



St Mary's
University
Twickenham
London



Performance Football Coaching (distance learning)

Welcome

Thank you for choosing to study at St Mary's University

We cannot wait to officially welcome you to study with us. Our diverse group of current students and alumni are testament to innovative nature of the degree, with coaches across the world, now armed with new skills, connections and ability to improve their players.

I look forward to meeting you at the induction if you can make it and wish you all the very best for your time with us.

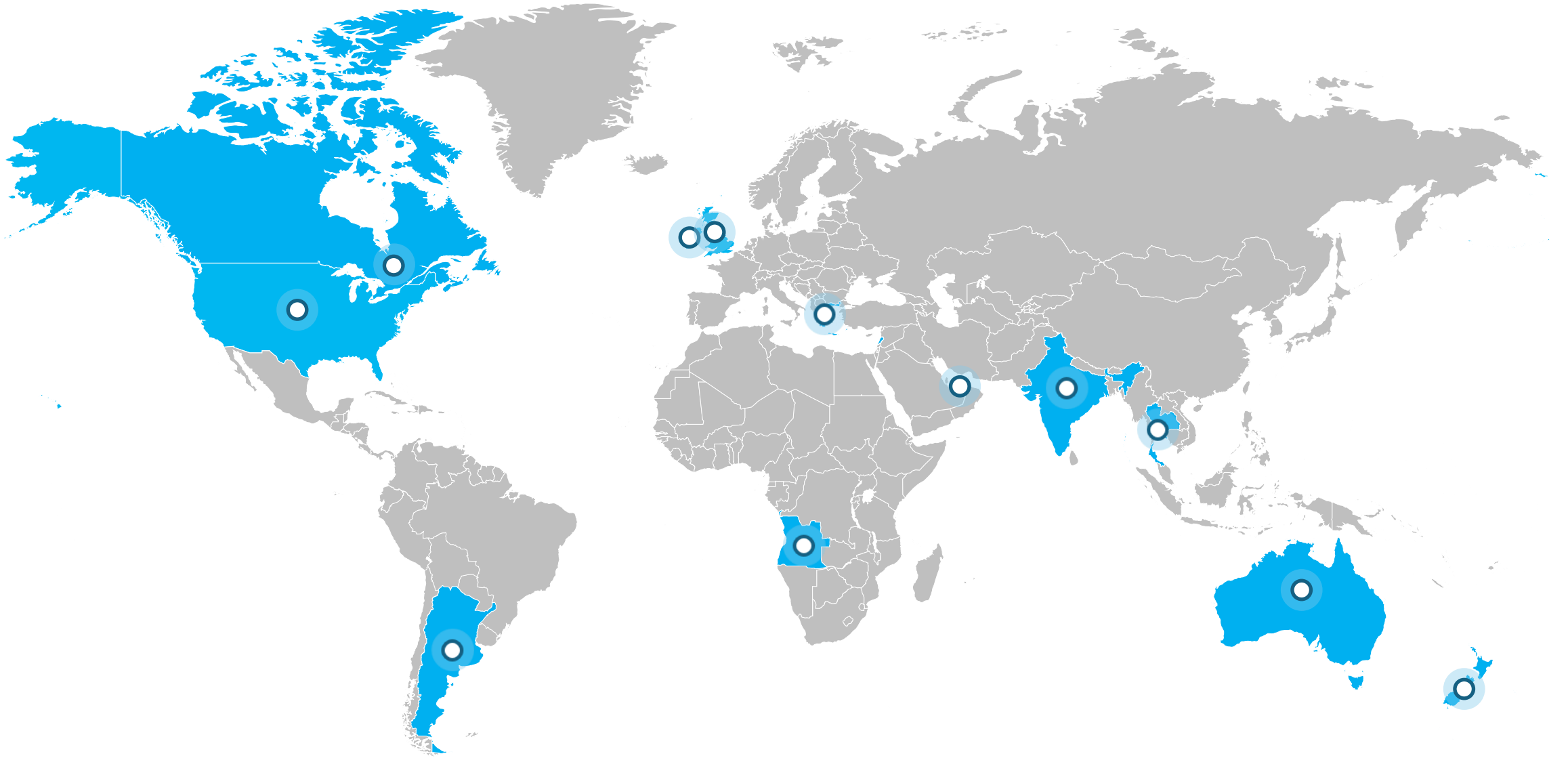


Ashley Gumbrell
Course Lead



St Mary's
University
Twickenham
London





Your 2026 cohort are studying all over the world



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It has been a pleasure
working with and receiving
invaluable feedback from
world-class academics,
coaches, sports scientists and
match analysts

Sinead Kerr, class of 2023

Performance Football Consultant & Talent Reporter





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It has given me much more than I expected. I have developed more reflective practice in my coaching and understanding of behaviours

Mitch Nelson, class of 2023

Former professional footballer and current member of Premier League Player to Coach scheme





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“
Greatly enjoyable, full
of learning and
thoroughly worthwhile
experience
”

Garry Haylock, class of 2024

UEFA Pro-license and 1st team manager



Flexible learning options to suit you

Modes of study

We firmly believe that flexibility helps you to manage your studies whilst also juggling your personal and professional lives. That's why, we offer you the chance to study full-time or part-time over 2 or 3 years. You can also switch modes and take study breaks if you need – **contact Ashley if you need advice.**



Performance Sciences (PFC7012)



Content: Injury prevention; periodisation; transdisciplinary approach to development.

Assessments: Athletic development plan; practical coaching session

Performance Coaching (PFC7009)



Content: Coaching behaviour; coaching as a social process; reflective practice.

Assessments: Reflective vlogs; reflective practice framework.

Leading People and Teams (PFC7010)



Content: Models and traits of leaders; working in an MDT; values driven culture

Assessments: Reflective vlog; strategic plan delivered to industry leaders.

Research Methods (PFC7004)



Content: Ethical consideration; formulating research methods; dissemination of data.

Assessments: Research storyboard and written research proposal.

Skill Acquisition and Expertise (PFC7008)



Content: Pedagogical theory; practice design; creativity; differential learning.

Assessments: Critical review of practice; group coach education presentation.

Strategies and Tactics (PFC7011)



Content: Developing observational analysis tools; team/player profiling; game models.

Assessments: Presentation analysing a team's tactical approach.

Independent Project (PFC7010)



Content: Applying research methods in practice; research of chosen topic(s) in your own settings.

Assessments: Dissertation (8000 words) + a presentation 'viva' (10 minutes)

Your independent project (dissertation) is your biggest project during your MSc and is worth 60 credits.

You can choose whatever topic you wish to research – we always recommend something you have a strong interest in and/or will support you as a coach. We will allocate you a dissertation supervisor from the academic team who is best suited to support based on their skills, experience and research backgrounds.

The summer of your final year of studies will always be allocated solely to the write-up of your dissertation. We expect you to start the project in January of that year, however.



1-year-full-time

1.5hrs per module per week on average

Semester 1 (Sep – Dec)	Semester 2 (Jan – May)	Semester 3 (Jun - Sep)
Performance Sciences	Performance Coaching	
Strategies and Tactics		
Leading People and Teams		
Research Methods	Skill Acquisition and Expertise	
	Independent Project	

2-year-part-time

1.5hrs per module per week on average

	Semester 1 (Sep – Dec)	Semester 2 (Jan – May)	Semester 3 (Jun – Sep)
Year 1	Strategies and Tactics		
	Performance Sciences	Performance Coaching	
Year 2	Leading People and Teams	Skill Acquisition and Expertise	
	Research Methods	Independent Project	

3-year-part-time

1.5hrs per module per week on average

	Semester 1 (Sep – Dec)	Semester 2 (Jan – May)	Semester 3 (Jun – Sep)
Year 1	Strategies and Tactics	Performance Coaching	
Year 2	Performance Sciences Leading People and Teams	Skill Acquisition and Expertise	
Year 3	Research Methods	Independent Project	



100%

Distance learning

The course is delivered fully online, with no commitment to attend campus (although you are welcome!).

Remote support from anywhere in the world

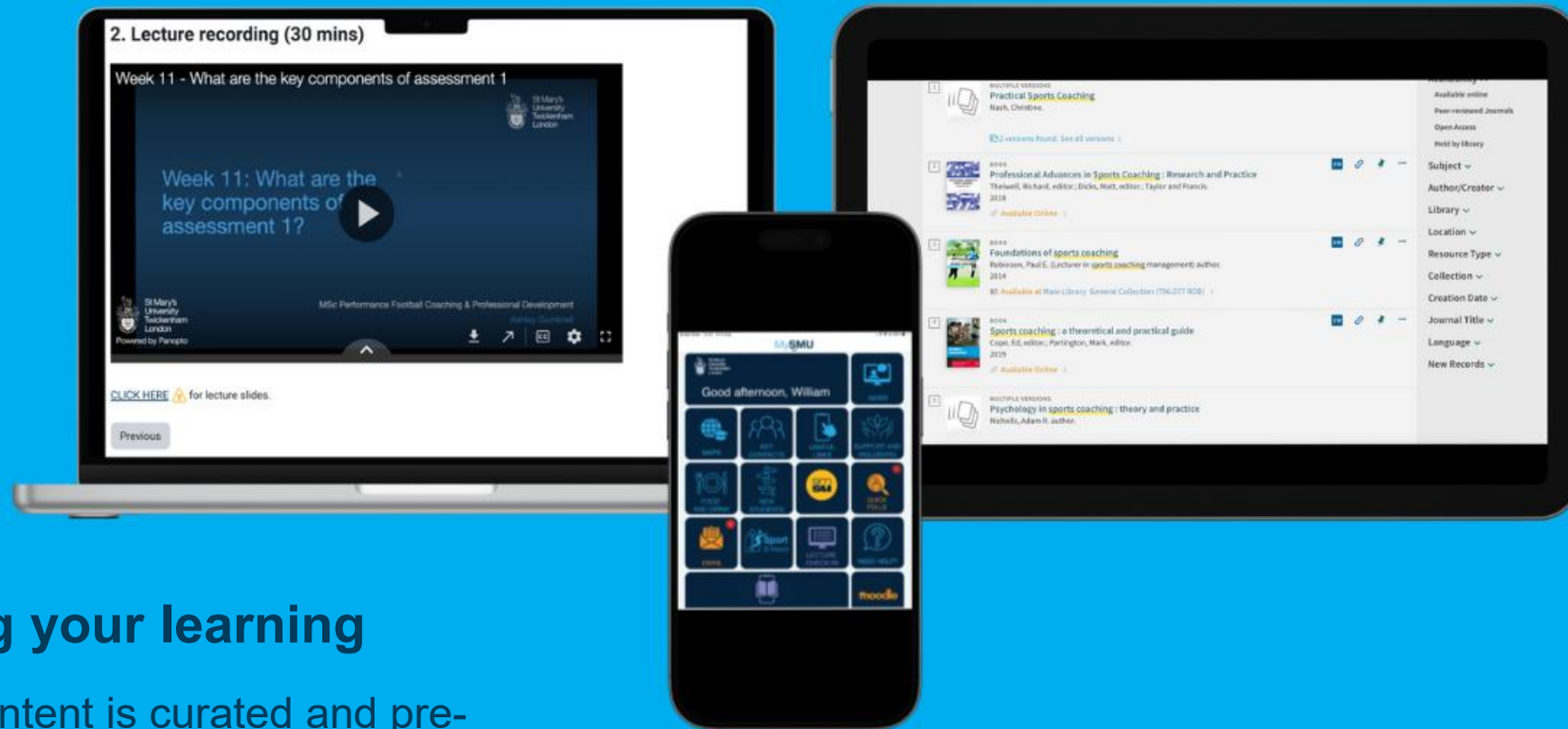
MySMU

You will have access to the same support as all other students, in particular our online MySMU app which you can access 24/7 from your devices.

This bespoke support will help you with all your concerns, from contacting staff, accessing library resources or simply checking your Moodle page for important announcements.

You can download free from the app store and personalise with your student registration details.





Accessing your learning

All lecture content is curated and pre-recorded, before being released onto our online learning platform (Moodle) each Monday morning. You can access whenever you wish, and the content does not disappear.

Professional Football Scouts Association



Free to access courses for St Mary's students!

All students will get free access to eight of the PFSA suite of courses...

- ✓ Level 1 and 2 Talent Identification In Football
- ✓ Level 1 and 2 Performance Analysis In Football
- ✓ Level 1 and 2 Technical Scouting In Football
- ✓ Level 1 Opposition Analysis In Football
- ✓ Level 1 Data Analysis In Football

To access you need to activate your account [HERE](#) and to the unique St Mary's login page. You will continue to have access throughout your studies.

Whilst these courses are not compulsory, we do recommend completing them as they will supplement your studies and support knowledge and understanding of some elements of your modules, in particular Strategies and Tactics.

Key academic dates and milestones

Semester dates

Induction (on-campus and online):
Thursday 17th September.

Semester 1: Monday 21st September –
Friday 11th December 2026

(Christmas break: Monday 14th December 2026 – Friday 1st January 2027)

Semester 2: Monday 18th January –
Friday 14th May 2027

(Easter break: Monday 22nd March – Friday 2nd April 2027)

Key dates and events

Student drop-in sessions (online):

Monday 28th September (20:00 UK time); Thursday 5th November (13:00 UK time); Monday 18th January (20:00 UK time)

LMA guest speaker sessions: One face-to-face practical in semester one and one online Q&A in semester one and two.

Graduation: July following your dissertation submission.

Pre-enrolment checklist

Key contacts

Course lead: Ashley.Gumbrell@stmarys.ac.uk

Enrolment issues: helpdesk@stmarys.ac.uk

IT/connectivity: helpdesk@stmarys.ac.uk

Finance: feesoffice@stmarys.ac.uk

Wellbeing & academic support:
wellbeing@stmarys.ac.uk

Checklist

Confirm offer
acceptance
via portal

Download
MySMU app

Complete
academic integrity
modules

Set-up 1:1
with course
lead

Confirm
finance is in
place

Login to
Moodle