



Developing the Elite



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Enjoy the Experience



*Boldness
has
genius,
power and
magic in it*

Content

- *Creating the environment*
- *Identifying talent*
- *Developing the player*
- *learning to compete*
- *Building a team*

Creating the environment

- *Facility*
- *Staff*
- *Current*
- *Standards...*



“The standards you set are the standards you get”

Identifying talent

Scouting strategy...

- *Attributes*
- *Awareness*
- *Ability*
- *Athleticism*
- *Attitude*

Under 15
Charlie Palmer, Derek Renton, Scott Bryson

Under 14
Stewart Graham, Billy Patterson, Jimmy Brown, Ian Currie, Bobby Port

Under 13
Billy Marshall, Jake Munro, David Roseburgh, Billy Montgomery, Tommy Montgomery

Under 12
Jim Mullin, John Ward, John McPherson, Colin Gerrie

Under 11
All Scouts

Under 10
All Scouts

Development Centres
Age: 8-10

Hamilton (Lanarkshire)
Jim Mullin

Airdrie (Lanarkshire)
Billy Patterson / Derek
Renton

Woodfarm
(Gla South & East Ren)
Billy Marshall

Bishopbriggs
(Gla North & East Dunb
Ian Currie

Scotstoun
Gla West & West Dunb)
Tommy Montgomery / John
McPherson

Edinburgh
(Edinburgh & East Lothian)
David Roseburgh / Colin
Gerrie

Dumbarton
(West Dunbartonshire)
Jimmy Brown

Clackmannanshire
(Central & Fife)
Billy Montgomery / Bobby
Port

Ayr
(South & East Ayrshire)
Scott Bryson

Largs
(Inverclyde & North Ayrshire)
John Ward

Paisley
(Renfrewshire)
Charlie Palmer

Kirkliston
(West Lothian)
Stewart Graham

Developing the player

Philosophy...

- *Technical*
- *Physical*
- *Mental*
- *Holistic*



Season Review 2006/2007

Coaching Philosophy...

- *Forward*
- *Changeover*
- *Attack aggressively, the man on the ball*
- *Confident/Creative play*
- *Win ...*



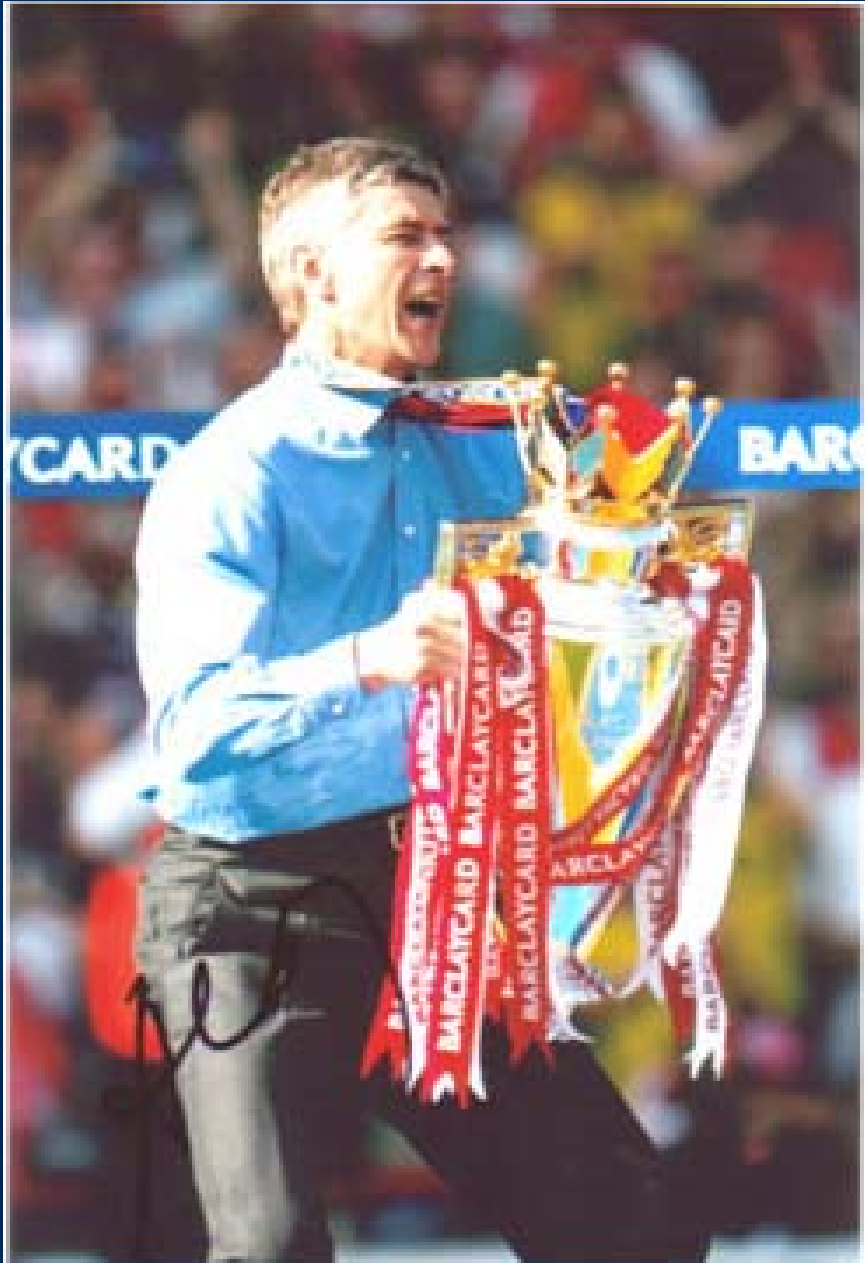
“Young players who have technical flaws at 16 will find it hard to catch up”

Gerard Houllier

“The focus on
youth
development
in the future
will be tactical
training &
personality
development”

Louis van Gaal





“Talent is not
enough – you need
desire and
intelligence”

Arsene Wenger

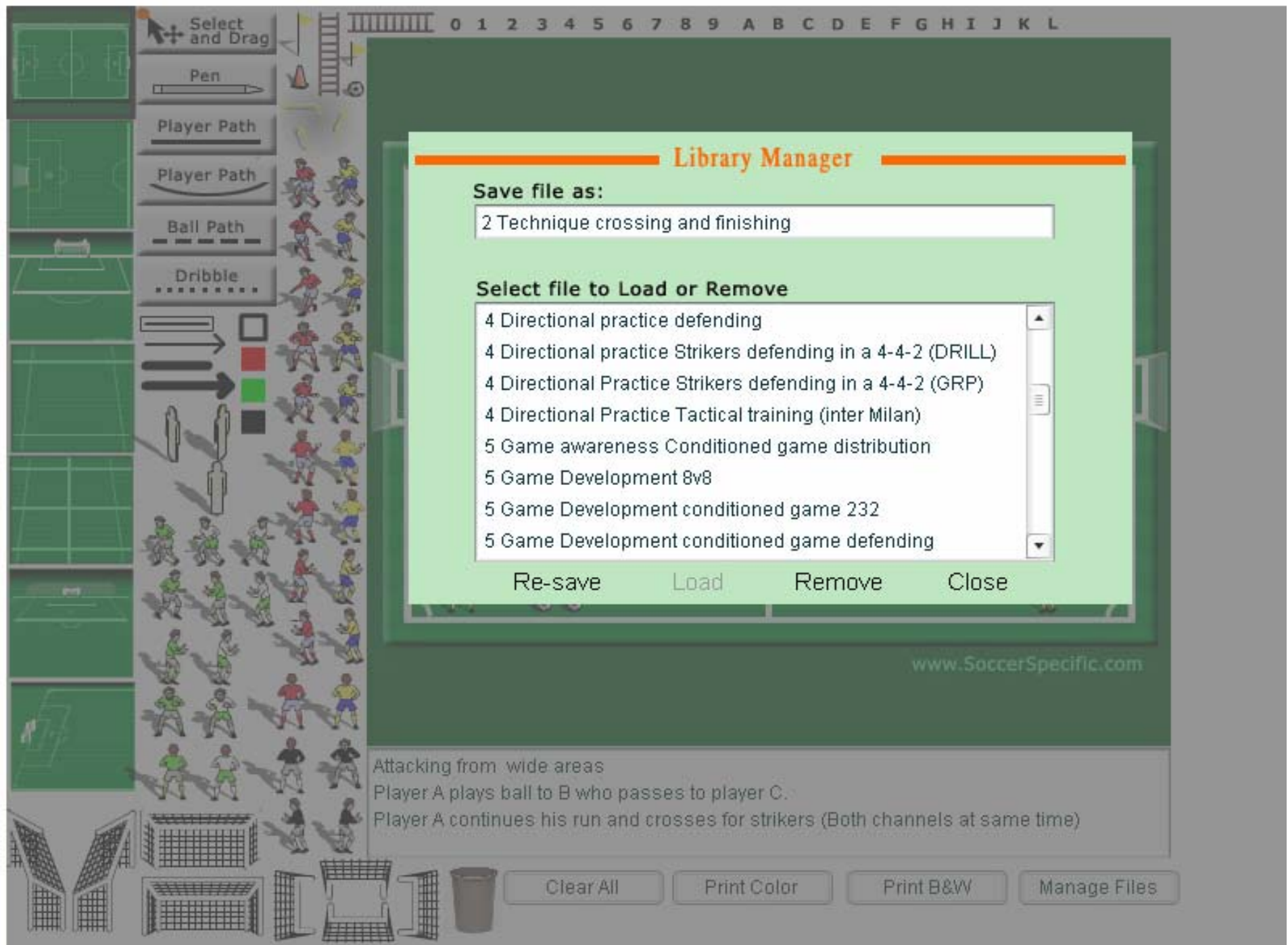
Developing the player

Technical...

- *Session structure*
- *Mannequins*
- *Training cycles*
- *Individual programmes*
- *Themes*
- *Systems*

Session Format (new)

<i>1. Warm up/Sprints</i>	<i>15</i>
<i>2. Passing/Technical</i>	<i>20</i>
<i>3. Free games/Shaping</i>	<i>15</i>
<i>4. Directional/Ind/1v1s</i>	<i>15</i>
<i>5. Game development</i>	<i>20</i>
<i>6. Flexibility</i>	<i>10</i>



Select and Drag

Pen

Player Path

Player Path

Ball Path

Dribble

Developing the player

Physical...

- *‘Your eye is your judge?’*
- *Testing*
- *Competitive*
- *Heart rate monitoring*
- *Running programme (SIS)*



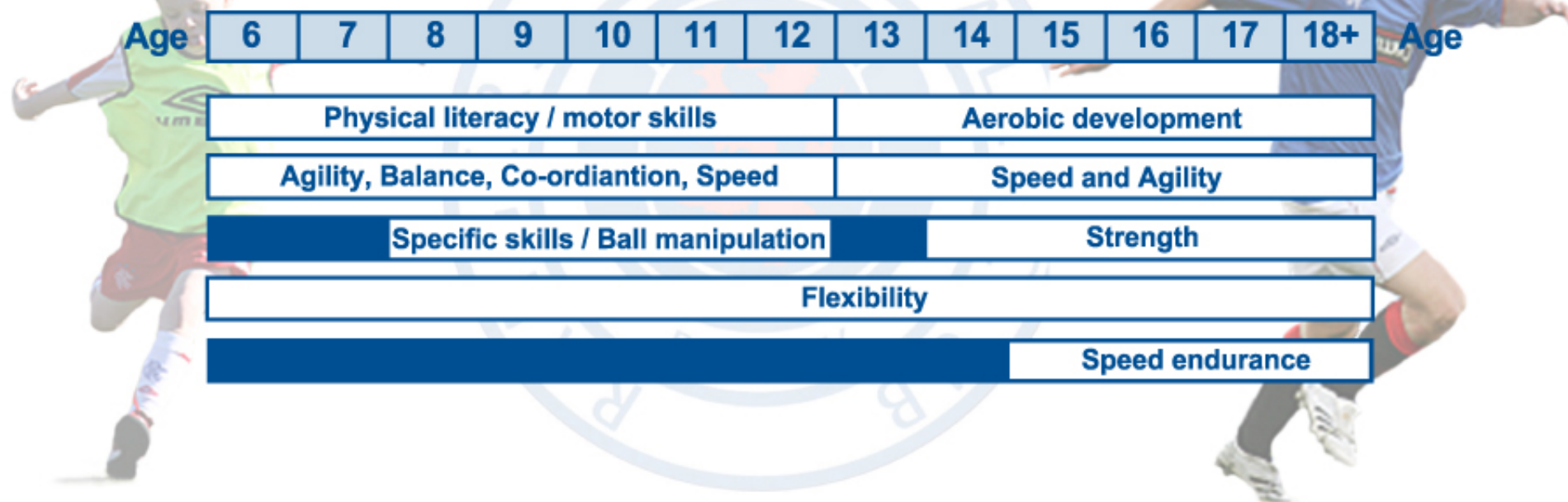
PHYSICAL COMPONENTS OF THE GAME





LONG TERM PLAYER DEVELOPMENT

WINDOWS OF OPPORTUNITY - OPTIMAL TRAINABILITY



SPORTS SCIENCE - RANGERS F.C.



OPTIMAL TRAINABILITY

Age

6	7	8	9	10	11	12	13	14	15	16	17	18+
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 Age





END PRODUCT?

LONG TERM RESULTS

ELITE PLAYERS

+

ELITE ATHLETES

CALF

LEAN AGAINST A WALL OR SOMEONE OF A SIMILAR HEIGHT

THE LEG TO BE STRETCHED IS BACK WITH KNEE STRAIGHT AND HEEL ON THE GROUND



FEET SHOULD BE PARALLEL

PUSH HIPS FORWARD TO STRETCH

REPEAT WITH BACK KNEE BENT SLIGHTLY

GLUTES



PULL LEG TO BE STRETCHED TOWARDS OPPOSITE SHOULDER BY GRASPING AROUND THE KNEE WITH BOTH HANDS

KEEP THE HEAD AND BACK FLAT ON THE FLOOR



GROIN

LYING GROIN

RELAX WITH KNEES BENT AND SOLES OF FEET TOGETHER



SITTING GROIN

SIT WITH SOLES OF FEET TOGETHER

LET LEGS ROLL APART

LEAN FORWARD FROM THE HIPS



VARIATION

ITB

Iliotibial Band

TWIST TORSO

PLACE ELBOW ON OUTSIDE
OF OPPOSITE KNEE

STRETCH SHOULD BE FELT
ON OUTSIDE OF HIP AND GLUTE



STRETCHING

Stretching correctly and regularly will make muscle movement easier as it will loosen tight muscles.

To allow a muscle to stretch it must be relaxed as much as possible. Most stretches should therefore be done sitting or lying if possible. In standing most muscles in the body are active in maintaining the body in its erect posture and therefore cannot relax sufficiently to allow a sufficient stretch.

*Start with an **easy stretch**. Hold this stretch for **at least 20 seconds** at a point where mild tension is felt. The feeling of tension should subside as the muscle relaxes and lengthens.*

No pain should be felt.

Do not bounce when holding the stretch.

*The second stretch is a **developmental stretch** where you move further into the stretch. Again do not bounce when holding this stretch.*

If the tension increases during the stretch or it becomes painful you are stretching too far or too vigorously.

It is important not to hold your breath when stretching as this will inhibit relaxation of muscle.

A short low intensity warm up prior to stretching will warm the muscles and they will stretch more easily.



RANGERS FOOTBALL CLUB YOUTH ACADEMY - SPORTS SCIENCE

QUADRICEPS

BEND THE LEG TO BE STRETCHED
AND GRIP THE ANKLE

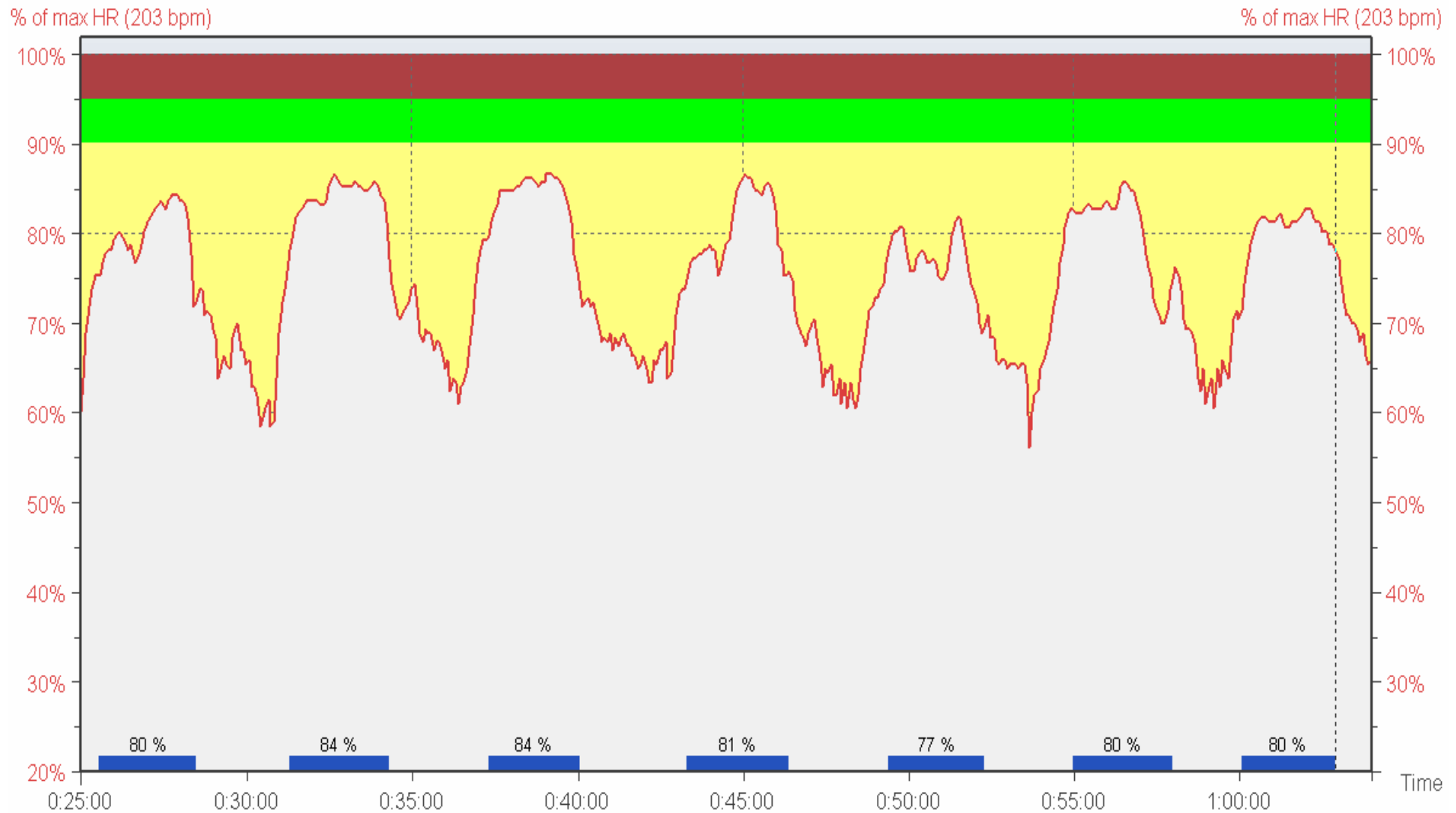
HOLD THE STRETCH

KEEP THE TORSO
AND THIGH
STRAIGHT

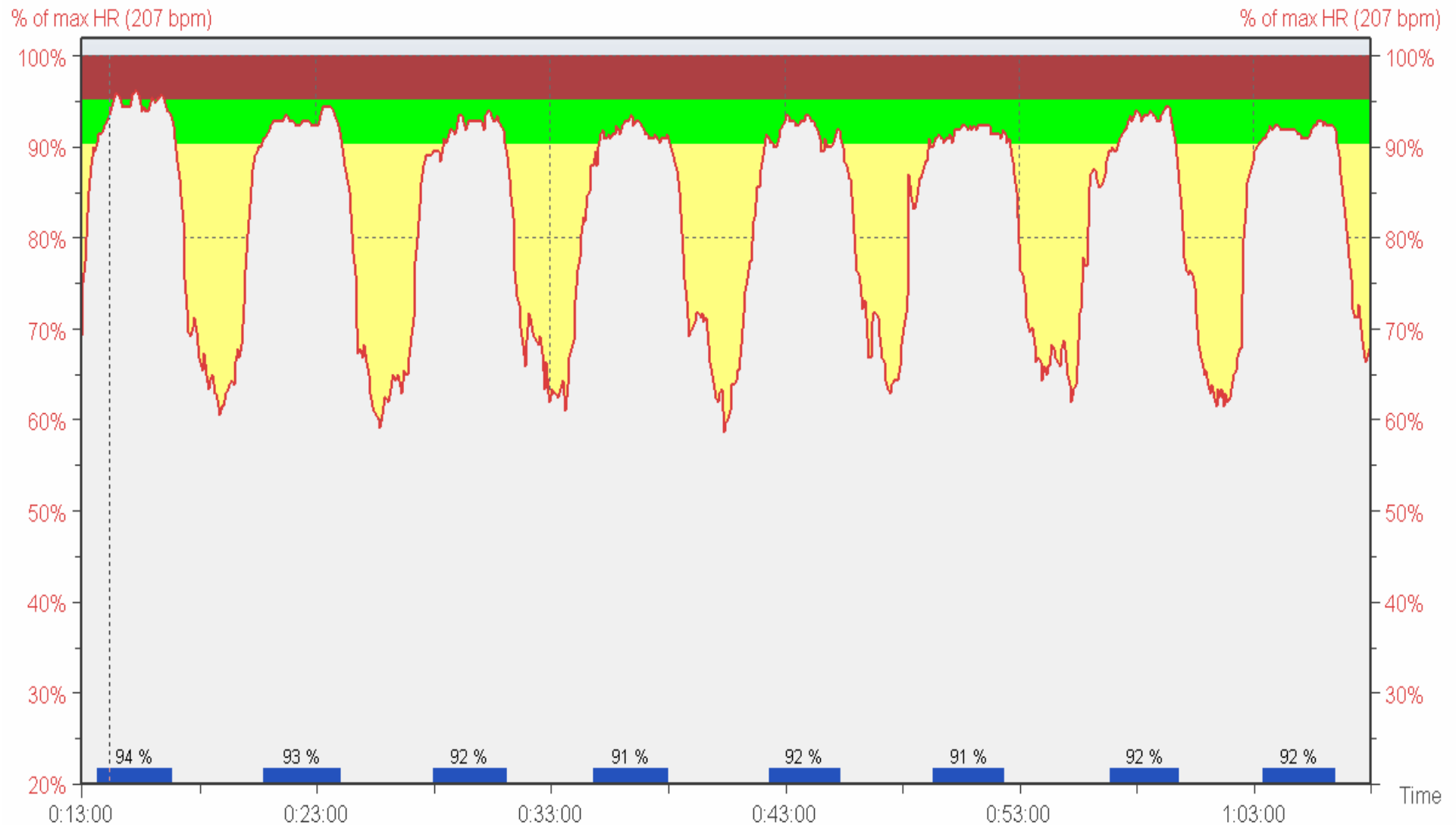


VARIATION

Unsatisfactory example (80%)



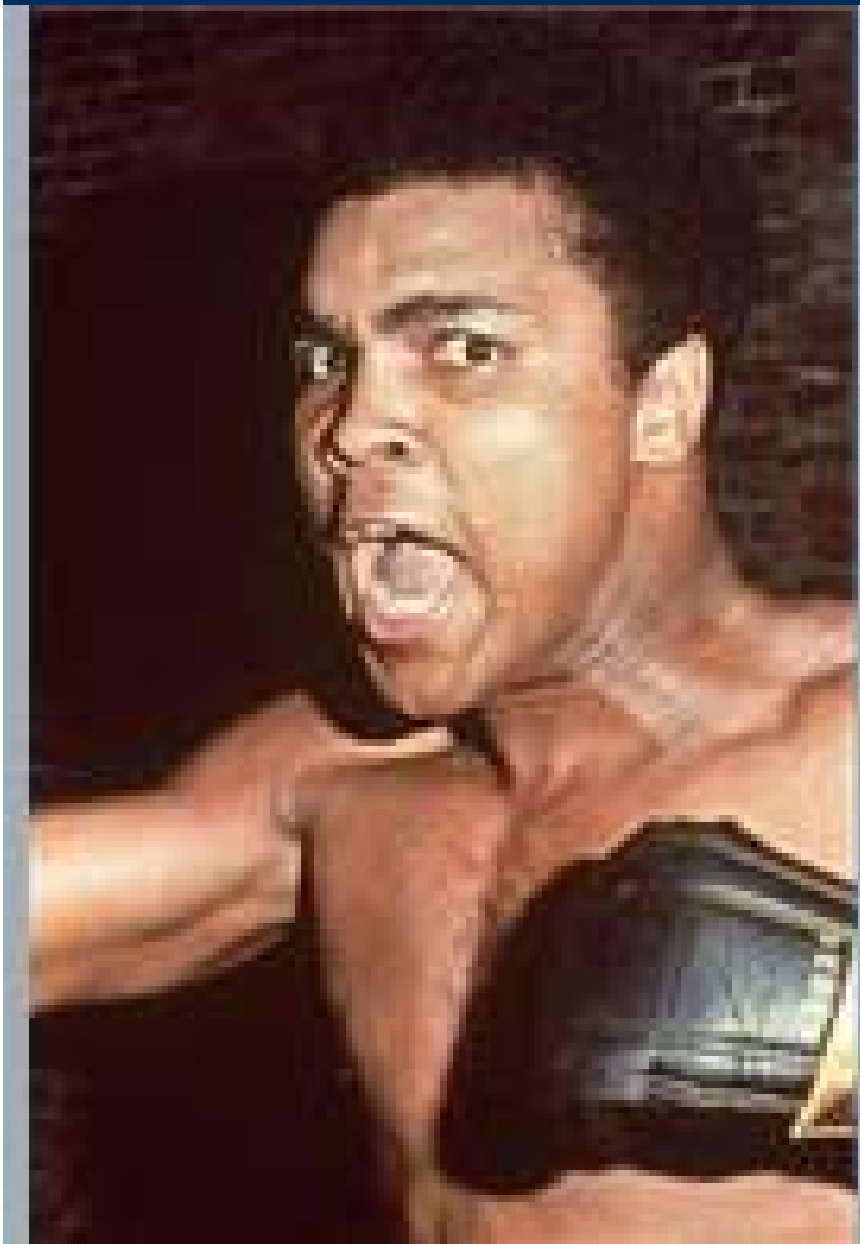
Satisfactory example (92%)



Developing the player

Mental...

- *Sport Psychologist*
- *Group/Individual*
- *‘Polish the diamonds’*



*‘Fire in the
belly...
Ice in the mind’*



Learning to compete

- *Soccer Sevens (10 – 12)*
- *Developmental 11s (12 - 17s)*
- *3 periods*
- *No Results!*
- *National Championship and Cup (19s)*



“There are many things I want, and the only way I will get them is to keep my head down, listen to the right people and work hard.”

Thierry Henry

Building a Team

- *Rules*
- *Teamwork*
- *Role Models*
- *Tactics*
- *Know your opponent*
- *Recognition*



Rules

I WILL NOT INSTIGATE REVOLUTION. I WILL NOT ENCOURAGE OTHERS TO FLY. I WILL NOT FAKE MY WAY THROUGH LIFE. I WILL NOT TRADE PANTS WITH OTHERS. I WILL NOT SELL SCHOOL PROPERTY. I AM NOT AUTHORIZED TO FIRE SUBSTITUTE TEACHERS. ORGAN TRANSPLANTS ARE BEST LEFT TO THE PROFESSIONALS. BEANS ARE NEITHER FRUIT, NOR MUSICAL. I WILL NOT SEND LARD THROUGH THE MAIL. I WILL NOT HANG DONUTS ON MY PERSON. I DO NOT HAVE POWER OF ATTORNEY OVER FIRST GRADERS. NERVE GAS IS NOT A TOY. I WILL NOT MOCK MRS. DUMBFACE. NO ONE WANTS TO HEAR MY ARMPITS. THE BOYS ROOM IS NOT A WATER PARK. WEDGIES ARE UNHEALTHY FOR CHILDREN AND OTHER LIVING THINGS. I WILL STOP TALKING ABOUT THE TWELVE INCH PEANIST. I WILL NOT BELCH THE NATIONAL ANTHEM. I WILL NOT GREASE THE MONKEY BARS. I WILL NOT BARF UNLESS I'M SICK. I WILL NOT EXPOSE THE IGNORANCE OF THE FACULTY. I WILL NOT CONDUCT MY OWN FIRE DRILLS. I WILL NOT PRESCRIBE MEDICATION. A BURP IS NOT AN ANSWER. I WILL NOT EAT THINGS FOR MONEY. GOLDFISH DON'T BOUNCE. NO ONE IS INTERESTED IN MY UNDERPANTS. I WILL RETURN THE SEEING-EYE DOG. THE CAFETERIA DEEP-FRYER IS NOT A TOY. I WILL FINISH WHAT I START.



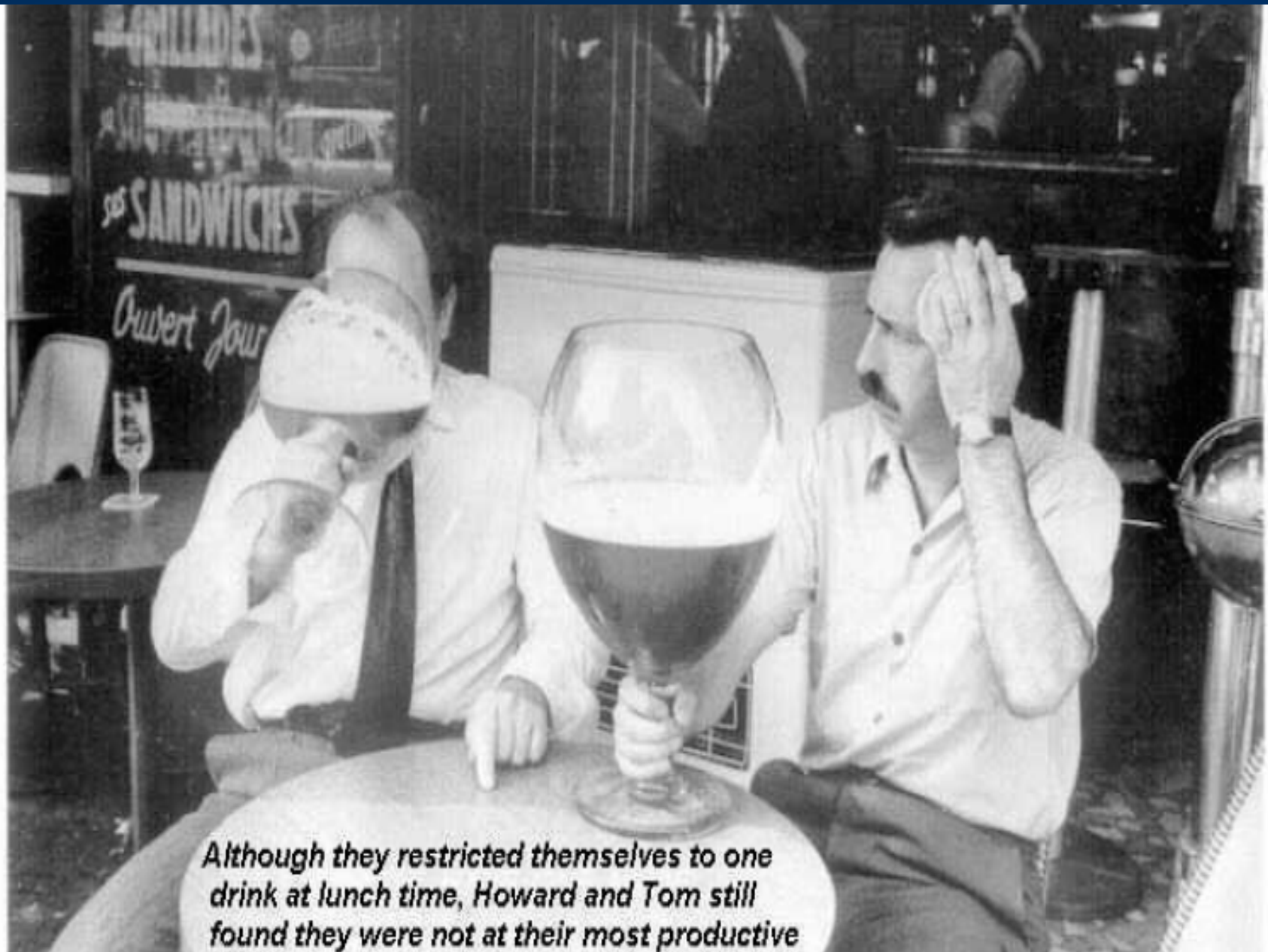
- *Hotel*
- *Nutrition*
- *Alcohol*

Respect

➤ *Discussions*

➤ *Respect for
decisions*





Although they restricted themselves to one drink at lunch time, Howard and Tom still found they were not at their most productive

The Bench



➤ *Support*

➤ *Attitude*



*“The secret of winning
football games is
working more as a
team, less as
individuals. I play not
my 11 best, but my
best 11”*

Knute Rockne

“I told myself every day that I walked out onto a pitch, to give it my best shot. If I failed due to lack of ability, I could look myself in the mirror and live with that. If I failed because maybe I didn’t prepare correctly, didn’t get enough sleep or didn’t train well, I found this unacceptable and I think this should be the same for everyone....”

Stuart Pearce



Discipline



“I won’t accept anything less than the best a player is capable of doing..... And he has the right to expect the best that I can do for him and the team.”

Arsene Wenger

Recipe for Success

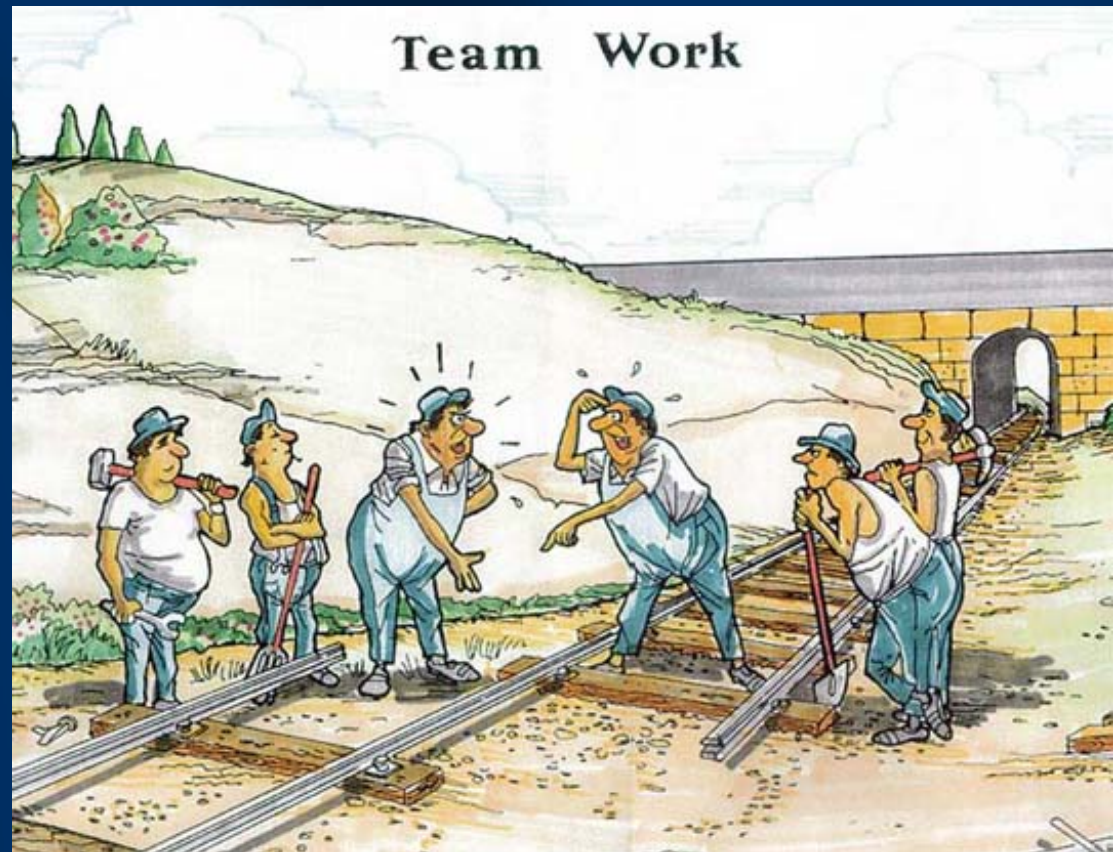
- *Ability*
- *Work Ethic (personal / team)*
- *Moral & Physical courage*
- *Rest*
- *Luck*

Teamwork

“By failing to prepare you are preparing to fail.”

Benjamin Franklin

- *Training*
- *Attitude*
- *Image*



Team Spirit

*“The harder you work
the harder it is to
surrender”*

John Wooden





Ronaldinho

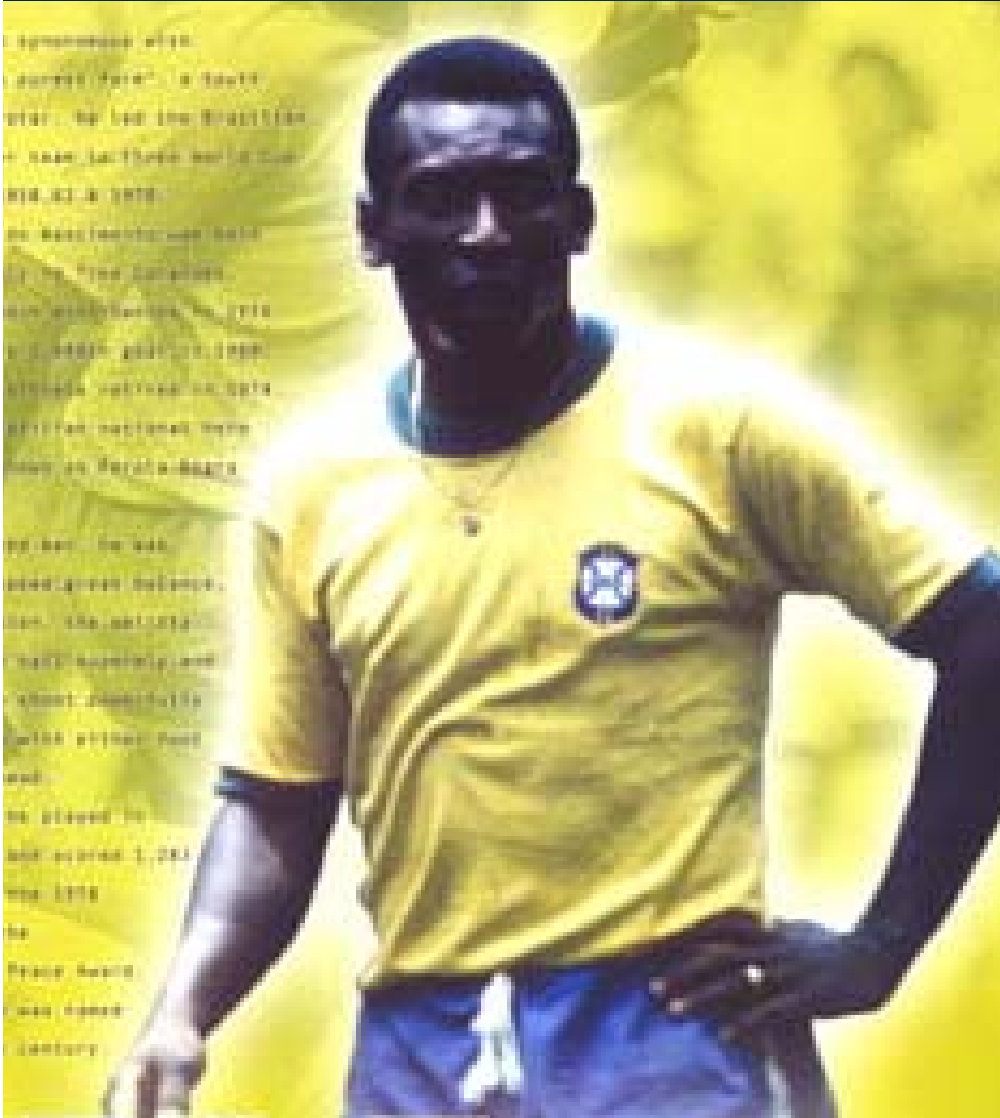
*“If we don't
run or battle
until the end
we won't win
anything,”*



Ronaldo

“I don't consider myself as the best player in the world. I'm not obsessed with individual titles. I'm much more interested in being part of a team which wins trophies.”

Positive



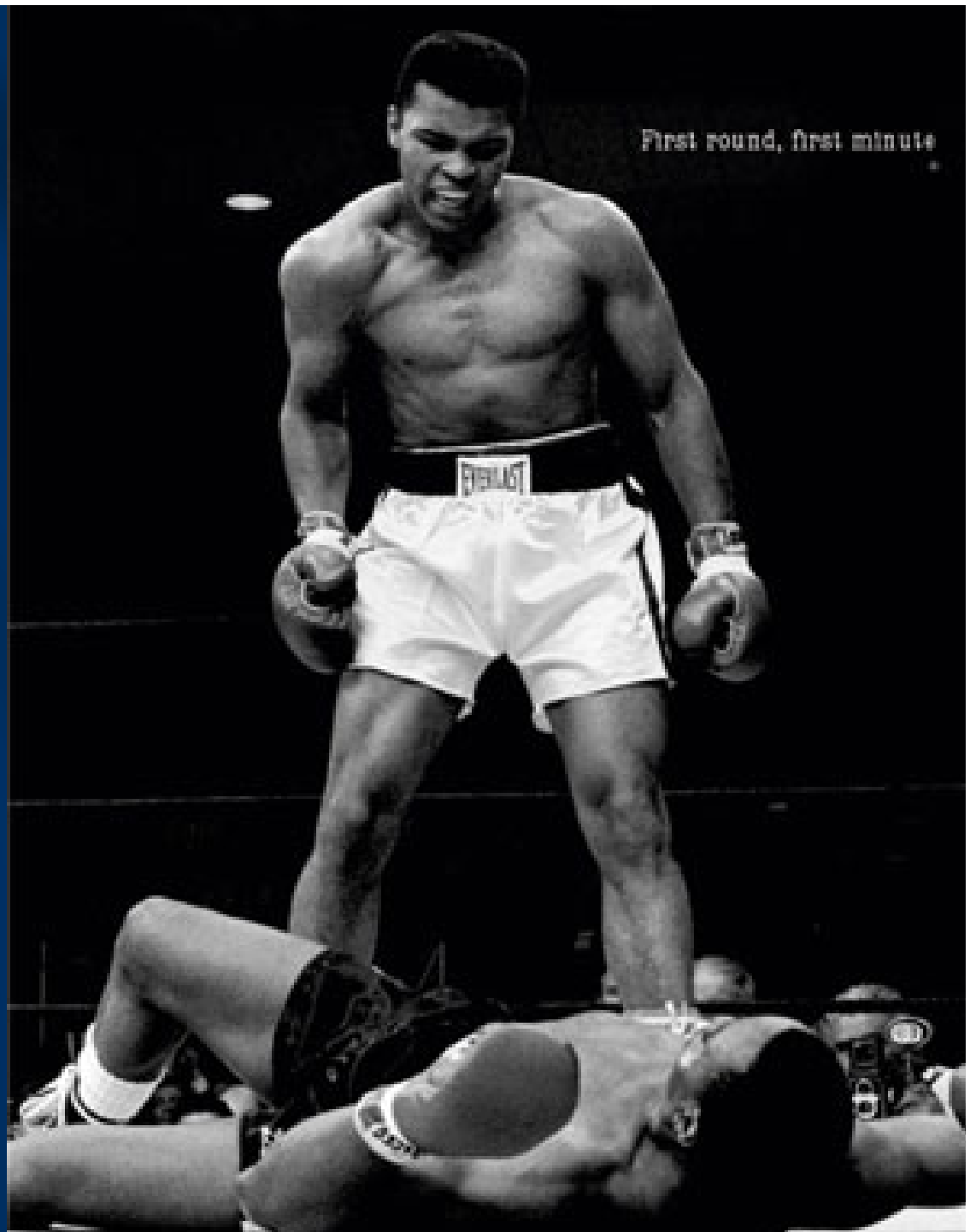
I've always made a total effort, even when the odds seemed entirely against me. I never quit trying; I never felt that I didn't have a chance to win.

Michael Jordan



“I've always believed that if you put in the work, the results will come. I don't do things half-heartedly. Because I know if I do, then I can expect half-hearted results.”

*"Character
always stands
victorious"*



Training/Tactics

Training/Preparation

- *Match tempo*
- *No careless challenges*
- *Play as you train –
train as you play*



Training Session

- *Technical*
- *Balance*
- *Shaping/Shadow*
- *Set Plays*
- *FUN*

Tactics

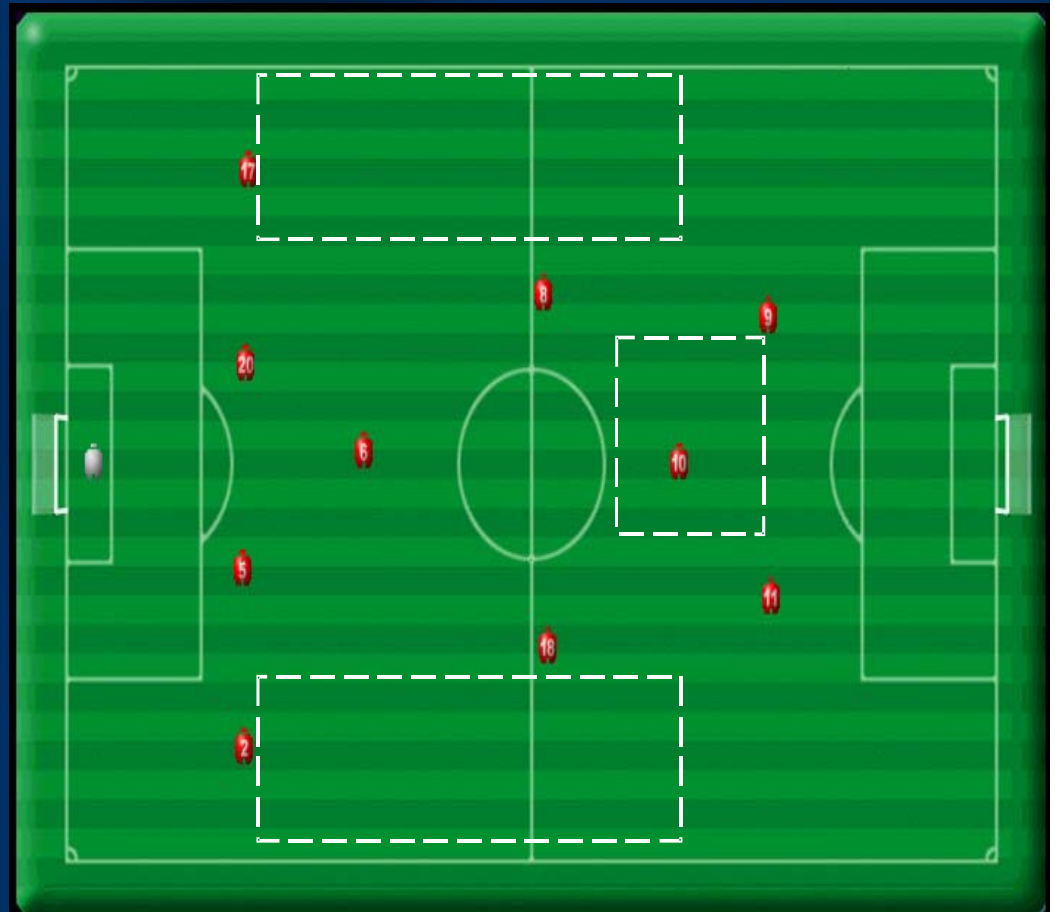
Repetition

*Everyone understands
their role*

*Forwards help when
defending*

*Defenders help when
attacking*

Keep it simple!



“Football is a simple game based on the giving and taking of passes, of controlling the ball and of making yourself available to receive a pass. It is terribly simple.”

Bill Shankly

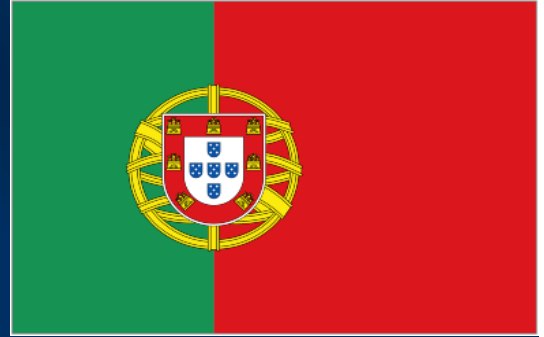


Know Your Opponent

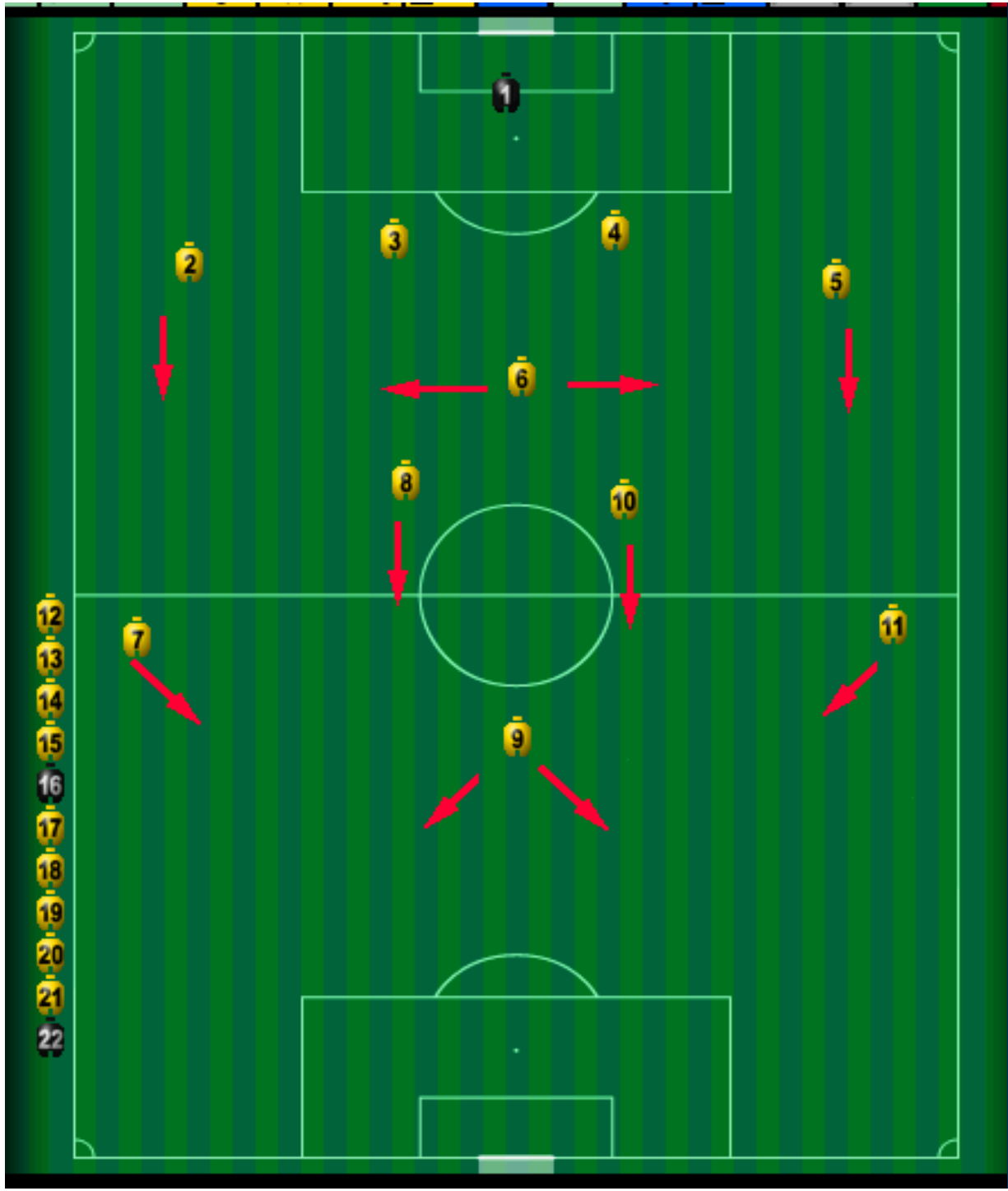
International Challenge Match

Portugal v Scotland

Portugal



- *Qualified for Elite Stage*
- *4-3-3 Formation*
- *Short Passing Game*
- *Use Wingers and Lone Striker*
- *Pressure?*



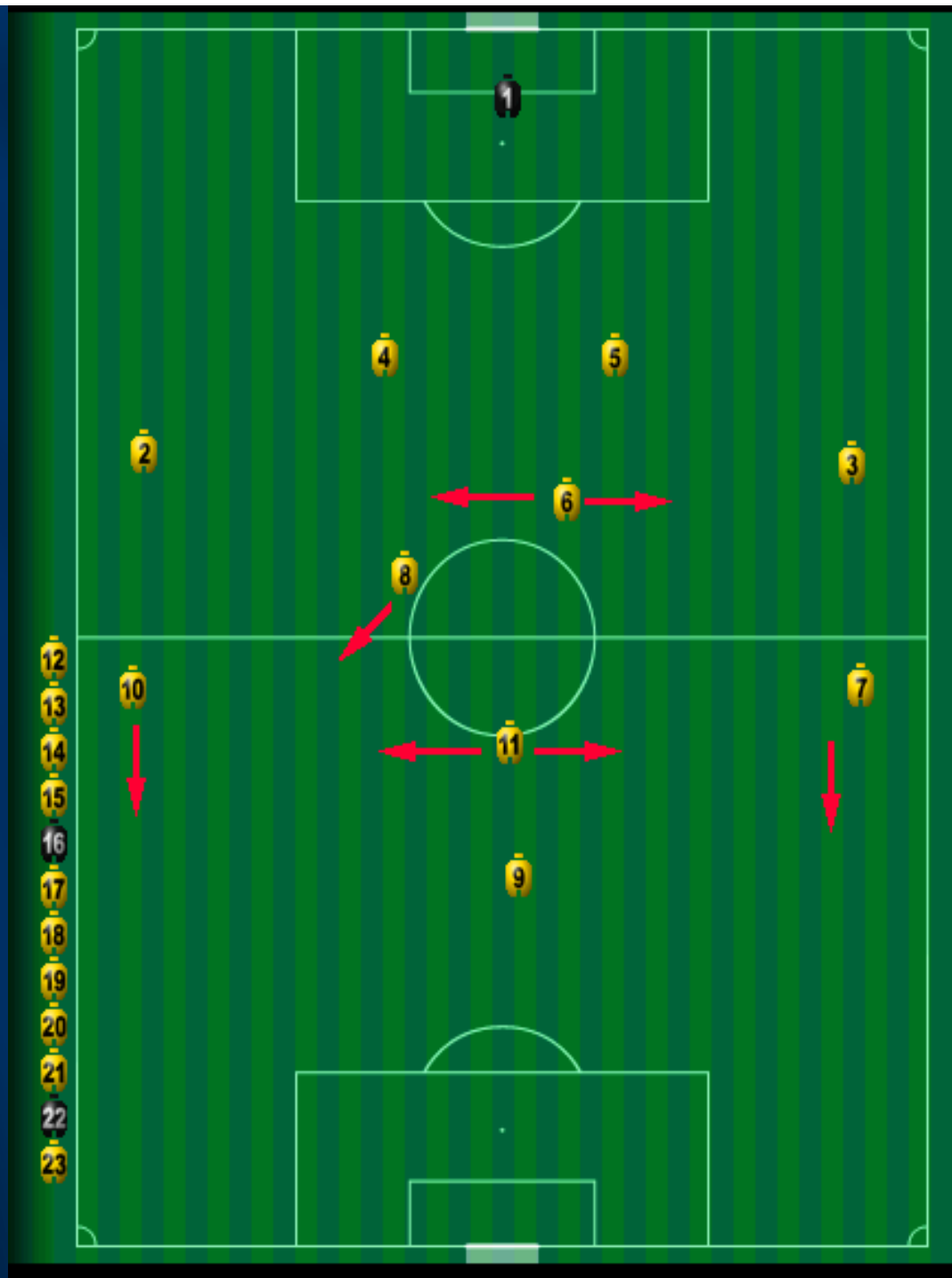
Scotland v France



- *Dangerous in the final third*
- *Patient Build Up*
- *Switch of play*
- *Flat at back / Invite shots*
- *Champions?*

France

- 1 Costil
- 2 Josse
- 3 Mangani
- 4 Paillot
- 5 Thicot
- 6 Ducasse
- 7 Boukari
- 8 Beynie
- 9 Menez
- 10 Laurant
- 11 Dia
- 12 El-Mourabet
- 13 Tritz
- 14 Mounier
- 15 Portales
- 16 Riow
- 17 Gakpe
- 18 Grandin



UEFA U19 Championship Finals

Final

Spain v Scotland

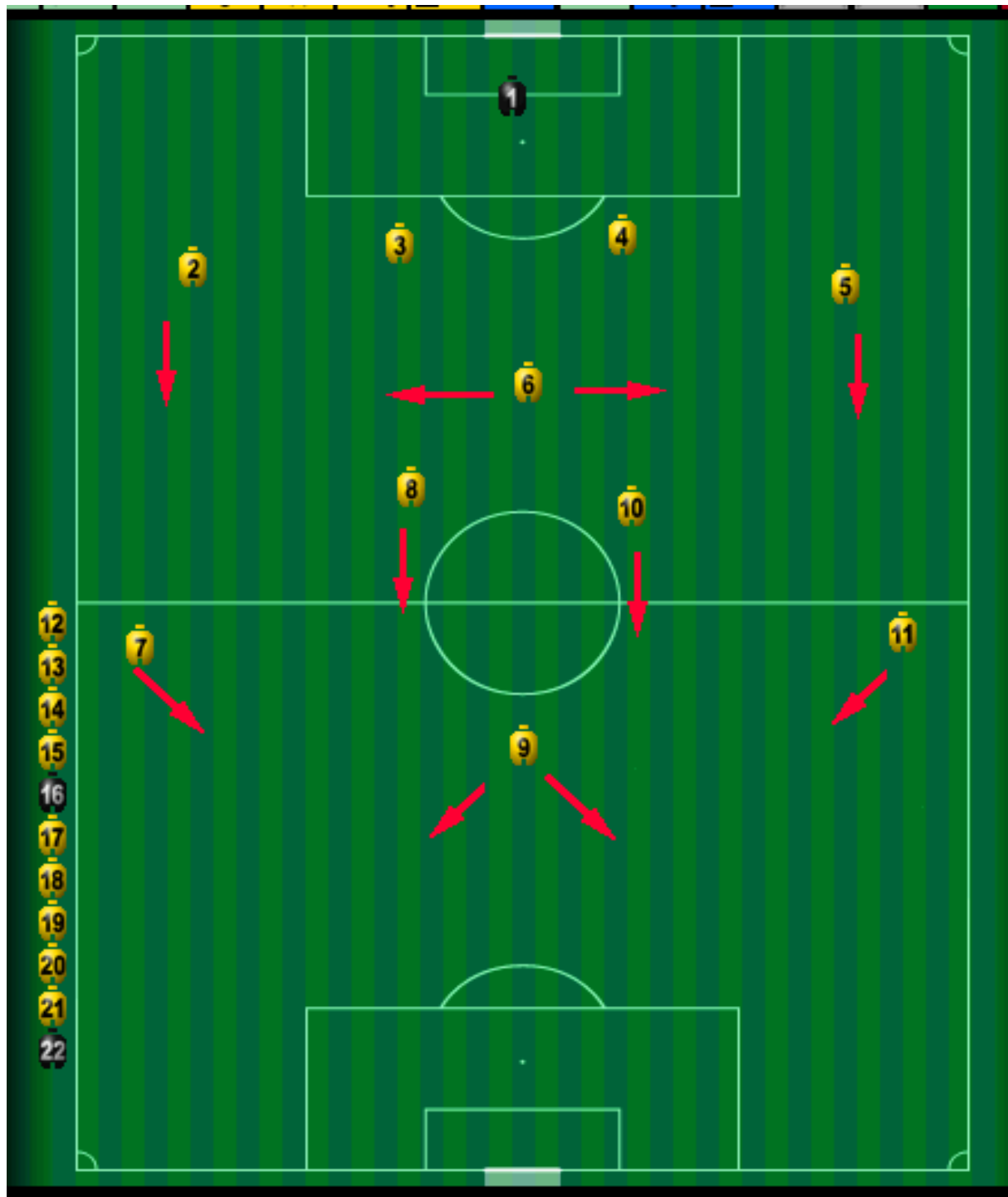
Spain



- *Technically Gifted*
- *Excellent Possession Play*
- *Rhythm*
- *Favourites*
- *Over Confident?*

Spain – Possible Line Up





Scotland
4-1-4-1

Recognition

Recognition

- *Press Coverage*
- *Review of Game*
- *Making the Next Step*
- *Effort v Outcome*

