

Coaches Recommendations

As coaches you all have different aims, ideas and styles. You are either starting your career or you have been on the touchline for several years.

These recommendations are to enable us as a Club to establish a progressive program to develop players throughout each age group.

The majority of you will know that from the V.Y.S.A's Technical Director's report that 70% of players leave the game before they are 13 year old.

Why??

Is there too much pressure on young players to get results?

It could be because players do not get enough playing time?

It could be the system of tryouts?

It could be injury?

I ask you to remember that lines, laps and lectures are not going to help ease this problem.

As a Club we should be looking for individual player development over the long term rather than compromise victories over the short term.

During the coming seasons assessments will be made to ensure the program is working to the maximum.

1. I shall be watching or conducting practice sessions to ensure we are working at the correct level to benefit the players in each age group.
2. I shall be watching games to see if the players can carry out technical skills at game speed.
3. I shall be watching games to see if the players are tactically aware.
4. To ensure we are developing players at an early age my main focus will be with the teams U9 through to U14. I will however be available if required to assist teams from U15 through to U19.
5. The Travel Director and I are reviewing the playing up policy within the Club. All players that are playing up will be assessed before or during tryouts.
6. We need to know who the stronger and weaker players are within our program.

From observations over the last few seasons I encourage you to look at the following areas.

Games.

1. Work on your team keeping better possession of the ball.
2. Get your players playing simple passes and playing the way they are facing.

3. You have more chance to score goals if you play with two up top. Those two need to play down the center rather than out wide.
4. In 11v11 look to encourage more width in attack, as it is easier to beat the sweeper system.
5. If you pressurize the ball as a team higher up the field you will not only create more goal scoring opportunities but you will give less goals away.
6. During warm-ups there should be a gradual increase from jogging to sprinting. Get the players hearts and lungs going and get them motivated to start the game from the first whistle.
7. Teams in Stafford should be focusing more on attack rather than having a defensive mindset.

I encourage you to plan your monthly practices accordingly.

1. Tactical Defending. Two sessions a month based on your game observations
2. Tactical Attacking. Two sessions a month based on your game observations.
3. Individual Technical Skills. Once a month just practice basic fundamentals. Players should have a ball each or a ball between two for this practice.
4. Shooting in and around the area. Once a month you need to practice this. There will be goals at the Payne field, if you need to use them let me know and I will put you on the schedule.
5. Small-sided 4v4 or 5v5 games between the teams in their own age group. Once a month you as coaches should get together and let the kid's just play. It is the ideal time for you to assess players well before tryouts. It is also the ideal opportunity to discuss players who could move from one team to the other.
6. Set Plays, fun skills and fitness. An opportunity to work on your set plays then let the players have some fun. They can practice their juggling and try individual tricks. This session can be finished by a fitness session that is realistic to your age group.

Observations will be made to give you all as much feedback and assistance as possible.

Can we get some smiles back on these players' faces???

Do not forget our partnership with the Positive Coaching Alliance. While winning is important sportsmanship must prevail.

Tom Armstrong
Travel Technical Director