



Club Non Select Coaching Clinic 1

Introduction

The purpose of this document is to educate coaches on the importance of the warm up before a game/training session and to educate coaches in how to plan and prepare a training session.

Warm Up

“Warm up allows a player to gradually adapt both physically and mentally to exercise”

(Jens Bangsbo 1994)

The warm up is often overlooked but is a vital part of injury prevention and prepares players both physically and mentally for the activity about to be performed.

Warm up objectives:

- Increase the temperature of muscles
- Increase blood flow and oxygen to the muscles
- Slowly increase heart rate
- Increase the speed of nerve impulses (making players faster)
- Increase the range of motion at joints (reducing the risk of tearing muscles and ligaments)
- Help settle players nerves before a game or training session
- Increase concentration levels
- Stimulate and prepare players for the work ahead
- Put fear into the opposition before a game

A good warm up should contain the following:

- Light aerobic work 5-10mins
- Dynamic and/or static stretching 5mins
- Soccer specific exercises 10-15mins

Warm up is also a good time to develop the following physical components:

- Co-ordination
- Speed and Agility
- Balance

Cool Down

After a game/training session it is important for players to perform a cool down. The cool down, like the warm up is again overlooked by most players and coaches. The purpose of the cool down is to bring the body back to its original condition it was in before the game/training session.

Cool down Objectives:

- Gradually Lower Heart rate
- Circulate blood and oxygen to muscles, restoring them to the condition they were in before exercise
- Remove waste products from the body
- Reduce the risk of muscle soreness
- Develop Flexibility
- Relax players mentally

A good cool down should contain:

- Light aerobic work
- Static Stretching

Planning and Preparation

“By failing to plan... you are planning to fail.” (Cook 1997)

One of the main reason problems arise during a training session is due to lack of planning and preparation by coaches. Therefore it is important for coaches to put time aside to properly plan and prepare before conducting a session. Bert Van Lingen (1997) states, that there are 5 points to take into consideration in order to plan and prepare effectively for a training session.

1. Style of the Club	<ul style="list-style-type: none">• Policies and procedures• Player development philosophy• Result or performance orientated
2. Players	<ul style="list-style-type: none">• Age• Ability• Number of players• Number of goalkeepers• Mood• Expectations
3. Circumstances	<ul style="list-style-type: none">• Time available• Field type• Size of area• Equipment• Weather• Other teams practicing (before, during, after)• Additional coaching staff (goalkeeping, assistant)
4. Stage of Season or the Learning Process	<ul style="list-style-type: none">• Stage of learning reached• Stage of the season• How receptive the players are to coaching and instruction at that moment• What lies in the future for the players/team
5. The Coach	<ul style="list-style-type: none">• Level of knowledge and experience• Playing experience• Interest in players/team• Coaching style• Attitude towards players backgrounds, age and ability levels• Willingness to work with other coaches• Mood before session• Influence of events in previous session or game

The next step is for the coach to decide what the aims and objectives are for the session and formulate them in order of logical progression. For example if the sessions topic is passing and possession, the coach should start by introducing the basic technique of passing and slowly progressing to a full possession type game to finish. Coaches should include all coaching points to refer to during the session.

Organising and Conducting the Session

A good coach will always arrive before their players; this will not only set a good example but will allow the coach to:

- Conduct a health and safety check (facilities and equipment)
- Organise and set up equipment
- Set up area

As the players arrive have them perform light ball work for example set up a Brazilian juggling circle. Once all players have arrived greet and address the group to discuss the previous session/game and give a brief explanation of the topics to be covered in the session. The session should consist of the following:

- Warm Up (15-20mins)

The warm up should include:

- Light aerobic work (with or without ball)
- Dynamic or Static stretching

- Technique practice

The technique practice should be introduced after or as part of the warm up. The technique chosen should have some relation to the session's overall theme. For example if the theme is building the attack from the back, the technique practice could focus on receiving the ball on the half turn. Sometimes players can find these practices quite repetitive and boring, to increase enjoyment and motivation of players vary the techniques used, introduce movement or introduce passive opposition.

- Skill Practice

The next logical progression is to develop the technique into a skill by introducing contextual interference, for example the introduction of a defender. Drills should always simulate game like situations but on a smaller scale and follow the session theme.

- Small sided game/conditioned game

The session should finish with a small sided conditioned game. By placing a condition on the game you will force players to practice what they have learnt in a game type situation. For example if the topic was shooting you might shorten the playing area so that a shot can be struck from anywhere and encourage players to shoot when presented with the opportunity.

- Cool down (5-10mins)

The cool down should consist of:

- Light aerobic work
- Static stretching

At the end of the session de-brief players using the question and answer technique. This method will allow you to see if the players have understood the teaching points and that the session objectives have been achieved.

Coaching Style

'To be effective a coach should be able to change to different coaching methods to suite the moment.' (Harrison 2002)

Our coaching style is affected by our personality, temperament and philosophies. In addition to this other factors can affect the style we use:

- Gender, age, ability and experience of the players
- The league you play in
- Level of ambition amongst players
- Weather

Martens (1990) states there are three coaching styles:

- Command/Autocratic

The coach makes all the decisions and the player's role is to listen, absorb and comply.

- Submissive

The coach makes few decisions and generally just lets the players have fun and just play with little or no instruction.

- Cooperative/Democratic

The coach involves players in the decision making process by using techniques that enable players to solve problems and think for themselves. The two techniques used to form this Coaching Style are:

- Question and answer technique – The coach tries to stimulate the player into a response to a direct singular question.

“John what part of the foot do we use to pass the ball?”

- Guided discovery technique - The coach leads the players to make their own decisions.

“Dave can you show me where you could move to, to support the player on the ball?”

Beswick (2001) states that the modern coach will mainly use the Cooperative/democratic style as studies have shown that players respond best to this method. Below is a table taken from Beswick (2001) which demonstrates the shift from the traditional coach to the modern coach.

The Traditional Coach	The Modern Coach
Focused on winning	Focused on winning
Task – centred	Player - centred
Results dominated	Excellence dominated
Instinctive	Careful planning
Player dependant	Coach influenced
Isolated	Mentored
'Me'	'We'
Autocratic	Democratic
Yells	Sells
Speaks	Listens then speaks
Trainer	Teacher
Ex-player	Qualified coach
Hard worker	Smart worker

Evaluation of session

In order to be a successful coach it is important to reflect and honestly evaluate each session. (Cook 1997) Talks about the famous “Boot Room Diaries” at Liverpool FC, where after every training session coaches would write down the elements of the session that were successful and what could have been done differently. In doing this it enabled coaches to avoid problems in the future and design better coaching sessions. On the back of the Session plan sheets which can be found on the NSSDC website (www.nssdc.net) there are four sections for coaches complete after each session to help when evaluating a coaching session:

- Coaches comments on session
- Players understanding of session content
- Objectives of the session, were they achieved?
- Modifications to session (if any)

ON FIELD SESSION

The following pages contain the 2 sessions conducted by Joe Sawyer (NSSDC Director of Operations and Staff Coach) as part of this clinic.



SESSION 1 Passing and Receiving



Warm up : Pass and Move



Organisation

Set up a 20x20yd grid with 4 small goals placed on the outside (See Diagram). Select 2 player to be the feeders, all other players dribble around inside the grid and look to an open feeder they pass the ball to the feeders who passes the ball back for the player to have a shot on one of the goals. After 2mins change the feeders.

Progression

Feeders look to defend the goals after making the pass back to the player

Feeders pick up the ball and throw the ball in the air for the player to control and then shoot.

Passing Game : 3 passes to shoot in any goal



Organisation

Set up a 20x20yd grid with 4 small goals placed on the outside (See Diagram). Split the group into 2 teams one team as the attackers and the other as the defenders. The attackers start with the ball and attempt to make 3 passes while one defender attempts to steal the ball. Once the attackers have made 3 passes they can shoot in any of the 4 goals. If the defender wins the ball they also can score in either of the 4 goals.

Progressions

Introduce another defender

Increase the number of passes the Attackers have to make before they can shoot in one of the 4 goals

3v3 or 4v4 game 3 passes to shoot in any goal



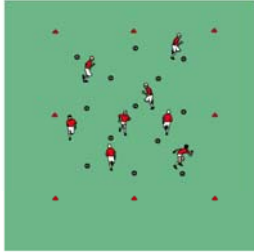
Organisation

Set up a 25x25yd grid with a small goal on each side of the grid (see Diagram). Players play a 3v3 or 4v4 with the condition: after completing 3 successful passes the attacking team can score in any of the 4 goals

COOL DOWN : Gentle Jog followed by Static Stretching



SESSION 2 Dribbling and Fienting



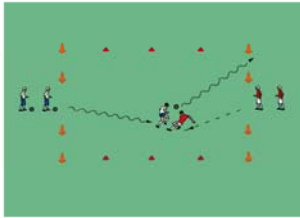
Organisation

Set up a 20x20yd grid and randomly place balls inside the grid, Players lightly jog around the grid from ball to ball and perform the following exercises at each ball.

- 4 Mathews (Drop Shoulder)
- 4 Mathews carry ball for a few strides
- 4 Scissors
- 4 Scissors carry ball for a few strides
- 4 Step-overs
- 4 Step-overs Carry ball for a few strides

(Be creative: drill can be used to introduce new feints and turns)

Skill Practice: 1v1 two goal game



Organisation

Set up a 15x10yd grid with 2 small goals either end. Players form a line either end between the 2 goals. The attacking player starts with the ball and attempts to dribble through one of the 2 goals.

Progression

Player passes ball to attacking player

2v1, 2v2

4v4 dribble across the endline to shoot



Organisation

Set up a 40x25yd field with 2 8yd end zones, and 2 large goals . Players play a 4v4 game with goalkeepers. The aim is for players to dribble the ball into the end zone to get a free shot on goal

Progression

Introduce a defender in the end zone; player dribbling across must attempt to beat the defender before being allowed to shoot

COOL DOWN : Gentle Jog followed by Static Stretching