

# FABD INTRODUCTORY COURSE TO FITNESS COACHING



FOOTBALL ASSOCIATION *of*  
**BRUNEI DARUSSALAM**

# FOREWORD

## From the President



Dear Coaches,

You are the front liners for the football development in our beloved country. Your responsibility to develop and to grow our football should be taken with full commitment, protection and honour. The growth of football is evolving in a complex environment and fitness is the unique challenge to make a beautiful, entertaining and competitive team.

With this in mind, the FABD has moved further by introducing the first ever FABD Introductory Course to Fitness Coaching, with a unique and innovative syllabus specially tailored for the needs of the Clubs in Brunei Super League and academies. The course will provide you with the knowledge, tools, best practices and also evolving techniques for your fitness regime and your tailored training program.

I am convinced that the class, training, testing and not forgetting the analytical sessions provided by the instructor will enhance and speed up your progressions

which of course will be in full beneficial for the establishment of our national teams.

Thank you for your commitments, good luck and enjoy the programme !

*Yours in football,*

**Pengiran Matusin Matasan**  
President

# Instructor



Name : Matus Bozik

Date of Birth : 31/07/1991 (30 years old)

Nationality : Slovakia

Profession : Conditioning and Strength  
Specialist Football Coach

## LICENSE AND CERTIFICATIONS

- UEFA A LICENSE
- EXOS PERFORMANCE SPECIALIST
- BOSU CORE CERTIFICATION
- BOSU CARDIO AND STRENGTH CERTIFICATION

## BACKGROUND

I started with football when I was 6 years old and since then football has been my passion. I played in club with very good academy and the development of youth was here at almost the highest level in Slovakia. During this period, we won many titles and participated in various foreign tournaments where we played against very strong opponents, I would mention for example Ajax Amsterdam, Feyenoord Rotterdam, Inter Milano and various other football clubs. In the current year 2003/2004 we became the champions of Slovakia in the youth category in the U13. We were invited to take part in a big tournament organized by Zinedine Zidane at the time. After finishing this year, I was reassigned to the U15 category, where I became captain of the team. As a 17-years old, I was drafted into the team in the Slovak highest league. I played 3 matches, which became the most beautiful memories of my playing career for me.



The next year was a turning point for me and I had to decide between a professional football carrier or a college with a specialization in coaching football. After much thought, I decided to follow the path of education and start studying at the University. During my first year of study, I became the head coach for the U16 category in the regional competition and we won the title of champion and also won a gold medal in the indoor futsal tournament. The next year we defended the title in the U17 category and we also won the futsal tournament again. In my bachelor's year of study, I became an assistant coach for U17 SK Senec in the highest youth competition. During my Master's studies, I became more interested in the conditioning and strength component of football, and I became an assistant fitness coach at the highest Slovak senior competition in the ViOn Zlate Moravce team.

After obtaining a master's degree, I received an offer from Malaysia, which I accepted without hesitation. In the Malaysian Super League, I spent 3 years as a fitness trainer with the PKNS team. For the last two years with the head coach of Datuk Rajagobal. During these years, we finished in 3rd place in the Malaysian Super League and fought our way to the semi-finals of the FA Cup and the quarterfinals in the Malaysian Cup.

I am currently working as conditioning and strength specialist for the National Team in Brunei Darussalam.

# Learning Objectives

## Topics

- ⇒ Pillar Preparation
  - ⇒ Movement Preparation
  - ⇒ Plyometrics
  - ⇒ Acceleration
  - ⇒ Absolute Speed
  - ⇒ Multidirectional Speed
  - ⇒ Medicine Ball
  - ⇒ Strength/Power
  - ⇒ Energy Systems Development
  - ⇒ Regeneration
  - ⇒ Testing: Functional Movement Screening (FMS) Integration
  - ⇒ Testing: Movement Skills
  - ⇒ Testing: Strength/Power
  - ⇒ Testing: Energy System Development (ESD)
  - ⇒ Nutrition
  - ⇒ Examination.
- Identify and describe the 8 training components within the Training System.
  - Identify and describe the 4 testing components within the Training System.
  - Provide a theoretical rationale for the importance of each training and testing component relative to an integrated system.
  - Identify and differentiate program design recommendations based on individual, environment, and sport/goal considerations.
  - Identify and prioritize common movement errors based on presented technical models for linear and multidirectional movements.

- Identify and prioritize common movement errors based on presented movement demonstrations across the 8 training components.

## Targets of the course

- 1 increase the level of knowledge in conditioning and strength training preparation for profesional football players;
- 2 understand complexity of sports training preperation and sport training system;
- 3 improve knowledge in strength, power and plyometric area and apply to the sport training;
- 4 define the importance of pillar preparation and movement preparation in football;
- 5 classify the energy system development;
- 6 increase the ability and level of knowledge in area of testing professional football players;
- 7 describe and learn to evaluate FMS testing;
- 8 analyze the complexity of movement and the elimination of bad movement habits;
- 9 define and apply the knowledge from the nutrition area and importance for sports performance;

**10** apply the learned knowledge to sports training in the highest possible way;

**11** learn how to improve the conditioning and strength level of football players in Brunei Super League; Development Leagues and improve level of Brunei football.

## Language

⇒ The programme will be taught in English.

## Tuition fees

⇒ Tuition fees at the rate of BND200.00 will be charged to each Participating Coaches for the whole duration of the Programme.

⇒ The Participating Coach and/or Participating Club may be subject to sanctions in accordance the Disciplinary and Ethics Code of the FABD if there are infringements caused by the Participating Coach and/or Participating Club.

⇒ The Participating Coach and/or Participating Club can be subject to damage fees due to failure to attendance requirement of the Programme.

## Attendance requirement

⇒ The Participating Coach must reach the minimum attendance of at least 80% throughout the Programme. Exceptional circumstances will be given if any unforeseen circumstances is considered.

# Calendar

Kick-off date	: 10 December 2021
Classes	: 15 & 29 January 2022
	: 12 & 26 February 2022
	: 12 & 26 March 2022
	: 09 & 23 April 2022
	: 07 & 21 May 2022
	: 04 & 18 June 2022
	: 02, 16 & 30 July 2022

\*Exact dates and place might be subject to change and will be communicated before the beginning of each topic.

## Application process

- ⇒ The application process is open until 6 December 2021.
- ⇒ Submit your application form together with your motivational letter.
- ⇒ The FABD Technical and Development Standing Committee will select the participants by 7 December 2021.
- ⇒ Upon acceptance, Participating Coaches will be required to fill in declarations of commitments for the Programme.



# Certificate

⇒ Participating Coach will be awarded a Certificate upon successful completion of the course based on assignments, examination and attendance.

# Graduation ceremony

⇒ A moment to celebrate the successful end of the programme will be done in 2022.

# Contact

⇒ Any questions related to the FABD Introductory Course to Fitness Coaching can be addressed to [coach.education@the-fabd.com](mailto:coach.education@the-fabd.com).



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