



EDP

# Belgian input from Club Brugge

November 2013

**Pascal De Maesschalck**

# About myself

- Passionate about football since age of 3
- Lower division “development”
- 4th division player
- 21 year: out with an injury
- Coaching (1997)
  - KSC Lokeren: 1st division club
  - Coachcours Netherlands, TC I and TC II
  - Germinal-Beerschot u11, u12, u15
    - conjunction with Ajax Amsterdam
  - Club Brugge: u15 – u19 as ‘visioncoach’
  - Coachcours Belgium, Uefa A youth elite
- Professional (2008)
  - Belgian Federation
    - Teacher at Topsportschool (2008 – 2011)
    - Teacher in coachcourses (2007 – 2011)
  - Club Brugge
    - Head of Academy (2011 - ...)

# Today Program

## 1. Key success factors in Belgian national football



## 2. Club Brugge development program



# Key success factors in Belgian national football

## 1. Grow of football as an economy in Europe and all over the world

- National team
  - 1980: EC Italy, lost final against Germany
  - 1986: WC Mexico, semi final against Argentina (Maradonna)
- Club teams
  - 1978: E cup, Liverpool - Club Brugge final
  - 1982: E cup, Anderlecht – Aston Villa final
  - 2000: EC Belgium & Netherlands
  - 2012: Real Madrid → 450 million EURO budget
  - 2012: Club Brugge → 28 million EURO budget



# Key success factors in Belgian national football

## 2. Mentality – culture – the Belgian context

- Next to the Netherlands, France, Germany and UK
- 2 languages: French – Dutch
- WO I → Flanders, WO II → Ardennes
- Hard working → prosperous region
- Not prepared to take many risks
- Humble → Self awareness. Not arrogant.
  - NL: players and coaches in whole of the world.
- Belgian players start to go abroad since 2000.
  - To Ajax (NL) Vermaelen, Vertongen, Alderweireld
  - To Lille (FR): Hazard
  - = International experience



# Key success factors in Belgian national football

## 3. Belgian federation policy change

- Euro 2000
- Professionalism in youth football
  - A concrete development plan for all youth players in Belgium, divided to all coaches
    - Coach course new style, based on new plan
  - Semi professional youth coaches for national teams
  - Topsportschool



# Key success factors in Belgian national football

## 4. New Belgians



1. **Vincent Kompany**
2. **Moussa Dembele**
3. **Marouane Fellaini**
4. **Romelu Lukaku**
5. Jan Vertonghen
6. Simon Signolet
7. **Kevin Mirallas**
8. Toby Alderweireld
9. Kevin Debruyne
10. Steven Defour
11. Thomas Vermaelen
12. **Christian Benteke**
13. **Radja Naingolan**
14. Eden Hazard

# French national team 1998





# Today Program

1. Key success factors in Belgian national football



2. Club Brugge development program

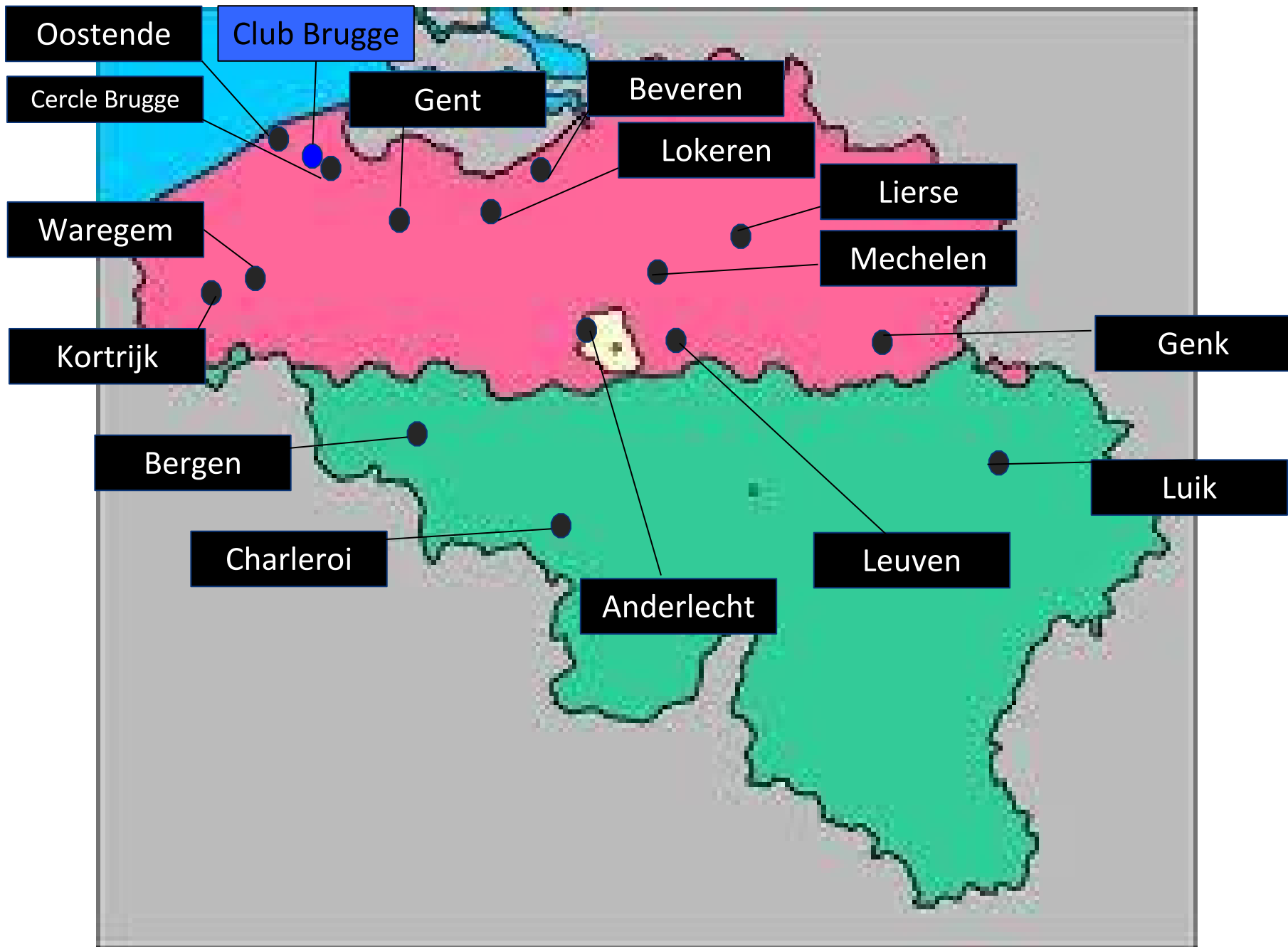


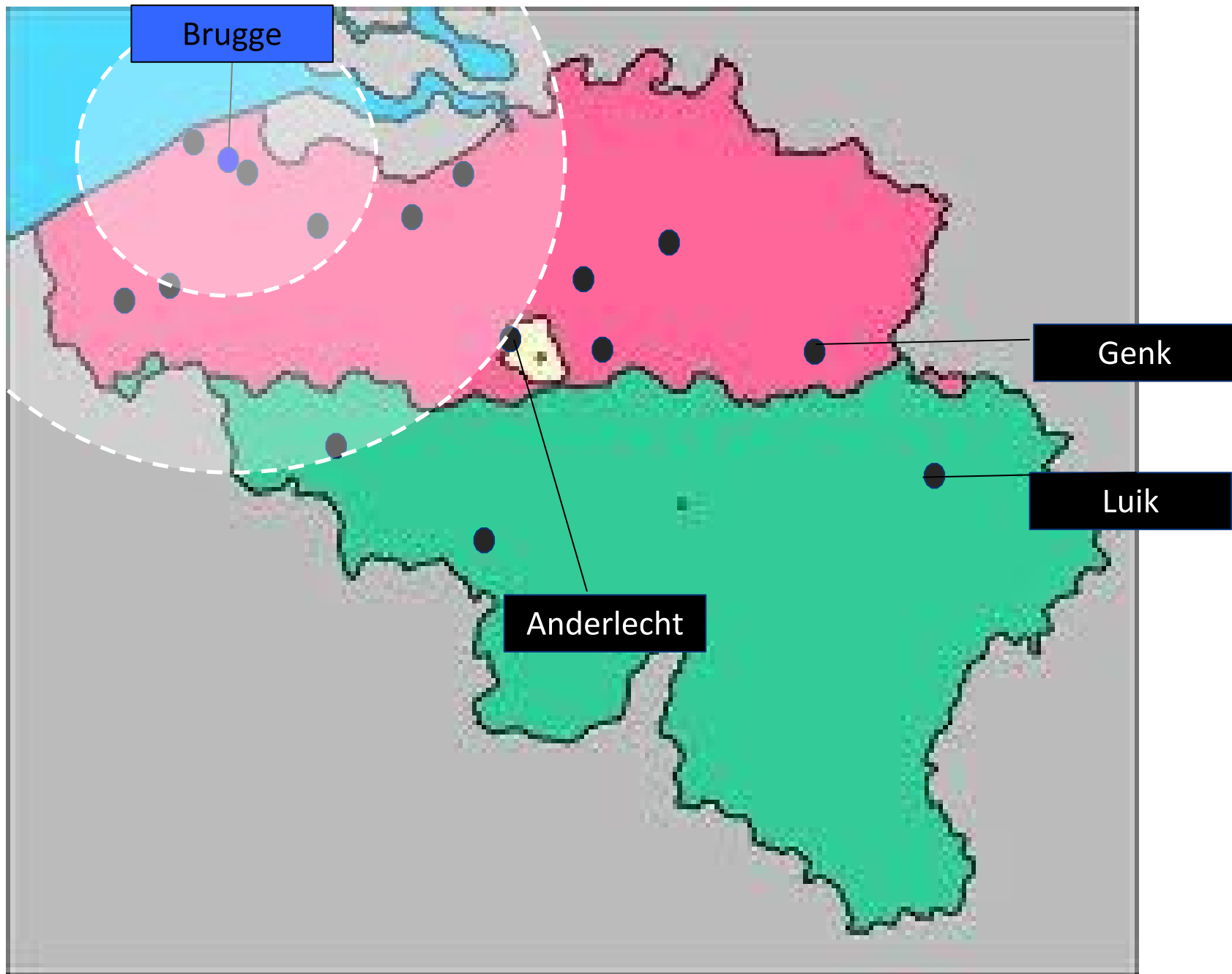


# Club Brugge


Sports

Football Philosophy – development plan





# Mission



1

# 1.1 Academy


## Mission

Organizing a quality Academy where young players can develop within the philosophy of Club Brugge to become lifestyle athletes and professional football players.



# 1.2 Academy


## Vision

- Skilled and highly motivated players with a 'no sweat no glory'-mentality willing to play as a team.
  - A clear way of playing with recognizable patterns.
  - Individual attention for every aspect of development: technical, tactical, physical, mental, social.
- 

# 1.3 Academy

## Target

### Transition to A-squad

- Decrease gap with and facilitate transition to A-squad
  - Each season, at least 2 youth players promote to A-squad
  - Each season, at least 1 player who is (as a minimum) regularly a substitute in the first team
  - Deliver two regular first team players for each four-year period
- 



# 1.4 Academy

## Strategy


### **Step 1: detecting talent**

- u7 – u10: players 20 km around Brugge
- u11 – u15: players 50 km around Brugge
- U16 – u19: players all over Belgium

### **Step 2: formation of talents**

- 220 players
- 28 coaches
- Minimum 4 training sessions a week for every player.
- Cooperation with topsportschools. 40 players train 6 to 8 times a week.

### **Step 3: contract for best young talents**

- When player shows exceptional talent (technical, tactical, physical, mentality), Club Brugge gives 3 year contract to these players to express confidence.
  - 9 players formed in Academy are part of A-squad.
- 

# **Football Philosophy**

**2**

# 2.1 Values & Culture

## 11 values of Club Brugge

### Respect

- Yourself – Others – Property of all

### Trust

- Our belief and faith will lead to success

### Open communication

- Open in and for communication

### Engagement

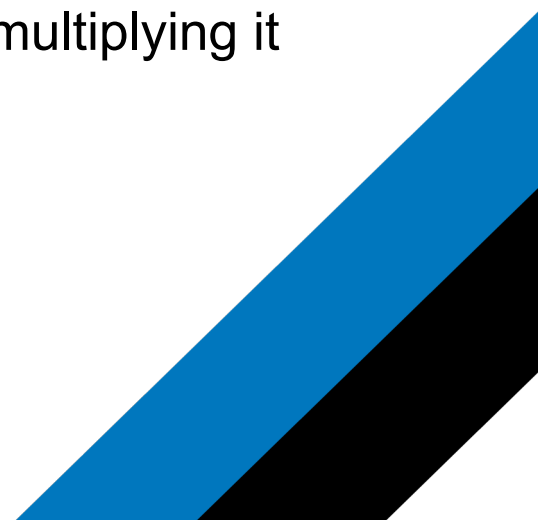
- Sharing a responsibility is not dividing it, but multiplying it

### Positive

- Think – Act – Be positive

### Honesty

- In words – acts – feelings – thoughts



# 2.1 Values & Culture

## 11 values of Club Brugge

### Pride

- The engine and fuel for everyday's life

### Self-awareness

- Know your strengths and weaknesses

### Learning attitude

- Living is learning

### Passion

- For achievement – detail – knowledge – life – play

### Team

- No single individual is bigger than the team as a whole



## 2.2 Style of Play

### Academy vision


- A clear way of play
- Learned in the Academy
- Intrinsic motivation
- No Sweat No Glory
- Team



# 2.2 Style of Play

## Modern “movement” football

### Characteristics

- 1-4-3-3
  - Play the ball out from defense in a systematic way
  - Offensive
  - On the half of the opponent
  - Dominant in 1v1 situations
  - Creativity & initiative in all positions
  - Quick passing tempo
  - Playing forward whenever possible
  - Passionate with fighting spirit - never give up
  - Playing in 1-2 touches
  - Variation in passing
  - Collective block
- 

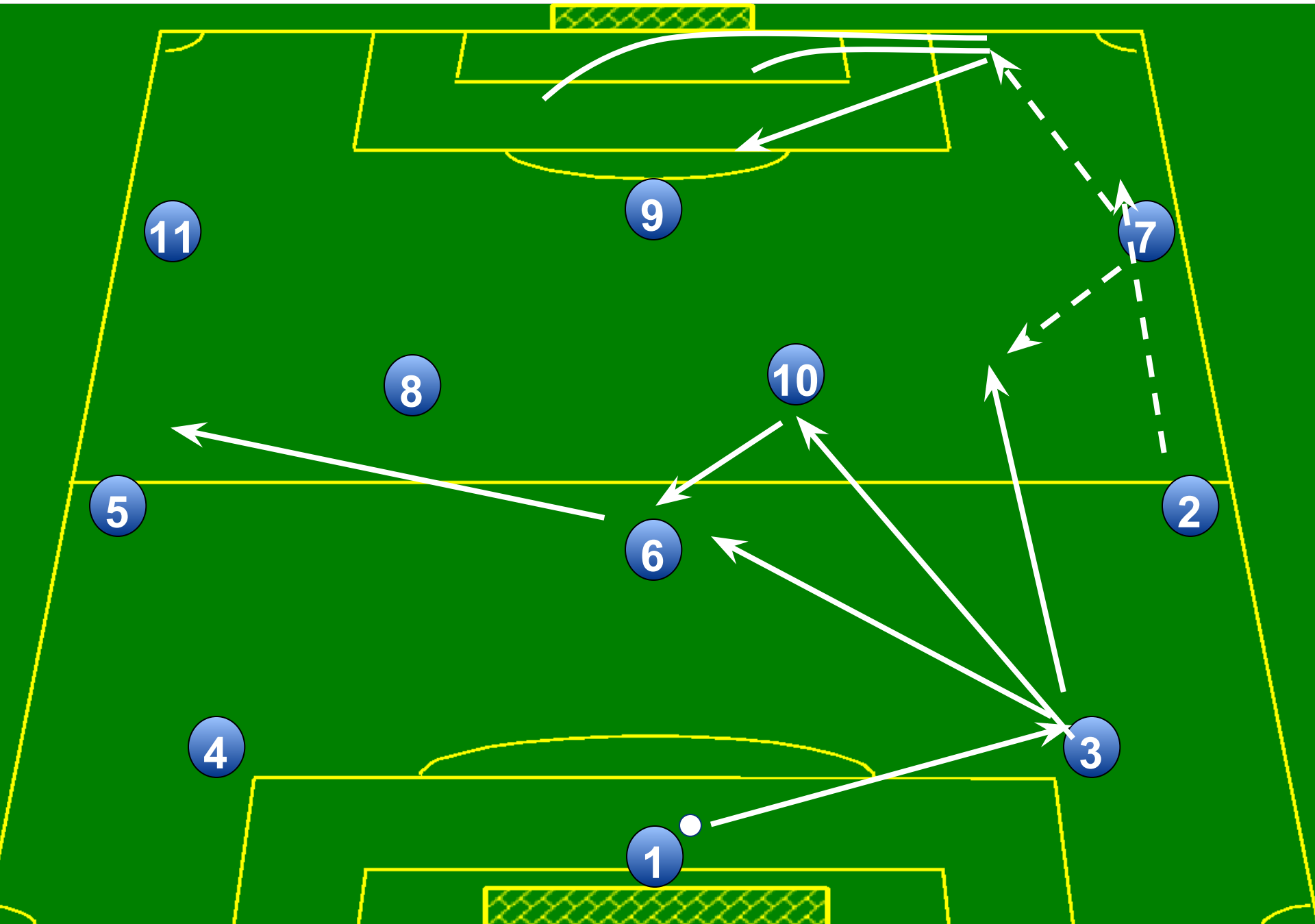
# 2.2 Style of play

## Recognizable patterns

### Offensive

- Playing in 1-2 touches
  - Let the ball do the work – don't run with the ball
  - Players that don't have the ball are running
- No turning with the ball
  - Play the ball where you see possibilities
  - Other players will offer solutions
- Change sides quickly
- Running into the space, between the lines
- Fullbacks play high on the field
- Defensive midfielder comes under the ball
- Clear options in front of the goal when crosses are possible

# Style of play- Ball possession









# Style of play

## Ball possession



# 2.2 Style of play

## Recognizable patterns

### Defensive

- Fast transition
- Play as a block
  - Communication
  - 8-12m distance between players
- Think!
- Taking position in lines of passes
- Limit opponent's options to that we want
- Forward pressure on opponent



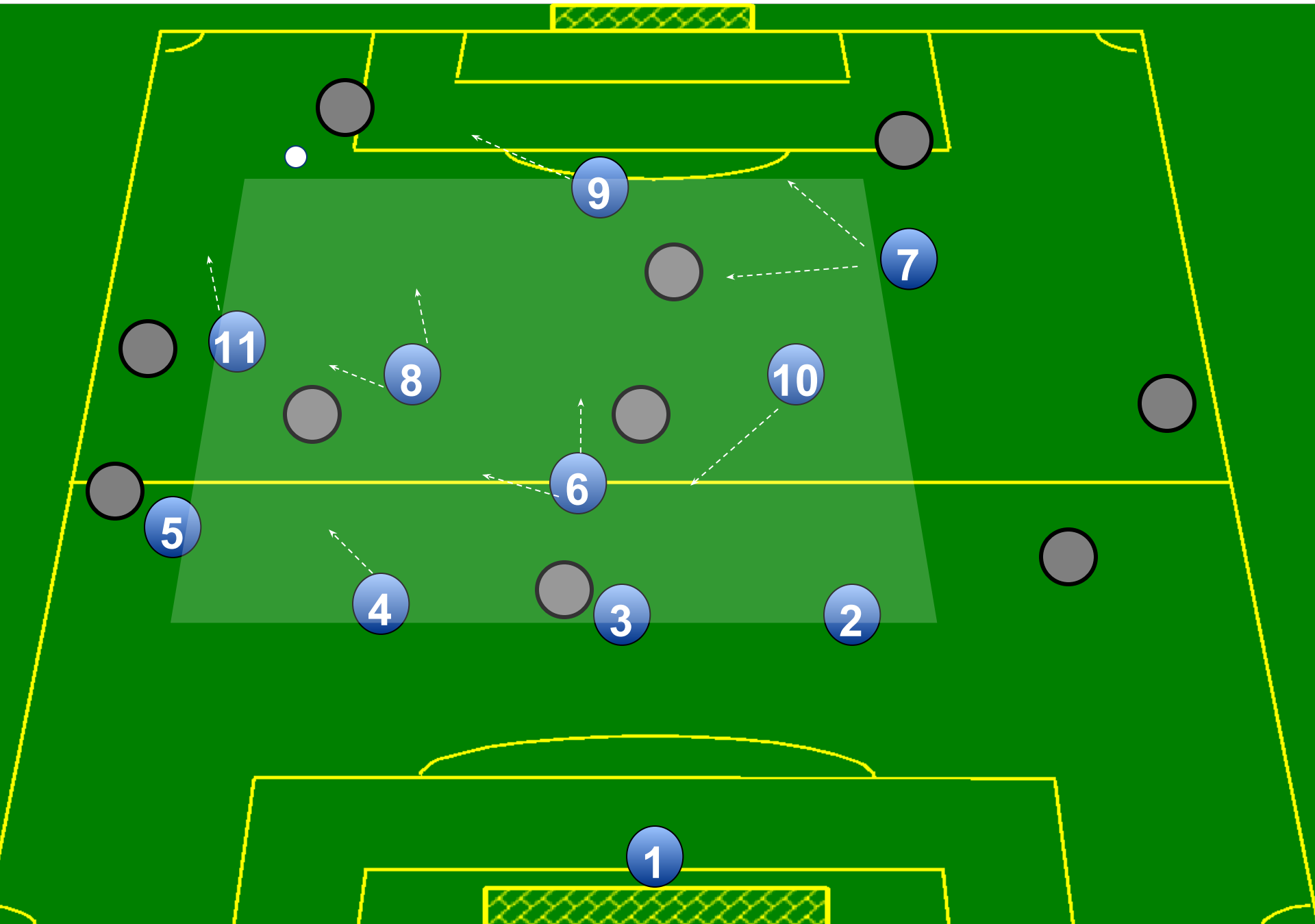
# Style of play - Ball possession



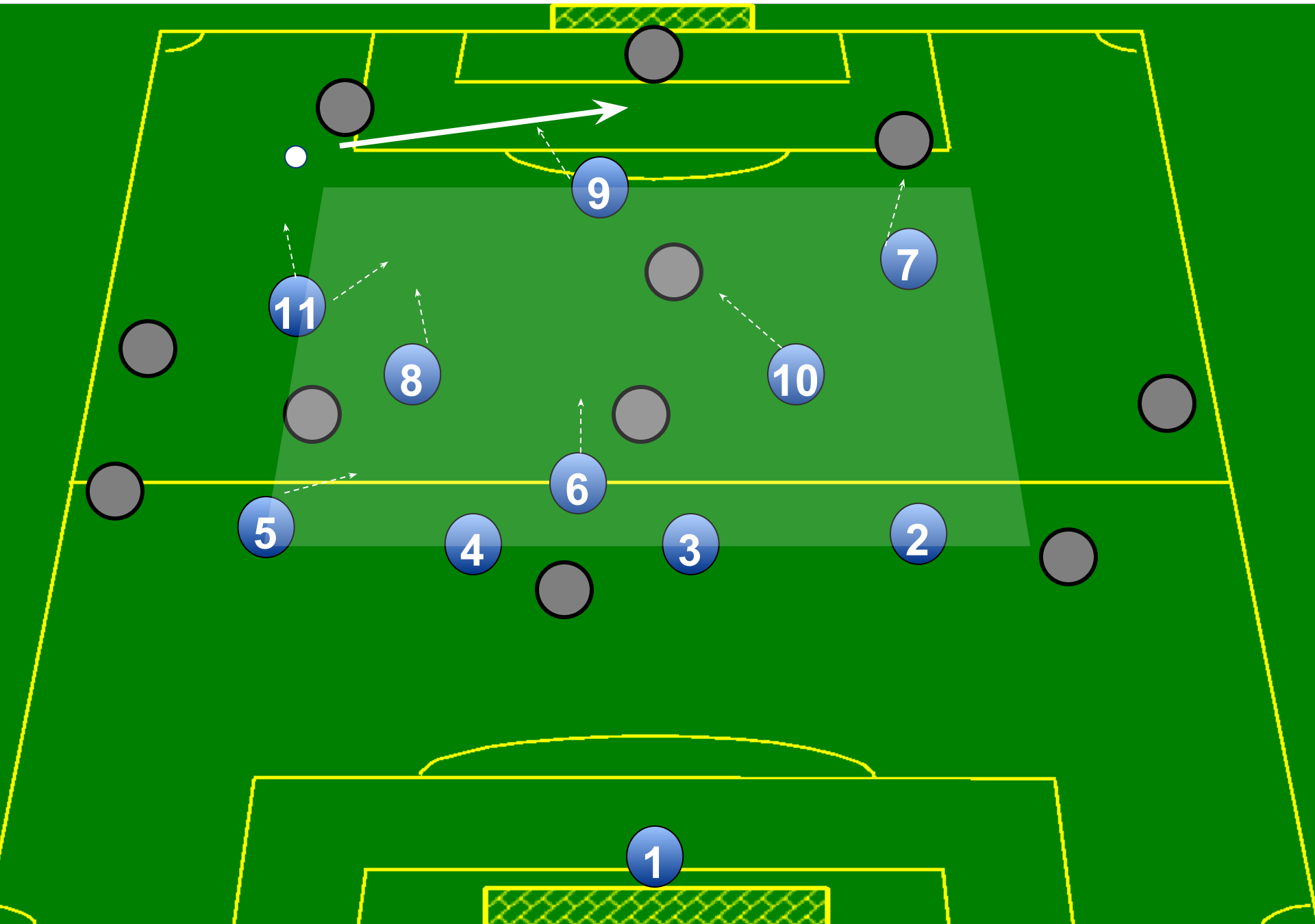
## OPTION 1:

defending on half of the opponent.  
Putting pressure.

# Style of play - Ball possession



# Style of play - Ball possession



# Style of play - Ball possession





# 2.3 Players

## General football profile

### Athletic

- Position-specific criteria for endurance ( $\text{VO}_2\text{max}$ ) and explosivity (sprint, jump power)

### Technical-Tactical

- See players profile

### Mental-Lifestyle

- Personality profile - Leadership qualities
- Attention points for coaching
- Winning mentality

### Medical

- Injury risk factors

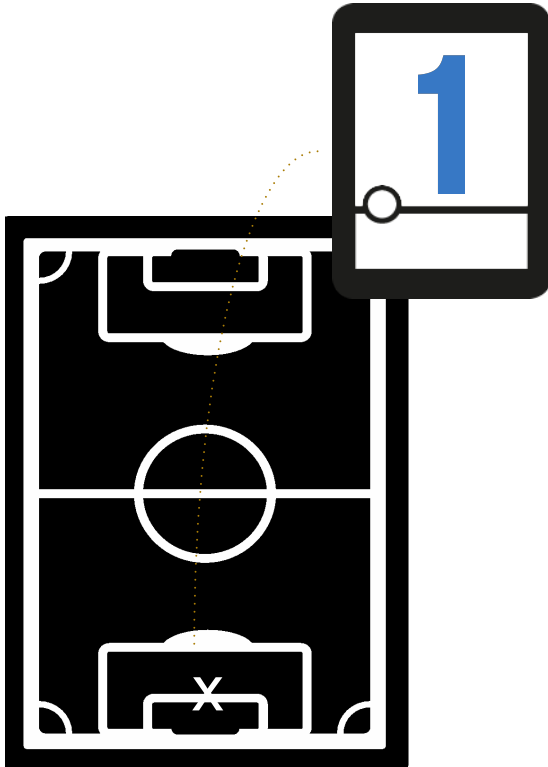


# 2.3 Players

## Profile – Positions

### Goalkeeper

- Minimum 1m85
- Good on crosses
- Good reflexes/reactions
- Good with the feet (build-up of the game)
- Able to play high (16m)
- Good coaching capacities
- Personality and presence

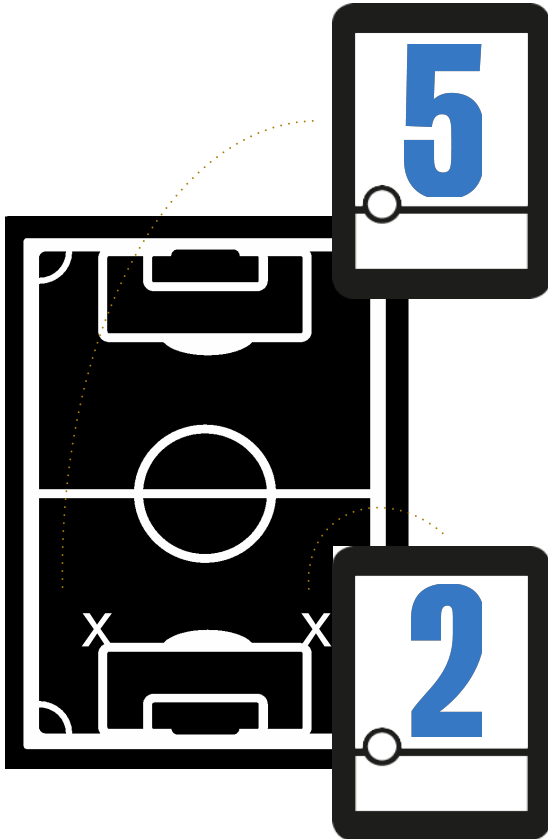


# 2.3 Players

## Profile - Positions

### Fullback

- Minimum 1m75
- Strong in 1v1 duels
- Good speed & agility
- Good positioning with other defenders
- Easy on the ball, also when under pressure
- Participation in offensive actions: frequent infiltrations in offensive 1/3
- Good cross

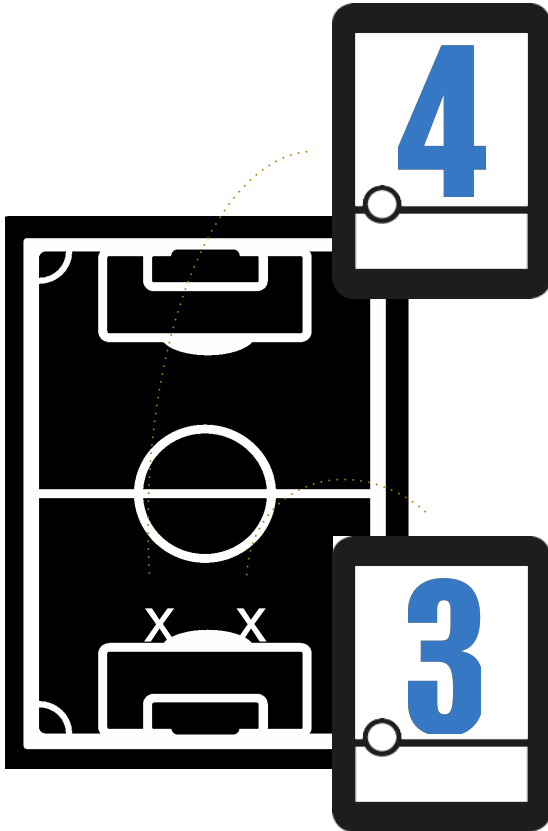


# 2.3 Players

## Profile - Positions

### Central defender

- Minimum 1m85
- Strong in 1v1 duels
- Good aerial ability
- Good speed & agility
- Good positioning with other defenders
- Easy on the ball, also when under pressure
- Good in build-up of attacks & long passes
- Good coaching capacities

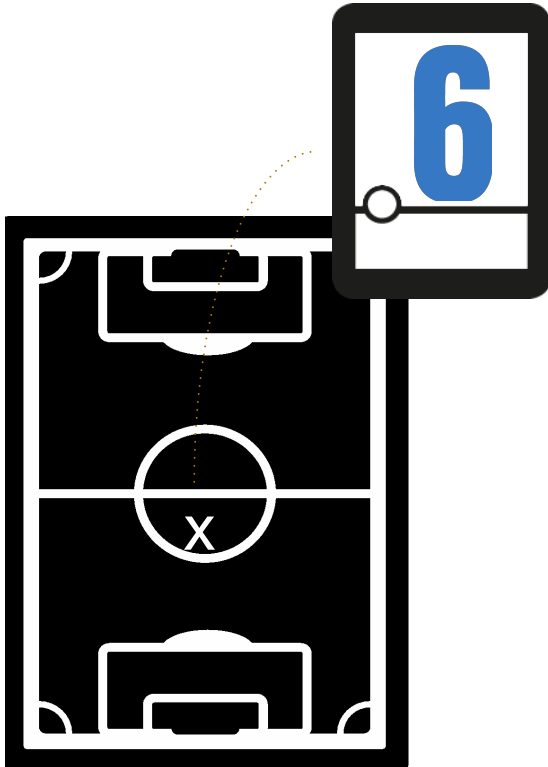


# 2.3 Players

## Profile – Positions

### Defensive midfielder

- Good positioning in function of team balance
- Easy on the ball, also when under pressure
- Quick thinking
- Initiate build-up of attacks
- Good aerial ability
- Good coaching capacities

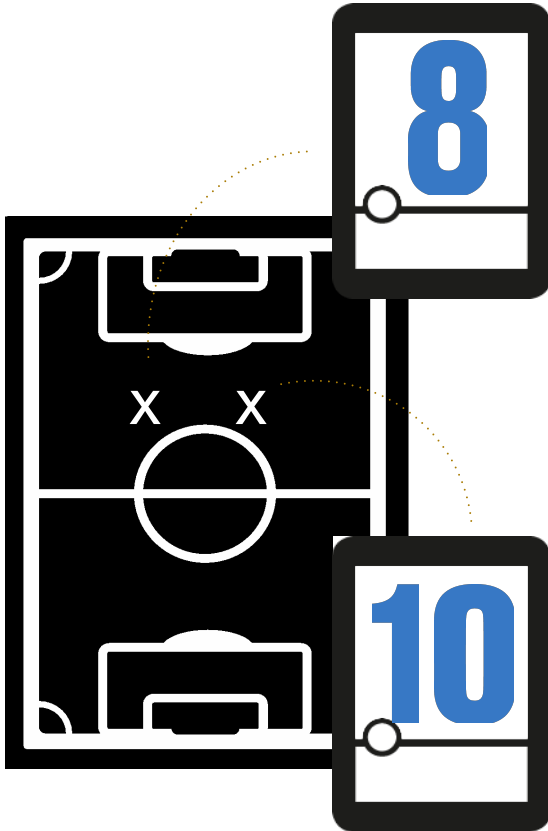


# 2.3 Players

## Profile - Positions

### Central (offensive) midfielder

- Good (football-specific) endurance
- Frequent infiltrations in 16m
- Good technical & tactical skills
- Delivery of key passes
- Individual action
- Scoring ability

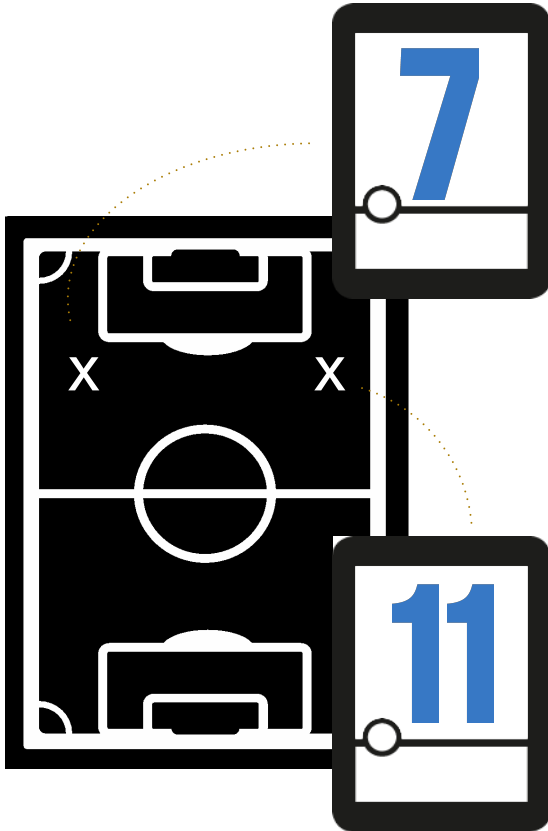


# 2.3 Players

## Profile - Positions

### Winger

- Good football-specific endurance: frequent high-intensity actions
- Good speed
- Good technical & tactical skills
- Delivery of key passes
- Individual action
- Scoring ability

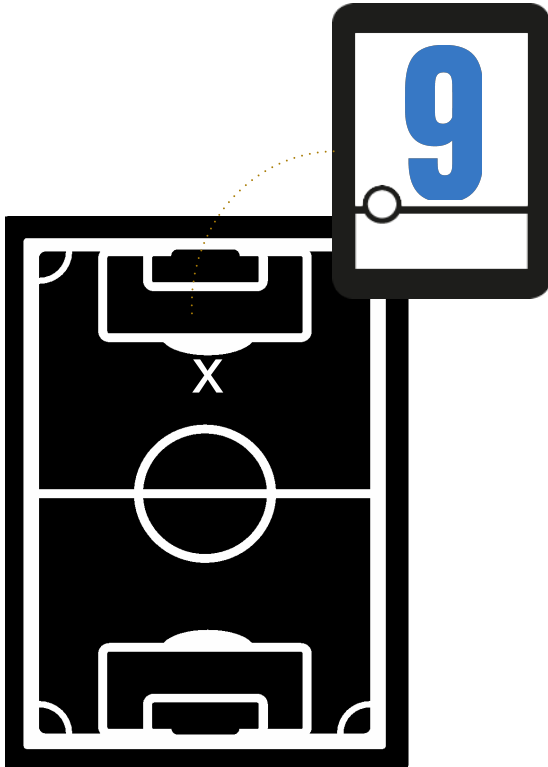


# 2.3 Players

## Profile – Positions

### Striker

- Minimum 1m80
- Scoring ability
- Good technical & tactical skills
- Running actions behind opponent's defense
- Good aerial ability
- Individual action





# **Training Methodology**

**2**

# Club Brugge coaching framework

*“From the 10 coaches I had when I was a youth player, 1 made me a better player. 3 didn’t do me any harm. And if I’ve listened to the 6 others I never became a professional footballplayer.”*

Marco Van Basten



# Club Brugge coaching framework

- The coach is not the most important (wo)man in a team.
- The most important is always the team.
- But the coach is important.



# Club Brugge coaching framework

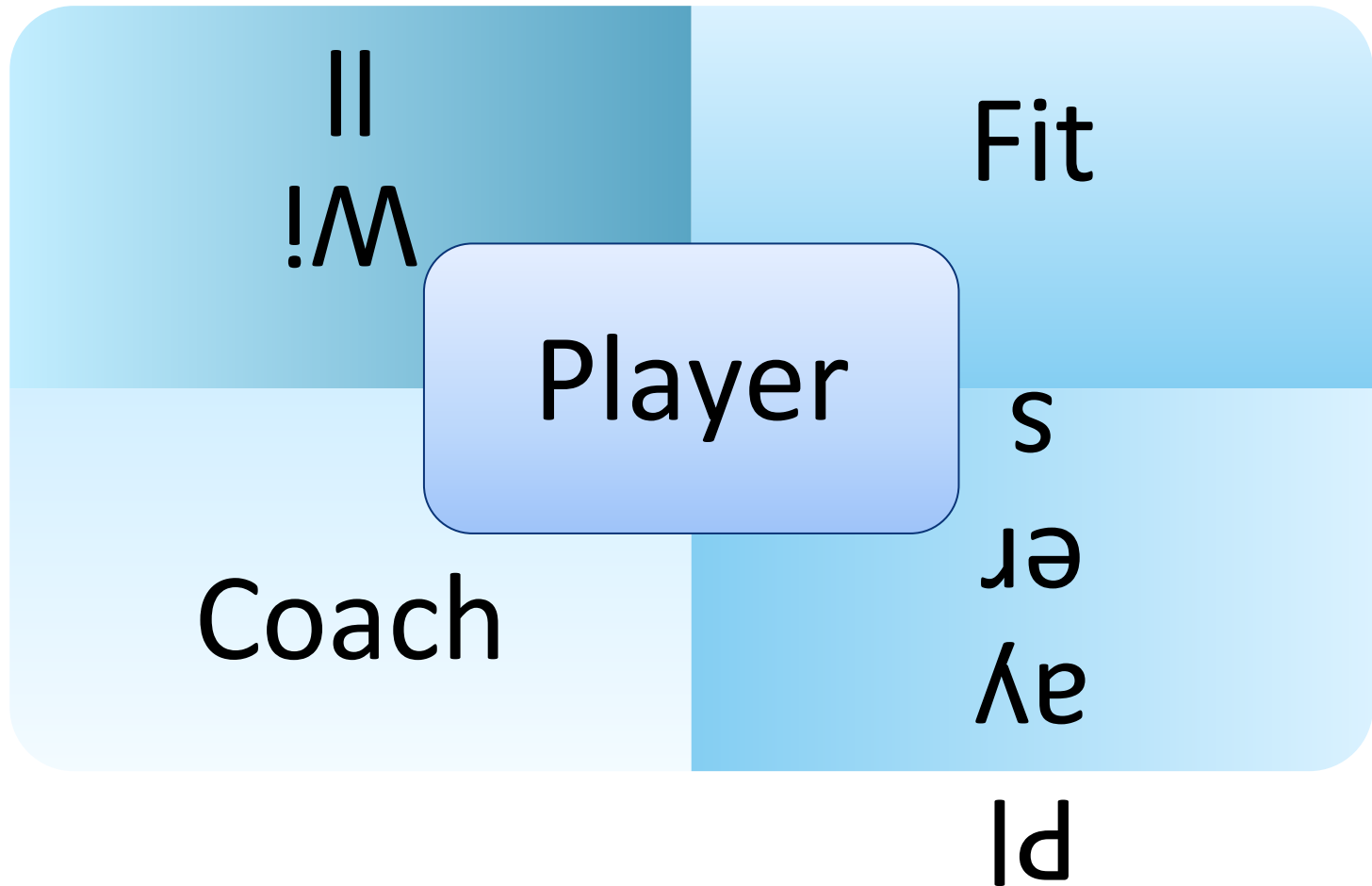
## Target

- Players are coach independent
- Players enjoy every training ...
- ... and learn every session
- Players are coach independent

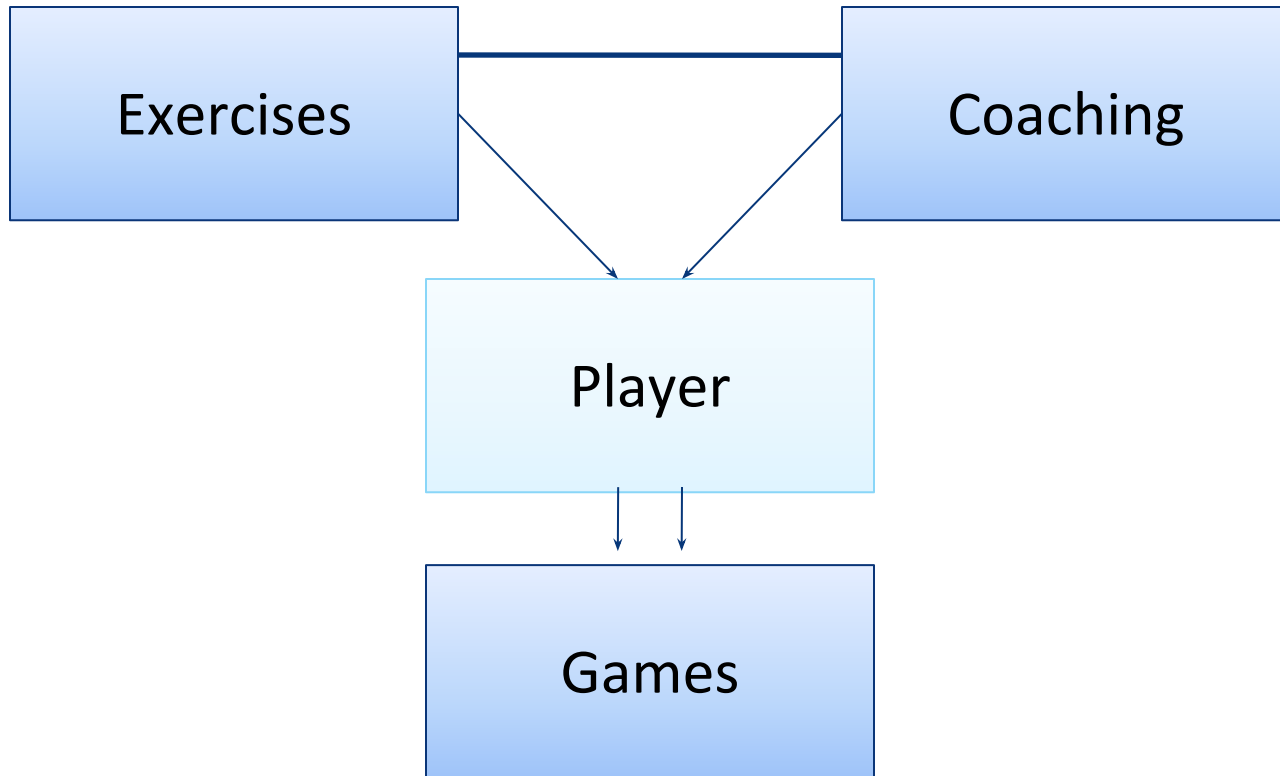


# Club Brugge coaching framework

## The player



# Club Brugge coaching framework Methodology



# Club Brugge coaching framework methodology

- 1) Tactical: every decision is the right decision
- 2) Technical: execution of the right decision, every time accurate
- 3) Physical: making right decisions and executing them 90'
- 4) Mental: doing this every day, season after season with a smile.



# Club Brugge coaching framework

## the coach: personality

OPEN

POSITIVE

ENTHUSIASTIC

TEAM





# Club Brugge coaching framework

## the coach: competence

### On football

- Understands 11v11, 8v8, 5v5
- Knows what to coach during excercises
- Can organize a training session

### Pedagogical

- Commitment: to the player(s), the club, the other coaches
- Rewarding instead of punishment
- Problemsolving instead of escalating
- Discipline
- Keeps overview



# Club Brugge coaching framework methodology: development plan

## 1) Learning PLAN

### ✓ Ball possession

- Construction of the game from the back players
- Attacking down the wing
- Attacking through the center

### ✓ Defending

- Defending on half of the opponent
- Defending on our own half

## 2) Exercises

## 3) Coaching



# Club Brugge coaching framework methodology: exercises

## CLUB EXERCISES

- Passing – Scoring
- Automatism/Concept
- Position exercises
- Games

= 65%

## COACH EXERCISES

= 35%

## EXTRA

- Technical leveltraining
- Powertraining / injury prevention
- Homework



**Training methodology**  
**CLUB EXERCISES**  
**Passing & scoring**



# EXERCISES: Passing - Scoring

## CONDITIONS

- Direction on goal opponent
- Few 'stations', max. 4
- Choices in one exercise
- Players giving support 'from behind' the ball.
- Technical performance after making the right decision. Bring in opponents (very easily). Step up to positional exercises, games.



# EXERCISES: Passing - Scoring

## COACHING

Passing – Scoring = technical training

- How are you going to create space?
  - ✓ Action before the action
  - ✓ Timing moving
- How are you going to create opportunities to play forward?
  - ✓ Turn in
  - ✓ Taking position under the ball.
- Left and right = open body stance
  - ✓ passing
  - ✓ receiving
- Pace of the ball



## Passen / Trappen

**Ontwikkelingsdoel:** het inspelen en aannemen van de bal met beide voeten

### **Organisatie**

#### Mogelijkheid 1:

- De centrale speler wordt ingespeeld, draait door en speelt de buitenspeler in.
- De buitenspeler neemt de bal aan en dribbelt naar de andere kant

Coaching

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Coaching



**Training methodology**  
**CLUB EXERCISES**  
**Automatisms**



# Club concept

## CONDITIONS

- Players in their position
- Everybody moving starting from their position
- Game relates distances.
- Ending by scoring



# ATTACKING Automatizms

**Learning goals:** awareness of taking position regarding teammates and position of the ball. Learning basic tactic plan. Tasks in position

## **Organisatie**

### **Coaching:**

- Timing movement
- pace of the ball



# ATTACKING Automatizms

**Learning goals:** awareness of taking position regarding teammates and position of the ball. Learning basics tactic plan. Tasks in position

## **Organisatie**

### **Coaching:**

- Timing movement
- pace of the ball



**Training philosophy**  
**CLUB EXERCISES**  
**Position exercises**



# Position exercises

## CONDITIONS

- Related with position on the field, Players must be able to make the transfer to the game
- Related with module
- Always a direction
- Taking care of the distances. Ideal?
- Moments to win!
- Attention on conversion.



# Position exercises

## COACHING

- Always free.
  - ✓ Create solutions to play forward
- Receiving offensive. All options open.
- Receiving while moving.
  - ✓ Both feet
  - ✓ Ready to continu
  - ✓ 1 – 2 touches





# OPBOUWEN

## Positiespelen 7 v 4

**Ontwikkelingsdoel:** balbezit houden door het maken van juiste keuzes en het technisch goed uitvoeren van de juiste keuzes

### **Organisatie**

#### winmomenten

- 5 keer overkant bereiken = punt (3&4 → 8&10)
- verdedigers veroveren bal en scoren op vast doel = wisselen van positie

### **Coaching:**

- Zorg steeds dat je aanspeelbaar bent.
  - ✓ Creëer oplossingen in de diepte
- Aannames buitenste voet. Hou alle opties open.
- Aanname in beweging.
  - ✓ Beide voeten
  - ✓ Speelklaar in functie van vervolg
  - ✓ 1 – 2 tijden



# AANVALLEN DOOR CENTRUM

## Positiespelen 7 v 4

**Ontwikkelingsdoel:** balbezit houden door het maken van juiste keuzes en het technisch goed uitvoeren van de juiste keuzes

### **Organisatie**

#### winmomenten

- overkant bereiken van 3 / 4 → 9, zonder dat tegenstand bal raakt = punt. 3 punten scoren is winnen
- bal veroveren = zelf in balbezit spelen

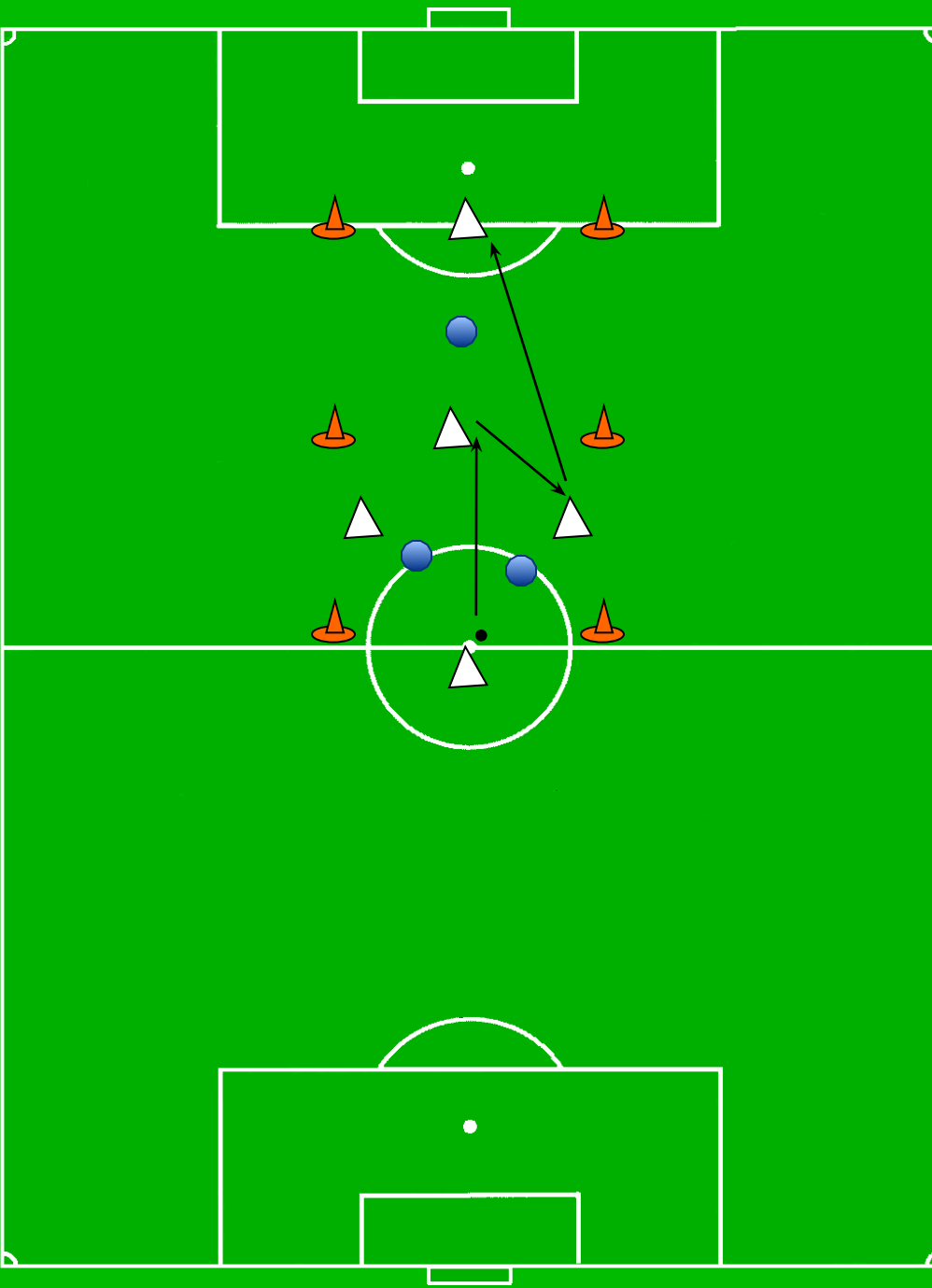
### **Coaching:**

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  - ✓ Beide voeten
  - ✓ Speelklaar in functie van vervolg
  - ✓ 1 – 2 tijden
- Bal enkel spelen in richting die je ziet.



# AANVALLEN DOOR CENTRUM

## Positiespelen 5 v 3



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### **Organisatie**

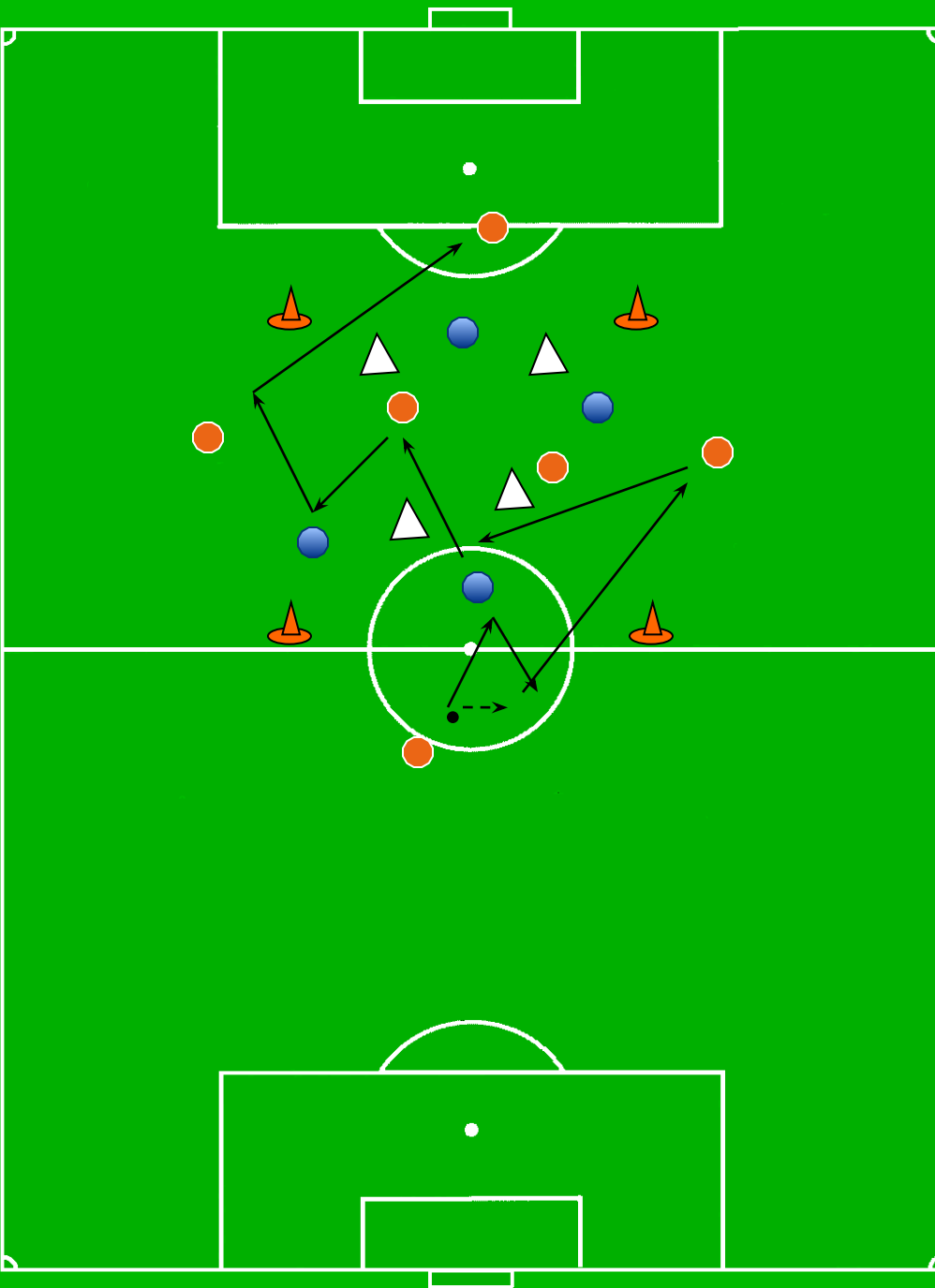
#### winmomenten

- 3-hoekje maken = punt
- 3 x bal veroveren binnen 1' = 10 x opdrukken

### **Coaching:**

- Zorg steeds dat je aanspelbaar bent.
  - ✓ Creëer oplossingen in de diepte
- Aannames buitenste voet. Hou alle opties open.
- Aannee in beweging.
  - ✓ Beide voeten
  - ✓ Speelklaar in functie van vervolg
  - ✓ 1 – 2 tijden
- Bal enkel spelen in richting die je ziet.





**Learning goals:** Keeping ballpossession

## **Organisatie**

### Winning moments

- 3-hoekje maken = punt
- 3 x bal veroveren binnen 1' = 10 x opdrukken

## **Coaching:**

- Make sure that they can pass you the ball
- Try to have as many options as possible in 2 touches. (turn)
- Ball is constantly moving
  - ✓ Use both feet
- Play ball ONLY in direction you can see. You have to be sure that you keep the bal.

**Passing**

**+**

**Position**

**=**

**Possession**



# Training methodology

## CLUB EXERCISES

### Games



Recognizable

Maximum learning  
moments

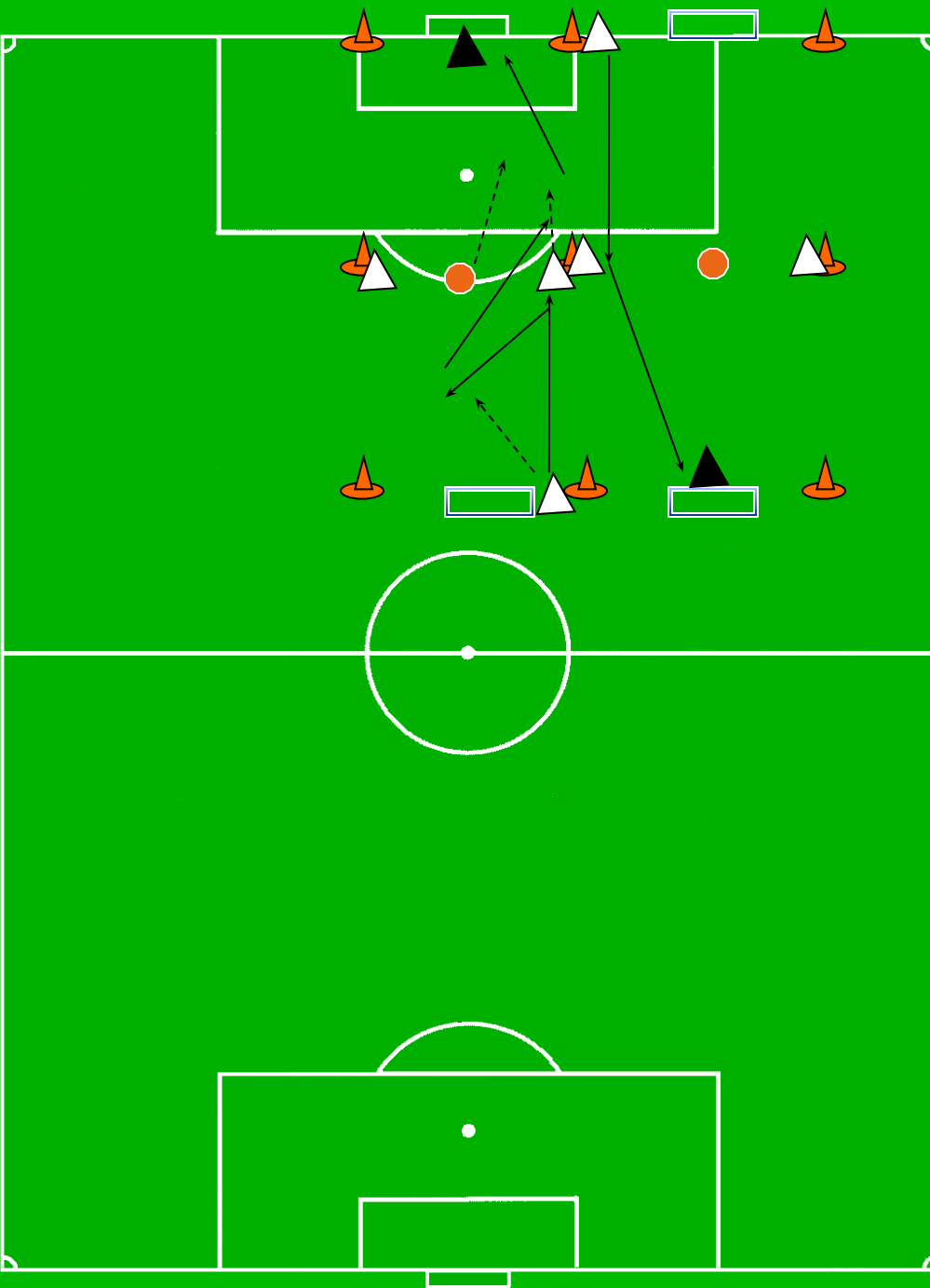
Do not overcoach / Do not  
ask too much !!!

Taking position  
→ task on every position  
Possesion of the ball  
Lost of the ball



## MODULE ATTACKING CENTRAL

### Game exercise 3 v 1+GK



**Learning goal:** Making right decision in scoring position: shoot, 1 touch back, turn.

#### **Organisatie**

#### **Coaching**

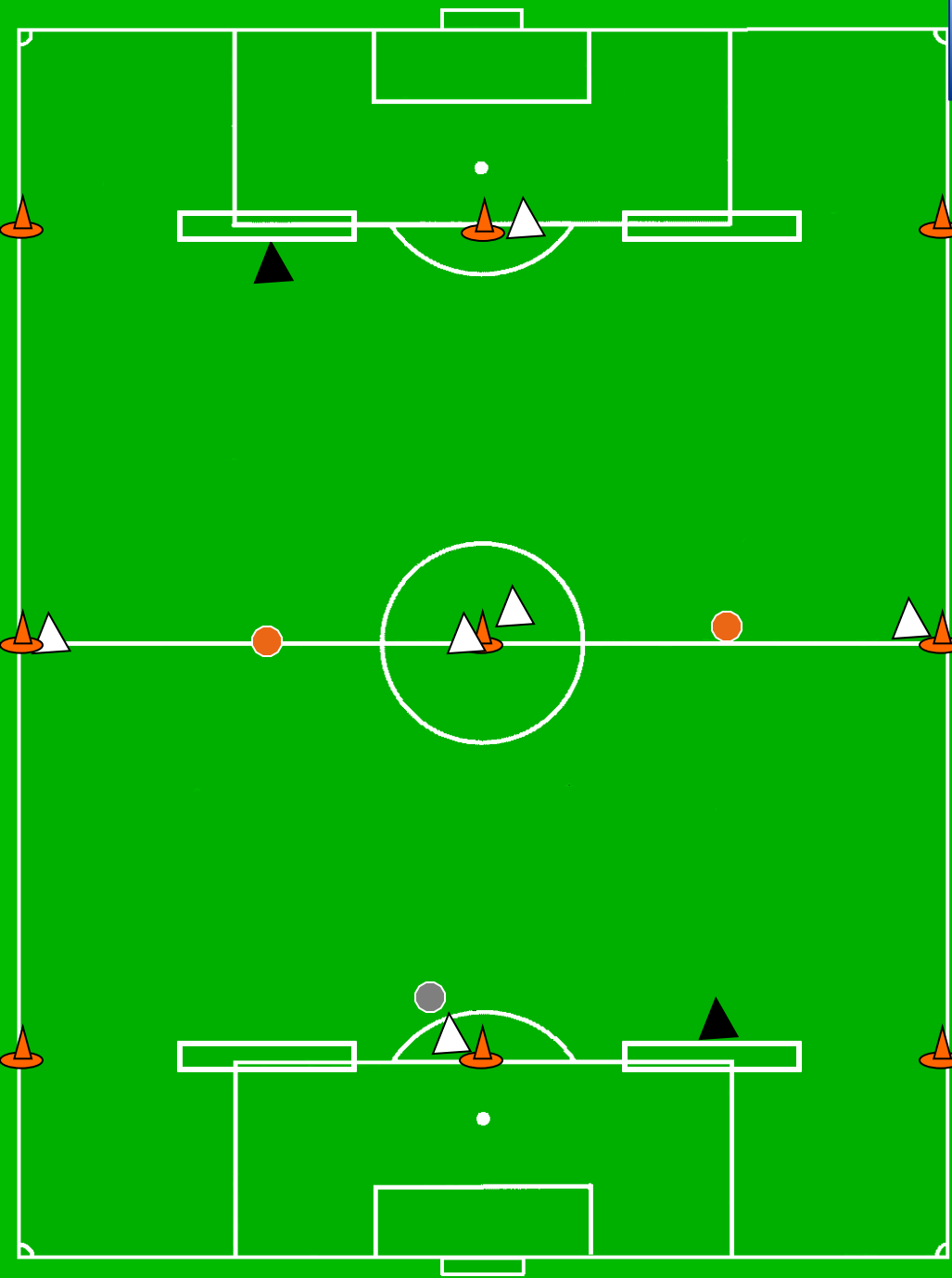
- turn open
- movement player that touched the ball
- accuracy of the pass
- 2nd player takes position to score (difficult for goalkeeper)





## MODULE ATTACKING CENTRAL

### Game exercise 3 v 1+GK



**Learning goal:** Making right decision in scoring position: shoot, 1 touch back, turn.

#### **Organisatie**

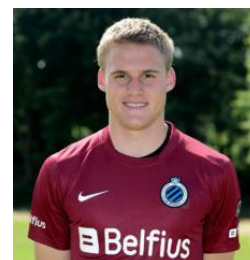
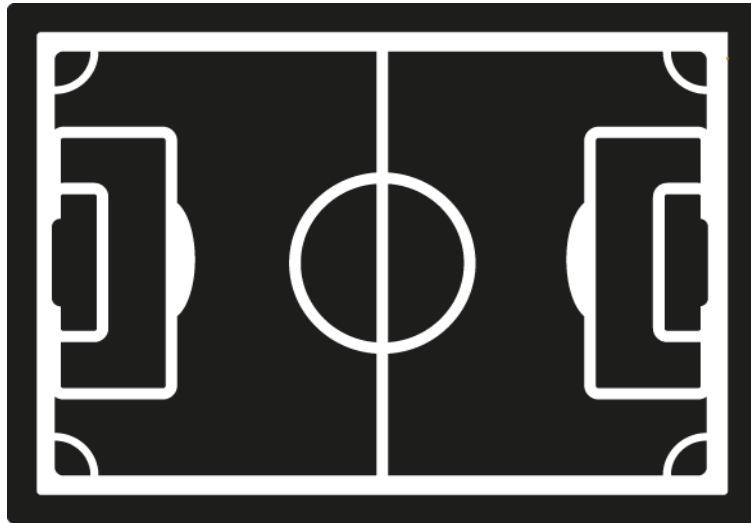
#### **Coaching**

- turn open
- movement player that touched the ball
- accuracy of the pass
- 2nd player takes position to score (difficult for goalkeeper)

	Teamcoach	Clubcoach	Specialisten	
Beloften	Bart Wilmssen	Jef Vanthournout	Dirk Laleman (physical)	Willy Loose (goalkeepers)
U19	Cedric Vlaminck			Mario Ballegeer (video)
U17	Bjorn De Neve			
U16	Carlo Van Grimberghe	Gino Pauwels	Sam Kamal (technical)	Peter Rutjens (goalkeepers)
U15	Stijn Claeys			
U14	Birger Van de Velde	Ives Faelens		Thomas Vlaminck (technical)
U13	Rik Van den Bergh			
U12	Pieter Legein Tim Lerouge	Paul Vergote	Bruno Tailleu (technical)	Nick Swinnen (goalkeepers)
U11	Jacko Vanaelst Dimi Wellens			
U10	Kristoff Harri Dries Coene			
U9	Kenny Ullin Thomas Schauvlieghe Pedro Jodts	Ivo Van den Bergh		
U8	Jan Van den Bergh Thomas Van den Bussche			
u7	Stijn De Vos			

# Club Brugge Academy players

2013 - 2014



# Weekly schedule u19

maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	zondag
10u45 – 12u15 Facultatieve training / topsport Recuperatie DL - DV	10u45 – 12u15 Facultatieve training / topsport  CV		10u45 – 12u15 Facultatieve training / topsport  CV	10u45 – 12u15 Topsport		
		15u00 – 17u00  Teamtactisch  CV			14u00 – 15u45  Wedstrijd  CV	
18u00 – 19u30  Positietraining  CV – BDN – JVT – SK	18u00 – 19u30  Voetbalconditie  CV – DL		18u00 – 19u30  Teamtactisch  CV			

# Weekly schedule u17

maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	zondag
10u45 – 12u15 Facultatieve training / topsport Recuperatie DL - DV	10u45 – 12u15 Facultatieve training / topsport CV		10u45 – 12u15 Facultatieve training / topsport CV	10u45 – 12u15 Topsport		
		15u00 – 17u00 Teamtactisch BDN			14u00 – 15u45 Wedstrijd BDN	
18u00 – 19u30 Positietraining BDN – JVT – SK – CV	18u00 – 19u30 Voetbalconditie BDN – DL		18u00 – 19u30 Teamtactisch BDN			

# Weekly schedule u16

maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	zondag
<b>10u45 – 12u15</b> Facultatieve training / topsport Recuperatie DL - DV	<b>10u45 – 12u15</b> Facultatieve training / topsport  CV		<b>10u45 – 12u15</b> Facultatieve training / topsport  CV	<b>10u45 – 12u15</b> Topsport		
		<b>15u00 – 16u00</b> Keepertrainer PR  <b>15u30 – 17u00</b>  Voetbalconditie  CVG – GP			<b>14u00 – 15u45</b>  Wedstrijd  CVG	
<b>18u00 – 19u30</b>  Teamtactisch  CVG	<b>18u00 – 19u30</b>  Positietraining  CVG		<b>18u00 – 19u30</b>  Teamtactisch  CV			

# Weekly schedule u15

maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	zondag
10u45 – 12u15 TOPSPORT Recuperatie	10u45 – 12u15 TOPSPORT		10u45 – 12u15 TOPSPORT	10u45 – 12u15 TOPSPORT		
		15u00 – 16u00 Keepertraining PR 15u30 – 17u00 Voetbalconditie SC - GP			14u00 – 15u45 Wedstrijd SC	
18u00 – 19u30 Teamtactisch SC	18u00 – 19u30 Positietraining SC – GP – SK		18u00 – 19u30 Teamtactisch CV			

# Weekly schedule u14

maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	zondag
10u45 – 12u15 TOPSPORT	10u45 – 12u15 TOPSPORT Sint- Lodewijkscol. TV		10u45 – 12u15 TOPSPORT	10u45 – 12u15 TOPSPORT		
		15u00 – 16u15 Techniektrainin g TV			14u00 – 15u45 Wedstrijd BVDV	
18u00 – 19u30 Techniektrainin g TV		18u00 – 19u30 Teamtactisch BVDV - RVDB	18u00 – 19u30 Teamtactisch BVDV			



# Weekly schedule u13

maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	zondag
10u45 – 12u15 TOPSPORT	10u45 – 12u15 TOPSPORT Sint-Lodewijkscol. TV		10u45 – 12u15 TOPSPORT	10u45 – 12u15 TOPSPORT		
		15u00 – 16u15 Techniektraining TV			14u00 – 15u45 Wedstrijd BVDV	
18u00 – 19u30 Teamtactisch RVDB - BVDV		18u00 – 19u30 TV RVDB	18u00 – 19u30 Teamtactisch RVDB			

# Training 8 v 8

	maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	Zondag
u12						10u00 WEDSTRIJD	
	18u00 – 19u30 TECHNICAL	18u00 – 19u30 TEAM		18u00 – 19u30 TEAM			
	maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	Zondag
u11						10u00 WEDSTRIJD	
	18u00 – 19u30	18u00 – 19u30 TECHNICAL		18u00 – 19u30 TEAM			

# Training 8 v 8

	maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	Zondag
u10							10u00 WEDSTRIJD
		18u00 – 19u30 TEAM	18u00 – 19u30 TECHNICAL		18u00 – 19u30 TEAM		



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# Training 5 v 5

	maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	Zondag
u9							10u00 WEDSTRIJD
		18u00 – 19u30 INDIVIDUAL	16u00 – 17u30 INDIVIDUAL		18u00 – 19u30 INDIVIDUAL		
	maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	Zondag
u8							10u00 WEDSTRIJD
		18u00 – 19u30 INDIVIDUAL	16u00 – 17u30 INDIVIDUAL		18u00 – 19u30 INDIVIDUAL		

2013 - 2014



# Trainen 5 v 5

	maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	Zondag
u7							10u00 WEDSTRIJD
			16u00 – 17u30 INDIVIDUAL		18u00 – 19u30 INDIVIDUAL		

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