

Developing a Coaching Programme



Task

In small groups – What does the following mean to you?

A coaching programme / syllabus or scheme of work?.....



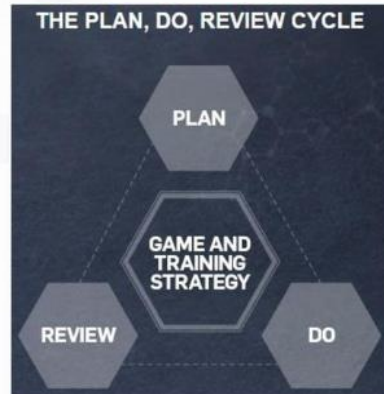
Aim:

This CPD Event will aim to support you in developing a clear and simple framework to help work with your players and underpin your coaching philosophy.



Objectives

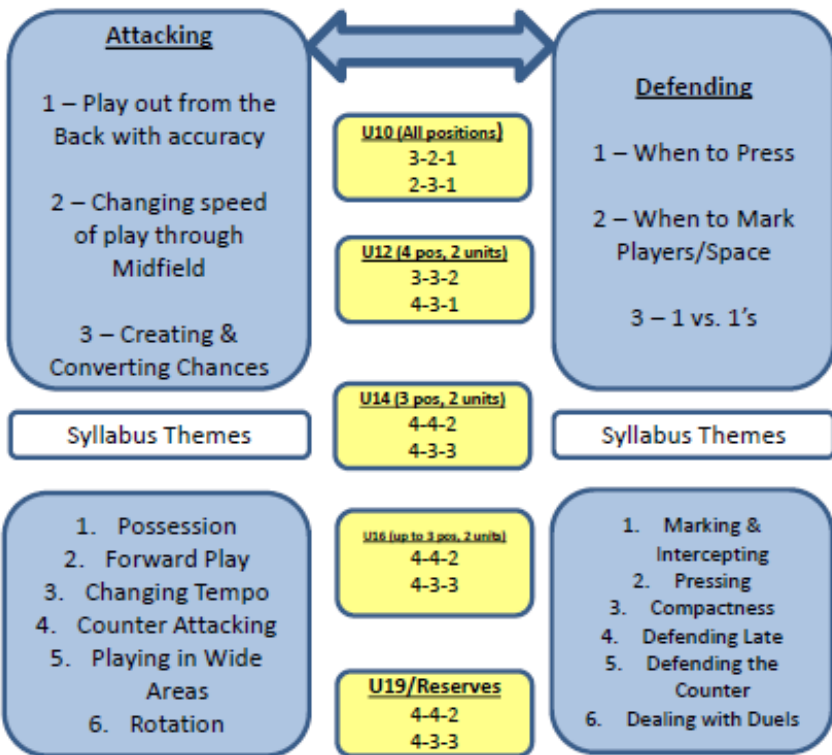
- Building Blocks for learning
- Develop session plans
- Assess learning
- Review progress & reflect on your practice



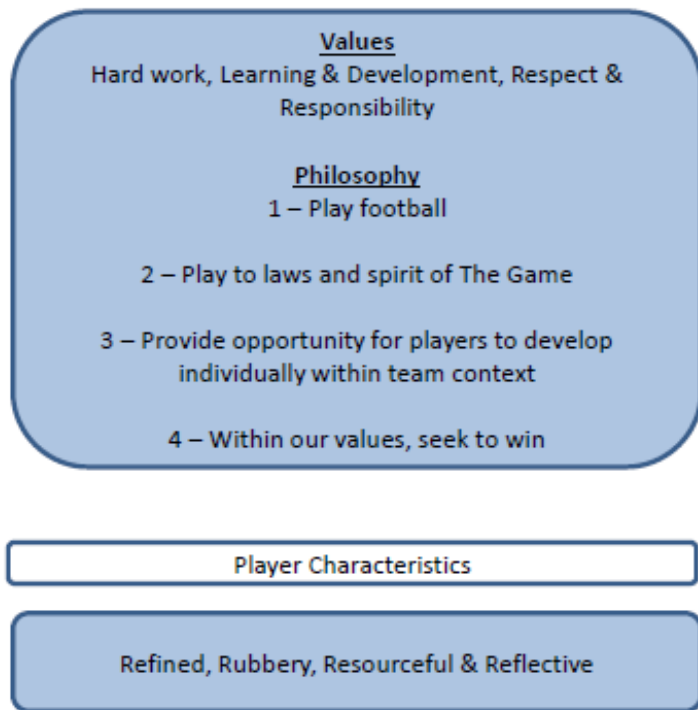
Building Blocks



Playing Approach



Coaching Philosophy



Programme

Programme		
Period	Content (20% of time on Movement or Self Directed Practice each session)	
Block 1 (Summer)	Possession	Marking & Intercepting
Block 2 (Autumn 1)	Forward Play	Pressing
Block 3 (Autumn 2)	Changing Tempo	Compactness
Block 4 (Winter 1)	Counter Attacking	Defending Late
Block 5 (Winter 2)	Playing in Wide Areas	Defending Early
Block 6 (Spring)	Rotation	Defending Duels



Possession

Building Attacks

Intended Outcomes

1. Risking & Keeping
2. Playing Feet or Space
3. Changing Speed of Play
4. Patience in possession

Combination Play

Intended Outcomes

1. Use of Space
2. Awareness of Pressure
3. Receiving & Releasing
4. Clever Movement

Carrying The Ball

Intended Outcomes

1. RWTB
2. Releasing On The Run
3. Body Shape to Receive
4. When to Run and When to Release

Staying On The Ball

Intended Outcomes

1. Shielding
2. Touch & Release
3. Using the body to screen
4. Receiving with pressure

Receiving & Turning

Intended Outcomes

1. Movement to Receive
2. Awareness of Space
3. Types of Turns
4. Rolling Opponents

Playing In Tight Areas

Intended Outcomes

1. Touch & Release
2. Finding Space
3. Dragging & Rolling
4. Disguise

Psychological

Trust – Bravery – Effort – Competition – Mistakes – Confidence – Responsibility - Learning

Social

Sharing – Helping – Asking – Behaviour – Language – Positivity

Coaching Styles

Command – I want you to check your shoulder before receiving

Question – When might be a good time to play quickly? Why?

Observation & Feedback – Watch how Joe uses his body to hold off the opponent....

Guided Discovery – Show me how you can lose your marker to receive

Trial & Error – Try to recognise when to risk it and when to keep it

Practice Structures

1. Up the Steps
2. Carousel
3. Games for Understanding
4. Whole – Part – Whole
5. Self Directed Practice

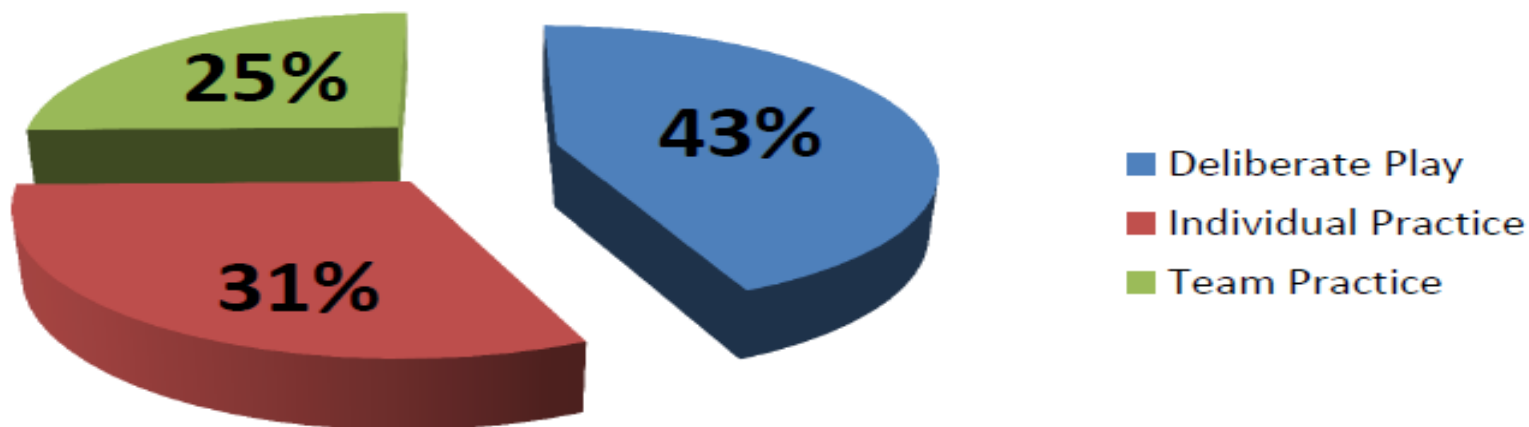
Develop session plans

- Content / Structure
- W-P-W
- Carousel
- TGfU
- Self Directed Practice



Coaches Approach to Practice

Practice Time



Deliberate Play May Include

- 1 – Self Directed Practice
- 2 – Games for Understanding
- 3 – Small Sided Games
- 4 – Arrival Activities

These are done for the inherent fun of playing. Try to limit/eliminate interventions.

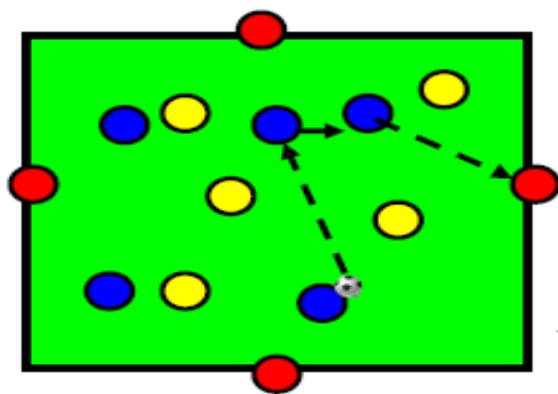
Individual Practice May Include

- 1 – Squad sessions where players focus on individual objectives
- 2 – Small group sessions where players focus on individual objectives
- 3 – Practice done on players own/at home etc.
- 4 – Pre-hab programmes

Team Practice May Include

- 1 – Activities focussed around team objectives
- 2 – Activities focussed around unit objectives
- 3 – Match preparation

Building Attacks

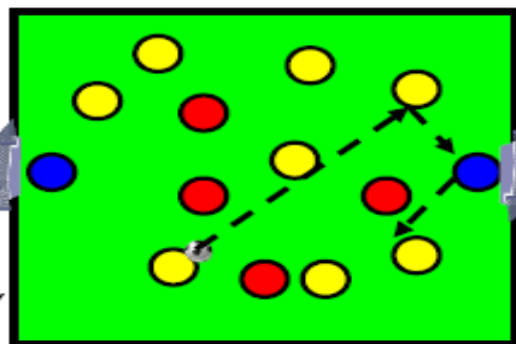


1 - Keeping & Risking

1. Three groups – 2 of 5, 1 of 4 (or whatever numbers you have)
2. GK's included in a team as players (need to be able to use their feet)
3. Keep ball practice. Blues try to keep it from yellows. 5 passes equals a goal – can use red players to help keep possession but if it is played to the outside your passing score counter returns to 0 (and you start again).
4. Help players recognise when to play a scoring pass and when to make sure you keep possession
5. Swap outside players

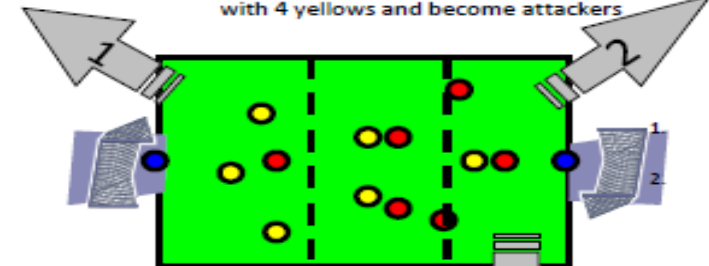
2 - Keeping Possession

1. 1 ball – 8 vs. 4 + GK's (rotate 4 defenders regularly)
2. Yellows – try to keep the ball and utilise the GK's in doing so (back pass law applies). One point for every 5 passes made.
3. Reds – try to win it and keep it for 3 passes – if they do, then they get to swap with 4 yellows and become attackers



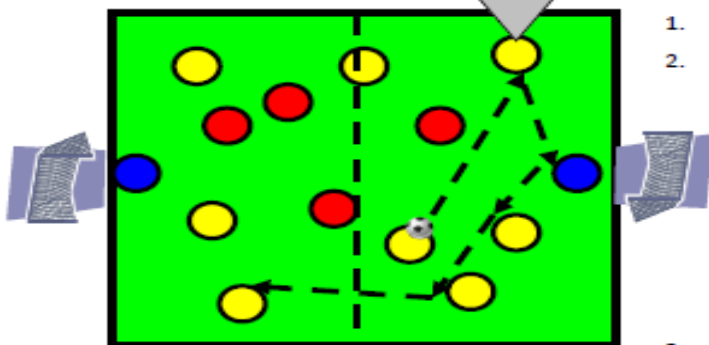
Game

Yellows vs. Reds – 7 vs. 7 – in a 1-3-2-1 formation. Recognise when to play forward and when not to. Players are not locked into their areas. Can move freely.



3 - Building Attacks

1. 8 vs. 4 + 2 GK's
2. Yellows – Keep possession and use GK's to help and try to get to 5 passes. When you get to the 5th pass – attack the goal which is farthest away from where the 5th pass is completed (half-way line acts as guide for players to see which goal is farthest away). Remind it isn't essential that they attack on the 5th pass- it may take more passes to set up the opportunity to attack (6 or 7 or 8 or more)
3. Reds – try to win ball back and counter attack into either goal



Assess Learning - Considerations

- Player Profiles
- Individual Challenges – 4 Corners
- Unit or Team challenges
- Links – Training to Match day



Review progress & reflect on your practice

- Plan - Do - Review
- Coach
- Player
- Environment
- Support future planning / development



Thank You

Any Questions



FOR over 150 years, we've said we're for the success of football irrespective of class or creed. And we'd like to update that by adding: regardless of gender, sexuality, ethnicity, ability or disability too. Football is a game for all. No matter how good you are. Or aren't. The FA has created leagues for the blind, deaf, amputees, wheelchair users and for those of us with cerebral palsy. We've made all the latest coaching ideas available online. We've introduced FA Girls' Football Week and created a competition open to everyone in the country. It's called The FA People's Cup because it's for the people. All of the people. We are building 100 3G pitches around the country. And on our website you can find the nearest team or pitch to you. So, if you want to take part, The FA can help you. Because, how can we be guardians of the national game, if we exclude anyone? The FA. Not just for the few. We are for

ALL

