

# Developing Defending – Out Of Possession (12-16)



**Jackie Bushell – CCD**



# Learning Outcomes

**By the end of the session coaches should be able to understand & utilise the 5 pillars of Coaching.....**

- To identify the key principles that underpin the out of possession phase of a game
- To observe and analyse a practical session on developing defending play to highlight each of the coaching styles used
- Recognise which coaching style is appropriate
- Recognise opportunities to use the different coaching styles within the practice



# OUT OF POSSESSION PHILOSOPHY STATEMENT

ENGLAND TEAMS AIM TO  
**INTELLIGENTLY** REGAIN  
POSSESSION AS **EARLY**  
AND AS **EFFICIENTLY** AS  
POSSIBLE. TAKING INTO  
CONSIDERATION THE  
**STATE OF THE GAME,**  
THE **ENVIRONMENT**  
AND **PRE-DETERMINED**  
**GAME PLAN**

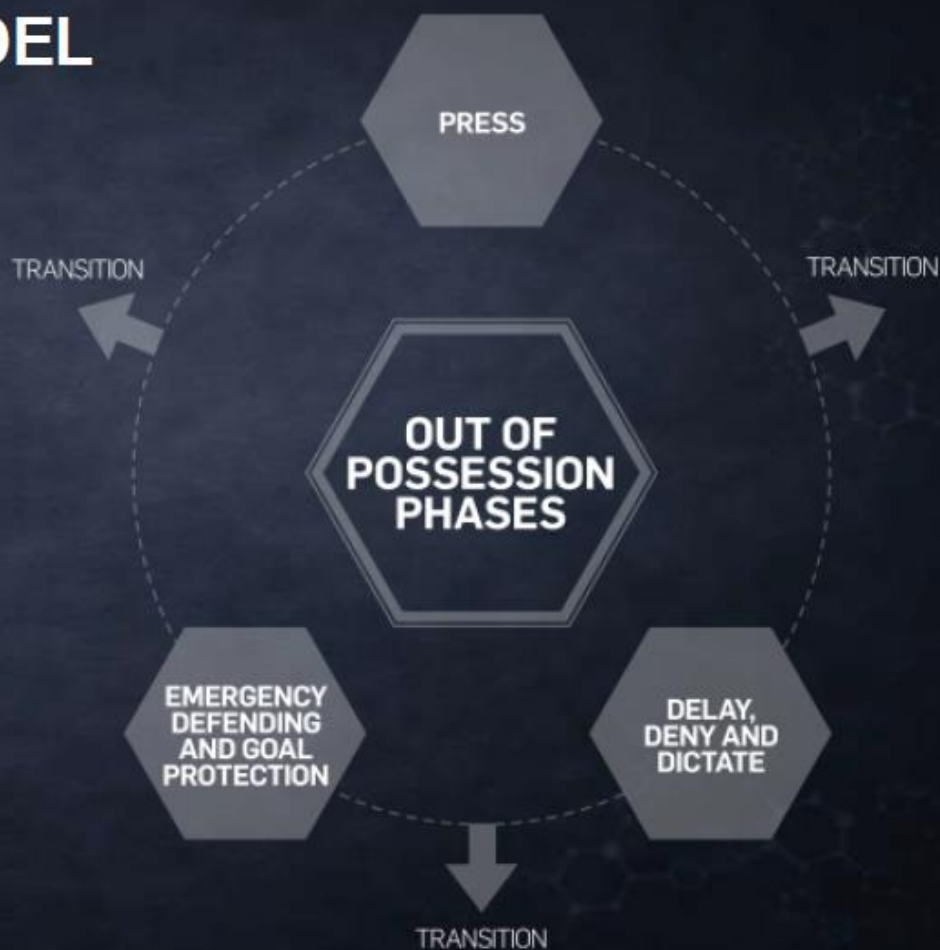


**ENGLAND** DNA

# OUT OF POSSESSION MODEL

The fluid nature of the game means each aspect of out of possession is closely linked. Similarly, possession may be won at any stage prompting a transition to the attacking philosophy.

Importantly, the goalkeeper is included in all aspects of the playing philosophy both in and out of possession. England goalkeepers are viewed as part of the team, and not apart from the outfield players.



# Coaching Styles and Effective Communication

Coaching Methodology	Command	Question & Answer	Observation & Feedback	Guided Discovery	Trial & Error
Player/Coach Interventions	Coach tells and shows required solution	Coach leads with question to gain response from players	Coach and players observe	Coach asks a question or issues a challenge	Players and/or coach decide on the challenge
Example	"I want you to..."	"What do you think?"	"Let's watch this..."	"Can you show me...?"	"Try this for yourself..."
Description	Coach tells, explains and shows how to do something	Coach poses question and players offer verbal solution to the challenge	Coach and players observe and discuss feedback	Coach challenges and players offer visual demonstration of possible solution	Players are encouraged to find solutions with minimal support from coach





# Task

1. Evidence the 3 key principles of the Out of Possession phase
2. How does the coach work with
  - Individuals
  - Units
  - Team
3. Observe which coaching styles is used within the practice & how



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# Post Course

- The Future Game – Practices linked to age group specifics
- [https://community.thefa.com/england\\_dna/](https://community.thefa.com/england_dna/)
- LCC events CFA web page





**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**

