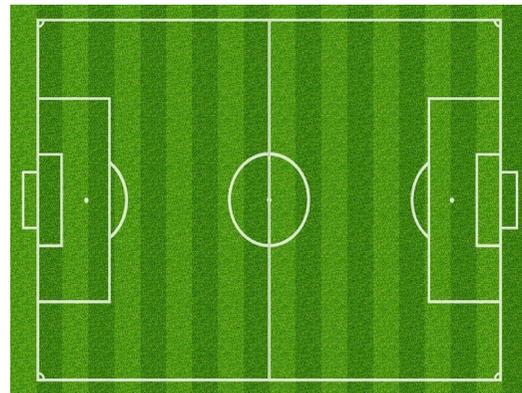




2022/23 COACH SUPPORT



HOUSEKEEPING



OBJECTIVES

- Bring coaches together to connect and share knowledge to improve football provisions at the club.
- To be pro active in supporting ALL coaches with their coaching journey.
- To support the development pathway at the club.





TASK 1

TASK 1



10
mins

In Pairs you are going to practice juggling the tennis balls, take turns, best score wins.

Consider How many attempts you had at the technique?
What challenges you encountered?
How long you spent practicing?





15
mins

Malcolm Gladwell 10,000 hour rule



The 10,000-hours rule says that if you look at any kind of cognitively complex field, from playing chess to being a neurosurgeon, we see this incredibly consistent pattern that you cannot be good at that unless you practice for 10,000 hours, which is roughly ten years, if you think about four hours a day.

— Malcolm Gladwell —

AZ QUOTES

How will your players learn football techniques when you have them for 0.1% of time a week?

Long-term Player Development

		Football microcycle Block 2							
Month			Block 1	Week 5	Week 6	Week 7	Week 8	March	April
Periodization	Phase	Pre s (Pre)						Close season (recovery phase)	
	Blocks			In possession	In possession	In possession	Out of possession	9 10	
	Weeks	1		Combining in midfield	Playing out the back	1 vs 1 attacking	Defending 1 vs 1	23 24 25 26 27 28 29 30	
	Session 1	2						1 2 3 4 5 6 7 8 9 10	
	Matchday								
Training	Primary focus	Increase Aerobic Out of In pos	Training focus	Out to in transition shape 1 - 2 In, 2 - 1 Out	Understanding playing out pictures vs the press	Targeting weakness 1 vs 1	Forcing play wide 1 vs 1 and controlling play 1 vs 1	session	In possession
	Targeted focus	SSG Pres: Inter: Cove: Passi: Ball c: Shoo: Macr:						counter	Playing through the thirds
								ing	Switching play
									Recovery
	4 corner focus								
			Tactical considerations	1-2, 2-1 in and out of possession shape of the 4, 8, 10 linked to 1-4-5-1 formation Give guidance on playing out the back patterns and movement Identify players weaknesses and use them to your advantage Force play away from goal					
			Coaching considerations	Really put your philosophy in place on how to play but allow for players creativity in possession Encourage mistakes and support players to be brave					

Session Planning



30
mins



SESSION PLANNING PROCESS

Game characteristic

Topic

Why am I delivering this topic?

Where on the pitch does this happen?

Who does it involve?

Coaching points

What principles of play do I coach?

What type of session do I need?

Session Considerations

What type of session do I need?

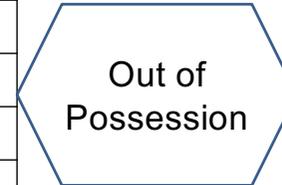
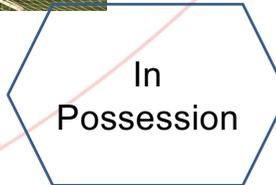


Supporting Individual needs

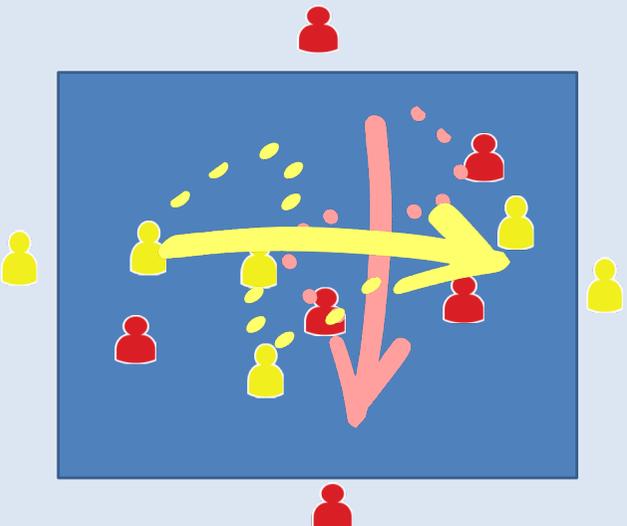


Principles of Play

Penetration	Press
Movement	Cover
Creativity	Compact
Support	Balance
Create Space	Delay
	Patience



Session Information	St Francis CPD	Venue	Moutbatten	Date	6/3/23	Equipment	Head bands	Duration	60 Mins
Topic	In possession combination play							Key things to show in my session	
Why was topic picked	Increase positional rotation	Principles of play		Creating Space, Penetration, Movement			Player dispersal over width and depth		
Review factors from previous session	N/A	Capabilities		Scanning, Positioning, Timing			Work away, around, on		
Individual player details – four corner model									How / when do we penetrate
Technical/tactical	Player challenges	Psychological			Player challenges			Be patient if gaps close but move the ball to move opposition	
Play to a minimum of 2 touch Don't be marked Prepare the space to play (opposite lines) Weight of play	All	Recognise when to make what movement Understand the type of play required Composure if your engaged Understand trigger movements of others			All			Scan for team mates to play into to draw opposition Through to too stretch opposition lines Around to too split compactness	
Physical	Player Challenges	Social			Player Challenges			If win ball on transition use furthest safest pass to secure possession	
Sprinting Agility Low centre of gravity Strength	All	Encourage team to move quickly Intelligent communication to deceive Enjoy possession not shots			All				
Primary Players	4	Horizontal Units		Vertical units		Unit Link		Pictures I want to show	
Secondary Players	8, 9	4		4				BOTSG	
Tertiary Players	7, 11	7	8 9	11	7	8	11		
Session Objective	Rotate to be hard to mark and create space for 7, 10, 11 shots								

Session activity	Coaching notes			
Lead in practice	Organisation	Progression	Key player challenges	
<p>Warm up</p> <p>3 vs 3 Hand ball with emphasis on receiving in end zone Early info on into, through or around</p> <p>Consider running with if success slow Consider below head height rule</p>	<p>Play 5 vs 7 attack weighted or 8 vs 6 Cut pitch to narrow into in possession unit Lane the pitch into 4 Use headbands to encourage scanning</p>	<p>N/A</p>	<p>In possession team to try and score anywhere in final 3rd Attack 9 gets rewards for rebound goals</p>	
<p>Key coaching points</p> <p>Before: Look for teammates to combine with, look to receive on opposite angle to ball carrier, are you being marked, if so how can you move to buy space? (off and onto / onto and beyond)</p> <p>During: If space opens up and your not engaged can you run through opposition, if looking to play through it might need to be 1 touch!, try to judge weight of pass well into could be softer depending on the press, through may need to be heavier but not too much to carry off the pitch, if 1 vs 1 can you create a gap to shoot?</p> <p>After: Once passed where does the receiver need help, if ran through try to shoot before engaged.</p> <p>Challenge cards: Keira Walsh pass to break lines,</p>				
		<p>Unit relationship</p>	<p>Pictures I want to see</p>	<p>Other</p>

PRACTICE SET UP

Red

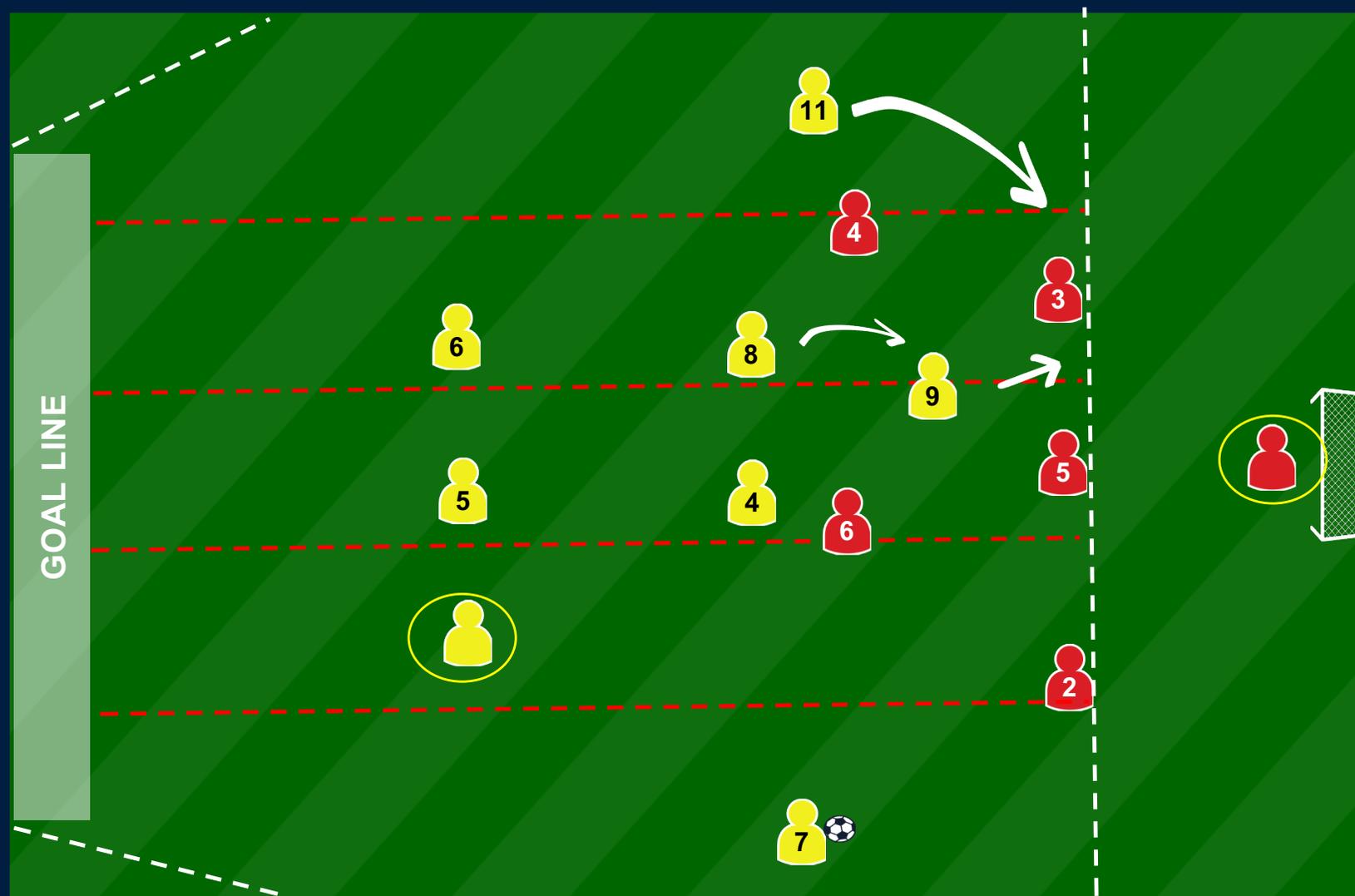
5 players
Try to score by getting into the goal line zone
Dribbled in (1pt)
Received in (2pts)

Captain to control

Yellow

7 players
Try to score in final 3rd
Keep width through 7 & 11 running around 2 & 3
Can 9 occupy 2 defenders
1 point if score from a cross, or through ball
2 points if score with run through or rebound

 Add ins if needed





TASK 2

TASK 2



20
mins

In Pairs you are going to plan a session based on a scenario in your context.

Pick a number
between 1 and 5

- 1 7 or 8
- 2 9 or 10
- 3 11 or 12
- 4 13 or 14
- 5 15 or 16

Players Available

Pick a number
between 1 and 5

- 1 Goal Keeper
- 2 Centre Back
- 3 Full Back
- 4 Midfielder
- 5 Striker

Primary Player

Pick a number
between 1 and 3

- 1 Defensive third
- 2 Middle third
- 3 Attacking third

Part of Pitch

Pick a number
between 1 and 4

- 1 Attack vs defence
- 2 Whole part whole
- 3 Matchplay
- 4 Unopposed

Type of Practice

Further Development



**JOIN HAMPSHIRE FA COACHES COMMUNITY
FOR COUNTY LED EVENTS**

**DANIEL.PIPER2@THEFA.COM
07545767909**

Scan here to join



THANK YOU