



FA Licensed Coaches Coach Education



- Formal coach education programmes account for between 10-15% of learning within the development process.
- 36% coaches consider coach education courses very important to their development.

Career Development of Expert Coaches

Nash and Sproule (2009)



- Formal Education: Comparison

- Pro Licence: Approx GLH 670
- LIB: Approx GLH 648
- Pro Licence includes formative courses.
- LIB No domain specific prior learning required.
- NB: Principle of 10,000 hour rule.

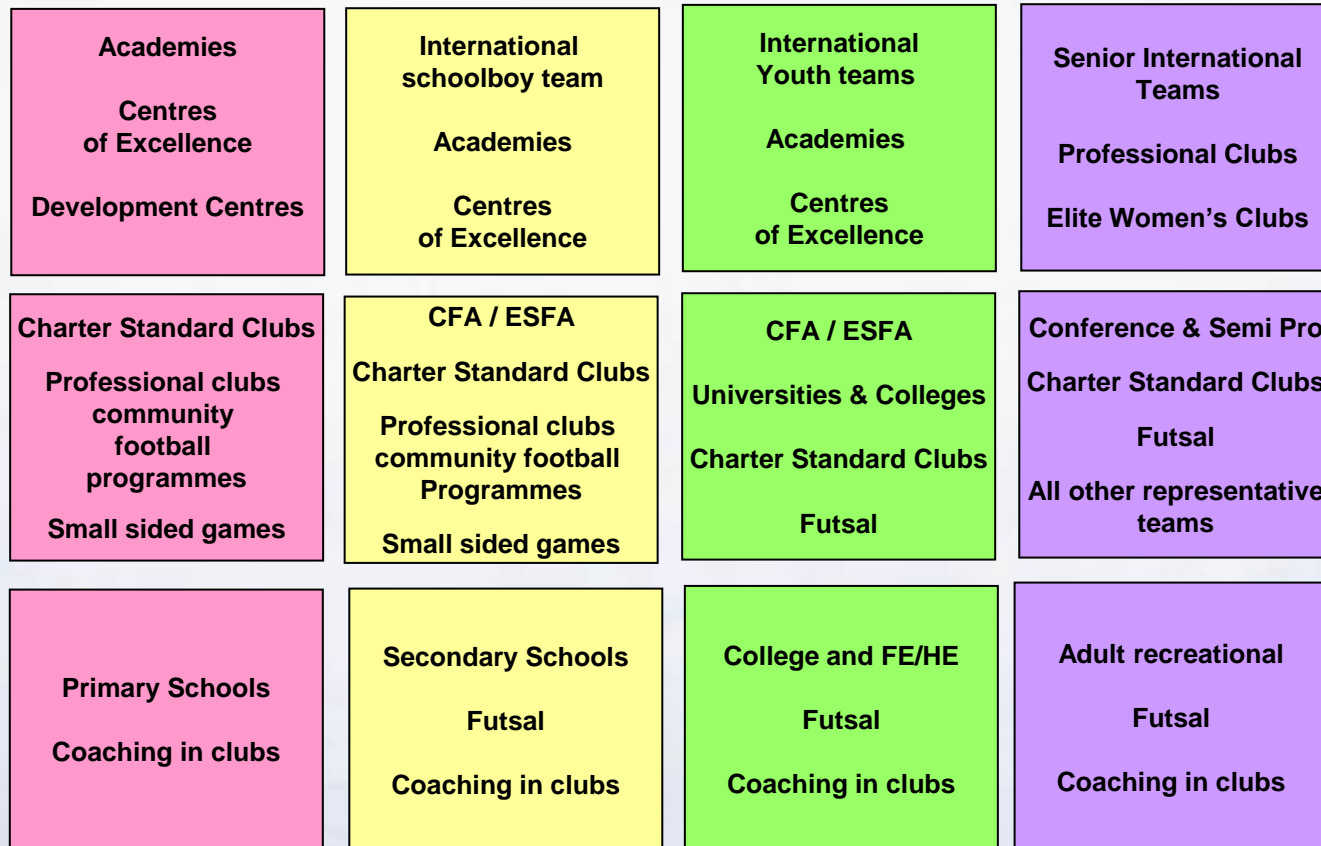


‘Effective coaches are those who adapt their behaviour to meet the demands of their particular coaching environment’

Career Development of Expert Coaches
Nash and Sproule (2009)



COACH DEVELOPMENT PATHWAYS



Examples refer to male, female and disability football



5-11 yrs

12-16 yrs

17-20 yrs

20+ yrs



The Team Coach

‘Where result may be a key determinant of success’

‘ Whether you train a massive club, or a little third division outfit, it is always about winning, full stop’



‘We never abandon our concept of how to play but not for the style itself or the entertainment that brings. Simply because it is what we have established as a winning style’

Pep Guardiola

The TEAM Coach

- The Person
- The Philosophy
- The Plan (Tactics and Strategies)
- The Physical Demands
- The Profile



Person



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Employment / Environment

Vickers 'didn't deserve' the axe.

Singh draws up
list to replace
Cooper

Arrows fire Jackson

Average Tenure in Professional Clubs = 1 year 7 months !

Following the
sacking of Tilson

Williams gets nod



LICENSED
COACH
CPD

The NON-LEAGUE Paper : Oct 30th 2011



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Self Reflection: 12 Questions To Ask

1. Do you know who you are, your strengths and weaknesses and can you live with that person ?
2. Are you open minded ?
3. Are you willing to change ?
4. Are you obsessed by the subject ?
5. Are you ready to commit the rest of your life to the subject ?
6. Do you know what you really value and believe in ?

Are you able to visualise an idea of where you may wish to go and how to get there ?



8. Can you change how people think, what they believe; and therefore ,how they behave ?
9. Are you willing to commit 10,000 hours of serious study and practice to learning ? (670)
10. Mere survival is an achievement: can you cope with that scenario ?
When people ask you what you did, you will be proud to say 'I was a manager / coach for 25 years'
11. Do you look forward to and enjoy dealing with problems ?
12. Do you like working with people ? Are you task or people oriented ?
(Howard Wilkinson)

Philosophy



'Each coach has his own philosophy. My leadership is based on human values, on sharing and on being friendly'

'If you only know about football, you are lost'



Vincente del Bosque

'Coach them so well they can
leave.....treat them so well
they don't want to'



'Be easy to work
with.....be hard
to please'



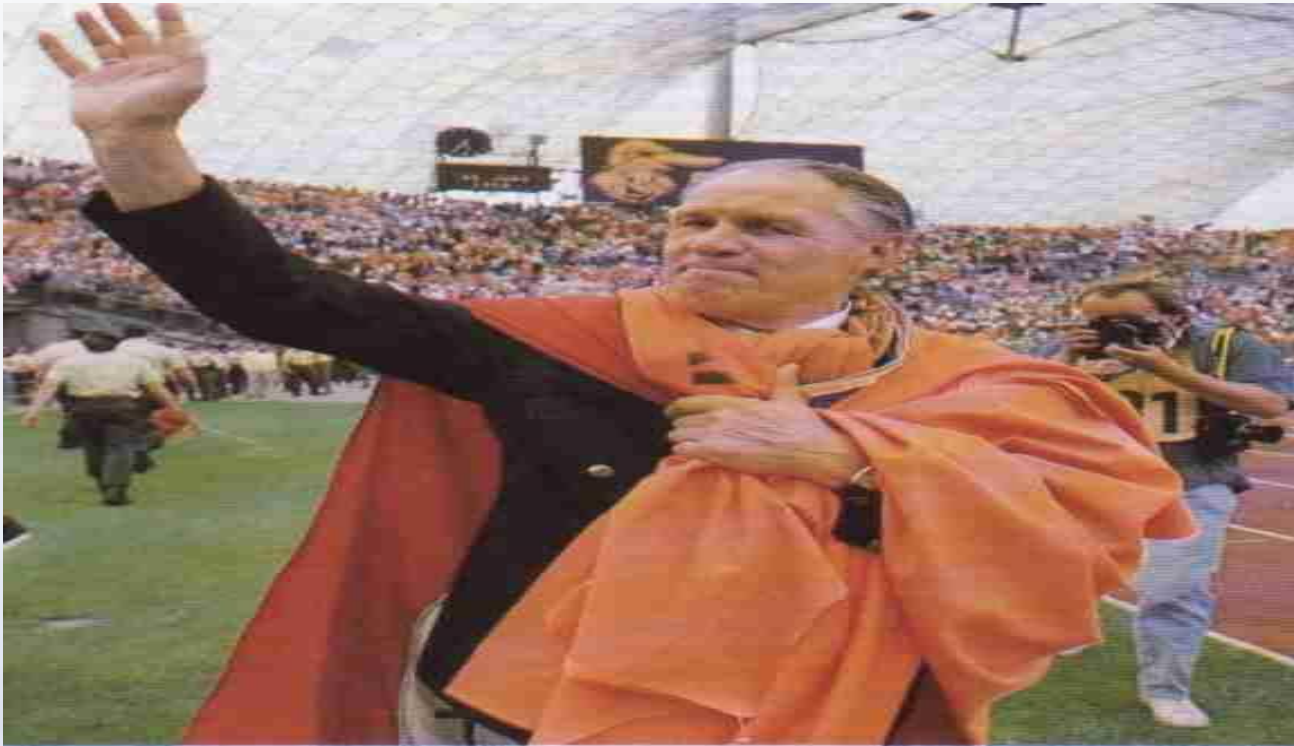


‘You cannot be a great player.....until
you are a good person’



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‘The better the mentality of the players, the better the environment is for the coach to work on the tactical team building process’



Rinus MICHELS
TEAM BUILDING: The road to success

Technical / Tactical



COACH DEVELOPMENT PATHWAYS

<p>Academies</p> <p>Centres of Excellence</p> <p>Development Centres</p>	<p>International schoolboy team</p> <p>Academies</p> <p>Centres of Excellence</p>	<p>International Youth teams</p> <p>Academies</p> <p>Centres of Excellence</p>	<p>Senior International Teams</p> <p>Professional Clubs</p> <p>Elite Women's Clubs</p>
<p>Charter Standard Clubs</p> <p>Professional clubs community football programmes</p> <p>Small sided games</p>	<p>CFA / ESFA</p> <p>Charter Standard Clubs</p> <p>Professional clubs community football Programmes</p> <p>Small sided games</p>	<p>CFA / ESFA</p> <p>Universities & Colleges</p> <p>Charter Standard Clubs</p> <p>Futsal</p>	<p>Conference & Semi Pro</p> <p>Charter Standard Clubs</p> <p>Futsal</p> <p>All other representative teams</p>
<p>Primary Schools</p> <p>Coaching in clubs</p>	<p>Secondary Schools</p> <p>Futsal</p> <p>Coaching in clubs</p>	<p>College and FE/HE</p> <p>Futsal</p> <p>Coaching in clubs</p>	<p>Adult recreational</p> <p>Futsal</p> <p>Coaching in clubs</p>

Examples refer to male, female and disability football



5-11 yrs

12-16 yrs

17-20 yrs

20+ yrs



Strategic Team Building

‘Strategic team building concerns a series of guidelines which describe how, within a certain team structure, the whole team, a line or a group of players, defend, build up and attack. Important therefore is the continuous positioning of the players in relation to each other, taking into account the resistance of the opponent and the developments in the match’

Rinus MICHELS
TEAM BUILDING: The road to success



- Team Shape
- ‘Shape is necessary for team order’
- Alex Ferguson
- ‘Once again the top teams proved that shape mattered.
- A disciplined defensive structure and a framework for attacking fluidity / creativity was important.’

UCL Technical Report 2010-11



The Role of The 'Team' Coach

'I was the only one who could guide them and get them to develop a collective game which would maximize their potential as a unit '

Arrigo Sacchi



Modern Tactical Innovations?

- 11 “technical players”
- GK now employs feet x7 more than hands!
- “Technically effective” defenders in possession
- The “modern full back “. - Clichy, Evra, Cole, Abidal, Boswinga, Alves, etc.
- Increased positional interchanges / rotations? e.g. 9 & 10 “W” / FB.MF, etc.
- “Anchor” MF player (s) now more prominent & significant
- More “wrong footers” playing in wide positions
- More teams building and attacking centrally
- More teams passing into and inside the penalty area to produce strikes
- More teams defending “later”
- More counter-attacking teams?
- Prominence of central supply areas (Zone 14)
- Multi-purpose wide player
- Semi-positions!
- Withdrawn striker (“ Shadow striker ”)
- “ Lone Central Striker ”
- Teams now playing in four rather than three lines / units!

**More system
and tactical
variety.**

2010-11 UCL Trends (Increasing)

- Short / High Tempo Passing
- Long Diagonal Passing
- Collective Counter Attacks
- Countering the Counter Attack
- 4-2-3-1 (9 of final 16 teams),
- Attacking Mobility
- One striker
- Wide Attackers



2010-11 UCL Trends (Increasing)

- Box to Box Full Backs
- Two Screening Players
- Combination Goals
- Compactness 4-5-1
- Significant Soloists
- Building From The Back



2010-11 UCL Trends (Decreasing)

- Target Man
- Headed Goals
- Traditional Wingers
- Direct Play
- Creative Free Kicks
- Attacking Numbers
- Man Markers
- Rigid Systems



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AVERAGE TIME PER POSSESSION 2008-09

- Average time per possession in season 2008-09:
- ARSENAL, BARCELONA, MAN UTD: 1.0
– 1.1 secs
- BAYERN, A.C.MILAN, ZENIT St P: 1.4
– 1.8 secs
- BATE BORISOV, BELARUS 1.6
– 1.9 secs



Distances Covered: UCL 2010-11

- 16 Teams eliminated in Group Stage Ave = 113,476m
- 16 Teams progressing from Group Ave = 111,401m
- 8 Teams reaching quarter finals Ave = 111.240m

- Barcelona 110,465m
- Man Utd. 110,644m



Profile



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The Profile

Mentally strong.

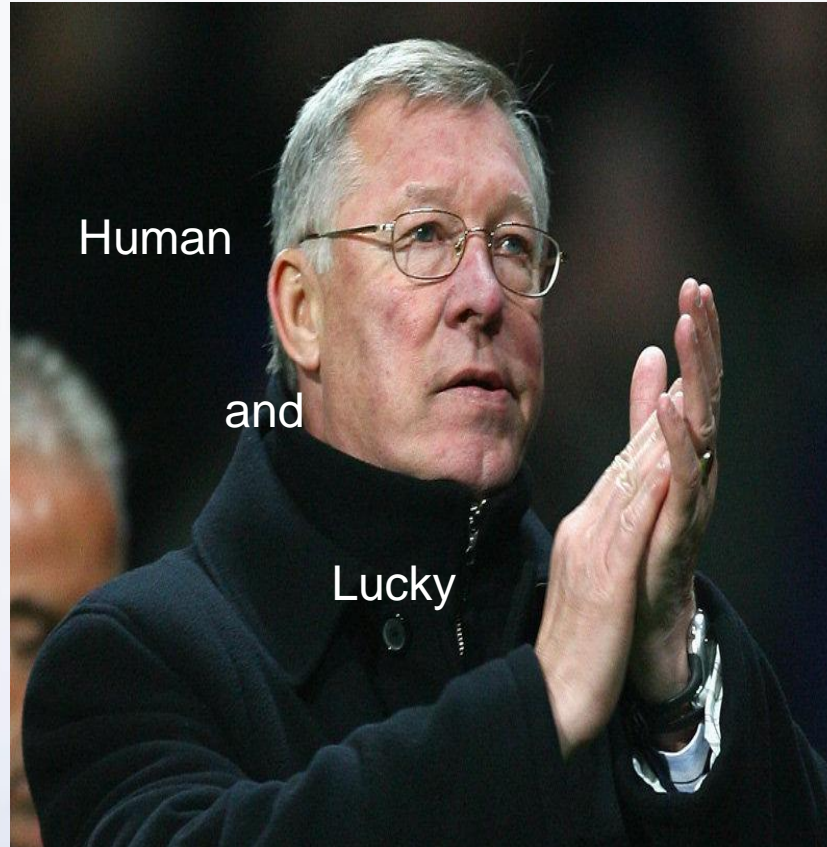
A Leader

Loyal

Decisive

Perceptive

Knowledgeable



Emotionally stable

Adaptable

Creative

Energetic

Optimistic

Experienced

Dedicated, Practical, Articulate, Curious,
Passionate, Persuasive.



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‘ Education is the kindling of a flame
.....not the filling of a vessel’

Socrates

