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# Using technology in grassroots football

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# DNA CORE ELEMENTS



# HOW WE SUPPORT

## Using technology in grassroots football

A two hour theory/practical workshop looking at technology that is available to coaches to use with their players in support both coach & player development



**ENGLAND** DNA

## Workshop Purpose / Aims

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- Introducing technology. / Use of technology.
- Planning, Observation & Analysis
- Practical coaching session – Observation tasks
- A coach in action



## Use of technology....

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Question....

Consider your players in training, in games, at school, at home – what technology is available to them....?

How do they learn....?

How do you teach....?

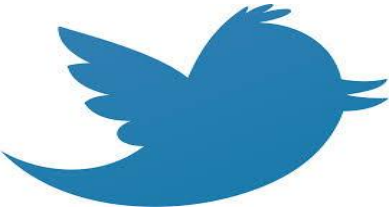
List what you think is available to support you and them in their development...

Discuss with colleagues – similarities/differences



# Modern technology...

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## Example Analysis Tools...

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- Dart Fish: Educational, NGB's -Technology in PE...  
Performance Analysis tools – use in primary/secondary schools



- Focus X2: Powerful affordable, PC, Mac, Ipad analysis software



# Planning

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- The FA Coaches App
- The Future Game App
- UEFA Tactx





# What / When will you use Technology

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- Observation & Intervention skills
- Analysis
- Practical Session
- Practical & Theory Review





# Analysis

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- What do you have and what are you going to do with it....
- Individual
- Unit
- Team
- Opponent
- Strengths
- Areas for development



# Coach Observation

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The Coach in action –

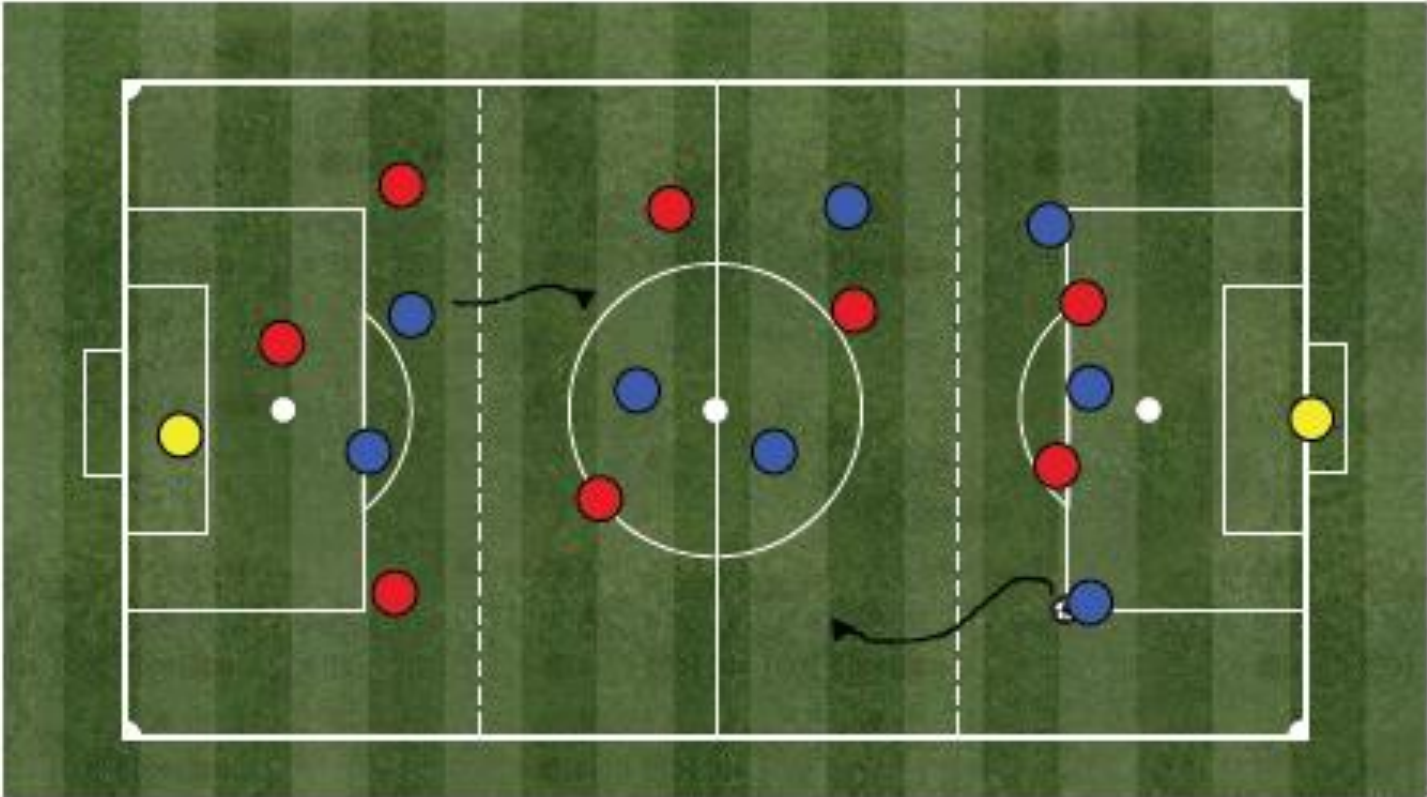
- What do you look like...
- Behaviours
- Interventions
- Language
- Interactions
- Peer observations
- Mentoring tool

[https://www.youtube.com/watch?v=KUME\\_rXL3rk&feature=youtu.be](https://www.youtube.com/watch?v=KUME_rXL3rk&feature=youtu.be)



# Practical Session

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## A Coach in Action

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- David Copson
- Brampton Spartans FC
- U8-U11 (+U15)
- Level 1 (Level 2 assessment Dec)
  - Youth Module 1 and 2
  - Psychology in Football 2, 3 and 5
- Royal Air Force
  - Intelligence Analyst
  - Imagery



# ENGLAND DNA COACHING FUNDAMENTALS

USE A POSITIVE AND ENTHUSIASTIC MANNER WITH PLAYERS AT ALL TIMES

DELIVER REALISTIC GAME-RELATED PRACTICES

USE GAMES WHENEVER POSSIBLE IN TRAINING GIVING THEM TIME TO PRACTICE AND EXTEND LEARNING

DEVELOP PRACTICES THAT ENABLE THE PLAYERS TO MAKE LOTS OF DECISIONS

CONNECT WITH THE PLAYERS BEFORE THE SESSION OUTLINING THE AIMS, OBJECTIVES AND SPECIFIC TARGETS

CONNECT, ACTIVATE, DEMONSTRATE AND CONSOLIDATE IN EVERY SESSION

VALUE AND WORK EQUALLY ACROSS THE FA FOUR CORNER MODEL

SPEND EQUAL TIME DELIVERING, PLANNING AND REVIEWING

INCLUDE ELEMENTS OF TRANSITION IN ALL PRACTICES AND SESSIONS WHERE POSSIBLE

USE A CAROUSEL APPROACH TO PRACTICE DESIGN MAXIMISING PLAYING TIME

USE VARIED COACHING STYLES BASED ON THE NEEDS OF THE INDIVIDUALS AND THE GROUP

AIM FOR A MINIMUM OF 70% BALL ROLLING TIME IN ALL SESSIONS