

The Dutch vision how to play better football.



- Watching the game through the spectacles of the Coach.
- Not watching as a visitor or newspaperman.

They pay attention to the consequence, the result.

- * A Coach pays attention to the causes!!

How to watch to a game?

- ***Ball possession:***
 - Why do we not score?
 - Why are we losing the ball so soon ?
- ***Ball possession opp:***
 - Why do we win so badly the ball?
 - Why are our opponents scoring so easily?
- * ***Changing moments:***
 - After losing the ball the opponent is dangerous immediately .
 - After winning the ball we are never abble to make any danger.



Football problem description.

- Watching football from the main moments:

Example:

The cooperation between the goalkeeper and the defenders is not good through which they lose the ball too soon. The defenders do not use the entire playing area and the position play without the ball is very poor. That's why the passing to the midfielders and strikers does not come about.

Real football games.



- Practice the shortcomings in real football forms with football purposes:
 - building up.
 - Scoring
 - Winning the match
 - Defending, winning the ball.

Mini-games.



- To practice the shortcomings it is wise to simplify, to reduce the football forms:
- 1:1, 2:1, 2:2, 3:1, 3:2, 3:3, 4:2, 4:3, 4:4, 5:2, 5:3, 5:4, 5:5,
- 6:3, 6:4, 6:5, 6:6, 7:4, 7:5, 7:6, 7:7, 8:5, 8:6, 8:7 and 8:8.

Football behaviour

- When football behaviour?

When the player enters into a relation with all the elements of football:

- teammates
- opponents
- the ball
- the laws of the game.

In relation to this the player has to realize real football purposes:

- building up/attacking
- defending/winning the ball.
- scoring/winning the game.

The Coach.

- *The Coach has to influence, to improve, to change the football behaviour!!!*
- *He has to take care for real football situations.*
- *The fun must be great, always football behaviour.*

Coaching

- Coaching is starting with:
- 1. Observing the game, analyzing the game.
- 2. Formulating aims. Establish the starting point
- 3. Making choices, priorities.
- 4. Drawing a plan, day-, week-, month-yearplan.
- 5. Preparing the training.
- 6. Practicing the training.
- 7. Evaluating the training.

5 elements how to analyze/ describe a football problem.

- 1. ***Which main moment?***
 - ball possession.
 - ball possession opponent.
 - changing moments.
- 2. ***Who are the main players involved?***
 - goalkeeper.
 - gk+defenders
 - defenders + midfielders.
 - midfielders.
 - midfielders + attackers
 - attackers.
- 3. ***Where does it happen?***
 - Part of the field.

Continuation 5 elements.

- 4. What is going wrong in relation to the object ?
 - technique, poor long passes, poor connection, not scoring, etc etc.
 - insight, poor positional play, poor marking.etc.
 - communication, relation between giver and receiver.etc.
- 5. Specific elements, importance of the game, Weather conditions, condition of the field.

Coaching from 3 periods

- 1. ***Experience period:***
 - organization
 - formation
 - always with the main players.
 - simplification from 11:11 or 8:8.
- 2. ***Learning period:***
 - coaching the specific aim and general football purposes.
 - coaching 4 to 5 specific moments in relation to aim.From the wrong situation to the right situation.
- 3. ***Game period.***
 - 6 to 10 building ups
 - 3 to 10 minutes.
 - which team is the winner?