

Academy Culture

- Promote enjoyment
- Provide a long term learning environment to allow individuals to maximize their football talent and potential
- Develop lifelong individual personalities-attitude, discipline, concentration, team work, confidence, leadership, respect, motivation
- Develop individual player technical, tactical, physical, psychological and social qualities
- A training environment and playing style to allow the players to problem solve, express themselves and make decisions
- Seek to improve everyday
- Trust each other

Coaching Methodology

We believe that effective coaching is critical in the development of our young players. Our football culture is clearly defined in which we must create the following environment to:

- Building play from the back and through all units of the team
- Understand the needs of the individual players and provide a support mechanism to cater for those needs
- Deliver age related practices that support learning
- Develop the person to develop the player
- Defending with organization, discipline and responsibility
- Attacking with imagination, invention and expression
- Develop the transference of skills and knowledge from the training environment into the games programme
- Ensure everything we do in the coaching and development of our players is with a clear method and purpose
- Teach players to play with freedom, encouraging experimentation in the younger players and expression throughout all ages
- Encouraging the importance of hard work, application and effort as part of the long-term player pathway

Style of Play

Our Academy style of play is built on an attacking and progressive possession based approach. We teach this through building confidence, awareness and the ability to retain possession in all areas of field. Players are encouraged to express themselves against opponents in game situations.

Out of possession we adopt a collective and assertive defensive approach. This is built around technically effective individual defending (1v1 situations) and a tactical competence to defend collectively with teammates.

Our style of play is developed over a period of time through a program managed by staff and coaches who place individual player performance and development as the priority within the coaching curriculum's.

Tactical Plan

Formations

The formations will be adapted in accordance with the players learning and will be subject to change throughout the season. They will be adapted to suit the learning requirements of the players in 4, 7, 9, and 11 a-side footballs.

Game-time Management

Under U8s - U12s

90% Development 10% Performance

Balanced and Equal Game –time where possible

Look to obtain an equal game-time over the 1st Academy period of 18 weeks **Nov – April** and also for the first 6 weeks of the Second Academy Period **May – June**. **The remaining 16 weeks should be Performance Related, July – October (Over 10 months, 40 weeks)**

Performance must start to be considered slightly with regards to player feedback, though development is till our main focus at these age groups.

Look to develop players in a minimum of 2 positions, allow time to support this with feedback and sufficient game-time. i.e. not 3 or 4 positions per game or over a short period of time.

All Players must play when fully fit, available and dressed. All players to played a minimum of 20 minutes game-time each match.

As always these decisions and management are at the coaches' discretion with regards to discipline, application, attitude etc.

Under 13s - U14s

75% Development 25% Performance

Performance must start to be considered more importantly with regards to player feedback, though development is still our main focus at these age groups.

Look to obtain an equal game-time over the 1st Academy period of 20 weeks. **The remaining 20 weeks should be Performance Related.**

Look to develop players in a maximum of 2 positions. Allow time to support this with feedback and sufficient game-time

All players must play when fully fit, available and dressed. All players to play a minimum of 20mins game-time each match.

As always these decisions and management are at the coaches' discretion with regards to discipline, application, attitude etc.

Under U15s - U16s

60% Development 40% Performance

Look to obtain an equal game-time over the initial period of 16 weeks.

Thereafter the remaining 24 weeks will be Performance Based.

Performance must start to be considered with regards to player feedback, though development is still our main focus at this age group.

Look to develop players in a maximum of 2 positions though focus predominantly on one main position. Allow time to support this with feedback and sufficient game time

All players must play when fully fit, available and dressed.

All players to play a minimum of 15minutes game time each match.

As always these decisions and management are at the coaches' discretion with regards to discipline, application, attitude etc.

Under 17s

30% Development 70% Performance

Look to obtain an equal game time over the initial period of 10 weeks.

Thereafter the remaining 30 weeks will be Performance Based.

Performance is now considered more important with regards to the playing selection and player feedback, though development is still a significant consideration during this period.

All players should be given sufficient opportunity with regards to game time in a competitive though fair environment. We must always provide every player with the same opportunity to progress and develop, where as promoting a performance environment.

Look to development players in a specific position relative to their strongest position and their potential pathway. Players to play predominately in their preferred and considered pathway position. Allow time to support this with feedback and sufficient game time.

Organization

“An empowered organization is one in which individuals have the knowledge, skill, desire, and opportunity to personally succeed in a way that leads to collective organization success”

“Alone we can do so little, together we can do so much”

Match-day's, Formation & Playing Style

Match-day Routine/Setup And Match-day Equipment Checklist

2 Match balls (Minimum)

7 Training balls (For substitutes)

First Aid Kit (Ensure Physio / coach / manager has this available)

2x7 colored bibs (For warm ups & Substitutes)

Playing Kit

Subs Jackets (For Subs and Physio also)

Team-lines Completed (2 Copies for Home games and 2 for Away games)

Match Sheet (For giving to Match Official)

Players Rain jackets for Warm Up and Cool Down (All squads require this)

Pre-match Preparation

Arrive 1hr 15mins prior to Kick Off

- 1:15mins Players gather and Coach Names Team – Players get ready (10)
- 1:05mins Pre-match team talk (Max 20mins) – Both Coaches (20)
- 0:45mins Players transfer to pitch (5)
- 0:40mins Individuals Warm Up Period (5)
- 0:35mins Group Dynamic Warm Up (10)
- 0:25mins Group SSG x 2 (2.5mins 30x30area, 5v5 possess or directional) (8)
- 0:17mins Individual Warm Up Period – Position related – i.e. Defenders, heading, wingers, and fullbacks, passing, midfielder conditions, strikers finishing etc. (7)
- 0:10mins Final Prematch Briefing (**Max 5mins**) (5)
- 0:05mins Sprint/Body Movement Work (5)
- 0:00mins Kick Off

Postmatch Cool Down and Feedback

0:00 Final Whistle

+0:10 Players Cool down Routine (wearing rain jackets at all times).

+0:30 Feedback to Squad and Individual Players (**Max 20mins**)

Delivery of Curriculum

Technical Skills

6 Technical Skills developments we will work on within our academy curriculum, which will be delivered on 6 occasions throughout the season

These Technical Skills are:

- Control/Receiving
- Finishing
- Passing
- Moving with the Ball
- Heading
- Crossing

Control/Receiving the Ball

First touch/Receiving,
Both Feet,
Inside/Outside of both feet,
Front foot/Back foot receiving,
Receiving on Thigh,
Receiving on Chest
Receiving on Head

Finishing

Striking at goal,
Passing the ball into the net,
Volleying,
Turning and Shooting,
Scoring from inside the box
Scoring the from outside the box

Passing

Roll into feet,
Passing the ball into the net,
Weight and Angle of Pass,
1&2 touch passing,
Medium to long driven pass
Medium to long chipped pass
Medium to long curled pass
Volleying pass

Moving with the ball

Dribbling in tight areas
Moves to beat an opponent
Running at speed with the ball
One - two's
Protection of the ball
Changes of direction

Changes of speed
Turning with the ball

Heading

Defensive – Timing of Jump
 Heading the ball at the highest point
 Heading the ball to get distance and height

Attacking – Passing Headers
 Heading to score goals
 Diving Headers

Crossing

Form a moving ball
From a dead ball
Delivery types: Front
 Back Post
 Cut Backs
 Driven
 Hung Up

*Focus on distance from the goal and the touchline and develop the instinct to choose the correct cross under pressure without taking an extra touch or pausing.

Small Sided Games

Teaching players' game knowledge in small-sided game through guided discovery (no coaching stoppages – only feedback from side after actions or during short intervals).

Guideline Pitch Sizes:
2v2 15meter Square –m2
3v3 20m2
4v4 24m2
5v5 30m2
6v6 35m2
7v7 42m2
8v8 48m2

Themes

15 themes within our academy curriculum, which will be delivered on 10 occasions throughout the season

These themes are;

- Linking defence and midfield
- Midfield combinations
- Defending in the final third
- Linking midfield and attack

- Pressing/Defending as a team
- Playing out of the back
- Crossing and Finishing
- Midfield support
- Strikers movement
- Possession
- Transitional plays
- Shielding
- Attacking as a team
- Attacking as individual
- Attacking in the final third

Linking Defence and Midfielder

Playing out from the back – Dead Ball and open play
 Fullback/Winger relationships
 Overlapping Play and Overloads

Midfield Combination

Combination play
 Movement to create Space
 Switch of play

Pressing/Defending as a team

Setting Traps
 Pressing as a group
 Defending your goal in the final 3rd

Final 3rd

Crossing & Finishing
 Dead Balls
 Getting in behind

Linking Midfield and Attack

3rd Man Runs
 Striker Movement
 Midfield Support

Defending as an Individual

Tackling
 Delay the opponent
 Defending in pairs

Game-time Management

Under 17s... continued

A mandatory 4 subs must be used on the pitch in every game targeting a minimum of 10mins game-time for each player involved

Players within their final year in the academy should be given priority consideration as a substitute should these player not start due to the performance environment they should be considered firstly when introducing substitutions later in the game.

Any players receiving a significantly low game-time over 2 consecutive weeks or over a short period of time, should be highlighted early to the Academy Director and Head of Coaching. Thereafter U16 Development Games may have to be arranged to supplement the development of players and assist when game-time experience

Ensure during development periods that all players have significant balance of starting and substitute appearances.

Session Structure Guide

Session 3 – Match Preparation – Theme + Game Related- (Half Pitch Session)
90mins Duration *Duration may alter due to pitch time – arrange your session to suit.

Warm up – 15mins

Include coordinated warm up/dynamic stretching (5mins)

Ball mastery core skills – Work on our Turns **Lennon, Lambert, Lubo, Larsson, Jay Jay, Maloney, Mcgeady spin, Roadono, Hazard, Marlow, Myles, and Mapola pull back opener** (10mins)

Team/Tactical play – 60mins

Team/Tactical play must mirror formation planned for that week and may include shaping requirements.

Themes

- Linking defence and midfield
- Midfield combinations
- Defending as an individual
- The final third
- Linking midfield and attack
- Pressing/Defending as a team
- Playing out of the back
- Crossing and finishing
- Midfield support
- Strikers movement
- Possession
- Shielding
- Attacking as a team
- Attacking as individual

- Attacking in the final third

Can Include

1. Shape
2. Shadow
3. Unopposed
4. Game related picture
5. A team

Must Include

1. Play Options in three zones of the pitch (Defence 3rd, Middle 3rd, Attacking 3rd).
- i.e. Linking Def. & Midfielder in the Defensive 3rd and Middle 3rd
Pressing/Defending as a team in Middle 3rd and attacking 3rd

Note – This will not include The Final 3rd Theme which is focused on the attacking 3rd zone

After Session Complete (At Side of Pitch)- 5 to 10mins

Cool down

Static stretches

Session 2 – Technical + Skill + SSG – (1/3rd or 1/2 Pitch Session)

90mins Duration *Duration may alter due to pitch time – arrange your session to suit.

Warm up 15mins

Include coordinated warm up/Dynamic stretching (15mins)

Ball mastery core skills – Work on our Turns **Lennon, Lambert, Lubo, Larsson, Jay-Jay, Maloney, Mcgeady spin, Roadono, Hazard, Marlow, Myles and Mapola pull back opener** (10mins)

Individual/Small group Technical Skills work – 25mins

Drill

Control, passing, moving with the ball, receive etc.

Semi opposed, opposed

Game related practice – 25mins

Based on Technical Skill

Conditioned Games/Smalls sided games & Run – 25mins High Intensity (Example)

4min Game (Max 5v5, Ideally 3v3 or 4v4 – Small Areas)

1min Rest

4min Game (Max 5v5, Ideally 3v3 or 4v4 – Small Areas)

1min Rest

4min Game (Max 5v5, Ideally 3v3 or 4v4 – Small Areas)

1min Rest

4min Game (Max 5v5, Ideally 3v3 or 4v4 – Small Areas)

1min Rest

5min Run, dribble circuit at high pace or Intervals Runs with ball.

Games must be high tempo and high energy, (i.e. balls in goal and team that scores immediately start possession, also hand on ball for quick restarts if foul.).

Selected Conditions: Colored Gloves in place of bibs (Heighten Awareness)
No Bibs (Heighten Awareness and Head movements) No Communication
(Promote Player movement) Overload in possession – Floating Player (1 or 2 players) any other agreed condition

Note: try to avoid limiting touches to 2 or 3 touch, encourage fast decision making though also encourage to be balanced on the ball prior to making key pass/play.

After Session Complete (At Side of Pitch)- 5 to 10mins

Cool down

Static stretches

Every Friday Session 4 – Position Specific Session (Under 11-13)

Intersquad Session (All 11/12/13s Players Train Together)

90mins Duration

Warm up – 10mins

Include coordinated warm up/Dynamic stretching (10mins)

Players may also be split into 3 groups to work on development within various positional areas of play;

Group 1 – Defending (Working on; defending, playing out from the back, tackling etc.)

Group 2 – Midfield Play (Working on; combination play, passing, switch of play etc.)

Group 3 – Attacking (Working on; crossing, finishing, striker movement, winger play etc.)

Coaches from all age groups included will work during these sessions with individual groups on specific planned requirements.

Players will be grouped based on their maturation for these evenings

Rotation is 25mins in each area. (1/3rd pitch)

Coaches to ensure practices are game related, fun and high tempo. No stoppages for coaching, allow players to play and guide them with feedback.

Every Friday Session 5 – Position Specific sessions (Under 14-17)

Intersquad Session (All 14/15/17s Players Train Together)

90mins Duration

Warm up – 10mins

Include coordinated warm up/Dynamic stretching (10mins)

Players may also be split into 3 groups to work on development within their specific positional areas of play;

Group 1 – Defenders Defending (Working on; defending, playing out from the back, talking etc.)

Group 2 – Midfielder (Working on; combination play, passing, switch of play etc.)

Group 3 – Attackers Attacking (Working on; crossing, finishing, striker movement, winger play etc.)

Specific Coaches from all age groups will work during these sessions with individual groups on specific planned requirements.

Players will be grouped based on their specific pathways position for these evenings
No Rotations – 1.5 hours of position/unit specific work all evening.

Commitment

Organization

Responsibility

Excellence

Commitment

“There is a difference between interest and commitment.

When you are interested in doing something you do it only when it's convenient.

When you are committed to something you accept no excuses only results”

Coaching Do's and Don'ts

All Coaches to follow these instructions:

We are all custodians of the Academy players and leaders of our environment. We must strive to develop a culture of learning within a motivational enjoyable, encouraging, respectful & demanding environment.

Not one member of our team, either player or coach is more important than another.

No one is in charge of a team or group, we all are custodians.

- Must at all times provide a **culture of learning**, motivate, encourage and demand within a learning environment.
- Refrain at all time's from using negative language, abusive or foul language and aggressive manner with anyone within our or out of our Academy.
- Ensure all players to shake any academy staff hands unless in middle of a drill – develop an all-encompassing environment within our academy.
- Respect your fellow coaches and colleagues, their skill, development and expertise. Encourage discussions of opinion and also the inclusion of all coaches regardless of experience and qualification
- Short drink breaks
- No footballs to be touched by players during drink breaks
- All training very high tempo – no long gaps between drills **No Talking Beyond 2-3mins**. Avoid over coaching, when instructed, players to run in the coaches
- When coaches are talking, players should not be talking and should have eye contact
- Players to take responsibility for warm up; rondos and tidying up **rotate the Responsibility or organize a rotation within your squad**. In older squads Captains are responsible.
- On the training or at games, no kit should be on the floor – hung up or in bag
- Coaches must include ladder in all training sessions for Speed, Agility and Quickness (SAQ) or Speed, Quickness, Balance and Rhythm (SQBR)
- Players to put bibs away in to bag after a game and find all equipment's after training pack and bring to coach car– **Rotate the Responsibility or organize a rotation within your squad**.
- **Players** to complete game self – evaluation form and hand in to coaches on the next training day
- Bad behavior should not be allowed to distract those behaving well
- When going out to train, players should jog over once they reach the grass area. No player should be left behind in the dressing rooms for games
- Coaches must meet players in the dressing rooms and also return to the dressing room with all players prior to their dismissal.
- Limit feedback after games/training to 5mins and 10mins maximum respectively for development player and junior academy player.

Responsibility

“In the final analysis the one quality all successful people have is the ability to take on **responsibility**.”

“**Leadership is about taking responsibility not making excuses**”

Set Pieces

Free kicks against

Stop Quick Restarts – Get Over the Ball

Man for Man matchup.

Goalkeeper Directs and Commands Wall.

No More than 2 players in wall if wide Free kick.

Excellence

“Excellence is not a skill, it is an attitude.”

“We are what we repeatedly do, excellence therefore is not an act, but a habit”

“The players will play like a team, when the coaches work as a Team”

Attacking & Defending Principles

Attacking Principles

Passing and Support

The Quality of the passing

- Timing
- Weight
- Accuracy
- Disguise

The Quality of the support

- Timing
- Angle
- Distance
- Behind
- Ahead

Depth/Width:

Width

- Spreading the team out from side to side
- Increasing the spaces between defenders across the pitch
- Increases spaces for players to pass forward and run with and without the ball

Depth

- Stretching the team from end to end
- Increasing the spaces between lines of defenders
- Increasing the space and time for players receiving the ball

Mobility/Movement:

- To create space
- Towards own goal to create space behind
- Towards opponents goal to create space in front
- Wide to create space inside

- In field to create space wide
- For self
- For team mate
- To exploit Space
- Behind opponents
- To receive a pass
- To strike at goal
- With the ball
- Without the ball
- In Wide areas
- In central areas
- To provide support

Penetration:

- Penetration with the ball
- Forward Passing to feet
- Forward Passing to space
- Running with the ball
- Dribbling the ball
- Shooting
- Crossing
- Penetration without the ball
- Forward running into space
- Diagonal running into space
- To attract opponents
- To escape from opponents
- To receive the ball
- To attack the ball

Improvisation:

- As an individual
- Disguise
- To create scoring opportunity
- To score
- To relieve pressure
- Dribbling
- Turning
- Striking
- In Combination Play
- Quick play
- Clever play
- Surprise
- To relieve pressure

Defending Principles

Recovery/Delay

- Immediate when possession is lost
- Players must attempt to get goal side of the ball as soon as possible
- Regroup as a team and slow the opponents attack down
- Pressing may be a consideration when this has been achieved
- Recovery routes are critical as is speed
- Players should then attempt to keep the ball in front of them

Pressure/support

- Establishing of defending lines
- First, second & final lines of defence
- Strong pressure on opponents in possession
- Protection of vulnerable space at the back of the defence
- Quality support for nearest defenders to the ball
- Correct marking of opponents and spaces

Concentration & Compactness

- Minimize space between lines of defence
- Minimizes spaces between players across the pitch
- Maximize the close marking of players in critical areas
- Optimize the ability to put pressure on the opponent with the ball
- Creates safety in numbers in the critical areas of the pitch

Cover/Balance:

- Distance between defensively cooperating players
- Angles of cover related to defensively cooperating players
- Changing angle and distance in relation to the position of the ball
- Degree to which players or spaces are marked in relation to the position of the ball
- Decisions regarding tracking players and passing on
- Positions of secondary and distant defenders

Control and Decisions Making

- Defensive focus and mental concentration
- Decision making on passing players on and staying with runners
- Positional awareness and body positions
- Understanding the critical areas and moments

Stages of Players Development

Age Group 9-12 years

Motto: "Training to Learn & Develop"

Aim: Develop and improve basic football skills and movement, develop 7v7, 9v9 formation and Introduce 11v11 formations, increase and develop sports science programmed. Life Style, and Nutrition

Technical education:

- Training focused on different techniques passing, shooting, control, dribbling
- Regular individual practice
- Regular group practice focusing on developing technical attributes
- Unopposed practice into opposed
- Increase intensity of practices depending on age/ability
- Individual focus on strengths and trying to improve weaknesses
- Regular practice in 1v1, 2v1, 2v2 situations, increasing to 4v3, 4v4,etc.
- Increase confidence with regular contact with ball
- Regular small sided games to develop and mirror match situations
- Ball mastery through repetition

Tactical education:

- Introduce and understand the reasons for team formation/shape
- Transition from 7v7 to 9v9 to 11v11 formations
- Understanding individual positions within 7v7, 9v9 and 11v11
- Understanding of team formation/shapes in 7v7, 9v9 and 11v11
- Understanding and developing basic movements within team formation/shape in 7v7, 9v9, and 11v11
- Awareness of teammates , opponents and ball
- Understanding rules of the game in 7v7, 9v9, and 11v11
- Understanding when to attack, defend
- Understanding support, width, penetration and depth
- Understanding offside rule
- Understanding football terms i.e. man on, open up, drop off, push up, turn out, have it, three to us, take him on, switch, overlap etc.
- Learn to play in different positions

Physical education:

- Understanding of sports science program
- Understanding of long term benefits of sports science program
- Understand the need to maintain good physical condition
- Regular variations in sports science sessions
- Football specific exercises
- Decision making and reactions
- Developed speed, power, agility, balance and coordination skills

Psychological Development:

- Develop concentration levels during training and games
- Develop a balanced mentality to winning and losing

- Be positive and learn from mistakes
- Increase individual self-confidence and play without fear of failure
- Positive attitude to training, games coaches, teammates, opponents and referees.

Personal education:

- Develop communication skills with teammates and coaches
- Be positive and encourage teammates
- Learn to be part of a team
- Maintain discipline at all times and act responsibly
- Good role model teammates and younger players
- Learn to show respect

Lifestyle:

- Introduce correct diet/eating habits
- Always drink suitable fluids before, during and after training/games
- Enjoy playing different sports
- Enjoy relaxing with family and friends
- Work hard at school
- Be punctual for training and games
- Sleep enough and on time

Age Group 13-14 years

Motto: "Training to Develop & Educate"

Aim: Continue the development of football skills and movement, educate tactics in 11v11 formations, and introduce strength and conditioning programme.

Technical Education:

- Training focused on different techniques passing, shooting, control, dribbling
- Regular individual practice
- Regular group practice
- Performing practices under increased pressure and with more demands
- Increase intensity of practices depending on age/ability
- Individual focus on strengths and trying to improve weaknesses
- Regular practice in 1v1, 2v1, 2v2 situations, increasing to 6v4, 8v6, etc.
- Increase confidence with regular contact with ball
- Regular small sided games to develop and mirror match situations

Tactical Education:

- Understand individual positions within 11v11
- Understand team formation/shape in 11v11

- Understand how to develop movements within team formation/shape in 11v11
- Understand different formations i.e. 4-4-2, 4-3-3 etc.
- Awareness of teammates, opponents and ball
- Understanding rules of the game in 11v11
- Understand when to attack, defend
- Understand when to support, width, penetration and depth
- Knowledge of offside rule
- Knowledge of movements on/off the ball
- Knowledge of football terms i.e. man on, open up, drop off, push up, switch, overlap, switch on etc.
- Learn to play in different positions

Physical education

- Understanding of strength and conditioning programme
- Understanding of long term benefits of sports science programme
- Understand the need to maintain good physical condition
- Regular variations in sports science sessions
- Football specific exercises
- Decision making and reactions
- Develop agility, balance and coordination skills
- Understand the possible injuries due to body growth
- Injury prevention and rehabilitation
- Understand the increased physical demands of the game

Psychological development:

- Maintain and improve high concentration levels during training and games
- Maintain a winning mentality but not at all cost
- Be positive and learn from mistakes
- Goal setting (short and medium term)
- Increase individual self confidence
- Positive attitude to training, games coaches, teammates, opponents and referees.
- Understand the need to train and play to a high standard at all times
- Develop pre and post-match routines
- Develop ability to keep emotions under control
- Learn to deal with pressure situations
- Learn to deal with injuries, setbacks etc.

Personal education:

- Develop communication skills with teammates and coaches
- Be positive and encourage teammates
- Be part of a team and understand your role within the team
- Maintain discipline at all times and act responsibly

- Good role model teammates and younger players
- Learn to show respect and be responsible for your actions

Lifestyle:

- Maintain correct diet/eating habits
- Always drink suitable fluids before, during and after training/games
- Enjoy playing different sports
- Enjoy relaxing with family and friends
- Work hard at school
- Be punctual for training and games
- Rest and recovery after training/games
- Awareness of social issues-drugs, alcohol etc.
- Sleep enough and on time

Age Group 15-16 years

Motto: “Training to Develop, Educate, Compete and Win”

Aim: Develop and improve advanced football skills and movement, develop and educate tactics in 11v11 formations, increase intensity in strength and conditioning programme. Prepare the players for the next step in the academy.

Technical education:

- Training focused on different techniques passing, shooting, control, dribbling
- Regular individual practice for specific positions
- Regular group practice
- Performing practices under increased pressure and with more demands
- Increase intensity of practices
- Increased complexity of practices
- Individual focus on strengths and trying to improve weaknesses
- Regular practice in 1v1, 2v1, 2v2 situations, increasing to 6v4, 8v6, etc.
- Increase confidence with regular contact with ball
- Regular small-sided games to develop and mirror match situations

Tactical education:

- Increased knowledge of team formation/shape in 11v11
- Increased knowledge how to develop movements within team formation/shape in 11v11
- Increased knowledge of different formations i.e. 4-4-2, 4-3-3 etc.
- Knowledge and awareness of teammates, opponents and ball
- Increased knowledge of rules of the game in 11v11
- Understand when to attack, defend
- Understand when to provide support, width, penetration and depth

- Understand of offside rule
- Increased knowledge of movements on/off the ball
- Have the ability/knowledge of opponents formation and strengths/weaknesses
- Understand how to get results within game situations

Physical education

- Knowledge of strength and conditioning programme
- Knowledge of long term benefits of sports science programme
- Know the need to maintain good physical condition
- Regular variations in sports science sessions
- Football specific exercises
- Develop physical condition for individual player depending on position, style of play
- Decision making and reactions
- Develop agility, balance and coordination skills
- Understand the possible injuries due to body growth
- Injury prevention and rehabilitation
- Knowledge of the increased physical demands of the game
- Understand how to taper training to maximize performance

Psychological development:

- Maintain very high concentration levels during training and games
- Maintain a winning mentality but not at all cost
- Be positive and learn from mistakes
- Goal setting (short and medium term)
- Increase individual self confidence
- Positive attitude to training, games coaches, teammates, opponents and referees.
- Know the need to train and play to a high standard at all times
- Develop pre and post-match routines
- Develop ability to keep emotions under control
- Learn to deal with pressure situations
- Learn to deal with injuries, setbacks etc.

Personal education

- Develop communication skills with teammates and coaches
- Be positive and encourage teammates
- Be part of a team and understand your role within the team
- Maintain discipline at all times and act responsibly
- Good role model teammates and younger players
- Learn to show respect and be responsible for your actions
- Increased responsibility for your own fitness and welfare

Lifestyle:

- Maintain correct diet/eating habits
- Always drink suitable fluids before, during and after training/games
- Enjoy playing different sports
- Enjoy relaxing with family and friends
- Work hard at school
- Be punctual for training and games
- Rest and recovery after training/games
- Awareness of social issues-drugs, alcohol etc.
- Understanding of the repercussions of social media

Session Structure Guide

Session – Theme + Technical Skill + SSG – (1/3rd or 1/2 Pitch Session

90mins Duration *Duration may alter due to pitch time – arrange your session to suit.

Warm up – 15mins

Include coordinated warm up/dynamic stretching (5mins)
Speed Agility Quickness work (with or without balls) (10)

Individual/Small group Technical Skills work – 20mins

Drill

Control, passing, moving with the ball, receiving etc.

Semi opposed, opposed

Game related practice – 35mins

Based on Theme

Themes

- Linking defence and midfield
- Midfield combinations
- Defending as an individual
- Defending in the final third
- Linking midfield and attack
- Pressing/Defending as a team
- Playing out of the back
- Crossing and finishing
- Midfield support
- Strikers movement
- Finishing
- Possession
- Shielding
- Attacking as a team

- Attacking as individual
- Attacking in the final third

Non-tactical session bidding in the individual requirements and practice.

Conditioned Games/Smalls sided games & Run – 20mins High Intensity (Example)

4min Game (Max 5v5, Ideally 3v3 or 4v4 – Small Areas)

1min Rest

4min Game (Max 5v5, Ideally 3v3 or 4v4 – Small Areas)

1min Rest

4min Game (Max 5v5, Ideally 3v3 or 4v4 – Small Areas)

1min Rest

4min Game (Max 5v5, Ideally 3v3 or 4v4 – Small Areas)

1min Rest

Games must be high tempo and high energy, (i.e. balls in goal and team that scores immediately start possession, also hand on ball for quick restarts if foul.).

Selected Conditions:

Colored Gloves in place of bibs (Heighten Awareness)

No Bibs (Heighten Awareness and Head movements)

No Communication (Promote Player movement)

Overload in possession – Floating Player (1 or 2 players)

Any other agreed condition

Note: try to avoid limiting touches to 2 or 3 touch, encourage fast decision making though also encourage to be balanced on the ball prior to making key pass/play.

After Session Complete 5 to 10mins

Cool down, Static stretches

Head-knock and Concussion Procedures

Head-knocks:

Any head knocks on the pitch will require the Physio/medical staff to attend to the player. The player will need to be fully assessed by the medical team on the sidelines and the final decision for the player to return to play will lie solely with the Physio based on their clinical judgment. Please do not challenge this decision at anytime.

Concussion:

Concussion is a traumatic brain injury. The majority of concussions will resolve within about **7-10 days**. However, the duration of recovery may be prolonged in children and adolescents.

Any suspicion the player has sustained a concussion, then the player must be removed from the field of play **immediately** and will not be allowed to return. Following concussion, the player will not be allowed to return to activity for at least 7-10 days and the player will only require to arrange an assessment from the medical team, whom are the only personal qualified to give the player, the all clear to return to activity.

We must stress that these procedures should be followed at all times. Should medical staff not be present (i.e. training or possible game) and a head knock occurs that player must be removed from the play immediately, until assessed by medical personnel!

Young athlete have a significant threat of “second impact syndrome” due to their maturing brains following a head-knock or concussion. This is a very dangerous condition and can be life threatening.

8 Stretch Routine to be carried out by players individually after training and as a group to cool down from matches. 1min jog followed by Routine, which will last 8-10mins total.

Cool Down Static Stretches Routine

Lower Back/ Back Chain Stretch:

Hold the stretch for 30 secs

Open arms at shoulder level. Keep shoulder blades on the ground

Bring foot to opposite hand, as able

Gluteus/Hamstrings Stretch:

Hold the stretch for 30 secs

Back and HEAD on the ground

Place one foot onto opposite knee

Gently pull towards you

Adductors Stretch

Hold the stretch for 30 secs

Keep upper body nice and tall, chest up

Push knees down towards the floor

Lean against the wall if easier

Lower Back Stretch

Hold the stretch for 30 secs

Back flat on the ground

HEAD ON THE GROUND TOO!!

Gently, pull knees towards chest (keeping knees together)

Hamstring stretch:

Hold the stretch for 30 secs

Open your legs, to a comfortable distance

Bend from the Lower Back and Keep Chest High
No curved back!!

Hip Flexors stretch:

Hold the stretch for 30 secs
Upper body nice and tall
Both knees should be bend at approx. 90degree angle
Push hip forward (same slide as leg on the ground)

Quadriceps stretch:

Hold the stretch for 30 secs
Stand nice and tall
Keep your knees together

Calves stretch

Hold the stretch for 30 secs
Lean against a wall/railing
Stand nice and tall
One leg in front of the other one
Make sure both feet are pointed 12 o'clock and feet Flat on the ground

Match day's Formations & Playing Style

Playing Formations:

11v11 4-4-2 (4-4-1-1), 4-2-3-1, 4-3-3, or 4-1-2-1-2 (Diamond) **7v7** 3-1-2 or 2-1-3
4v4 1-2-1 (Diamond) **9v9** 3-4-1, 4-3-1 or 3-3-2

All squads must play with 4 defenders at the back

When out of possession 1 striker drops to combat deeper midfielder or pressure the opposition centrally (i.e. 441-1). Remaining striker to defend CB's and also position himself or herself relative to play for quick channel counter attack.

In Possession Fullbacks high and wide players come in with either 2 strikers or 1-1.
1 Holding CDM & 1 CM Breaking the line forward. Resulting in 4-1-4-1 or 2-3-3-2 (1-1)

Fullbacks and wide players to link their play "opposites" i.e. if winger high and wide fullbacks supports inside or overlaps in side or if winger inside in fullback provides the width and or overlaps.

433: Playing with either High and Wide Wingers (out to in) or Narrow Wingers (in to out).

Fullbacks and wide players to link their play "opposite" i.e. if winger high and wide fullback supports inside or overlaps inside or if winger inside in fullback provides the width and or overlaps.

Opposite fullback must balance the play defensively to allow 3 cm's to support attacking play.

4-2-3-1: Out of Possession (Recover Defensive Box of 2CB's & 2 CDMs) 4-2-3-1

In Possession both Fullbacks high and attacking.

1 Holding CDM balancing the game centrally & 1 CDM Breaking the line as well as a wide player becoming 2nd striker or both fullbacks high involved in attack and 2 central midfielders sit off the play to support.

Resulting in 4-1-3-2 or 2-4-3-1

4-1-2-1-2: Out of Possession (flatten midfield) 4-1-3-2 and press 1 side of play – don't allow inside or switch.

In Possession Dominate center of pitch with high fullbacks attacks providing width. 2 Strikers (Minimum 1 with pace to go beyond).

For Under 17s Only

During the later stages of the game at this competitive level the Under 17s tactics and formation can be altered to suit the game situation to attempt to mangle the game suit.

Style of Play

1. Playing Out From the Back "When On/Available"

Fullbacks must show quickly for in-game distribution.

No Static Position fro, restarts – Defence must create space by moving high firstly then checking back to receive ball from GK – Use a trigger if possible i.e. GK putting ball down.

All 10-outfield players must move into space to assist options for GK Distribution.

If not playing out from the back – which is a GK's decision, the GK must be patient and ensure defence is "In and Up" prior to talking longer kick.

No straight balls from GK to edge of box. Must be angled run or angled pass.

Sessions will be delivered early in the season and coaching videos will be prepared to assist with movement required to play out from the back.

2. Quick Restarts

Quick Restarts in the middle and attacking 3rds of the pitch – throws ins, free kicks, corners etc. Get men over the ball quickly and look for quick play and overloads.

3. Defence +1

When game is live, defenders to cover +1. No more than this, push on.
i.e. 1 striker – 2 defenders stay close, 2 attackers 3 defenders stay close. **Only if strong CB's or game situation (i.e. chasing a goal), consider going man for man at the back.**

4. Get Behind The Ball – Defending

All players must be “**horrible to play against**” and defend with pride all over the pitch – working hard to create overloads defensively to hassle the opposition and win back the ball. Be close to opponents and shut them down quickly and not allow time on the ball. When defending from the front don't dive in – pressurize the opposition into backwards possession or pressured passing. **Steal the Ball**

5. Pressing

High Press Man for Man when Opposition Restarting in defensive 3rd.

Setting Traps to steal in Final 3rd Refer to set up below

Set a trap to entice play to a wide CB or FB and then pressurize in that final 3rd area, stopping play to opposite CB or FB.

CB's Man for Man & CM's Man for Man

Fullback Tight on side of Goal kick/GK. Opposite Fullback Split

In play – Half Pitch Press

When opposition is playing in the wide areas we press over the half pitch area to not allow space to play out through center of pitch with ease.

Understand the Switch of Play and stop this from happening

Close off opposite half of pitch (make pitch small)

Fullbacks and wide players need to anticipate and cope with Diagonals or Switch of Play.

Set Pieces

Free Kick For

Development Short Free Kick Routine as a Priority Set Up

2 Players over ball at all times – 1 Left footed 1 Right footed

1 runs over ball or the play quickly. (to deliver with strong from touchline)

1 or 2 wall support players

1 or 2 support short play around wall or create overload.

1 edge support

to support short play around wall, create overload or support edge after delivery.

3-4 Attackers

As corner, Front Middle & Back as well as back post spin off. If only then front middle and back.

Encourage short routines, touchline deliveries or in-swinging delivery towards Back Post. Aim for inside the back post.

Encourage attackers in box to pull opponents away from the wall area to open space further for overload or short play around the wall.

Be Creative at all times

If Central and Up to 25yds and a player are comfortably a threat then direct shots are encouraged. Again Minimum 2 over ball to confuse goalkeeper – again creative routines encouraged – experiment.

Corner Against

Goalkeeper to organize and command set up

2 Fixed Defenders – Back Post & Front Area

Black Post player Tight Inside post – never leaves until danger cleared.

Front Area – in line with front post 3 yards out. If ball delivered over-head steps back inside post and never leaves until danger cleared.

5 Man Markers

1 Start in 6 yards area to protest GK and Mark Attacker.

All 5 follow their opponents' movement and win battle against him or her.

Support Defenders (defend short, edge or man mark)

1 Front support to either defend short corner routine (1st man out) or pick up locally and man mark.

1 Edge support to mark opponent or either defend short corner routine (2nd man out). If needed to defend short corner leave edge man to defend.

Attacker

30 yards out on side of corner kick being taken.

Must drop back onto edge player if opponent play short corner.

Corner For Develop Short Corner Routines as a Priority Set up

2 Players over the ball (1 left and 1 right footed) of all times

Left footer starts to play from RHS and Right footer starts play from LSH (To balance the short play and also allow for in-swinging delivery option.)

1 Edge Supports to a short play or to attack clearance from box.

1 attacker from 6 yards area supporting short play also. (Starts in 6 yards area, to vacate this space and also defender out),

3 Central Attackers – 3 Attack the 6-yard area, Front Middle & Back – Never Static always on move and swapping positions within cluster, prior to corner being taken.

1 Back Post Attacker – In Cluster of 4 Attackers again Never Static always on move and swapping positions within cluster. Main Priority is timing of run to back post area for over-hit delivery.

Match day's, Formations & Playing Style

6. Attacking Fullbacks (Width)

Attacking Fullbacks within every formation – must be involved or supporting the final 3rd play.

Create a relationship with Winger play in front of them to play (opposites). Understand formation of the game off if opposite fullback attacking. (**Unless in 4-2-3-1 formation where both fullbacks attack**)

CB's must organize for themselves and CM (balancing/holding) to prepare for loss of possession (Transition) whilst fullbacks are attacking.

7. Mix of Direct Play (Counter Attack) and Short Passing

Our play should be mixed with either direct counter attacking play, Possession play (patience) or Quick central combinations to switch the play or create openings – 3rd man runners and striker support crucial.

OUR STLYE SHOULD ALWAYS BE HIGH TEMPO, ATTACKING FOOTBALL.

Set Pieces

Corner continue for Short Corner Options

Options are available for quick combinations short within the gaps then a shorter delivery into the “Killer Zone”.

Also an option available for the taker is to be “laid off” by support player first time in-swinging delivery towards back post.

Coaches to provide regular practice opportunity in a game related practice from both sides of pitch to encourage repetition and experimentation from players to experience the pressure regularly.

From RHS, Left Footer takes short to support player (right footed). Utilize the initial 9x9m advantage to create movement and space whilst moving the ball quickly.

Support from 6yrds area and edge of box to create “options of play” in 4v4 situation (Utilize the space to play within and final gaps

Mapola FC Players playing philosophy

Space, Teammates, Opponent

Mapola FC Coaching Philosophy

Discipline

A player has, or is working towards, a high level of football fitness

Skill Development: Has the ambition to become the best player possible by improving on weaknesses and building upon strengths.

One v One: Has the psychological strength and desire to play one v one even when it is not required.

Sacrifice: Is willing to miss a fun activity in order to attend practice or games.

Attendance: Comes to practice, fitness, matches, on time and prepared.

Attitude

Teammates: Being friendly, helpful, responsive, and caring to teammates.

Coaches: Respecting and supporting coaching decisions and directions.

Teachers: Respecting and cooperating with teachers at school.

Program: Contributing to the reputation and growth of Mapola FC.

Self-development: Showing the desire to take specific steps to improve as a player.

Performance

Academics: Hundred-percent effort in attending classes and utilizing time wisely to finish homework in a timely manner.

Practice: Always intense in practice; training on your technical and physical edge.

Competing: Always playing to win, feeling the margin of victory, and never giving up.

Community: Being non-judgmental and supportive of everyone in the program

Character

Mental Toughness: Staying focused, doesn't get down on your self, teammates, or coaches.

Reliability: Making curfews, coming to practice, meetings, and games on time.

Confidence: Having faith in your abilities without being conceited or arrogant.

Commitment: Promising to do her best, maintaining personal integrity.

Conduct: Displaying behavior consistent with program philosophy and moral principles. Positive Life Force: Always supporting teammates behind their backs to

build a positive system and community where everyone is valued in our team organization.

Trainings

Spring

Tuesdays 6-8pm and 8-10pm **Fridays** 6-9pm and **Saturday** 4-7pm (turf field) April 1st – April 25th

Summer

Monday, Wednesday and **Friday** 6pm-8: 30pm May 1st – September 31st

Fall

October back to school training dates **Monday & Wednesday** 6pm-7: 45pm

Winter

Three days a week, date varies by age groups and will be made known late August

Days and evening training for 5 days in July week after summer camp

Monday, Wednesday, and **Friday** 9am -11:30am and 6:30pm-8: 30pm