

ETHOS/ PHILOSOPHY

- Who are you in it for and for what reason?
- Do you want to win for them or for you?
- How important is it to teach them to play and understand the game technically and tactically or just win by booting it and only using the strongest players?
- Do you shift their positions on a rota so they all learn to play in different areas of the pitch?
- Is learning the game as important as winning?
- These are the type of questions to consider when deciding on your ethos and/or philosophy. Be honest with your answers to find out what you really stand for.

DECIDE WHAT YOU REALLY WANT.

- Winning at all costs- boot it down the middle to score etc.
- Development- teaching **technique- passing, turning, shooting etc** in training and games without being concerned about results.
- Winning through good development and teaching – Passing and playing out from the back from the GK, rather than getting the strongest kicker to boot it up the pitch even if your losing the game.
- It's your decision as a coach/ coaches. When you decide this, you will able to plan the best way of developing the players/team.

CODE OF CONDUCT (kids and coaches)

- Could you agree a club code which every coach looks to uphold. (“BUY IN” would be needed for this to work)

To include-

- Respect- Hands shakes between the kids and coaches.
- No bad language.
- No arguing with referees.
- Socks up, shirts in.
- Punctuality.
- Positive behaviour.
- No talking about kids, parents or coaches in front of kids.
- 1 coaches voice at a time (the other gives coach 1 information).

ENTHUSIASM AND LANGUAGE

- Use good quality simple positive language and body language.
- Take out “No you don’t do that” replace it with “Ok, good try, now try it this way”.
- Maintain a good posture and try not to shake your head and throw your arms to show disappointment as all players but especially kids are affected by this.
- Tonality- the tone of voice you use is very important. It can change the feel of the session and can be used to engage better with the players. Higher pitch is more positive than a low grumble.
- Bully the kids with positivity. Lots of “goods, well done’s, excellent, superb” etc. Use sentences like “I **love it**, when you strike the ball with your laces in to the bottom corner”. Link them to players who are their heroes e.g. “ Shane, you passed that like Rooney”.
- **You wouldn’t scream or shout at a kid learning to read.**

SESSIONS

- **90% of the session should be with the ball and all kids active if possible.**
- **Simple steps in common sense order.**
- **Build them on the 4 R,s-**
Releasing (passing, shooting), **Receiving** (1st touch, turning) **Running** (dribbling), **Retaining**(keeping it when under pressure).
- **Lots of touches not much talking.**
- **Warm up- tag games, British bulldog, king of the ring etc.**
- **Passing drills/games with simple explanation of technique. (shapes for drills)**
- **Dribbling games. (in and out of cones. Only race after good technique)**
- **Shooting games.**
- **Matches.**
- **Always with an enthusiastic positive tone (apart from unacceptable behaviour).**
- **REMEMBER- The kids are there to ENJOY what they are practising.**