

## **GLENHAVEN FOOTBALL CLUB COACHES & MANAGERS TIPS**

The following are some tips on different coaching & managing topics that you may find helpful:

### Meeting with parents/players

Arrange a meeting with parents and players early on. This is a chance to set expectations for the season. Topics to touch on:

- Introduce yourself and manager.
- Equal playing time for all players and rotate positions (U6-17).
- Behaviour of parents/players/coach – no verbal or physical abuse of officials or opposition players and parents (club value).
- Training day/s and time/s
- Game day expectations – dress, arrival time, shake hands with officials and opposition players at the end of the game.
- Focus of coaching for the year (eg: U6-7 - running with ball and ball skills/control)
- Playing style (eg:U6-7 - run with the ball and no big kicks, U12+ use a 4-3-3 formation)

### Training sessions

- For new teams, use the first training session as a 'get to know you' one as not all players (and parents) in the team will know each other. This can be done with fun games such as chasings (coach calls a player's name and the other players need to chase that player), stuck in the mud (the player catching others needs to say the name of the other players as they tag them).
- For older teams with a few new players, get the players to call each other's name during training (eg: everytime they pass or receive the ball).
- For younger teams (U6-7) use the second training session to show the players the basics behind football. That is, stopping the ball (instep), passing the ball (instep), moving the ball from side to side (instep and outside of the foot), and running with the ball ('pinky' toe)..
- Use the model training sessions for your age group from the Football Federation of Australia (FFA) National Curriculum. Prepare for each training session so that you understand the drills, avoid wasting time between them and can make adjusts to them to suit the number of players at training. Please find following a link to the FFA website to view and download a copy of the National Curriculum:

<http://www.myfootballclub.com.au/index.php?id=187>

- The model training sessions from the FFA National Curriculum is one of a number of resources you can use. Feel free to use other resources such as youtube. However, whatever resource you use I suggest that it follows the FFA guidelines for each age group. That is, U6-9 (Discovery Phase) focus on fun games aimed at ball control and running with the ball at training. U10-13 (Skills Acquisition Phase) focus training on developing the 4 core skills when in possession of the ball: striking the ball (short/long passing, shooting and crossing), first touch, 1v1 (attack and defence), and running with the ball. U14-17 (Game Training Phase) focus on teaching the application of functional game skills in a team setting using 1-4-3-3 as the preferred formation and developing tactical awareness, perception and decision-making through a game-related approach to training. U18+ focus on how to

perform/win as a team with training centred on fixing specific problems with the team's tactical performance.

- Rather than tell players what they should do in situations, ask them what options they have and which one would be the best (let players solve the problem). This helps players develop better decision making.
- For younger teams (U6-7), encourage the parents to participate. This will help you as you only have 45mins and also it shows them what skills you are teaching the players so if players want to kick ball at home with parent then the parent can re-enforce the learnings at training.
- For younger teams (U6-7), you may like to train as an entire age group, with another team or as individual teams. Training with other teams provides greater support for coaches (work together).

### Saturdays

- The structure for game play:
  - U6-7 (4v4) – all players follow ball (unstructured) or 2 attackers and 2 defenders (structured).
  - U8-9 (7v7 with goalkeeper) – 3 attackers and 3 defenders following ball (unstructured) or 3 attackers and 3 defenders in 'lanes' with overlapping runs and players rotating position (structured).
  - U10-11 (9v9 with goalkeeper) - 3 attackers, 2 midfield and 3 defenders following ball (unstructured) or 3 attackers, 2 midfield and 3 defenders in 'lanes' with overlapping runs and players rotating position (structured).
  - U12+ (11v11) - 3 attackers, 3 midfield and 4 defenders following ball (unstructured) or 3 attackers, 3 midfield and 4 defenders in 'lanes' with overlapping runs and players rotating position (structured).
- Team structure for game play is where I believe I can add most value. Please contact me by email or mobile if you would like some help with this.
- Encourage, do not yell. I do not know of anyone who is motivated after being yelled at. You don't like your boss yelling at you so don't yell at your team.
- If you have not practiced something in training do not expect to give instructions on Saturday and for the players to carry it out.

### Coaching Courses/Certificates

- All coaches are encouraged to complete the appropriate coaching course for the age group they are coaching. For U6-9 (Discover Phase) or 'grassroots', the cost to attend is free and requires a 3 hour commitment. For all other age groups the cost is currently \$90 (which the club will re-imburse you) and requires 14 hour commitment.

### Manager Apps

- Here are 2 apps you could use to make your life easier (check them out and see which one suits you best):
  1. Teamstuff - the webpage to set it up is below. Parents (and players) then just need to visit the app store to download the app.

<https://teamstuff.com/>

2. Teammate or Soccer teammate - this can be downloaded from the app store.

### Designated Goalkeeping Training Night

- Subject to interest and numbers, we are looking at establishing the above for goalkeepers U12+. These will be held fortnightly on Wednesday nights at Holland Reserve from 6.30pm. Please contact the Director of Coaching by email or mobile if you are interested.

### Support and Resources

Please contact the Director of Coaching Paul Neville if you would like help with any coaching issue.

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