

# Coaching Methodology

Brief Synopsis

# Our Assumptions

- ▶ Human Beings adapt to the conditions around them
- ▶ ANYONE can learn to play and become a top player if one believes - in this case, we are applying to our coaching staff and how we teach players
- ▶ There are many intangible factors that impact player development - culture for the game surrounding the player, passion, drive, work-ethic, parental guidance, generational culture/impact, etc.
- ▶ The Main Idea Behind Long-term Player Development is to build a foundation of technical habits/ball mastery in the player, develop the player to be 1v1 dominant/understand all overloads, and teach the player to navigate the game with ideas that transcend all levels of play - with the idea being that, as they climb levels, the ideas will be the same so all that needs to improve is their speed of play
- ▶ A player who is 1v1 dominant under all the different types of pressure and has an understanding of how to break down all overloads is a player that becomes tactically flexible - can play in any system, any style, any position, and at any level (providing they can adjust to the speed of play)
- ▶ If our goal is long-term player development, we must develop tactically flexible players. If the way to develop tactically flexible players is for them to become 1v1 dominant/understand all overloads, than our style of play **MUST** put players in these situations as much as possible!
- ▶ Teach a player to play without the ball(not running, but how to relate to the ball, their teammates, and the opponent per the phase of the game and situation of the game) and they will learn to play with it

# Curriculum Focus Quick Glimpse/Guide

- ▶ Technical Habits/Foundation → 1v1 Dominant Under All Types of Pressure/Understanding of Overloads → Style of Play
- ▶ Style of Play → 1v1 Dominant Under All Types of Pressure/Understanding of Overloads → Technical Habits/Foundation
- ▶ This idea guides our Macro and Micro training cycles at all ages and guides our daily training session structure (Macro/Micro Training Cycle - Continuum Model for various age groups not being made available to the public)

# Technical Habits/Foundation

- ▶ Technical Habits/Foundation refers to the refining of technique, body movements, and how the brain thinks both with and without the ball
  - ▶ Technique Examples - Foot shape when receiving the ball, technique to strike the ball with different surfaces, ball mastery skill moves etc.
  - ▶ Body Movement Examples - deceptive actions such as a body feint, scissor, etc., how the body moves in relation to the ball when dribbling with different surfaces i.e. inside of the foot drag touch/sole role etc., Body shape before receiving the ball, body shape in defensive moments, Movement to receive
  - ▶ How the brain thinks - Looks away from the ball (checking shoulder), Reading/anticipating the game, Being switched-on, etc.

# 1v1 Dominance/Understanding of Overloads

- ▶ 1v1 Dominance is the ability of the player to dominate their opponent in all types of pressure situations:
  - ▶ Pressure in-front
  - ▶ Pressure from behind
  - ▶ Pressure from-the-side
  - ▶ Pressure from the Covering angle
  - ▶ Without the ball
- ▶ Overloads are a numbers up or numbers down situation both with and without the ball and there are many types!
- ▶ We teach our players the “why” and give them the tools to achieve 1v1 and Overload Dominance!

# Game Model (Style of Play)

- ▶ Our Game Model/Style of Play's main goal is to develop the players to be tactically flexible (Long-term player development)
- ▶ The purpose is for the players to be on the ball where they have to outplay their opponent and make decisions as many times as possible
- ▶ Our style of play is defined by the 4 different phases of play - attacking, defending, attacking transition, and defending transition
- ▶ The approach is tailored differently to the various age groups, but the ideas remain the same! Every team in our club will be attempting to learn to play the same way!
- ▶ This is not for aesthetic reasons or because it's romantic - this is because we BELIEVE that through the process of attempting and eventually achieving this style of play, it will develop EVERY player on a team

# Game Model (Style of Play) Defined

- ▶ 1.) Control the Game with the Ball
  - ▶ 2.) Control the Opponent without the Ball
  - ▶ 3.) Dominate the Transition Phases
  - ▶ 4.) Dominate Set-Pieces
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- ▶ Example of What it looks like at u17! (Clips taken from the Super Y National Finals & Grand Park College Showcase) - <https://youtu.be/b9AJWpjInWA?t=150>

# Game Model as it Relates to Winning/Player Development

- ▶ The goal of our game model is to develop the players to be able to play at the highest levels of the game: Long-term Player Development
- ▶ The purpose is NOT to win at u9-u16. These principles will NEVER be sacrificed for short-term success.
- ▶ This style of play is incredibly difficult to achieve as it takes EVERY player on the field (7, 9, 11 a-side) to be technically proficient, 1v1 dominant, understanding of all overloads, and understanding of how to play without the ball - it is much easier to win youth soccer matches by playing territory passes towards a player who's physical maturity is accelerated for their age while trying to limit young players' mistakes to cover-up deficiencies. We understand that winning is an outcome of development - if the principles of our style of play are achieved in a match, the team will win. How does your current club team play?
- ▶ No matter the outcome, we will forever be chasing this style.
- ▶ Therefore, our style of play is more than a way of playing or understanding of the game. It becomes part of who we are, part of our identity - our ETHOS