

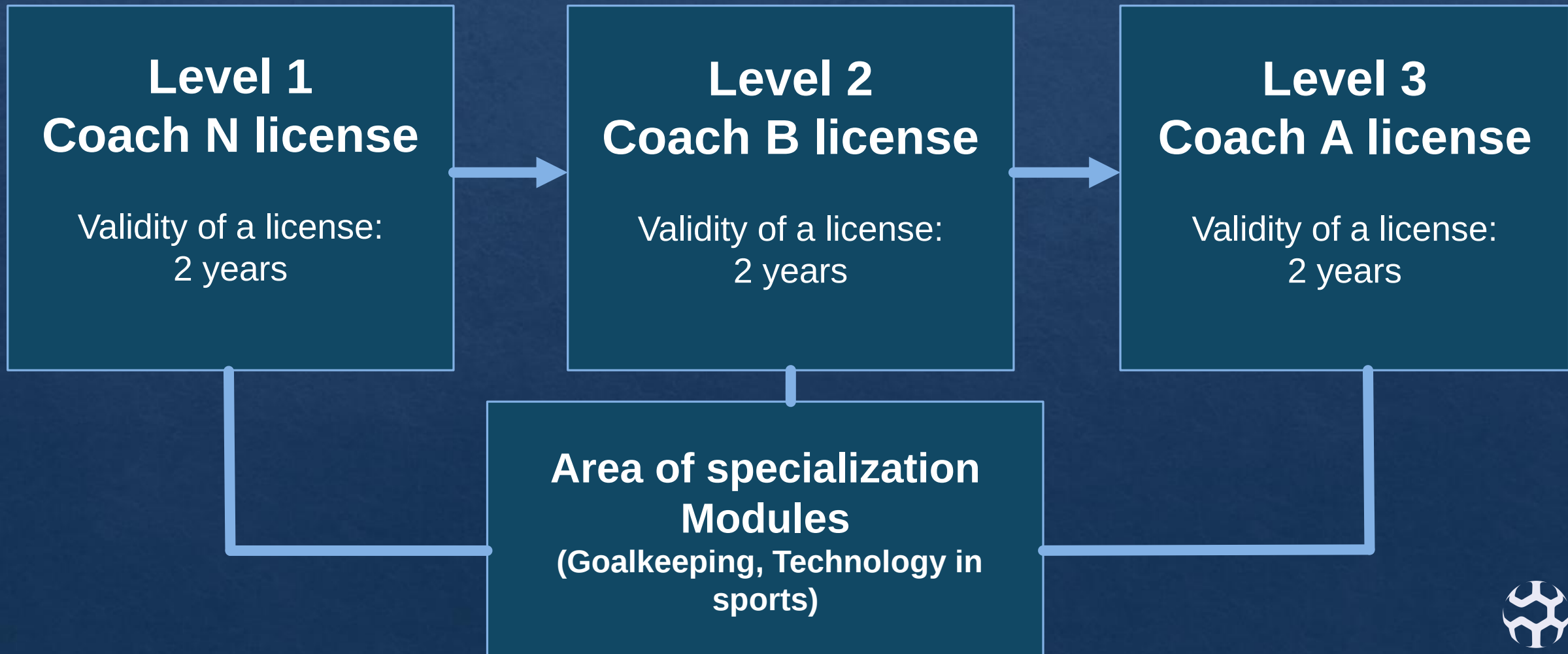


WMF COACHES EDUCATION PROGRAM

Objectives

- Develop coaches' ability to plan, build, and execute a coaching pedagogy program with updated methods to improve the overall skills and aptitudes of the footballers in Minifootball.
- Develop coaches with physical, technical, tactical, psychological, and ethical knowledge for both training and game situations of Minifootball.
- Formalize and recognize international certifications through the coaches' education program given by WMF.
- Actualization of scientific knowledge that allows for the development of coaches and players in the game of Minifootball.

The program is divided into three levels plus specific topic modules



Number of training hours per level (Theoretical and Practical Training Hours)



Coach N license

Organized by: National Federations (logistics, local organization).

Education: Delivered directly by National Federations (seminars, instructors, WMF materials).

Purpose: Eligibility for national competitions.

Examination & Certification: Examinations provided by National Federations and supervised by WMF. The exam will be held in local language. Diploma issued by the National Federation, accredited and co-signed by WMF.

Conditions: To attend the National (N) Coaching License course, applicants must meet the following requirements:

- Be at least 18 years of age
- Have basic coaching experience or be actively involved in minifootball as a player, coach, or club official.

Equivalence: if the applicant holds a national minifootball coaching licence issued in accordance with the applicable sports legislation of the respective country.

Coach B license

Organized by: World Minifootball Federations through Continental Federations (logistics and hosting).

Education: Seminars delivered by WMF Technical Committee (seminars, instructors, WMF materials).

Purpose: Eligibility for international competitions organized by Continental Federations

Examination & Certification: Examinations provided and supervised by WMF. Diploma issued by the Continental Federation, accredited and co-signed by WMF. The exam will be held in local language.

Conditions: To attend the B Coaching License course, applicants must meet one of the following criteria:

- Hold a valid National (N) Coaching License.
- International experience in minifootball in the last four (4) years
- An international coaching license in 11-a-side football or futsal (Pro, A, B, Youth A, Youth B) recognized by the respective continental federation (UEFA, CONMEBOL, CONCACAF, CAF, AFC, OFC).

Equivalence: If the applicant holds a valid continental minifootball coaching licence issued by a continental federation within the last two years.



Coach A license

Organized by: World Minifootball Federations through Continental federations (logistics and hosting).

Education: Delivered by the WMF Technical Committee (seminars, instructors, WMF materials).

Purpose: Eligibility for WMF and continental competitions.

Examination & Certification: Examinations will be provided and supervised by WMF. The diploma will be accredited and issued by WMF and co-signed by Continental Federations. The exam will be conducted in the national language of the respective federation.

Special condition: To attend the A Coaching License course, you must have at least six months of experience as a B License holder or meet one of the following criteria:

- International experience in minifootball at national team level in the last two World Championships as a player (minimum of 8 matches played).
- International experience in minifootball at national team level in two of the last three World Championship editions as a coach.
- An international coaching license in 11-a-side football or futsal (Pro, A, or B) recognized by the respective continental federation (UEFA, CONMEBOL, CONCACAF, CAF, AFC, OFC).

COURSE STRUCTURE N License

1. THEORETICAL MODULE: PHILOSOPHY, HISTORY, AND ETHICS

- **Orientation and Introduction:** Presentation of objectives, exponents, and the schedule.
- **History of Small-Sided Formats**
- **Profile and Role of the Coach**
- **Code of Ethics**

2. METHODOLOGICAL MODULE: DEVELOPMENT BY AGE CATEGORIES

- **4-6 years old:** Fun and fast activities based on exploring physical skills with the ball (coordination, balance, agility) without rigid structures.
- **7-8 years old:** Learning through observation; using skilled players as examples; avoiding the introduction of fixed positions and complex combinations.
- **9-10 years old:** Building comfort in ball control, introducing individual technique (short pass, control, protection, shooting), general rules, and communication.

- **11-12 years old:** Ball control with any part of the body at speed, basic tactical decisions in tight spaces, defensive principles (1v1, 2v1, 3v2), and offensive principles (penetration, support, width).
- **13-14 years old:** Using both profiles (feet), well-defined positional play by zones (safety, creation, definition), set pieces, managing emotions, and flexibility.
- **15-16 years old:** Correcting technical deficiencies (volley shots), tactical decisions with/without the ball, personal or zonal marking (including under-numeric scenarios), managing competitive pressure.

3. PRACTICAL MODULE: PREPARATION AND TRAINING STRUCTURE

Components of the Game: Technique, Tactics, Physical, Psychological, and Transitions (defensive-offensive and vice-versa).

Progressive Structure of a Session (Stages I-IV)

- **Stage I (Technical Warm-up):** Introducing the theme, coordination without opposition, maximizing ball touches.
- **Stage II (Small-Sided Spaces with No/Low Pressure):** Conceptualization through exercises like 1v1, 2v1, 3v2, 4v3.

- **Stage III (Small-Sided Spaces with Direction):** Integrating attacking and defending principles using one or two goals, utilizing odd numbers for efficiency.
- **Stage IV (The Real Game):** Real match conditions, evaluating the impact of training on players' decisions.

Basic On-Field Principles:

- Defensive: Pressure (first defender), Cover (second defender), Balance (third defender), and Delay (forcing the attacker to reduce speed).
- Offensive: Penetration (first attacker), Depth/Support (second attacker), Mobility (third attacker), and Width.

Basic Planning: Introduction to managing simple formations (based on age) and establishing a weekly plan based on the analysis of the previous match.

Injury Prevention: Importance of a progressive warm-up (30-40% of total allocated time), the RICE protocol (Rest, Ice, Compression, Elevation), and using the first-aid kit.

4.EVALUATION

Theoretical (written) exam and practical exam on the field.

COURSE STRUCTURE B License

1. THEORETICAL MODULE: PHILOSOPHY, HISTORY, AND ETHICS

- **Orientation and Introduction:** Presentation of objectives, exponents, and the schedule.
- **History of Small-Sided Formats**
- **Profile and Role of the Coach**
- **Code of Ethics**

2. METHODOLOGICAL MODULE:

Game components, Planning and Training, Teaching concepts, Teachable moments/corrections (field), Defensive principles (field), Offensive principles (field), Game planning, Lineups, Recommended formations, Weekly planning, Temporary planning, Physical preparation (field), Injury prevention

3. RULES OF THE GAME

COURSE STRUCTURE B License

4. TECHNICAL

Passing, ball control, and dribbling, Finishing, Feinting, Goalkeeper

5. TACTICAL

1 v 1, 2 v 1, 3 v 2 (Transition), Defensive principles - Pressure, coverage, balance (4 v 3, 5 v 4), Offensive principles - Penetration, depth. Mobility (3 v 2, 4 v 3, 5 v 4), Ball possession with transition, Defensive and Offensive systems of play, Free kicks (Offensive/Defensive)

6. PHYSICAL

Warm-up (general/specific), Physical Coordination Ability, Conditional physical capacity, Injury prevention, Recuperation, Physical evaluations

7. EVALUATION

Theoretical (written) exam and practical exam on the field.

COURSE STRUCTURE A License

1.METHODOLOGY

Practice planning, Practice models for high competition, Physical and Technical evaluations, Coaching staff roles and responsibilities, Team evaluations, Opponents' evaluations/scouting , Technical team talks, Models of the game

2.BALL TECHNIQUE

Technique with speed, Technique under pressure, Technique per position, Decision making, Technique under fatigue, Shooting technique

3.TACTICS

Defensive systems, Offensive systems, Pressing, Transitions (offense/defense), Defensive and Offensive lineups, 6th attacker, Rotations, High and low pressure

4.PHYSICAL PREPARATION

Physical training planning, Intensity volume, Injury prevention, Gymnasium, Workload/recovery

COURSE STRUCTURE A License

5.SET PIECES (kick-offs, corner kicks, free kicks)

Defensive set-ups, Offensive set-ups

6.GOALKEEPING

Warm-ups, Diving techniques, Distribution, Reaction/ agility, Communication, Technical and Tactical concepts

7. TECHNOLOGY IN SPORTS

Scouting, Evaluation of players, Video analysis, Statistics

8.SPORTS PSYCHOLOGY

Enhancing performance (goal setting, visualization, mental toughness), Mental health (anxiety, burnout), Impact of social factors/ environment (team dynamics, coaching, pressure)

9.EVALUATION

Theoretical (written) exam and practical exam on the field.

THE MINIFOOTBALL COACH'S CODE OF ETHICS

Ethical Principles

Coaches shall carry out their activities in accordance with the following fundamental values: a) integrity; b) responsibility; c) respect; d) impartiality; e) transparency; f) professionalism; g) loyalty; h) fair play.

Integrity

(1) Coaches must maintain irreproachable conduct.
(2) The following actions are prohibited: a) soliciting or accepting undue advantages; b) using one's position for personal gain; c) falsifying sports documents; d) unlawfully influencing sporting decisions.

Fair Play

Coaches are obligated to: a) respect opponents; b) respect referees; c) respect match officials; d) promote the sporting spirit; e) condemn any manifestation of violence.

Anti-Doping

(1) Coaches shall respect national and international anti-doping legislation. (2) The following actions are prohibited: a) administering banned substances; b) encouraging doping practices; c) concealing violations of anti-doping rules; d) obstructing anti-doping controls. (3) Coaches are obligated to inform athletes about anti-doping rules and to promote clean competition.

THE MINIFOOTBALL COACH'S CODE OF ETHICS

Combating Match Manipulation

(1) Coaches are obligated to protect the integrity of sports competitions. (2) The following actions are prohibited: a) participating in the manipulation of results; b) influencing referees; c) offering or accepting benefits to alter the outcome of a match; d) disclosing inside information for the purpose of influencing competitions. (3) Any attempt at manipulation must be reported immediately to the WMF and the competent authorities.

Sports Betting

(1) Coaches are prohibited from participating, directly or indirectly, in sports betting regarding competitions organized by the WMF, or any competition in which they are involved. (2) The following actions are also prohibited: a) facilitating betting; b) providing inside information for the purpose of gaining an advantage in betting; c) collaborating with betting operators for the purpose of influencing competitions.

Conflict of Interest

(1) Coaches must avoid any situation that could compromise the impartiality of their duties. (2) A conflict of interest includes, but is not limited to: a) participating in a decision-making process that results in a personal benefit or a benefit for family members; b) using confidential information for personal gain; c) simultaneously representing incompatible interests. (3) Coaches are obligated to declare any potential conflict of interest to the Technical Committee or club management.

THE MINIFOOTBALL COACH'S CODE OF ETHICS

Non-discrimination and Equal Opportunity

- (1) Coaches are obligated to respect the principle of equal treatment.
- (2) Any discrimination based on the following criteria is prohibited: a) sex; b) race; c) ethnic origin; d) nationality; e) religion; f) disability; g) sexual orientation; h) opinion; i) social status; j) age; k) any other criterion protected by law.

Harassment and Violence

- (1) The FRM applies a zero-tolerance principle toward any form of: a) harassment; b) psychological abuse; c) physical abuse; d) sexual abuse; e) intimidation; f) bullying; g) cyberbullying.
- (2) Coaches are obligated to prevent and report any such behavior.
- (3) Violation of this article constitutes a serious disciplinary offense and may result in the suspension or revocation of the coaching license, without prejudice to civil, administrative, or criminal liability.

CHILD PROTECTION (SAFEGUARDING)

General Principles

- (1) The World Minifootball Federation recognizes the right of every child to practice minifootball in a safe, healthy, inclusive environment, free from any form of abuse, violence, exploitation, discrimination, or neglect.
- (2) All licensed coaches are obligated to comply with the Child Protection Policy (Safeguarding Policy) adopted by the WMF.
- (3) The best interest of the child overrides competitive, financial, or organizational interests.

Coaches' Obligations Regarding Child Protection

Coaches are obligated to: a) respect the rights of the child; b) create a safe and positive environment; c) promote mutual respect; d) prevent any form of abuse; e) intervene when noticing high-risk situations; f) report immediately any suspicion of

CERTIFICATE of Completion

This document is to certify that

Marian Cristian Lupu

October 22, 2025

has completed the e-learning course

Keeping Children Safe in Sports

on the Child Protection Hub at
<http://childhub.org>.



This e-course was made in the framework of the KCSS project, co-funded by the European Union' Rights, Equality and Citizenship Programme (REC 2014-2020)] and coordinated by Terre des hommes Romania in partnership with Terre des hommes Hellas and Regional Office of Terre des hommes.



CHILD PROTECTION (SAFEGUARDING)

Prohibited Behaviors

Coaches are prohibited from: a) any physical violence; b) verbal violence; c) intimidation; d) humiliation; e) isolating the child as a disciplinary method; f) inappropriate relationships with minors; g) communication with sexual content; h) requesting intimate photographs or materials; i) consuming alcohol or prohibited substances in the presence of minor athletes; j) any behavior likely to affect the physical or psychological development of the child.

Incident Reporting

- (1) Any coach is obligated to report immediately to the WMF Safeguarding Officer any situation regarding: a) abuse of a minor; b) exploitation of minors; c) violence; d) harassment; e) neglect; f) inappropriate sexual behaviors.
- (2) Reporting in good faith shall not constitute grounds for sanctioning.

Vetting of Coaches

- (1) Individuals carrying out activities with minors may be required to present: a) a criminal record certificate; b) a declaration of integrity; c) documents provided by national legislation.
- (2) The WMF may suspend the right to work with minors until the situation of an individual against whom serious suspicions exist regarding the violation of child protection norms is clarified.

DISCIPLINARY LIABILITY OF COACHES

Disciplinary Offense

The following constitute disciplinary offenses, without limitation:

- a) practicing the profession without a valid license;
- b) using a false license or one belonging to another person;
- c) failure to comply with WMF regulations;
- d) violation of the Code of Ethics;
- e) violent behavior;
- f) insults and offensive language;
- g) discrimination;
- h) harassment;
- i) doping or complicity in doping;
- j) match manipulation;
- k) violation of sports betting rules;
- l) violation of safeguarding norms;
- m) refusal of checks or inspections carried out by the FRM;
- n) providing false information during the licensing procedure;
- o) damaging the image of the World Minifootball Federation.

DISCIPLINARY LIABILITY OF COACHES

Disciplinary Sanctions

- (1) Holders of licenses issued by the World Minifootball Federation are obligated to comply with the WMF Statute, this regulation, as well as the WMF Disciplinary Code
- (2) Violation of the obligations provided for in paragraph (1) entails disciplinary liability and may lead to the application of the sanctions provided by the WMF Disciplinary Code , under the conditions and in compliance with the procedures established therein.
- (3) In the event that the disciplinary offense concerns the conditions for holding or exercising a coaching license, the Disciplinary Committee may order, as applicable, one of the following measures regarding the license: a) warning; b) temporary suspension of the rights conferred by the license for a specified period; c) revocation of the license, in cases expressly provided for by WMF regulations.
- (4) The application of the sanctions provided for in paragraph (3) shall be carried out only in compliance with the right to defense, the principle of proportionality, and the disciplinary procedure provided by the WMF Disciplinary Code .
- (5) Disciplinary sanctions applied under this article are independent of any other administrative measures regarding the granting, suspension, renewal, or revocation of licenses ordered under the conditions of this regulation.

Theoretical Tests

Coaches' Evaluation



- The theoretical test will consist of **20 questions**.
- To pass the test, participants must answer at least **15 questions correctly** (i.e., a minimum score of 75%).
- Each question will have three answer choices, **with only one being correct**.

The questions will be in each participant's native language.



On-field / practical exam

- A training plan in written form
- The applicant must **lead and conduct a training session** according to the submitted training plan, or present a part of the session (a single exercise from the training session may also be presented). The session or exercise must be recorded and submitted in video format, with a maximum duration of 10 minutes. If the entire training session is recorded, a summarized version may be submitted.
- **The participants will be evaluated on:**
 1. organization and planning
 2. clarity of explanations
 3. demonstration of exercises
 4. group management
 5. correcting players



Final Evaluation Formula

A candidate must pass both distinct parts of the examination independently:

- **Theoretical Result:** 15 / 20 correct answers (Minimum 75%) - **PASS**
- **Practical Result:** Meets the minimum competency standards across all five assessment criteria during the video review - **PASS**



*Great coaches are built through
education.*

This is where development begins.