



LICENSED  
COACHES' CLUB  
CPD

# Licensed Coaches' Club Conference 2011







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CPD

ARE YOU AVAILABLE ON SATURDAY  
MORNINGS?



The FA Group

## TECHNICAL

Gifted  
Has time on the ball  
Skillful  
Keeps possession  
Effects the game  
“knows what he is doing”

## PSYCHOLOGICAL

Confidence  
Decision making  
problem solving  
Self esteem  
Motivation  
Resilient  
Reflective

## PHYSICAL

Early / late / Average  
Big / Small  
Fast / Slow  
Tall / Short  
Heavy / Light

## SOCIAL

Popular  
Leader  
Understood  
Team player  
Good / limited family  
support  
Financial situation of family

- For a manager football is a team sport.....for a coach football is an individual sport.....
- “The development of individual players has the priority over the result of matches when working with youth players” .....Rinus Michels



# So what do the players want ?

- Lets ask the players....
- What is research telling us....
- Are your players any different...





**Are your players any different.....**



# ALL FOOTBALL COACHES HAVE BELIEFS & OPINIONS REGARDING COACHING

- ‘Your view is based on how you learnt to play football, on your present knowledge, and future expectations’
- And what your short and long term objectives are!
- Are your thoughts similar to those of your players
- How can we help the players to improve



# Do you have a playing philosophy...

**Your beliefs on how to achieve your objectives!**

**The importance of these objectives!**

How are you going to play?  
How are you going to  
coach?

“The problem is, in England, you teach children to win the game, in Spain, we teach children to play the game” - Jose Mourinho 2010





# One step at a time...it is a long term plan.

- Start with the end game in mind.....
- How do you want your players to play when they are 16
- How long have you got...
- What are your priorities.....there might be a trade off
- Be process driven rather than reacting to results

# Team document....

- Pin down expectations for all parties
- Highlight your commitment to the team
- Outline the expectations from the players
- Establish ways to measure success
- Highlight considerations around age bias and maturity
- Share the work load between adults / parents
- Explain your philosophy..
- Share your focus areas with the group



# Planning your season





# Summer Phase

- Maximise the long evenings and good weather
- Get time on the grass
- Great time for technical work
- Measure the players physical and technical ability
- Enter tournaments, in a variety of playing formats
- Organise friendlies playing different formats
- This is the best time for contact with your players
- Set individual goals for players to work on



# Goal setting

- Goal Setting Date:.....

Goal Review Date:.....

What is my **specific** goal:.....  
.....

How am I going to **measure** my goal progress?.....  
.....

How **achievable** is my goal?

	Low										High				
	1	2	3	4	5	6	7	8	9	10					
How <b>challenging</b> is my goal?			1	2	3	4	5	6	7	8	9	10			
How <b>confident</b> am I of reaching goal?	1	2	3	4	5	6	7	8	9	10					
Who is my <b>role model</b> ? .....															
<b>Individual Development Plan</b>															
What <b>specific action steps</b> will help achieve goal?															
Who will <b>support</b> me?															



# Autumn Phase

- High intensity matches, school games , evening games
- Great opportunity to tie down game related situations
- Get players to concentrate on 2 individual positions
- Develop 1 team attacking strategy
- Develop 1 team defensive strategy
- Take your players to a pro game
- Review the summer goals and re challenge for the autumn





# Goal Evaluation

- Did I successfully **achieve** my goal? And **why**?

- 

- How **hard** did I work towards my goal?

- Low

High

1 2 3 4 5 6 7 8 9 10

- 

- How often did I **ask** coaches for **help/advice** to help achieve my goal?

- Low

High

1 2 3 4 5 6 7 8 9 10

- 

- Do I feel more **confident** after working towards my goal?

- Low

High

1 2 3 4 5 6 7 8 9 10

- 

- What have I **improved** whilst working towards my goal?

- 

- What have I **learnt** whilst working towards my goal?



The FA Group

# Winter phase

- Limited match time
- Much shorted training time restricted by facilities
- Weather will effect practice priorities
- Concentration on individual skill development
- Play Futsal, recognise the benefits this brings
- Organise matches v other sides various formats
- Watch a pro game
- Review the autumn goals and reset
- Is this the Mid year break ?



# Spring Phase

- Increased game phase especially March - May
- Introduce a third playing position
- Re test physically and technically
- There could be some increased pressure around results
- Develop a new attacking and or defending strategy
- Review winter goal and reset





# During the year...can we...

- Play different formats..7v7, 9v9, 11v11, Futsal
- Play friendlies, in the league, cups, tournaments.
- Play for school , club and possibly rep side
- Play better teams, lesser teams, bigger teams , smaller teams
- Pitches...big , tight, long, bumpy, high quality, cabbage patch!.....grass, 3g, indoor, carpet astro
- Goals...full size,  $\frac{3}{4}$ , mini soccer, futsal
- Lots of varied opportunities to play and practice...can each game be a learning opportunity....

- Develop individuals.....they all have different needs
- Consider what do the players want
- Formulate a long term plan 5 years +
- Formulate a plan of games and training for the season (periodisation)
- Communicate the plan to all parties
- Concentrate on the process for each individual
- Allow for flexibility....but stick to your guns!



# Match Day

## Consider:



1. What do you in training that prepares you & your players for match-day?
2. How does the match-day run from the moment the players arrive until they leave (think about the dressing room, setting up the pitch, briefing the players, warming up, substitutions, intervals and post match)?
3. What are your players trying to get better at and how do you/they know how they're getting on?



# Timing The Event

## Kick off at 10:30am

- **9:45am** Team line ups, player responsibilities (equipment/water etc.), playing position cards + set pieces (11-a-side) up in dressing room
- **9:55am** Player briefing – Team challenges + individual challenges
- **10:05am** Pitch-side – Warm up – age appropriate & match preparatory
- **10:25am** Final reminders

## A Match-day Philosophy?

1. **Try to play 'football'**
2. Try to improve and work at my challenge(s)
3. **Play within the laws & demonstrate discipline**
4. Try to win the game....but not at the expense of 1-3



# Warming Up

<u>Under 11's</u>	<u>11 +</u>
<u>FUNdamentals</u> <ol style="list-style-type: none"> <li>1. Tag games</li> <li>2. Handball games</li> </ol>	<u>Gradual HR Increase</u> <ol style="list-style-type: none"> <li>1. Receiving + passing (hands + feet)</li> <li>2. Dynamic Stretching</li> </ol>
<u>Ball Related (with decisions)</u> <ol style="list-style-type: none"> <li>1. Groups of 4 passing + receiving</li> <li>2. 8 vs. 4 keep ball (or relevant numbers)</li> </ol>	<u>Ball Related (with decisions)</u> <ol style="list-style-type: none"> <li>1. Circle work (passing + rwtb)</li> <li>2. 5 vs. 5 + 5 support in circle</li> </ol>
<u>Position Specific</u> <ol style="list-style-type: none"> <li>1. 6 vs. 6 game (or relevant numbers) in reduced area (width of penalty box)</li> </ol>	<u>Position Specific</u> <ol style="list-style-type: none"> <li>1. Wide players crossing to GK – strikers striking at GK</li> <li>2. FB driving to CH to header</li> <li>3. CM – clipping + give &amp; go's</li> </ol>
<u>Parents</u> <ol style="list-style-type: none"> <li>1. Goals, Respect area, referee + flags</li> <li>2. What is your son/daughter working on today?</li> </ol>	<u>Parents</u> <ol style="list-style-type: none"> <li>1. Goals, Respect area, referee + flags</li> <li>2. What is your son/daughter working on today?</li> </ol>



## Team Challenge – When to Keep it, When to Risk it

Theo

Try to work out  
when to pass the  
ball & when to  
Run with the ball

Phil

Look for  
opportunities to  
RWTB up the wing

Gary

Can you push the  
defence up with  
the ball

Scott

Try to look for  
passes into the  
forwards feet

Steve

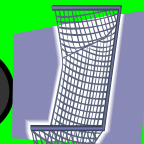
When can you  
help out in attack

Wayne

Try to find spaces  
in behind defence

Joe

Try to work out  
when to come off  
your line



John

Try to mark goal-  
side of the striker

Gareth

Look for  
opportunities to  
switch play

Ashley

When to use tricks  
& skills to beat a  
player

Ashley

Try to link up  
passes into  
midfield

# Player position cards

- Wide players
- Position No 2 & 3
- In Possession
- Join in and support the attack when play is on your side.
- Can you overlap and get beyond the player in possession.
- Anticipate the cm switching the play
- Out of possession
- Provide cover and support to the centre backs when play is on the opposite side of the pitch.
- Defend aggressively.
- Apply pressure on the ball if 1st defender

# Player position cards

- **High Strikers**
- Position No 7 & 11
- **In Possession**
- Be direct and use your pace.
- Rotate position with other strikers.
- Play on the defenders shoulder.
- Make angled runs.
- 
- **Out of possession**
- Split defenders at goal kicks and throws
- Get behind the ball and make opponents play long
- Know when to pressurise





# Player position cards



Parents need to be aware of the players jobs  
Include them in the process  
Deliver your team talk in ear shot and view of the parents

# Team Challenges

Discuss 3 areas prior to the game

One when in Possession

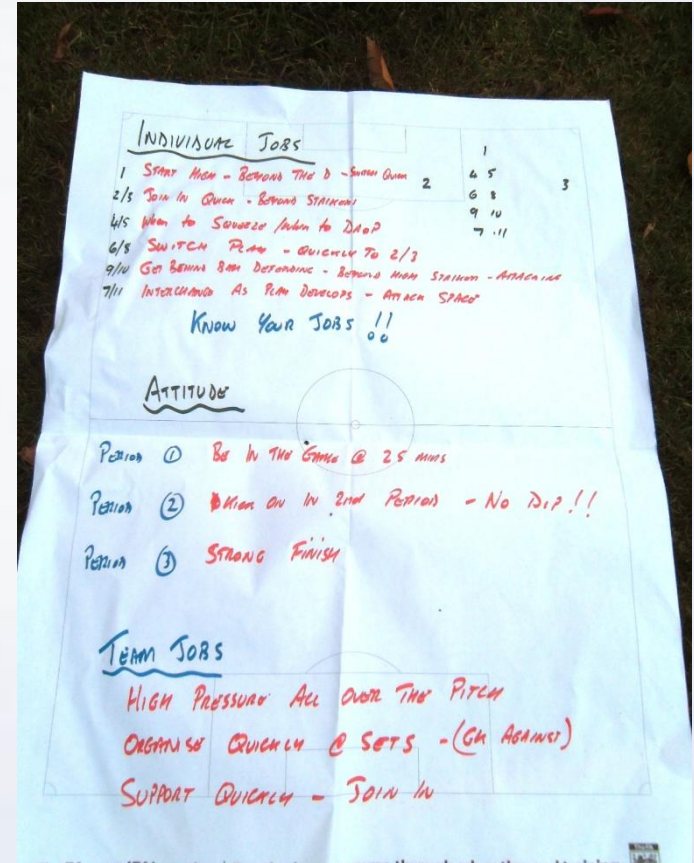
One when out of possession

One can be more general

Can they be measured.....this is your start point at half time...be specific...

# Half Time

Allow time for individual reflection.  
Refer back to your team goals  
Refer back to individual challenges  
Can the players lead the discussion  
Do they understand what is happening.  
3 stars and a wish







## Post game discussion

Keep this brief...allow players to reflect

Stick to 3 points

Re focus on the individual and team challenges

Revisit at the next time you meet

Allow for the dust to settle.....

# Feedback

Individual players cards

Match reflection sheets

Training reflection sheets

Working to 3 month individual goals linking  
into 4 phases in the year.





# Linking the game into Training

- Consider.....
- Long term team goals
- Individual short term goals
- Position specific cards
- Situations for the weekend
- Training facilities and weather
- Who's coming to training
- Your philosophy....





## Key messages.....top 10

- Identify what your players want to achieve
- Understand how that you can best help them
- Formulate a long term plan
- Communicate your message to the players and parents
- Play in a variety of game formats
- Use matches as a learning opportunity
- Provide clear roles and responsibilities
- Share your thoughts with the parents
- Provide clear individual feedback to the players
- Concentrate on the process
- Good Luck !!

# Thanks for coming

## Contact details

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The FA Group