

Developing Practices



Insert name & role

Insert venue/location



Aims & Objectives

- Introduction
- Why do we plan.....
- How do we plan.....
- How do we evaluate.....
- Review



Workshop Outcome

- Develop an understanding of how to plan and structure sessions
- Develop an understanding of how to adapt sessions so they are appropriate for the group you are working with
- Gain ideas on different templates
- How to manage differences within the group so all players are challenged



‘One of the most enjoyable aspects of coaching is designing and delivering practices which help players improve and develop –both as individuals and as a team’.

(The Future Game)

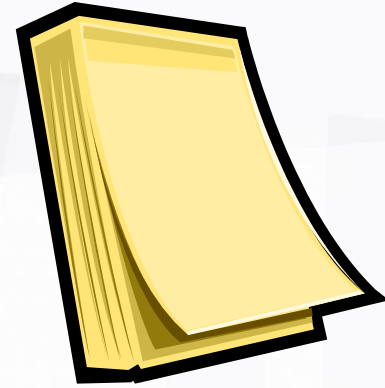


Task

Discuss on your table

- Why should we plan?

(Use flipchart paper to write down some ideas)



Benefits of Planning

- You are **prepared** for your session
- You have a **path** in which you what you follow
- You will have a session **topic**
- You will have a session **outcome**
- You will have **knowledge** of the session topic
- You will have **progressions**
- You will have **adaption's**, scenarios in case things don't go to plan e.g. Not all players turn up



Task

- Write down the last session you do with your team
- Share with your table and come up with similarities and differences with each session

(Use flipchart paper to write down similarities and differences)



THEME:

DATE:

TECHNICAL

PHYCOLOGICAL

PHYSICAL

SOCIAL

AGE GROUP:



KEY

Goal

Team



Ball



Ball movement

Player movement

HOW TO PLAY

PROGRESSIONS

CHALLENGES with the
GAME/PRACTICE

DIAGRAM

DIAGRAM

Technical

Anything with the ball
Passing, dribbling, running with
the ball, turning, shooting

Psychological

Decision making
WHAT, HOW, WHY, WHEN

Physical

ABC's
Change of speed
Change of direction
Strength

Social

Relationships
Teamwork
Theme – FUN

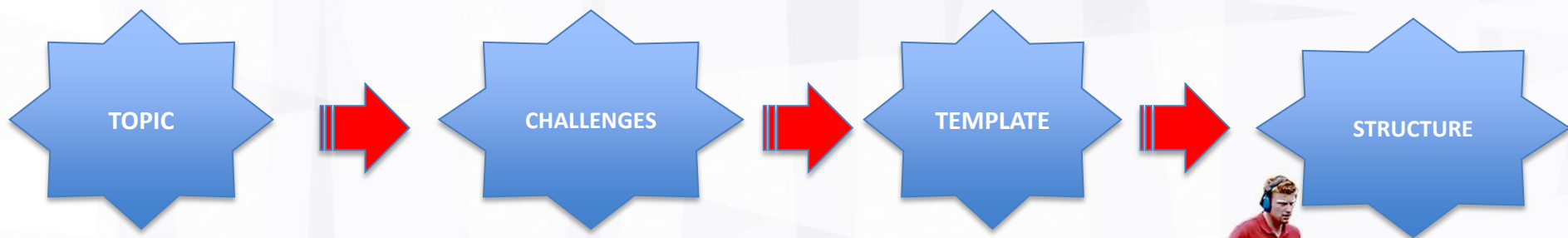
‘It is crucial that coaches maximise the time they have with their young players, delivering practices that are challenging, enjoyable and which encourage skill development in the context of the game’.

(The Future Game)



Planning

The Journey



Planning

Game Tactics

Off the ball movement

Receiving



Passing

Defending

Goalkeeping



Task

Discuss on your table

➤ Topics within those 6 main topics

(Use flipchart paper to write down some ideas)



Planning

Receiving

- * Receiving to play forward
- * Receiving to turn
- * Receiving to shoot
- * Receiving to beat a player
- * Passing in tight areas (combination play)

Off the ball movement

- * Forward runs
- * Movement away from defenders
- * Options near the ball (triangles)
- * Movement away from the ball (3rd man runs)

Goal Keeping

- * Handling
- * Shot stopping
- * Distribution
- * Low Diving Saves
- * Playing out from the back

Passing

- * Passing to feet or space
- * Passing between defenders
- * Passing forward
- * Choosing to play forwards/sideways/backwards(Risk or Keep)

Defending

- * Defending matched up
- * Defending out numbered
- * When to engage when to not
- * Defending compactness

Game Tactics

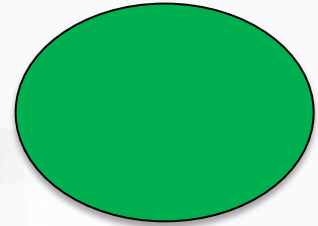
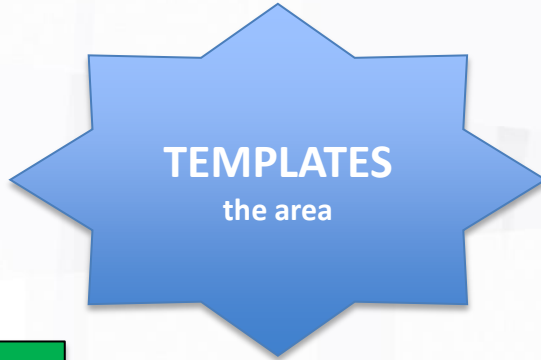
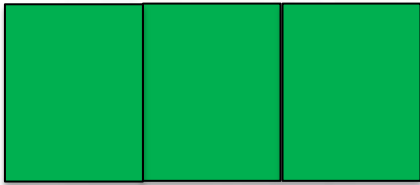
- * Switching Play
- * Playing through the thirds
- * Creating Overloads
- * Crossing and Finishing





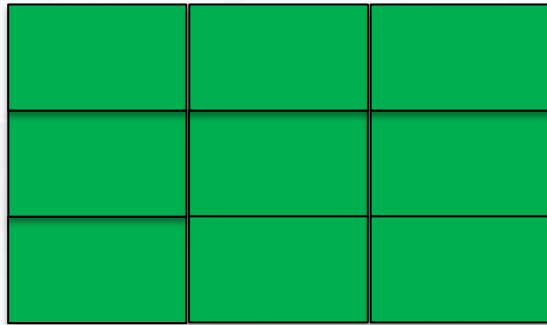
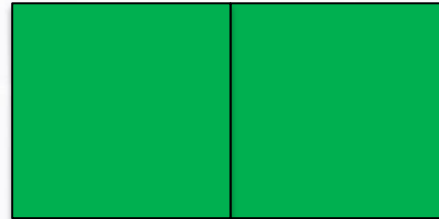
Channels

Thirds



Circles

Halves



Grids



Practice Spectrum

Random



Creativity

Opposition

Decisions

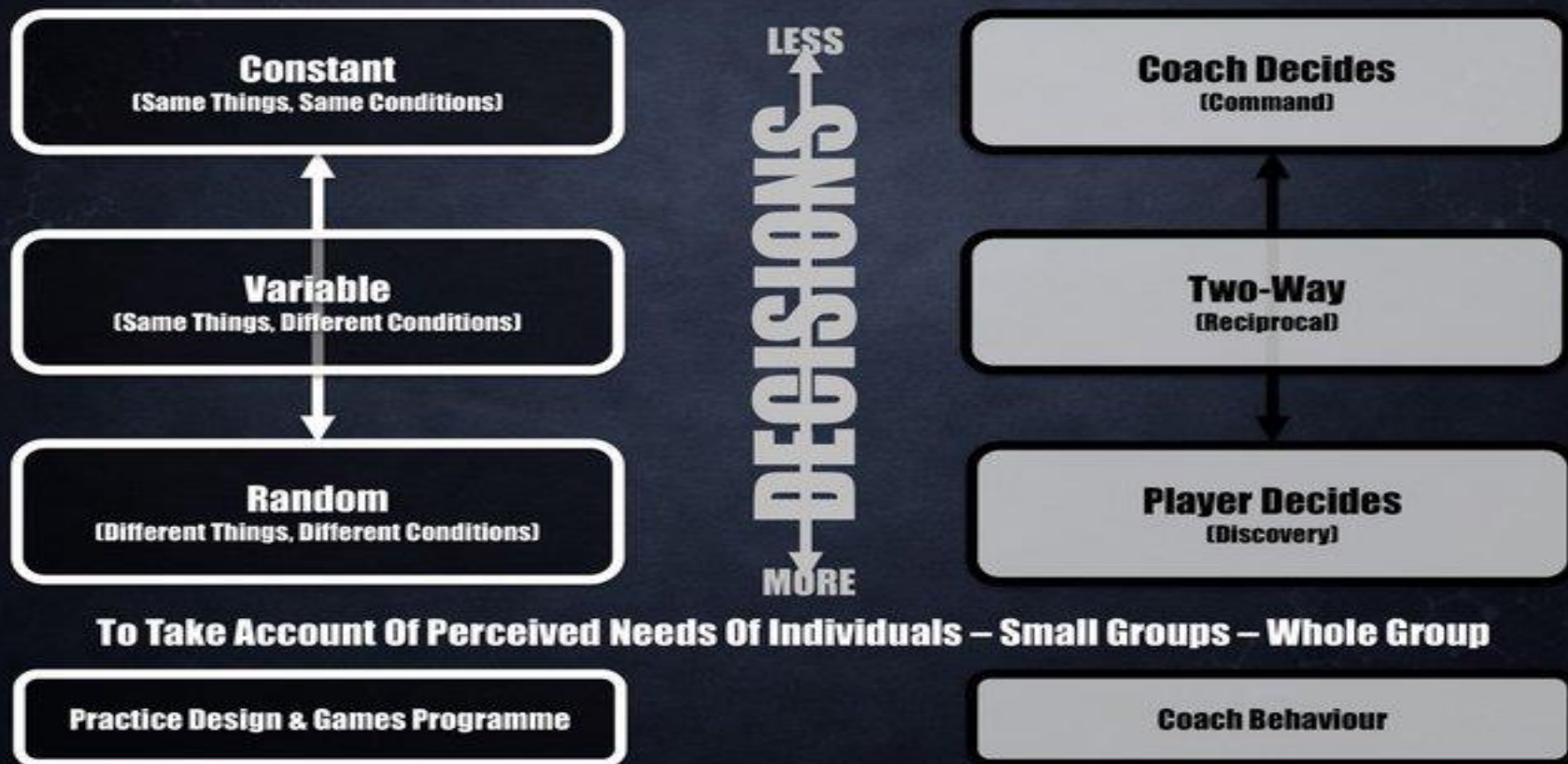
Realism

Interference

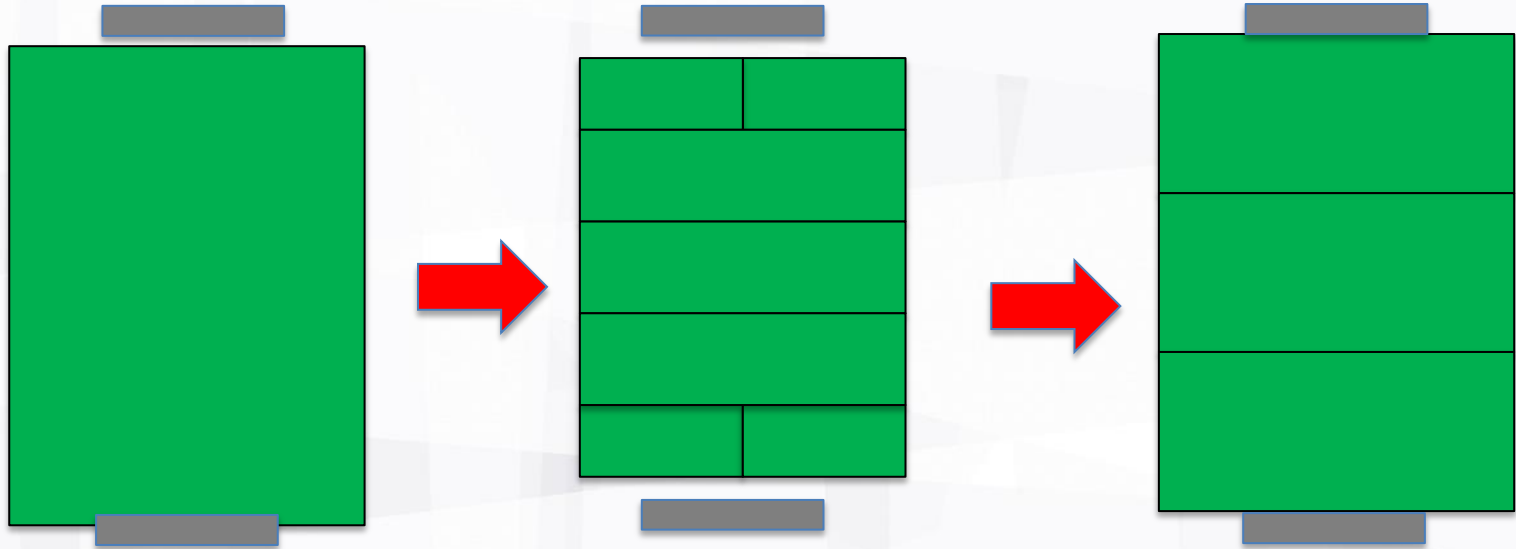
Constant



Decision Making In Football Coaching



Whole – Part - Whole



Benefits of Whole – Part - Whole

Whole

- When the players arrive they play a game, which is ultimately what they want to do
- It allows the players time to catch up with each other
- It gives you time to assess where they are with the topic you plan to work on

Part

- Allows you to break down the topic into a simpler template
- Allows players lots of opportunity to practice the topic/challenge
- Allows you assess their success rate and make it easier or harder so all players can achieve.

Whole

- Gives players the opportunity to put what they have learnt into practice
- Allows you to see what they have understood and how they have applied it to their game if they have

Reflection

After each session try to reflect:

What went well?

(positives)

What didn't go so well?

(challenges)

It would have been even better if....

(changes)

Just like players we learn from trial and error.....



Task

Discuss on your table

Pick one of your 6 topics, using the plan design a session

Email the plan to each member of the group





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