

Coaching Philosophy



Felpham Colts FC

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Our Vision

- We want to firmly establish Felpham Colts FC as the flagship community football club in West Sussex and to be the most respected community club in the area. It might not mean that our development teams win all the trophies but we firmly believe that if we do things in the right way the results will look after themselves.

Our Mission

- To provide the best possible football experience for everyone involved with our Club regardless of their age, sexuality, gender, ethnic origin or ability.
- To offer facilities and coaching in an atmosphere that is conducive to the development of every young person in terms of self-discipline, good behaviour and teamwork.
- To provide all the boys and girls at Felpham Colts FC the maximum opportunity to develop their football, personal, social, educational and sporting skills to their full potential with the children's welfare and enjoyment a priority in all decisions we make.

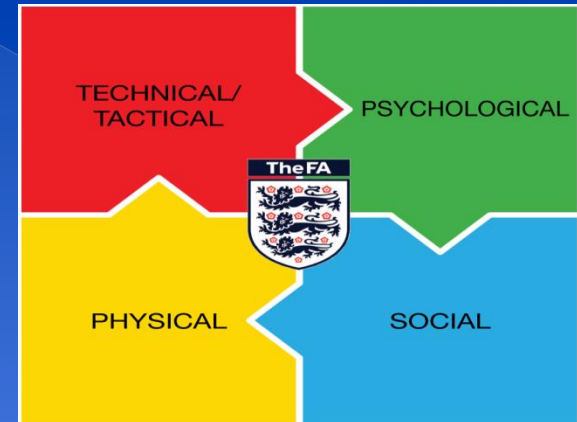
Our Purpose

- To have a positive impact on the community and develop better people through football. We want to create a lasting legacy for anyone who comes into contact with our club and for them to develop a lifelong association whether as players, coaches, officials or supporters.

Coaching Aims



- Make the game safe, fair and enjoyable
- Provide age-appropriate coaching
- Develop the whole player in accordance with the FA's Long Term Development Model
 - > Physical
 - > Technical/Tactical
 - > Psychological
 - > Social



Role of the Coach



- Mentor
 - > Listen, give guidance, ownership to the player
- Motivator
 - > Set appropriate challenges and encourage effort
- Friend
 - > Make the environment welcoming and inclusive
- Facilitator
 - > Provide a suitable environment to play

A Good Coach.....



- Recognises that their players are children
- Puts the needs of the child first
- Understands that all children are different and have differing needs
- Encourages improvement through effort
- Motivates children through positive praise
- Allows children to make mistakes without fear of failure

A Good Coach will also..



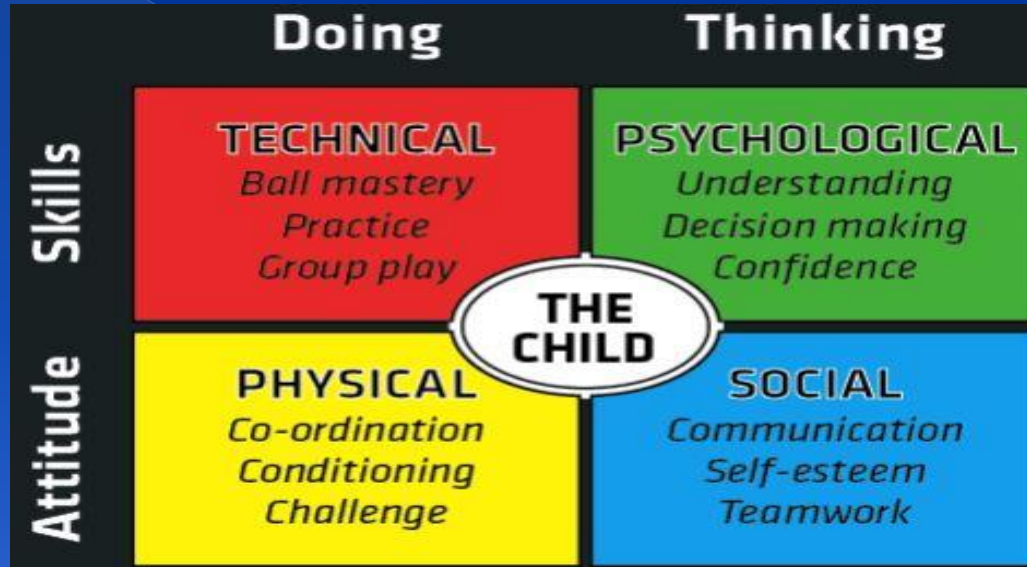
- Understand issues that impact upon player development
- Use age-appropriate language when communicating to their players
- Understand the different ways that children learn
- Consider the motivations and self esteem of their players
- Understand that football development is a long term process
- Foster a life long love of the game.

Coaches Behaviour



- Coaches will strictly adhere to the FA's Respect Code of Conduct.
- Coaches must not give continuous shouted instructions.
- Players must be allowed to experience the free flowing nature of the game without fear of failure.
- Information from the touchline should be kept to a minimum and delivered in the form of occasional questioning.

Player Development 4 Corners



Technical/Tactical How?



- Encourage players to try new skills and consider when and where they might be used in a game.
- Where possible replicate the demands of the game.
- Encourage players to make decisions and reflect on them.
- Vary Space, Task, Equipment or Players (STEP) to meet the needs of the individual.
- Allow players to experience the flow of the game and practice before intervening.
- Ensure all interventions are positive and relevant to the theme of the session.

Psychological How?



- Praise Effort as well as accomplishment.
- Listen to the children.
- Empower the child with ownership of decision making.
- Help players to reflect on things that happen in matches and training.
- Encourage a growth mind-set.

Physical How?



- Include a variety of fun, contact games using speed, strength and agility.
- Encourage the sampling of different sports alongside football
- Play tag and chase games that involve moving to a stimulus
- Play matches and train on different size areas

Social How?



- Encourage teamwork
- See them as a child first and player second
- Allow peer and group work to take place
- Encourage children to praise and motivate others
- Help each child understand their unique contribution to the team and the contribution of others.

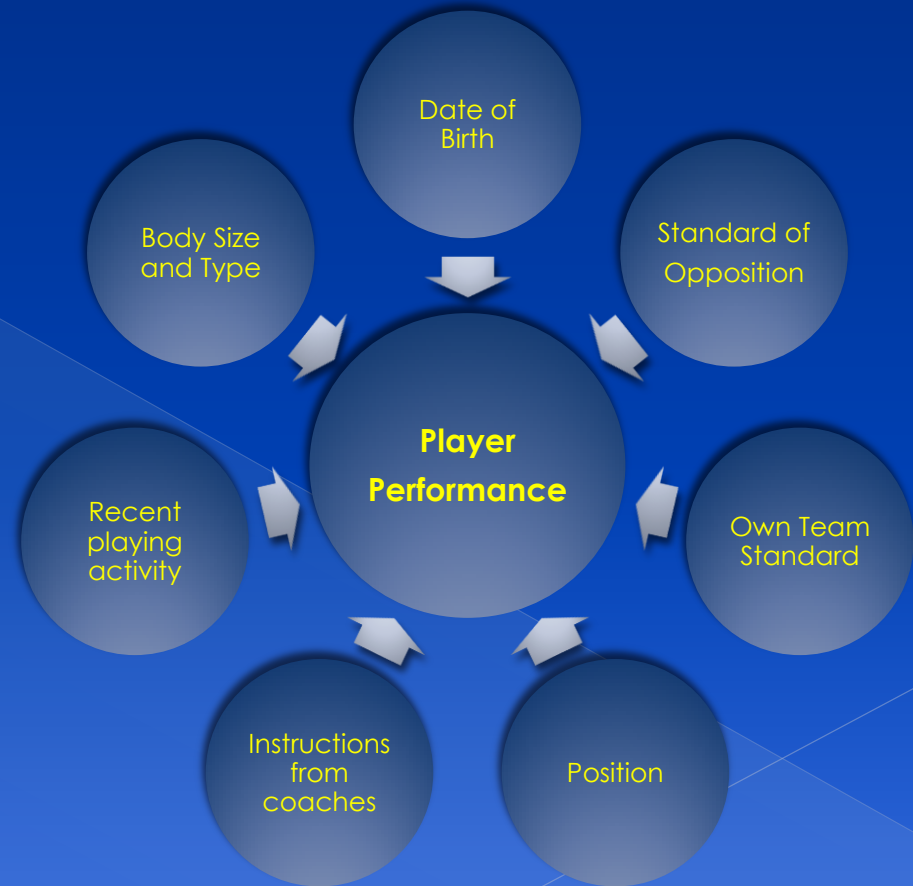
Player performance



- All players grow and mature at different rates
- Be patient, support and encourage all players in your squad
- All some players need is time!
- Don't assume that current success is an indicator of future proficiency
- The challenge for the coach is designing and delivering sessions which offset the above.

Consider the Impacts on player performance

There are many more.....



Coaching Methods



- Consider different ways of making a coaching point and the outcome these may have.
 - > Command – “I want you to...!”
 - > Question and answer – “Can you tell me...”
 - > Observation and Feedback – “Lets watch this!”
 - > Guided Discovery – “Can you show me....?”
 - > Trial and Error – “Try for yourself...!”
- Use a variety of methods where possible avoiding continually using “Stop, stand still”

Managing Behaviour



- Ensure all players have read and understood the FA's RESPECT Code of Conduct
- Praise and reward good behaviour
- Intervene in a calm and controlled manner
- Consistent bad behaviour should have consequences
- Accept that the only behaviour you can control is your own

Keeping Players 'on task'



- Minimise distractions
- Organise sessions that are:
 - > Interesting
 - > Challenging
 - > Varied
 - > Fun
- Avoid making players wait around for 'their turn' without providing a focus
- Plan arrival activities for your players

Let Them Play



- Ensure equal match playing time whenever possible
- Assign players to different positions to develop increased game understanding
- Give players the chance to play a 'game' during every session.
- Do not allow the environment to become dominated by adults.

Setting Appropriate Challenges

- Reinforce learning focus from practice sessions on match day
- Set players specific challenges linked to training – This allows players to experience success even if the team loses.
- During training sessions group players in a variety of ways in order to meet their individual needs.

The Coach



- As Coaches it is important we acknowledge that we too are always learning and must take time to reflect on our own development and share our ideas.
- Below are a list of useful books/sites but there are many out there!!
 - > Making The Ball Roll – Ray Powers
 - > Bounce – Mathew Syed
 - > <https://www.hivelearning.com/thefa/>
 - > <http://integritysoccer.co.uk/index.html>