workshop and complete online task
- Attend Fitness for Football practical module and complete periodisation task
- Attend Nutrition for sport Workshop and complete online task
- Attend Sports Medicine Workshop and complete online task
- Attend Performance Analysis Workshop and complete online task
- Complete Summative and Formative Assessments

