

Challenger Sports Coach Educator





What are the different roles a Coach can perform

Coaching sessions	Health & Safety (pitch inspection)
Gardener / Grounds man	1st Aid / Physiotherapist
Club management (Parents / Players)	Secretary
Kit person	* Mentor / Role model *
Driver	Fitness coach
Skills coach	Friend
Encourage fair play	

What are the skills of a Coach

Teaching players different techniques & skills
Planning & preparing sessions
Observing players & sessions
Providing demonstrations
Evaluating sessions
Communication
Motivation / Organisation
Provide enjoyable environment
Helping to improve performance

What are the qualities of a Coach

Enthusiasm	Patience	Good communicator
Positive	Time keeper	Appearance
Empathetic	Child friendly	Knowledgeable
Approachable	Inspirational	Open minded

What does a session consists of

Technical practise (Unopposed)

This is an unopposed practise with the emphasis on the development of a game technique. Challenges/Progressions to the development of the technique can be involved.

Skill practise (Opposed)

Emphasis on developing the bond of technique and decision making, replicating a match situation. Opposition will be involved.

Small sided Game (Scrimmage)

4 v 4 / 5v 5 / 6 v 6 – Let them play. Encourage players to use technique and skill just practised. Don't have huge sides, children will hide and not touch the ball!

Flow of a session

Technical → Skill → Small Sided Game



List of priorities in planning a session **BEFORE** arrival

Prepare **Session Plans** on chosen Topic
Age group/Gender of group (audience)
Skill levels
Personal preferences of any players
Time/Length of session – Arrive at least 30 minutes before children do
Risk Assessment
Contact number/Phone number
Venue/Facilities
Additional support/Assistance

List what equipment you will need

Balls / Pinnies / Cones
Whistle
1st Aid Kit
Session Plans
Water Bottles
Pump
Phone
Correct kit

What do I need to know about the venue

Indoor/Outdoor
Flood lights
Disable access
Nearest 1st Aid kit
Changing facilities
Size of venue
Surface
Toilets



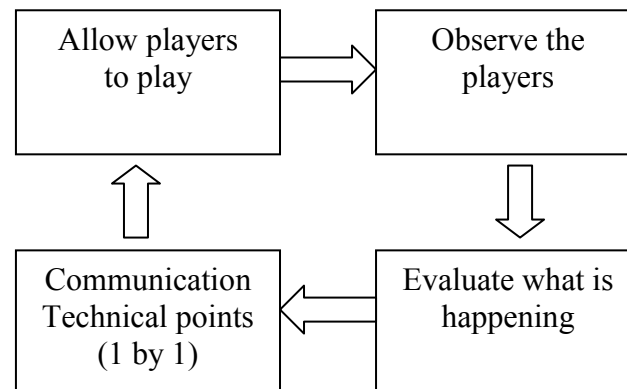
On **ARRIVAL** to Session

Risk assess playing environment
Set up small coned area for children's drinks and personal belongings
Set playing area required with cones
Prepare pinnies (if required)
Position balls in required positions

If children arrive early give them a ball and keep them occupied – Don't have players standing about

COACHING the session

Risk Assess players (any injuries)
Preview of Topic (brief overview of session)



Explanation & Demonstration of activity
Positioning
Observation
Gradual increase in intensity
Soccer specific movements & activities
Make the players make the decisions
Timing & duration.

***Always make sure players have fun ***



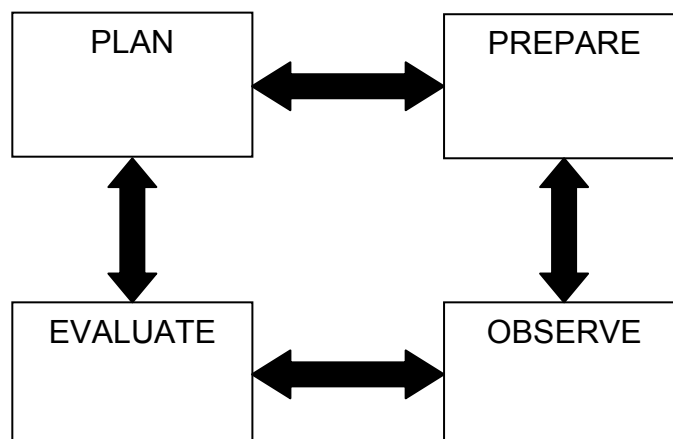
What do I do **AFTER** the session has finished

- Debrief
- Set homework
- Feedback (Players/Parents/Venue)
- * **Ensure each child collected safely** *
- Check equipment
- Analyse/Assess your session
- Did it work?
- Was it enjoyable?

What specific information would I need to consider planning your next coaching session

- Players attending
- Their needs
- Sessions aims
- Player requirements
- Health & Safety
- Action plan from previous session
- Progress made
- Availability of coaches/volunteers

Golden rule of Challenger Coaching





Example Topics

Passing
Short passing
Ball control – Ground / Air
Dribbling
Shooting

Defending
Long passing
Turning
Running with the ball
Heading

Challenger Top Ten Coaching Tips

- 1) Make sure the children always have FUN!
- 2) Avoid the three Ls - lines, laps and lectures, include the 3 Ts – Thought, Technical, Tempo
- 3) Communication is key. Coaches can often be more helpful to a young player's development by organizing less, saying less and allowing the players to do more. Set up a game and let the kids play. Keep most of your comments for before and after practice and during breaks. Comments should be kept short and simple.
- 4) Teaching and learning the game of soccer is a process: set goals daily and weekly. Progress can then be seen and monitored.
- 5) Work with player's strengths and weaknesses. Don't forget about the strengths just because you feel they already grasped it. These skills must also be exercised
- 6) The young ages are the best ones for learning skills. They are at the age to grasp new tricks and skills.
- 7) Make comparison to the professional game and players, but don't expect the same result. Give your players opportunities to see what older, more skilled players (i.e. a high school, college player or an older brother or sister) can do with the ball.
- 8) The value of matches is that they provide youngsters with an opportunity to showcase their newly acquired skill and creativity. It is always nice to win, however that should not be your focus at the younger age groups.
- 9) Have a clear idea of what you want to accomplish at practice. Be prepared and organized!

Create exercises/games that replicate and repeat the movements and situations that are found in soccer and that allow the player to grow comfortable and confident with the ball at his or her feet. Create a soccer environment running exercises/small-sided games that are true to the game (goals for scoring and defending) involving problems which the kids have to solve (protecting the ball while dribbling, etc.). If your players are challenged and find some success, you're on the right track.

- 10) Remember that the game is the best teacher for the players. Coaches and parents should think of themselves more as facilitators, monitors, guides or even participants, to provide a rich environment for the kids to learn from and enjoy.



Challenger Sports Session Planner

Topic:.....

GAME	HOW TO PLAY	HOW IT LOOKS	CHANGES TO THE GAME	TIME	TECHNICAL POINTS
	<i>Intro Activity (Technical)</i>		<i>Easier</i> <i>Harder</i>		<i>Do the Players:</i>
	<i>Development (Skill)</i>		<i>Easier</i> <i>Harder</i>		<i>Do the Players:</i>
	<i>Small Sided / Conditioned Activity</i>		<i>Easier</i> <i>Harder</i>		<i>Do the Players:</i>



Challenger Sports Example Session Planner

Topic: Short Passing

GAME	HOW TO PLAY	HOW IT LOOKS	CHANGES TO THE GAME	TIME	TECHNICAL POINTS
Numbers Game	<p><i>Intro Activity (Technical)</i></p> <p>Number players 1 to 6 and make them pass in number order</p>		<p><i>Easier</i> Players have as many touches as they like</p> <p><i>Harder</i> Players play one touch soccer</p>	15 mins	<p><i>Do the Players:</i> Use correct accurately and weight Aware of next pass/Players around Use correct surface to pass Get in line of ball Non kicking foot, down the side of the ball</p>
Piggy in the middle	<p><i>Development (Skill)</i></p> <p>4 attackers against 1 defender. Goal is scored if 5 passes are made. Defender changes if they touch the ball or after a set time</p>		<p><i>Easier</i> Make area bigger</p> <p><i>Harder</i> Make area smaller/ Add another defender</p>	20 mins	<p><i>Do the Players:</i> Make successful passes Create angles of support Control back in direction wanting to pass</p>
Scrimmage End Zone Game	<p><i>Small Sided / Conditioned Activity</i></p> <p>2 teams. Team scores by passing to player in the zone who controls and stops ball</p>		<p><i>Easier</i> Create safe zones for weaker team(non tackling)</p> <p><i>Harder</i> 10 passes must be made before being able to score</p>	25 mins	<p><i>Do the Players:</i> Prepare 1st touch for pass Pass ball and look for next pass (Angles of support)</p>

For further sessions please see <http://www.challengersports.com/soccershop/pc/home.asp> for Challengers coaching books and DVD's