



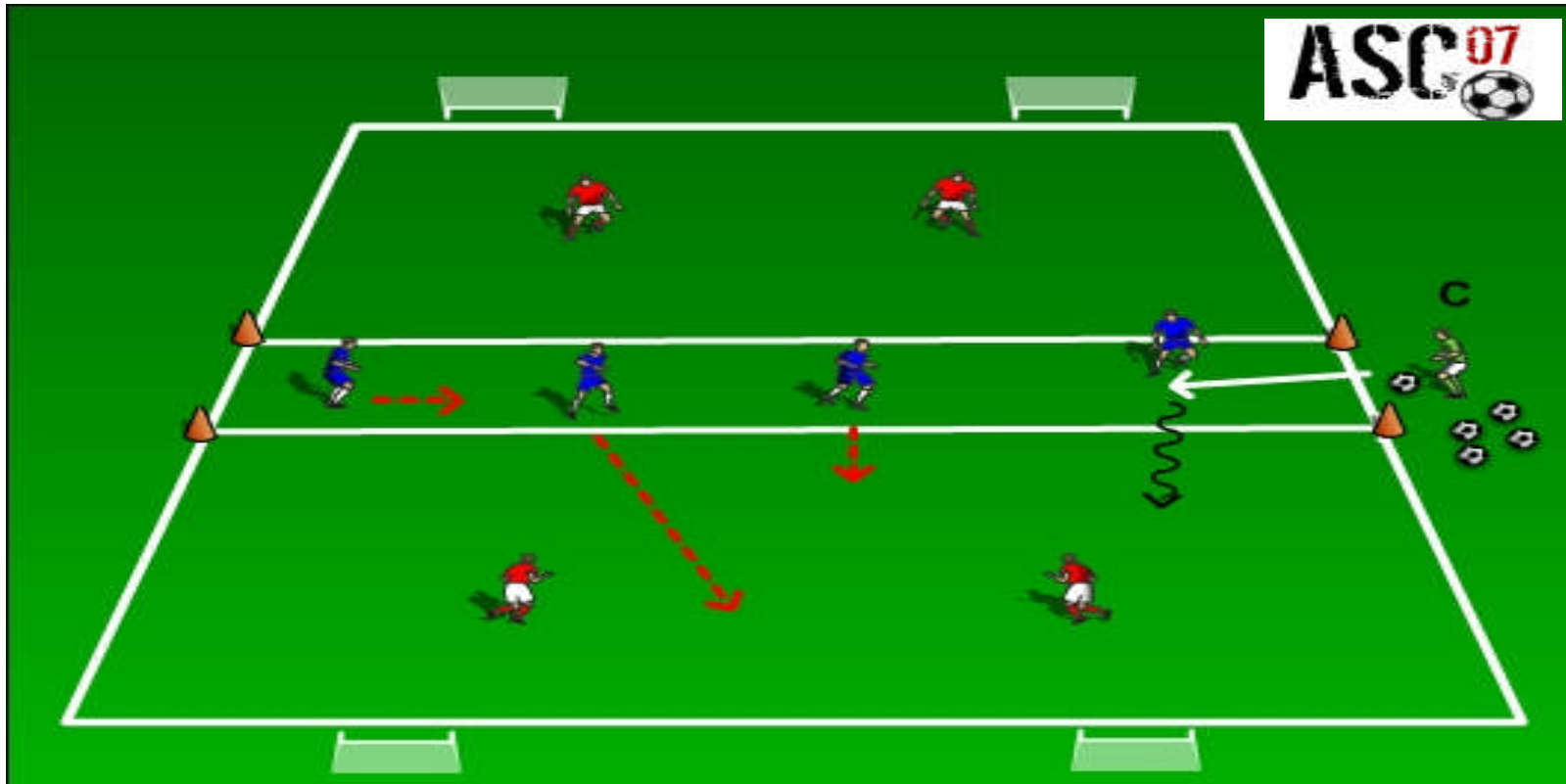
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Coaching insight and tips from the professionals

This free booklet contains tips for grassroots coaches from the professional staff at Chelsea, Tottenham Hotspurs, Derby County, Crystal Palace, Charlton Athletic and many more ..



FOUR GOAL – 10 ATTACKS



Set up/rules

two teams of four players
one team work as the attackers
one team split into two pairs and work as the defenders
the pitch is cut into two attacking zones that have two mini target goals
The attacking team has 10 consecutive attacks [5 at each end].
The aim is to try and score as many goal as possible against the two defenders
after each attack, the players turn and receive a new ball from the coach
Once the ten attacks are complete. The score is counted and the roles are reversed

Interview:

Michael Beale *Chelsea Academy*



Academysoccercoach.com catches up with Michael Beale of Chelsea Football Club. Mike is the clubs Youth Development Officer and current U10 academy coach.

How did you get into coaching?

When I stopped playing professionally I had to pick a career that gave me both enjoyment and direction in my life. Coaching football seemed the only logical path as I had spent my whole life playing and studying the game. So far so good, however, I am now looking at other areas, writing and business to compliment and aid my career.

What is the best thing about working for Chelsea?

Everything about working for the club is good. Firstly, I am a lifelong supporter and for my family it is a massive thing that I work for the club we all love. Everyday is filled with excitement and challenge. For me it's the most important thing in my life and I'm very lucky to be working in a job and club that I love.

What do you enjoy most about coaching?

There are two main things.
First is developing young players and teaching/guiding them to improve. This is the real joy for any coach. To see young players improving and developing their talent through hard work and training is something special
Second is the competition to build a team and outwit the opposing coach.
The two don't always bind together because in youth football you need to concentrate more on 1 and less on 2.

When coaching adults professionally 1 and 2 work hand in hand.

Which current coaches do you admire and look to for inspiration?

I study lots of top managers and the styles of their teams. From watching passages of play and goals you can see common traits in the team's play that must have been derived from coaching sessions.

The coaches that inspire me most are Mourinho for the Chelsea link, Hiddink, Benetiz, Wenger and Ferguson. All five coaches are students of the game. However reading Rinus Michel's book is a coaching course on its own and shows just what a visionary he was.

Who has had the most influence on your career as a coach?

I have followed lots of coaches without necessarily being given too much guidance. Therefore, I would give credit to my family for their support in believing in me and all the players I have coached who continuously force me to improve myself in order to improve them. I would also like to thank Damian Matthews for being a true friend in football.

What do feel are your main qualities as a coach?

This is a tough question to answer on myself.
I would like to think that I am viewed as having lots of passion and enthusiasm for my job and that I communicate well with a range of players (age, sex, and ability). I work very hard at being adaptable so that the sessions run smoothly and I am fortunate in that I have strong vision and imagery skills that enable me to design lots of practices

How would you recommend someone improve/become a coach?

We can always improve our communication with players. In addition we must design practices that inspire the players and that are fun. If it feels good then do it, if it doesn't then don't do it. That is a quote that I live my life by and never more so than when I'm planning sessions for kids.
In coaching and all other walks of life, personality and enthusiasm outweigh ability. If you have both, then you will be very successful.

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What are the technical/tactical characteristics of your teams?

Tactics can wait and are often decided by the players you have available. It's not practical to say we are always going to do this or do that because you may lose a crucial player to injury. Therefore, my tactics are very simple. The aim is to pass the ball with a good intensity in order to create 1v1 or 2v1 opportunities. Then give the players belief that they have the ability in these situations to create and score goals.

It's important to remember that its about people/players and not formations and the limitations that tactics can put on players

Favorite formation (if players available?)

Gk. Four in defence, two centre midfielders. Three loose forwards that rotate positions [left, right, and centre] and a striker

4-2-3-1

What do you feel we need to implement to achieve success at grassroots level?

More training, less fixtures.

In England we have children already playing before they have the very basic techniques of control, passing and dribbling. Then we have managers and coaches who shout and scream at them for not being competent. Therefore we are setting our kids up to fail.

All football should be 5v5 up to the u10 age group then 7v7 until u12 and finally 11v11 at u13. It's not the competition or wanting to win that is killing the game, it's the building of teams and forcing of playing positions. When children are 6 we put them straight into a team. The big boy goes in defence. The quick one upfront and straight away we label players in certain positions and give the limitations in order to be an effective u6 or u7 team. Where is the individual development in this? As adults and in our jobs we all have a personal development plan and want to see personal achievement and progression. This is the same for individual players within our grassroots teams. What does little Johnny need to work at/improve in order to progress?

By playing 5v5 we take away tactics and positions and the kids will just play. Each team can have two squads of 6/7 and play across half a 7 aside pitch. Therefore we are giving the children maximum playing time and contact with the ball.

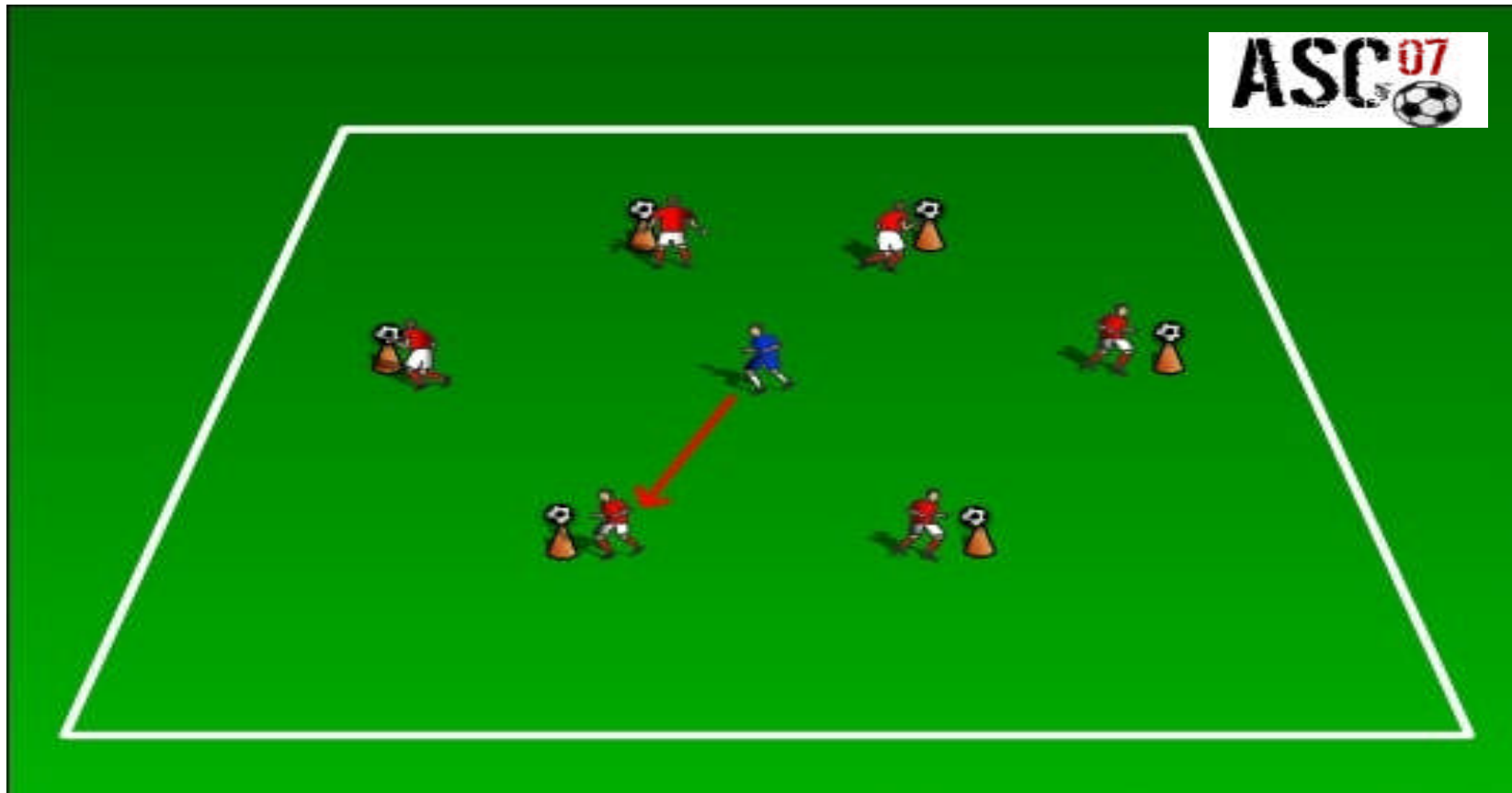
A good experiment would be to play 3 periods of 20 minutes.

- 1 - Two five v five games
- 2 - One 7v7 game
- 3 - One 11v11 game

Take analysis on the games and compare the difference. This would also be a learning tool for the players and coaches



SHIELDING / HOLD OFF DOMINO



SET UP / RULES

The players collect a ball and put it on their cone
One player works as the starting defender
On the coaches whistle, the defender attempts to knock a ball off the cone
The players must attempt to shield their ball from the defender
If the defender is successful in knocking the ball off the cone, then the roles are reversed
The game is played for a set time, whoever is defending when the time elapses is the loser!



Name

Rhys Williams

Club

Charlton Athletic Academy Coach

Merstham FC First team coach

A licence Coach

5 tips

1. Encourage the players and be positive
2. Create a fun environment
3. In every session make sure time is spent with a ball to each player
4. Talk their language
5. Loads of technical work

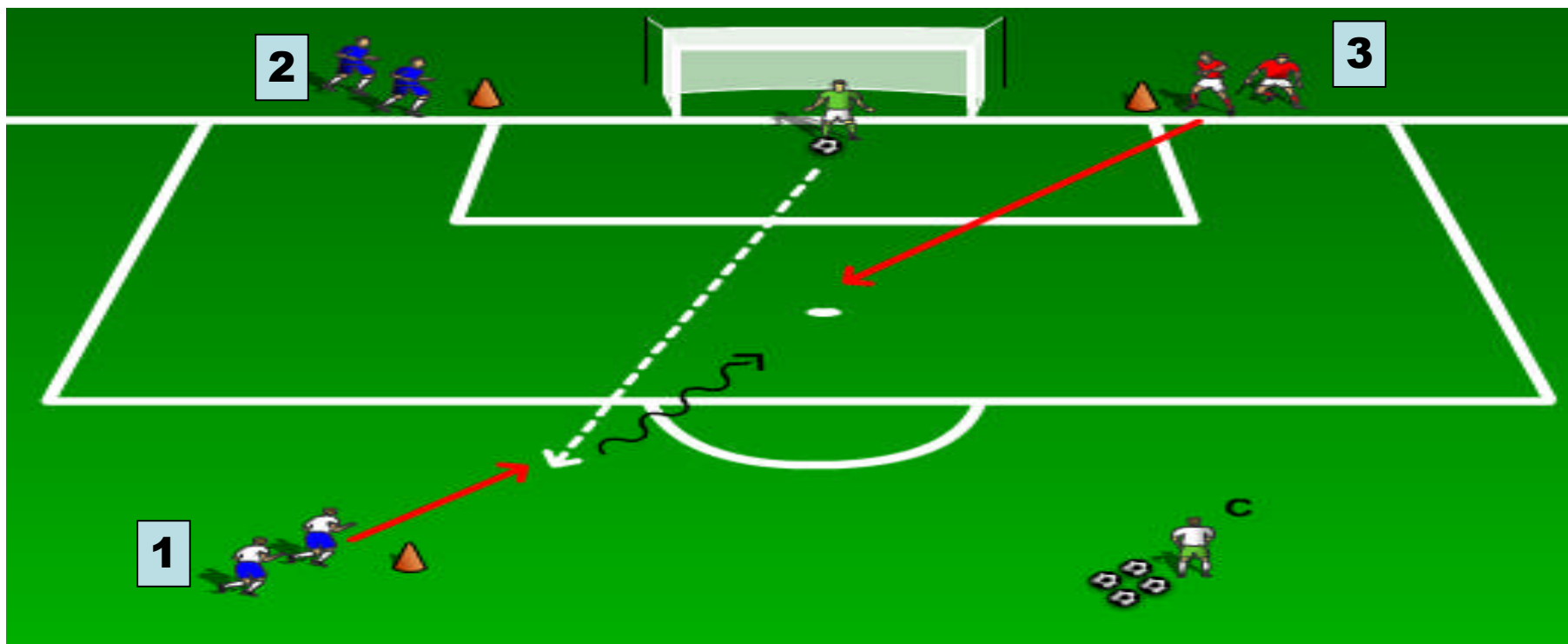


Name	Tyrone Reid
Position	Crystal Palace Coach Ladies first team

5 tips

1. Plan and evaluate your sessions & keep a record/library
2. Develop 1v1 skills
3. Ensure all players are actively involved in your session
4. Talk to and guide your players. However, also know when to be quiet and let them find their own way.
5. Watch more experienced coaches

1 V 1 – FRONT AND BACK



1

2

3

SET UP / RULES

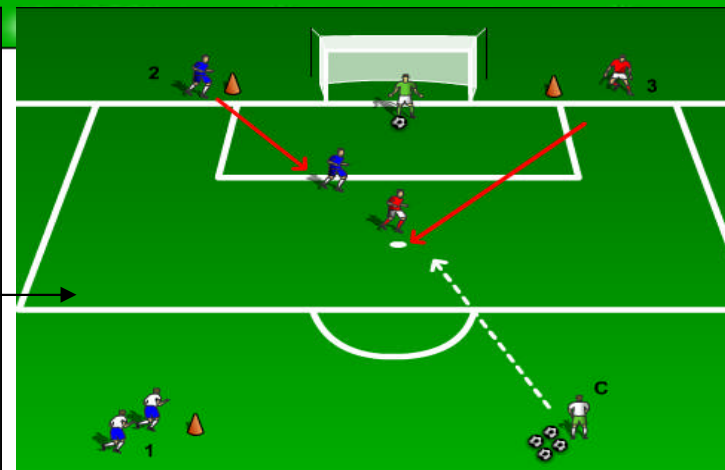
The keeper passes to player 1.

Player 1 now attacks 1v1 against player 3.

Immediately after this attack,
the coach passes to player 3.

Player 2 must now run out and stop player 3 from turning to shoot.

For the next attack, player 1 becomes player 2 and player 2 becomes player 3.





Name Lee Johnson
Position FA Tutor
Newham Council Sports Development
Chelsea Football Club U8's coach

5 tips

1. Organisation

2. Preparation

3. Enthusiasm

4. Patience

5. Good work ethic

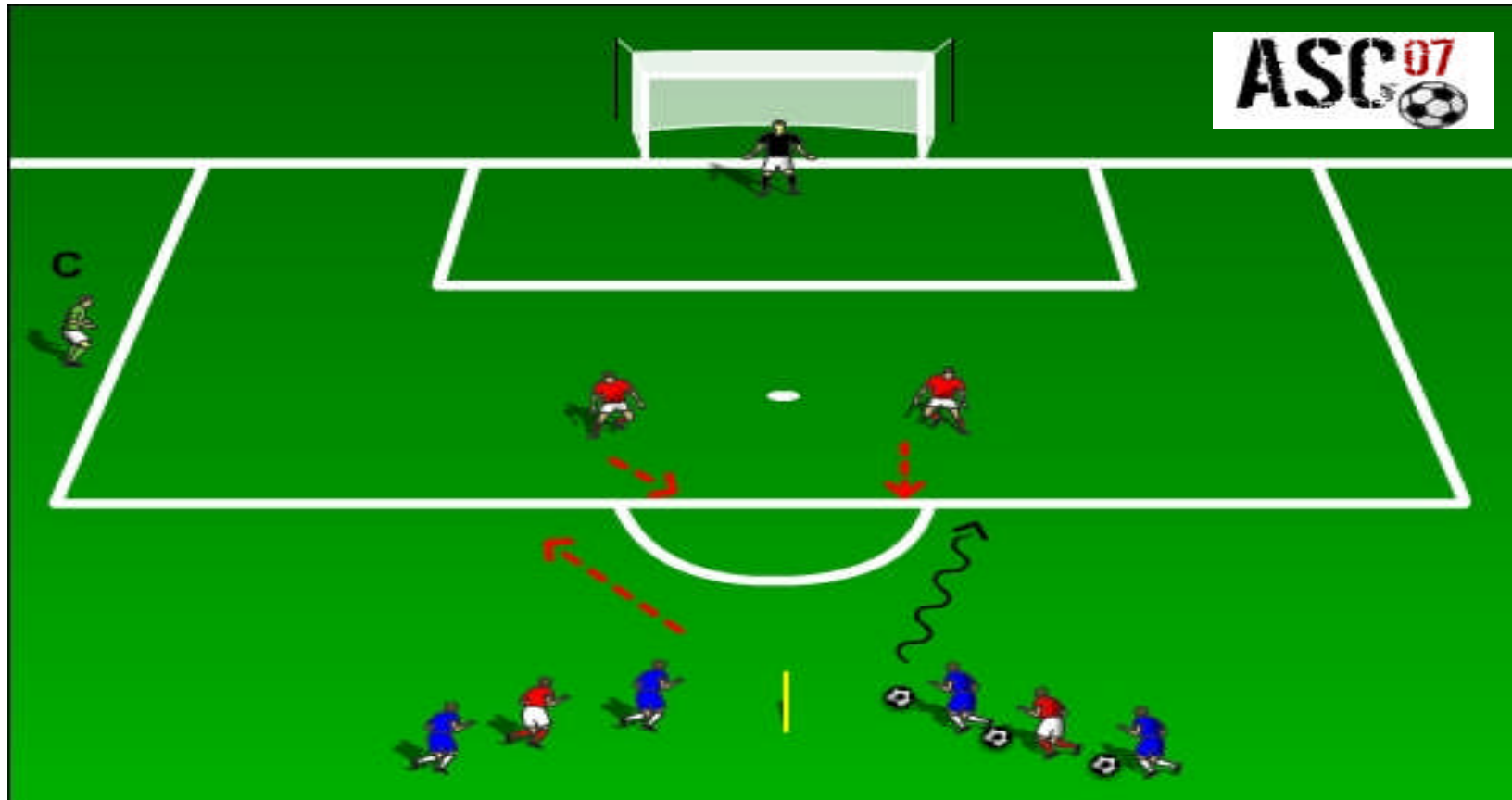


Name Simon Copley
Position Founder of Pro Future Soccer School
Dartford F.C Academy Manager

5 tips

1. Prepare everything you do from session to equipment don't try to be a coach, be yourself and the players will listen better.
2. Set your stall out early in terms of discipline.
3. Set a boundary and benchmarks.
4. Be a sponge, learn bits off every other coach. Don't think you know it all.
5. Re-evaluate your style from time to time. What works with one group will not necessarily work with another group.

2V2 CONTINUOUS



Set up / rules

- two teams of four players
- each team is divided into two groups of two players
- one keeper
- a large number of footballs
- the game is played continuously for a set time period or until a set number of goals is scored
- the pairs of players have turns at attacking in a 2v2 situation and then immediately defending a 2v2 situation



Name

Matt Healy

Position

QPR Centre of Excellence Coach

5 tips

1. When communicating with the group bend down to make eye contact at their level. In addition make sure the players are facing away from the sunlight or any distractions that affect concentration.
2. Kids love to have a ball at their feet. So let them have a ball. Even when you are talking to the group it's not always true that players not giving you eye contact are not listening.
3. Print out your sessions and give the diagrams to the players to look at.
4. Kids will get a buzz from the attitude and character of the coach more so than the exercise. Therefore, your personality is very important.
5. Make sure the players know that they can and will make mistakes and that it is an essential part of the learning process.



Name Gareth Holmes
Position Derby County Football Club
Academy Coach / Foundation Manager

5 tips

1. Keep things simple
2. Have two or three points that you want to get across to your players
3. Be aware of the signals that your body language is communicating (support, disappointment, frustration etc) and what affect this has on the learning environment you create.
4. Practice the technical fundamentals of the game and refine in small sided games.
5. Treat your players as individuals and set them individual tasks within the practice to help them develop.

OVERLOAD DEFENDING

Thoughts

How do the defenders react to the different attacks?
Can they all pressure?
Should someone cover?



SET UP / RULES

One keeper

Three defenders

Six attackers in a 1-2-3 as shown above

All attackers have a ball

To start, the first attacker dribbles and attempts to score in a 1v3 situation

Then, two attackers dribble into the pitch with a ball each against the three defenders. This makes a 1v1 and 2v1 situation

Then, three attackers dribble into the pitch with a ball each. This makes three 1v1 games



Name

Danny Murphy

Position

Tottenham Hotspurs Football Club
U16 Academy Physiotherapist

5 tips

1. Be aware that players have different learning styles – consider this when delivering sessions.
2. Constant variation on a theme achieves repetition while maintaining interest.
3. Practices must be game based, simple and fun.
4. Mini competitions within a practice encourage focus.
5. As a coach ensure you have a healthy diet and present yourself well.



Name Keith Levitt
Position Chelsea FC Development coach
Welling United First Team Coach

1. All practices should be realistic and match tempo
2. Give players responsibility and ownership in the session
3. Don't be afraid to ask the players for their opinion on training and games
4. Set out velar objectives for the players
5. Player development not team development

5 tips

Name James Thorne
Position Chelsea FC
Academy Conditioning Coach
Walton and Hershham Academy Manager

1. Always plan
2. Be enthusiastic as this will rub off onto the players
3. Let them use their imagination.
4. The result of coaching is fulfilled potential, not a winning score/game.
5. Make it fun and about the players.

Name Brian Mustill
Position Chelsea FC Academy U8 / U9 coach

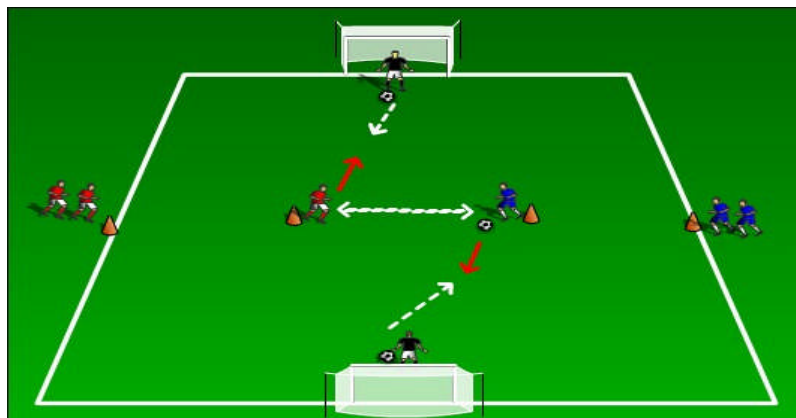
1. Always be enthusiastic and come to each session showing your enthusiasm for the game
2. Praise the positives
3. When in space, encourage the players to run with the ball
4. Remember they will always make mistakes
5. Ask your players questions,
What do they like about the game?,
What are they good at?
Can they show you in the practice?

Name Danny Bailey
Position Chelsea FC Development coach
Former Exeter City, Fulham, Reading

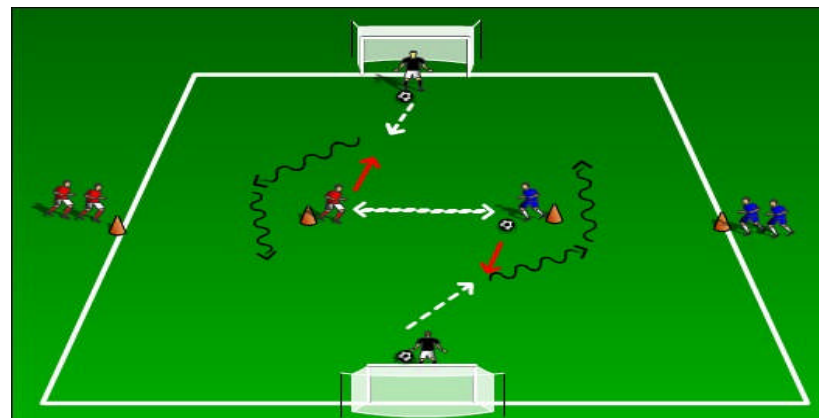
1. Don't coach the talent out of the kid
2. Teach don't tell
3. Believe in yourself and give your best always
4. You can always improve on your fitness
5. Enjoy the skills and talents you have been blessed with



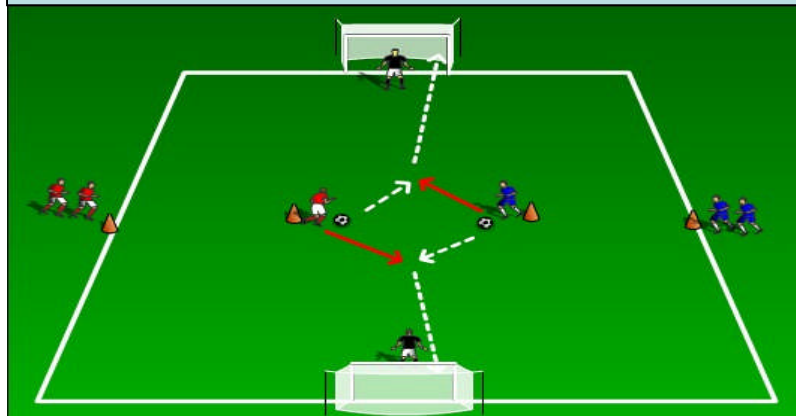
SPEED REACTION FINISHING



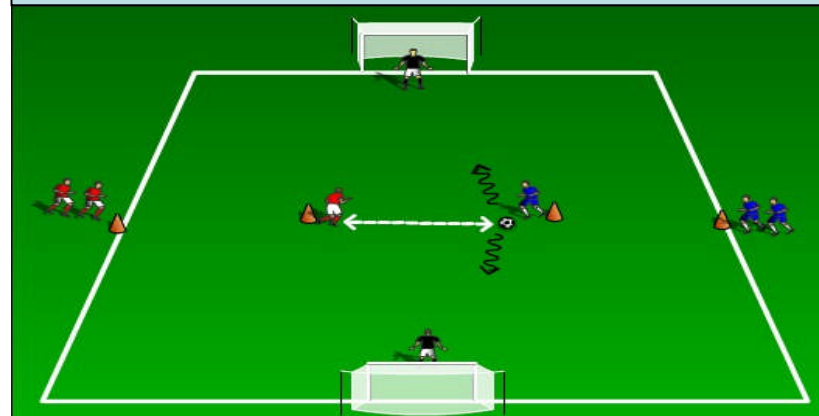
The two players pass the ball
On the coaches call of "left" or "right"
The players must sprint to receive the keepers pass and
Shoot 1st time



The two players pass the ball
On the coaches call of "left" or "right"
The players must sprint to receive the keepers pass and
Then turn to dribble and shoot at the opposite goal



The two players pass their ball into space
Immediately they turn and sprint to the other players ball
And shoot 1st time



The two players pass the ball
On the coaches whistle
The player in possession becomes the attacker
This player must use disguise to lose the defender and
score in either goal



Name
Position

Michael Beale
Chelsea Football Club Academy
Youth Development officer

tips

1. Start and end with. Start your practice with a fun game as this will get every player into the session (smiling, active and communicating). Likewise always end with some fun as this will send the players home happy and looking forward to the next session
2. Attack and defend the goals as much as possible. The game is about scoring goals and stopping your opponent from scoring. It's important that training is realistic to the game.
3. Have sufficient balls so that there is at least one ball per player.
4. Maximise the time within your session by laying out the practice in a way that it flows. Don't be constantly stopping your session to pick up cones and move to a new practice. This is a waste of valuable playing time
5. Coach individuals and not teams.
6. You must inspire your players with your personality as well as your session. You must have bags of personality, enthusiasm and have positive communication and body language.
7. No bus queues of players waiting. Get all players actively involved in the session.

8. Spend adequate time working 1v1 techniques. The best attackers don't always beat the defender and the best defender doesn't always stop the attackers therefore players need to constantly work on their 1v1 techniques. The different individual players in your group will have different personalities than others (faster, slower, more skilful, stronger etc)

9. Ensure your session has a clear and simple set out to ensure that it is easy to understand for the players in addition understand that players learn in different ways from listening to seeing to doing. Ensure that you cater to the needs of all players when explaining the practice

10. Involve and develop your goalkeeper. Don't just put them into a goal and constantly shoot balls at them. this is very physically demanding and almost abuse! .be creative with the keepers, Involve them in the footwork exercises to develop their technical ability, ask a parent to take them away from the group and work on handling etc.

Bonus Tip – be patient and don't let the small things affect you. For instance if certain players like to joke around before the practice or don't always give you eye contact when you're talking etc.

Its important that as an adult and coach that you can remain calm and positive with all players without becoming too controlling of the players. Let them be themselves within the set boundaries. Often these little things can become very time consuming and frustrating if you let them get to you.

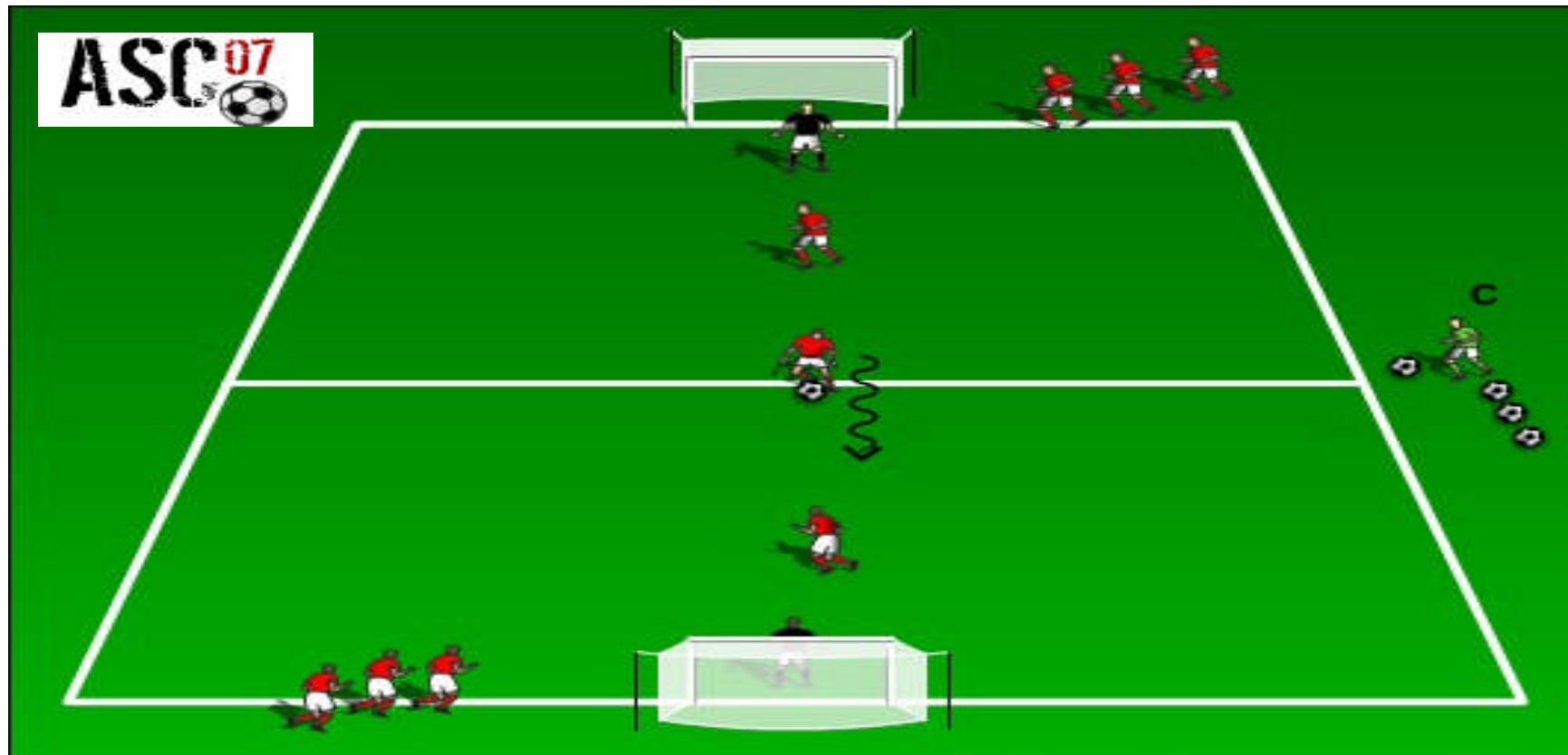


Name Sean Conlon
Position QPR centre of excellence coach

5 tips

1. Be enthusiastic with energy and humour
2. Remember that everything we say to the players they may remember.
This means that we must take great care with the information we give our players
3. Safe, fun environments are the best for learning
4. Look at what your individual player can become and then guide them in the best way possible to get there
5. Always look to learn new practices, be open minded to new ideas and advice. It's important to share and be around the correct people as there are still many coaches doing things detrimental to young players' development in football .

CONTINUOUS 1V1 – 2 GOALS



SET UP / RULES

This game works continuously

The middle player attacks the end zone and has a 1v1 situation

Immediately after this attack, the defender receives a pass from the coach and then attacks 1v1 at the opposite end

The game is played for a set time. The players must count how many goals they have scored

Player rotation

Defend 1v1, attack 1v1 and then rest until your next go



Name	Darryl Willard
Position	Tottenham Hotspur football club academy coach

5 tips

1. If the players have had a demanding session, i.e.: taken lots of information on board, when it's time for a match, let it be their time, and take a step back.
2. Sometimes let the players be the coach. Give them the responsibility, maybe setting up their own sessions. (You can learn a lot about your players).
3. Decision making: A player can have all the ability but unless they can make the right decisions at the right time then how effective can they be? When to pass? When to run? When to shoot? etc.....
4. Don't spend too long on sessions for young players. They need to be stimulated and a bored player is not a good player.
5. Make sure you have a FUN element involved in the session, whether it is at the start or the end. It relaxes the players so they will express themselves during the session and match.



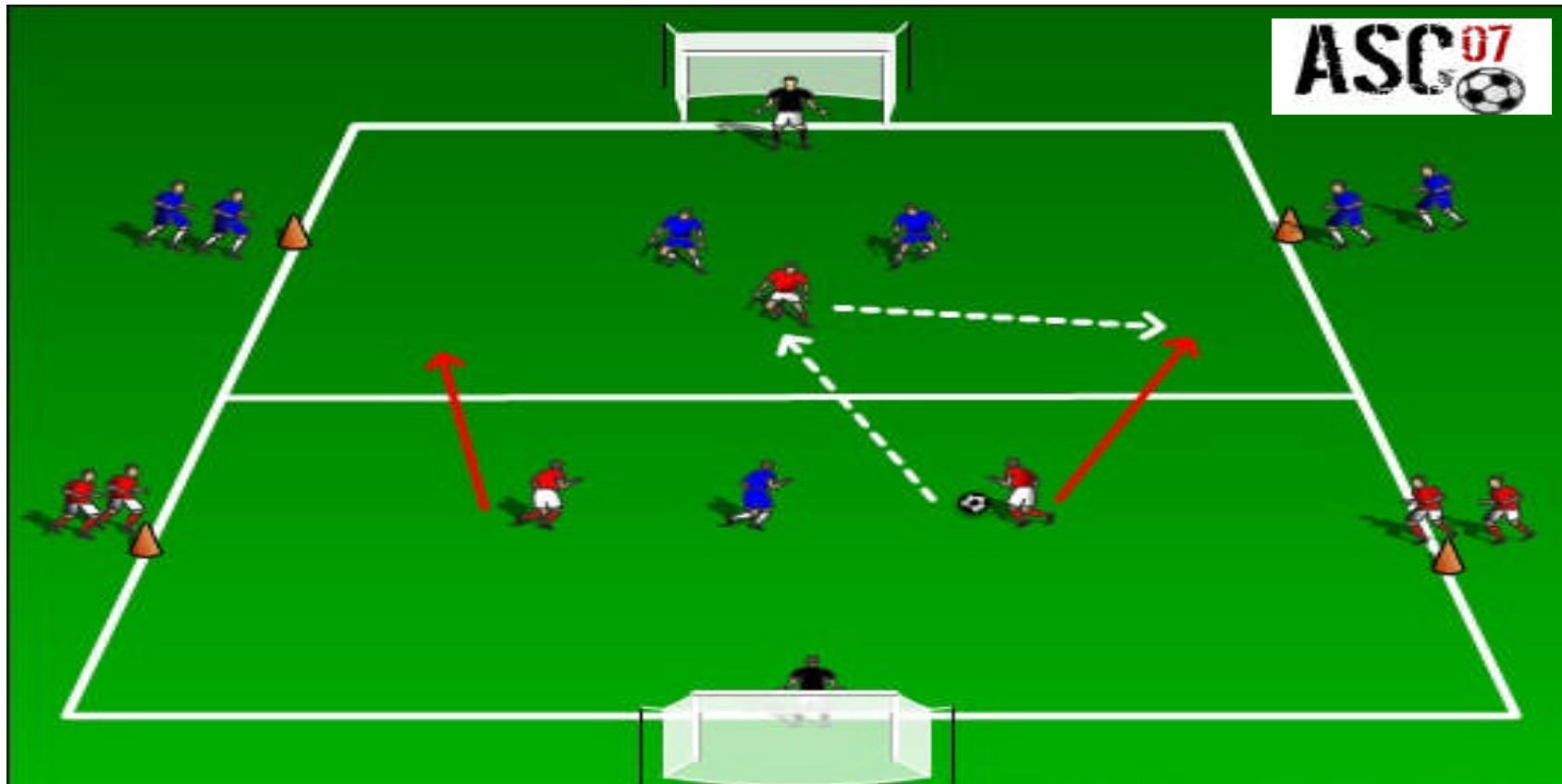
Name Deniz Ombesh

Position Watford Football Club Academy Coach

tips

1. Ensure you have gained the correct qualification.
2. Ensure you have insurance cover.
3. Ensure you have had a CRB advance check.
4. Always plan your session (follow your work programme / syllabus - if you have one).
5. Always have a back up plan "just in case" things don't go the way you want.
6. Ensure you are appropriately dressed and well presented.
7. Ensure you do a health and safety check prior to session.
8. Ensure you are set up for your session prior to players arriving.
9. Make sure you welcome all players/parents on arrival to the session.
10. Ensure you take a register which also includes emergency phone numbers.
11. Ensure you have a phone or know where the nearest one is in case of emergency.
12. Ensure all session are fun and progressive and learning outcomes are met.
13. Always communicate with players and parents.
14. Ensure all children leave with parents at the end of the session.
15. Evaluate session and feedback (if required).
16. Always have an open mind, you can never stop learning.
17. KISS (Keep it Simple Stupid).
18. Ensure activities are appropriate to age/abilities.
19. If working with children remember they are not mini adults.

3 V 2 COUNTER



SET UP / RULES

Two teams

Each team nominate a forward that continually plays the game

The other players must get themselves into pairs

The red team dribble forward and combine with their forward to make a 3v2 situation in the attacking zone

Immediately two new red players come into the defending zone

Once the red teams attack is completed, the game is reversed and the two blue defenders dribble forward for a 3v2

Thank You

Academysooccercoach.com would like to say a big thank you to all the coaches that have contributed their time and thoughts to this project.

We sincerely hope that this free booklet encourages grassroots coaches to develop their skills and abilities as it will only benefit the fun and enjoyment of our young players.

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