



Alberta Soccer Association

ASA SELECT COACHES WORKSHOP

May 1-3rd

Firstly thank you for giving up your weekend to attend the workshop.



Schedule for the Weekend

Fri 8-10pm Meet & Greet

Sat 9-11.30am – Classroom

Sat 1-4pm Field/Sessions-ESA
Complex

Sat 7-9pm - Classroom

Sun 10-1pm Field/Sessions-Victoria



Objectives for the Weekend

- Communication – “One Voice”
- Awareness – the program/the philosophy/the methodologies
- Education – expand our parameters
- Enjoyment



Provincial Team Philosophy

- Scout, identify & invite players
- Provides opportunity for player development
- Provide opportunity for coach development
- Enhance life skills
- Prepare players for the next level
(professional, national team,
university/colleges, senior clubs)



Coaching Development

- What is Coaching Development?



- As Coaches we need to continue our Professional Development –
- Updating (refreshing)
- Enhancing (improving)
- We learn from each other, going on courses, attending in-service days, Symposiums, watching games live/TV, visit Pro-clubs



- What is coaching?
- Definition of Coaching –
Coach players (tech/skill etc)
Game understanding
Knowledge



What is coaching?

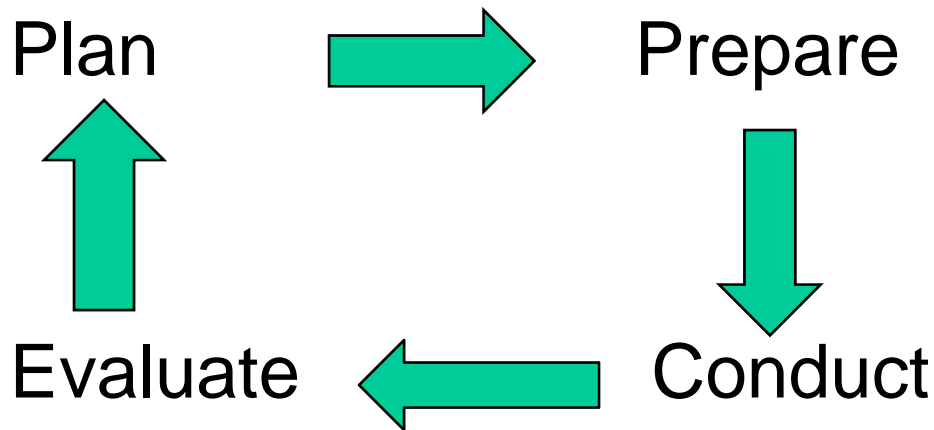
- Coaching in a game – can you affect it?
- Whether you are winning or losing
- In a session – PoP, FP
- Breakdown tech/skill

Can we give our players the information that will improve their chances to have success!



How do we do this?

- To achieve success, we as coaches need to plan, prepare, conduct and evaluate our coaching.



- Coaches – do we know the game?
 - can we transfer our ideas?
 - can we explain & demo it to our players?
 - do we know everybody's role within the game?



Coaches

- How we coach & what we coach?



Coaching styles

- Command
- Guided Discovery
- Q&A



- Command – this style might instill trust and confidence in players and parents, particularly if they are not familiar with practice organization and procedures. It is also useful for capturing and directing attention, for example when demonstrating a technique or set-piece.



- Guided-Discovery – this style encourages more involvement from the players in their own learning by setting problems to solve and asking more questions.



- Q&A – The coach asks player a question
 - e.g. Is there a different way you could have received that pass?
 - This makes the players think for themselves and find alternatives and another way of thinking!



- Which as a coach do you use most?
- Which has the most benefit for the players?
- Circle of Learning/Players learn by:



- We need to let the players think for themselves – let the players solve the problem
- We need - “Intelligent Players” not robots.(goes back to what we look for in a player)



- Problem Solving

- Make the sessions fun, enjoyable & challenging.

- Ensure plenty of selection in the delivery of coaching sessions to constantly stimulate players



- Setting the players problems within practices allows them the opportunity to solve such problems.
- The use of questions, provides players with the opportunity to discover the answers.



- Important we challenge the players!(3groups)
- Demand “High Standards”
- Personal Pride in whatever we do!-
Coaches & players.



- Do you prepare your sessions so that you coach, or do you prepare your sessions so that the players can learn?





Provincial Style of Play

- Simple & clear
- Possession with the idea to go forward
- Development on sound attacking & defending principles
- Flexible enough to adapt to game situations
- Switching easily & effectively (4:3:3 – 4:4:2)



Team Shape

- Team shape is established – regardless of numerical arrangements of players
- Team shape is not meant to suggest any specific numerical arrangement (4:3:3)
- Team shape is based on sound principles of attacking & defending soccer
- We coach “principles of the game”



Defending Principles

- Spacing front to back (cover depth)
- Spacing side to side (compact – balance)
- Defenders 1-2-3
(press/cover/balance)
- Regain possession
- Prevent goals
- As soon as you gain possession can you go forward



Attacking Principles

- Spacing front to back (length/depth)
- Spacing side to side (width)
- Create players around the ball (support play)
- Attack 1-2-3 (ball-support-penetration_
- Creative play
- Practice ball movement (possession with idea to go forward)



- We at ASA feel the best way to develop players at the U13/14 is to use the 4.3.3 shape.



- Can operate either as “direct” or indirect play.
- Converts easily from 4.3.3 to 4.5.1 & 4.4.2
- Converts to other shapes within 4.3.3 framework.
- Accommodates 3 forward players



- 4.3.3 – can use this formation in many different ways.
- 1 holding midfielder & 2 attacking
- 2 holding & 1 attacking
- 3 strikers
- 1 striker & 2 wingers



- Protects major supply and scoring areas in D/F ½ of pitch
- “Interchanges” are easily negotiated
- Demands understanding & implementation of “movement”
- For a zonal back 4 defense, one mobile central striker can be a problem



- “Early & High” width can be established on gaining possession
- Movement, inter-changing & positioning “between” opponents causes problems
- Three CMF outnumber opponents attacking build up & defensive duties
- Two out of three have freedom to attack



- ASA teams
 - In Possession?
 - Not in Possession?
 - Transition?
- Within your groups give me 3 or 4 points from the above.



U13

- Angles/Distance/Support – in possession/not in possession
- Attacking/defending principles



U14

- Angles/Distance/Support- In possession, not in possession
- Attacking and Defending principles
- Team shape
- Individual roles
- Positional awareness, with & without ball



U15

- Angles/Distance/Support- In possession, not in possession
- Attacking and Defending principles
- Team shape
- Individual roles
- Positional awareness, with & without ball
- Tactical understanding



U16

- Angles/Distance/Support- In possession, not in possession
- Attacking and Defending principles
- Team shape
- Individual roles
- Positional awareness, with & without ball



U16

- Tactical understanding
- Game understanding
- Key factors- Tech on demand, Physical, Speed of play and Decision making
 - These are required at every level, but the higher you go the quicker you require them!



- Two teams that play 4.3.3 –in semi-final Champions League.
- Barcelona & Chelsea – any different in the way the teams play?



Academies

- Montreal Impact/QSF
- Italy visit
- Watford FC



Saturday Evening



Coaches

- Can we affect the outcome of the game?
- Prior to the game
- During the game
- Post Game -feedback



Coaching Methodologies

- You want to be considered a good coach, coach good players
- The job of the coach is to help/guide players to make their decisions
- The coach must let players know what is expected from each of them and what is expected from the whole team



- Simple attacking & defending principles must be developed by the coach & taught to the players
- Attacking & defending principles are constants to help players make decisions
- These principles must be stressed in each training/game environments



Scout, Identify & Invite

- The only valid assessment of a player is to observe him/her in at least three competitive games
- Scouts must observe the effectiveness of the player when the team is in and out of possession of the ball
- Dealing with pressure, physical capability and self-confidence under competitive conditions are also indicators of playing ability



- When we identify club and district players as possible select team players we must invite them to a training environment that deals with these factors
- Players must then be given accurate assessments of playing abilities, conducive to the scouting process



What do we look for:

- Tech on Demand – ability to perform technique under game pressure as the game demands
- Speed of Play – as the game demands, does the player have the ability to slow or speed the pace of the game
- Decision Making – ability to make correct decisions(with & without the ball) dependent on game situation



- Physical – deal with the age appropriate physical demands of the game



Team Training

- Individual techniques has already been applied
- Technical/tactical training is now applied with the whole team
- Relationship between all of the players and the individual units
- Develop a “team shape” based on sound attack & defend principles



Make use of...

- Practice games; one team has a numerical advantage(6v4,5v2,11v9)
- Functional training, working on potential training or movement (7v5 from midfield)
- Games specific themes; developing a team shape
- Final practice games 9v9



Feedback

- Players need feedback
- Honest communication is the key
- Written feedback (refer to game report)
- General comments
- Goals Scored
- Things Team did well
- Things team needs to improve on
- Individual feedback - constructive



Provide Feedback

- Why –
- To improve player development
- To improve player performance
- To create understanding & expectations
- To offer courtesy & respect



- When –
- PTP
- Regional Trials
- Provincial Trials
- Development & All-Star Competition



Game Feedback

- Date, Time, Location
- General Observation
- Goal Scorers
- Things we did well
- Things to improve for next game
- Individual Performance
- Playing Time(for final report)





PTP – 09/10

- 3 training weekends
- Play – Train – Play
- Friday meetings – North – South
- Squad follow up form



2009 Trials

- Schedule
- Check-in
- Organization
- Procedure (before, during & after)
- Evaluation priorities (4 areas)
- Contact



- Session de-brief from today – discussion/questions?

