

# Greenways Aces Football Club



## Club Philosophy

### Club Ethos:

Our club ethos is a written declaration that sets out how we want to run as a club. It's simple and concise and can be understood by players, parents and officials.

### Coaching Philosophy

Our clearly defined coaching philosophy provides direction, purpose and guidance to the process of coaching young players.

Players should be encouraged, when possible, to play out from the back. The philosophy is broken down into the following principles.

#### In possession:

- A possession-based approach played through the three-thirds of the pitch
- Quality passing and intelligent movement and support off the ball
- Penetrative, incisive and varied attacking play, allied to good finishing
- Counter-attacking whenever opportunities arise
- Quick decision making on the ball

#### Out of possession:

- A tactical approach to defending, in which all players contribute
- A controlled, calculated and assertive approach when and where necessary
- Look to suffocate teams with high pressing whenever possible starting with forward line

#### Transitions:

- Intelligent decision making on possession regain
- On regain of possession look to play forward quickly and create goalscoring opportunities
- On loss of possession look to regain the ball quickly
- Look to stop opposition building/starting attacks

Additionally, the playing philosophy actively encourages the individualistic player. Players with varied and unique dribbling skills and the dexterity to go past defenders, particularly in the final-third, are fundamental to success in the future game.

Approaches to the game continue to evolve and The Future Game, as the title suggests, looks to the future, predicting the changes and developments in the game. How these changes should inform the development of the next generation of players contributes much of the content of both guides.

The Future Game playing philosophy reflects many of the styles and approaches demonstrated by high-performing teams at European and world level. It is important to

note, however, that The Future Game philosophy isn't a replica of any particular country's philosophy, and is underpinned with England's own DNA in which desire, work-rate and competitiveness are continually encouraged.

## **Applying the Future Game playing philosophy to grassroots football**

### **With the ball**

To develop players capable of playing the game outlined in The Future Game playing philosophy, young grassroots players should be encouraged, when possible, to play out from the back and through midfield, progressing play to create chances with clever and creative play.

Goalkeepers should be comfortable in possession, distributing the ball to defenders/midfield who are confident to receive the ball and pass, or run with the ball, to play forwards.

Players in all areas of the pitch should be encouraged to retain possession by building play through the three-thirds of the pitch. Put simply: this begins by encouraging players to refrain from kicking the ball hopefully from one end of the pitch to the other.

Young players should develop their passing skills focusing on accuracy, variety and incisiveness. Incisive passes see the ball being played through, around, or over, the opposition to create goal-scoring opportunities.

Possession work should be supported with an emphasis on intelligent movement with players encouraged to interchange position to receive the ball. As the game evolves it appears there will be less reliance on traditional positions and young players should be given the opportunity to play in lots of different areas of the pitch and not be restricted by out-dated tactics and formations.

Recognising counter-attacking opportunities is also fundamental. Young players should be given opportunities to learn how to play the game at different speeds, developing an understanding of which approach – patient build-up play or incisive counter-attacking - is most appropriate depending on the state of the game and the organisation of the opposition.

This style of play encourages all players, at different times, to join in with attacking play with an emphasis on variety and creativity. Individual dribbling skills and the ability to go past players using a skill or trick, particularly in the final-third, are to be encouraged. Players demonstrating such individual abilities should be encouraged to develop these unique skills wherever possible.

### **Without the ball**

Coaching defending is sometimes neglected at grassroots level. An important part of The Future Game vision is for players at all levels to develop their understanding and application of defending skills.

Players should be encouraged to regain the ball skilfully and intelligently, rather than simply chasing after the ball; this includes all players on the pitch and not just those in more defensive minded positions.

Players should be encouraged to develop their understanding of when to attempt to regain the ball early (when the opposition do not have controlled possession) and, alternatively, when to recover, drop-off, and work together to prevent the opposition from executing attacks (when the opposition have good possession).

Young players should also be given the opportunity to learn how to function in man-marking and zonal defensive structures.

### **Transitions:**

To make players aware in the requirements during transitions, whether that's in to out or out to in possession. Players must understand their roles and responsibilities during transitions. Reactions are key and must be quick, intelligent and positive individually and as a team.

On the regain of possession players must look to play quickly and try to play forward with pace to create opportunities to score. They must recognise on the regain of possession their individual options whether to pass or drive forward if on the ball, if off the ball then they must look to move forward to create space or options in front of player on the ball. Good decision making is key once regained possession on whether the possibility of a counter attack is on or whether to retain and build possession, control the tempo and change the speed of play.

On the loss of possession players must react quickly, intelligently and positively to stop oppositions from building/starting attacks. Players must understand their individual roles and responsibilities; they must make positive movements to win the ball back as quickly as possible and be confident in their own abilities to defend effectively. The team must look to disrupt momentum, force errors and most of all protect the goal.

## **Player Development**

We promote a holistic approach based upon the FA's four-corner model for long-term player development. Our coaches will at all times possible, set training sessions in accordance with identifying needs of both individual players and / or team as a whole.

### **Age groups 5 – 8**

Coaching recommendations for players aged 5-8 years.

Players of this age should not be introduced to the complexities of the full game such as 'Pressure, cover, depth.' Instead they will be given a general understanding of positional sense, and the basic qualities such as dribbling, blocking, tackling and passing. Players will be encouraged to dribble and be creative with their skills but also be shown the importance of decision making when on the ball. Players will have a basic understanding of possession play and working as a team.

## **Age groups 9 – 12**

Coaching recommendations for players aged 9 – 12

Game related sessions to improve the players understanding of what is required from them, when the team has the ball and when they are out of possession. High press can sometimes force opposition into making mistakes and set up attacks before the defence is organised, resulting in more goal scoring opportunities. Continue to build players ball mastery skills, dribbling techniques and start to develop their understanding of possession style football.

## **Age groups 13 – 18**

Coaching recommendations for players aged 13-16 years.

Playing from the back. Keeping possession. High press when out of possession. Identifying the moments when a fast penetrative attack will result in a goal scoring opportunity. Set plays with regards to both zonal and man marking. Encouragement of creativity. It is said that had Suarez, or Messi or Ronaldo grown up in an English led academy they would not have become the players they are. We want to encourage the players to become creative, knowing when to, or not try that extra bit of creativity.



# Greenways Aces Football Club



## Club Ethos

Our club ethos is a written declaration that sets out how the club is run. Rules are to be understood and agreed by players, parents, managers and club officials.

To provide football to children of all ages and abilities, in a safe and friendly environment.

To provide age appropriate coaching to support individual player development.

To encourage all players to try their best and make the most of their abilities.

To offer a challenging but supportive environment where children can learn from their mistakes without undue pressure and anxiety.

To promote good behaviour and respect from others.

# Greenways Aces Football Club



## Coaching Aims

To provide age appropriate coaching, (5-11, 12-16, 17+)

To develop the whole player across all four corners of the Football Association's LTPD (Long term player development)

Improve the player's movement skills: agility, balance, co-ordination and speed.

Develop the player's technical skills.

Increase the player's decision making capabilities.

Encourage teamwork, and teach the player life skills (co-operation, teamwork, communication and friendship)

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## Role of the Manager

Mentor

Listen to the players

Give advice and extend their thinking

Motivate

Set appropriate challenges or goals.

Make the environment welcoming and inclusive

Encourage players to become creative and try new skills.

As a minimum all our managers and coaches will undergo the following courses;

- FA level 1 Award in football coaching
- FA Emergency Aid
- FA Safeguarding children workshop

In addition, all our managers have Enhanced FA CRB checks.

- Managers and coaches are required to strictly follow the Respect Code of Conduct

# Greenways Aces Football Club



- Players must be free to play during matches in conjunction with clubs playing philosophy, (as outlined below), with positive encouragement from parents, managers and coaches
- Players always try their best and will learn from their mistakes without being told that they have done wrong.
- Technical Target; to develop technique, setting individual goals.
- Psychological target; To increase learning and decision making
- Physical target; To improve skills, agility, balance, co-ordination, speed and fitness levels
- Social target; To ensure enjoyment, support when necessary, and allow level of player ownership, trust and responsibility
- To encourage players to be creative and take considered risks in both practice and games.
- Managers and coaches will adhere to the '5 pillars' coaching methods.

## COACHING METHODOLOGY

### COMMAND (DIRECTIVE)

Tells and shows required solution

Example, "I want you to...!"

Description, Coach determines the chosen outcomes in practice

### QUESTION & ANSWER

Coach leads with question to gain answer from players

Example, Coach "Can you tell me what you can do here?"

Description, Coach poses questions and players offer verbal solutions to challenge

### OBSERVATION & FEEDBACK

Coach and players observe

Example, "Let's watch this!"

Description Players and coach observe and discuss feedback



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## GUIDED DISCOVERY

Coach asks a question or issues a challenge

Example, "Can you show me...?"

Description, Coach prompts and players offer visual demonstration of their personal solution

## TRIAL & ERROR

Players and/or coach decide on challenge

Example, "Try for yourself...!"

Description, Players are encourage to find solutions with minimal support from coach

## Playing Philosophy

Under 7's to Under 10's - Player Development 100% Winning 0%

Under 11's and 12's - Player development 90% Winning 10%

Under 13's - Player development 70% Winning 30% Coaches should continue to prioritise a positive learning environment. Ensuring methods and content are made appropriate to the age and ability of the players

Under 14's and above - Player development 50% Winning 50% Coaches should continue to prioritise a positive learning environment. Ensuring methods and content are made appropriate to the age and ability of the players

## Come on you Aces