



Holmfirth Town Football Club

Our Charter for children, parents, coaches, and all stakeholders of Holmfirth Town Juniors

November 2017



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The Chairman's welcome

Welcome to Holmfirth Town!

We have booming numbers from Under four to Under 11 (over 40 at Under 4-7 alone!) and are always looking for more children to join the club!

We also have children with us from every single school in Holmfirth!

Having formed Holmfirth Town in 2010 as my project for my beloved Holmfirth community, and having taken the full UEFA B coaching badge journey to be the best I can be at coaching football (coaching our Under 4-7s new intake); I'm still as passionate as I was then - in fact more so - to give the children of Holmfirth the best football/sport and motor skill start to life that we can.

Our USP is UEFA B standard coaching for all our age groups (which is three levels of junior coaching; the full FA youth award; and three levels of adult coaching qualifications - and is the qualification that professional academy coaches have to earn).

I coach the U4-7 intake and Shaun Weatherhead (also an ex professional footballer who undertook his coaches badges many years ago in preparation for growing his own community project) coaches the U8-U11s.

We also lease the best mini soccer pitches and training facilities in Huddersfield. We hire the outfields of our two Holmfirth cricket club partners - so it's like playing on a carpet! And the best indoor winter training facility in West Yorkshire.

To be the best we can be we have a quite superb club management team; all professionals in their field and all doing their bit voluntarily for their beloved Holmfirth community.

Dr. Andy Williams, one of the outstanding head teachers of his generation heads up the administration set up, after taking early retirement from Holmfirth High School where he was head teacher for many years, and where he assisted in the formation of Holmfirth Town Football Club back in 2010.

We want to best we can be for Holmfirth children.

What and Why?

We want to give the Under 4-11's of Holmfirth and the Holme Valley the perfect 'football' start to life, using the FA (Football Association) 'four corner' coaching model: technical, social, physical and psychological.



As well as football skills we want to develop our children's motor skills: agility, balance and coordination. These skills, which are fully formed by the age of 10, are vital in all walks of life and 90% of English pre-school children have been found deficient (Loughborough University) . Motor skills are well on the way to being formed by the age of five.

How?

We teach: ball skills, exciting 1v1 attacking and defending principles; 2v1, 2v2 and 3v3—small sided games to learn the game as a whole. Your child will have multiple touches of the ball; attacking/ defending opportunities; and be encouraged to be creative and develop their own unique style.

All sessions are designed around our motto of fun, excitement and creativity.

We further develop your children's motor skills through regular, and additional, basketball sessions from U6 - basketball is the sport most complimentary to football with its short/sharp/ left/right/leaping movements.

We also encourage a multi sports activity programme through our partners Holmfirth and Cartworth Moor Cricket Clubs; U Can Shine Soccer Schools and Project Sports multi sports programmes.

Who?

The U4-7 sessions are taken by Holmfirth Town chairman Andrew Watson, a former professional footballer, who formed Holmfirth Town Football Club in 2010.

The U8-12 sessions are taken by Shaun Weatherhead, also an ex professional footballer, who completed his coaching qualifications several years ago.

Andrew and Shaun are assisted by a superb set of dads, who have taken the care to take the level one coaching qualification to assist their own, and the other children, in their age group.

Where?

Sessions and mini soccer matches are carried out on the finest mini soccer surfaces in Huddersfield (using the outfields of our cricket club partners) and the finest indoor soccer centre in West Yorkshire-Shoot 5.

Registration

To find out more about us or to register please email holmfirhtownjfc@hotmail.co.uk or call 07931371169. To complete the necessary paperwork allow at least 48 hours before your first session. You are required to stay with your child for the whole session.



Progression Opportunities

You have the option to join Holmfirth Town Under 4-11 teams and progress through the ranks which will cover all ages from U4 to U18 by 2024.

Our coaching model works!

The first ever Holmfirth Town U5 team were Huddersfield U9 junior cup winners by 2016; and three age groups reached the cup quarter finals/semi-finals in 2017!

We have boys at several professional academies right up to Premier League Manchester City!

All are Holmfirth children.

Has it been easy!?

The reason for always wanting to boost the numbers is that we are finding (the FA are nationally) that numbers are falling off once hitting teenage years. It is an alarming concern for football and sport in general. Hence needing to ensure we have the numbers at our youngest age groups to carry it through.

What happens is that mini soccer grows from 5v5, to 6v6, to 7v7, to 9v9 and then at Under 13 it goes to 11v11. Therefore you need more as they get older!

We are tending to lose two at each age group to professional club academies (five at Manchester City alone and two at primary school age who would be in any England school team!) and one or two who lose interest. Therefore you are always needing more!

I would like to thank Shaun Weatherhead who coaches our children, as well as running his own community project-U Can Shine-for helping write this club philosophy.

Andrew Watson
Chairman



THE CLUB MANAGEMENT TEAM

HOLMFIRTH TOWN CLUB OFFICIALS

POSITION	NAME	Relevant qualification
Chairman	Andrew Watson	UEFA B coaching licence
Vice Chairman	Andy Williams	Doctorate in Chemistry
Secretary	Richard Mellor	
Treasurer	John Ward	
Child Safety	Kate Brentley	Msc Leadership and Management.
Grants manager	Mark Algar	
Head of business development	Jill South	
Website	??	
PR	??	



Our Mission statement

To provide academy (UEFA B) standard coaching in an atmosphere of fun, excitement and creativity



Our philosophy

1. Community expectations
2. Our expectations
3. Our guiding principles
4. Our purpose, core values & beliefs
5. Our aims & objectives
6. Learning objectives
7. Learning outcomes
8. Associated benefits
9. Zero tolerance policy towards bad behaviour
10. Our guiding coaching principles taken from our chairman's UEFA B coaching journey



Community expectations

At Holmfirth Town Junior FC we're fiercely proud to serve our local community of Holmfirth. In line with FA community grassroots football guidelines, we take our roles and responsibilities seriously; where we always strive to create a safe, fun, respectful and positive learning environment in which young people can develop a passion and love of football. Beyond football, our aim is to provide a truly inspirational life changing experience and make a difference to childrens wider development and lives.

Our promise and commitment to the community we serve:

1. We will put child safeguarding first and deliver excellence on our core values and beliefs.
2. We will provide the best comprehensive coaching and training environment we're FUN and RESPECT are at the heart of everything we do.
3. We will provide the best coaching available at grassroots football and provide session plans to ensure constructive, effective and successful coaching sessions.
4. We will inspire confidence and belief in all childrens abilities. We recognise and understand children's understanding and development can be different to that of their peers and we'll adjust/modify sessions to encompass different ages and abilities.
5. We value and welcome family/parental involvement into the development of their child/children and encourage support from all in a positive respectful manner.
6. We will offer support and mentoring to others (parents/volunteers) to ensure best practice prior, during and after training or where competitive matches take place.
7. We always strive for self improvement. We will put in place for all coaches/volunteers a continuous pathway for development; in line with FA Coaching Standards, First Aid, Safeguarding and grassroots guidelines, and adhere to these at all times.
8. We will create a community club with a difference. We will be professional in everything we do and always value our role within the community and the people we serve.



Our expectations

At Holmfirth Town Junior FC we're passionate about the wider development of the children we coach. As a club we have a duty of care and responsibility to set, deliver and model high standards and expectations, so we expect children to set those very same standards for themselves.

Children's commitment to Holmfirth Town Juniors

1. We ask children to be themselves and be true to their own values and beliefs.
2. We want all children to have fun. We believe this can be best achieved when children turn up with a positive attitude, behave in the correct manner, listen to advice from their coach/ volunteer, work hard and try to learn new skills.
3. We encourage and expect respect at all times. We expect children to respect their learning environment/equipment, their coach, their family, respect their team mates, their own kit and respect opponents/officials on match days.
4. We don't expect too much too soon – children learn and develop at different rates and all have different opinions and expectations of themselves.
5. We will offer genuine praise at every opportunity and influence/encourage other children to praise and support their peers.
6. We expect children to be punctual, organised and ready for training and games. Children should always wear appropriate clothing/footwear - based on weather or training conditions, and bring a bottle of water. Where required – medication must be given to coach in relation to an individual's medical needs.
7. We always encourage children to practice new skills/techniques learned in training. Children need to take greater responsibility and ownership for their own progress/development, where their learning becomes beyond the training ground.
8. We encourage children to build self confidence and rapport with others through the means of handshake at the beginning and end of a session. We encourage children to gain eye contact when speaking and listening to their coach or each other within the Team which reinforces confidence through the development of communication skills.



9. We expect children to become positive role models in our local and wider community where they represent themselves, their families, their school and Holmfirth Town Juniors FC with great personal pride.

Purpose, core values & beliefs

At Holmfirth Town Juniors FC our purpose, core values and beliefs under-pin everything we do. We believe, treat and respect every child as an individual, where each has their own opinion and voice.

1. We encourage and celebrate diversity amongst all children and everyone associated with Holmfirth Town Juniors FC.
2. We never judge, condemn or criticise children for having different values, faith and beliefs separate or different to those that we believe in.
3. We encourage children to make their own positive choices on all aspects of physical, social and emotional wellbeing.
4. We deliver our core values and beliefs, guaranteeing all children that we will always put their safety, confidentiality, welfare and well being first.
5. We always work to create a safe, trusting, fun environment where all children feel comfortable to share their feelings and confident to share and celebrate their life experiences and successes.
6. We always strive to inspire, encourage and motivate all children to believe in their own unique talents, gifts and abilities, supporting them to achieve their full potential.
7. We always listen to the needs and expectations of children ensuring at every opportunity to consult and engage with them in the continuous development of Holmfirth Town Juniors FC.



Aims and objectives

Through the development of personal skills, values and attitudes we encourage, support and inspire:

Children as individuals to:

1. Develop a positive attitude, self motivation and self discipline to live a healthy more active life.
2. Develop initiative, independence, confidence, enthusiasm and a positive self image.
3. Communicate their feelings and thoughts confidently and effectively in a variety of life situations relevant to them.
4. Develop self respect, fairness and honesty.

Children as learners to:

1. Develop skills of self assessment in order to measure and raise their own personal achievement and skill level.
2. Develop emotional intelligence and creativity.
3. Develop strategies for setting and achieving goals.
4. Develop self belief and resilience.
5. Develop collaboration/social skills to become positive role models and good TEAM players

Children beyond the football training ground/pitch:

1. Develop sympathy, respect and understanding of race, ability, disability, cultural diversity and inclusiveness.
2. Respect other people's beliefs and value everyone's right to have a voice and opinion within a TEAM
3. Recognise the achievements of others and value those attributes and skills of a Team mate.



4. Be prepared to take personal and collective responsibility for both their immediate and wider environment they grow up in - contributing to society.

Our guiding principles

Our guiding principles are statements that reflect the fundamental core values and beliefs of Holmfirth Town Juniors FC. These apply to everyone involved or participating in development of children; coaches, parents and children, providing a supportive learning environment where all people can develop and grow.

The following five principles underpin Holmfirth Town Juniors FC core purpose and values.

1. Recognise all individuals are unique

We recognise that each person comes with their own experiences of life, which influences the way they act and respond to situations and other people. The aim of this principle is to ensure that those delivering and involved at Holmfirth Town Juniors FC, respect and work with these unique set of values, beliefs and behaviours.

2. Managing expectations and realise the potential/ability within every person

Children will be encouraged to set realistic goals to help them to achieve their football aspirations without being influenced by the personal judgements of those facilitating the process. Coaches and parents have a joined responsibility to keep expectations real and not promise the earth!

3. Recognise and build on achievement at every level

Children want to feel valued for what they have done well. This principle ensures that every one feels good and recognises a personal level of success and achievement within coaching sessions and games.

4. Encourage and foster a team working approach

The aim of this principle is to encourage children to recognise their own strengths and the strengths of others. Holmfirth Town Juniors FC reflects an approach that shows a genuine appreciation of others and how together as a TEAM, so much more can be achieved.



5. Ensure and create an environment, culture and ethos of total inclusiveness

Everyone is made to feel that they belong and each has a positive contribution to make whatever their personal starting point. It is acceptable to not get things right straight away and we focus on building on each individual's progress applying our guiding principles and that everyone can improve through personal practice.

Learning objectives

The purpose of these learning objectives is to provide some clarity on what you expect individuals to learn and achieve overall, as they progress at Holmfirth Town Juniors FC.

Every individual involved will:

1. Learn to develop a love and passion for learning new skills through football. Involving the principles of goal setting and been able to set realistic and achievable personal goals through trying new challenges.
2. Understand how to recognise circumstances or challenges which may hinder their development. This creates ownership and enables them to become decision makers.
3. Learn how to become self motivated to try new skills/challenges that build work ethic that in turn creates perseverance and resilience skills to achieve their goals.
4. Understand the need to break down their goals into small achievable realistic steps and practice skills independently.
5. Learn to understand how to help themselves and support others around them in their TEAM.
6. Learn when it may be necessary to seek help from others.
7. Know the importance of team work and why working together benefits themselves and others.



8. Learn about the difference in people and how activities/goals can be approached differently to achieve successful outcomes.

Learning outcomes

Holmfirth Town Juniors FC aims children to achieve the following learning outcomes:-

1. Children will feel a boost in self-confidence and an increase in feelings of self worth, observed through changes in behaviour, attitudes and personal performance.
2. Children able to recognise the development of confidence and value of others.
3. Children will understand the effect and influence they have on others.
4. Children will be able to recognise it is their personal responsibility to improve their own skills and attributes.
5. Children will be able to identify which skills they would like to improve and be able to manage these changes effectively.
6. Children will become aware of how they can help and support others.
7. Children will gain a higher level of personal motivation, desire and determination to achieve the goals they aspire to.
8. Children will gain greater self-respect and show a greater respect for others.



9. Children will feel empowered to take responsibility to further their learning and achieve greater personal growth.

Associated benefits

Additional benefits that can be enjoyed by everyone connected to Holmfirth Town Juniors FC are: -

1. Childrens happiness and sense of belonging. We make people smile, laugh, enjoy themselves, experience something different and recognise personal development through football can be fun as well as educational.
2. Children learn a real sense of focus, direction and achievement. Individuals begin to achieve things they didn't think were possible
3. Children realise that they are all unique and have a valuble contribution to make.
4. Children will improve relationships with others, at school, at home and wider life.
5. Children will create strong foundations for personal development, which will act as a platform for their future and career development.
6. Children will develop their own potential which encourages greater responsibility for learning and personal growth.
7. Children develop an awareness of the benefits of teamwork, encouraging participation and involvement of others.



8. Children bring out the best in all people which can empower them in future roles, responsibilities and decisions.

9. Children learn to develop greater empathy and understanding for others.

ZERO TOLLERANCE POLICY TOWARDS BAD BEHAVIOUR

We have a policy of zero tolerance towards bad behaviour and bad language.

If parents or other relatives question and abuse; referees, coaches, and opposition coaches/parents and players:-

1. Your child will be taken off the field of play and you can make your points to your own boy/girl.
2. The coach will report the incident to the club vice chairman, Andy Williams, and the committee will decide what to do. This will involve an immediate precautionary suspension from training and matches for you and your boy, until a decision is made. Sanctions will range from a written warning, or the parent/player being asked to leave the club.
3. If a child misbehaves, after verbal warnings from the coach, the same policy will apply.

So there is no ambiguity on this we must confirm that there is zero tolerance on any abuse matter and via any form of communication. We are representing Holmfirth Town and the town of Holmfirth, and our children.

Abuse is NOT acceptable in any form.

The club sent a survey via coaches for our children to complete and of those that did - 100% felt we should uphold the FA Respect campaign. These are the words they used to answer the question 'how I like our supporters to support me'; cheer, encourage, clap, positively, congratulating, nicely and non-aggressively.

Adults are doing the biggest disservice to their own child and the children of others by carrying out any form of abuse. Children at teenage years to early 20s are dropping out of football, in Huddersfield and UK wide, in alarming



numbers. Of the four/five reasons for that, this hostile atmosphere is very definitely a big one. Children do not like it. What makes it worse is that we are mainly talking about primary school aged children but it is unacceptable at any age.

We are an FA Charter Standard club, and part of getting and retaining that licence is upholding the FA Respect policy of good behaviour amongst all stakeholders.

Our guiding coaching principles - taken from our chairman's football beliefs and UEFA B coaching journey

our seven key principles of how we play, how we coach and how we support

1. Holmfirth Town train and play with 'fun, excitement and creativity'.
2. Holmfirth Town adheres to the FA 'Respect' code of conduct across all stakeholders. Referee decisions are never to be challenged at our matches, home and away, by all stakeholders. The club will develop players to show respect, be leaders, and be winners.
3. Holmfirth Town coaches will ensure the right and best equipment and facilities are used to create the right environment. Coaches also plan every session, and match, in advance of the day and attend early to ensure the session is set up and looks impressive for the children on arrival. Holmfirth Town coaches will make notes to 'reflect' post session/match and use the 'what went well' and 'even better if' model.
4. Every Holmfirth Town training session is to use the ball at the heart of the session from start to finish; players are to never be many seconds from a touch of the ball through the whole session.
5. Holmfirth Town applies the FA 'four corner' model across its coaching philosophy (physical, psychological, social and technical; and add tactical to that). All players need to shine across all 'four corners' to be the best they can be at football. Holmfirth Town have a 'player profile' to develop each player personally.



6. Holmfirth Town adheres to the FA 'England future game player' as the ultimate goal. To reflect this Holmfirth Town will coach players; in and out of possession of the ball and the transition from attack to defence and vice versa. Holmfirth Town will play the ball out from the back, along the floor through passing football, defend intelligently and enthusiastically, win the ball back early and high up the pitch, creating overloads across the pitch, dominating possession, playing forward, through the 'thirds' and to attack with fun, excitement and creativity.

7. Holmfirth Town encourage children to have a multi sport programme, and not 'sport specialisation' particularly in the primary school years when motor skills of agility, balance and co ordination are formed. Sessions will develop A/B/Cs. Holmfirth Town is piloting a basketball session as an extra session each week, and one that is brilliant for agility/balance and co ordination, across three age groups in 2017.

HOW HOLMFIRTH TOWN JUNIOR PLAYERS LIKE TO PLAY AND BE COACHED

Holmfirth Town coaches were asked to consult their players, via a questionnaire in 2017, and these were the key words and phrases that came from the players:-

100% feel we should uphold the FA Respect principles.
100% enjoy playing for Holmfirth Town.
100% are proud to play for Holmfirth Town.
100% respect their coach.

HOW I LIKE TO PLAY

Fast, passing, attacking, good and skilful football; to play efficiently, fairly and as a team.

HOW I LIKE MY TEAM TO PLAY

Fairly, passing, good, together, fluently, attacking, well, together, fair, physical, determined and fast and winning.

HOW I LIKE TO BE COACHED

Fun, happy, good, nice, passionately, encouragingly, kindly, professionally and to improve.

HOW I LIKE MY COACH TO SUPPORT ME

Advise, help, encouragingly, constructively, helpful, to improve me.

HOW I LIKE PARENTS TO SUPPORT ME



Cheer, encourage, congratulating, amazingly, vocally, clap, positively, perfectly, non aggressive, say well done and don't advise me.

HOW I LIKE ME TEAM AND I TO BEHAVE

Friendly, respect, kind, helpful, nicely, considerately, sensibly, well, good.

Coaching Style

- Use the 'whole/part/whole' model and develop the theme in an initial session; and then into a match/SSG. Add challenges for primary unit (i.e. defending) and secondary unit (i.e. midfield link) and individuals. Maybe use marker cones to display areas of pitch (i.e. the thirds).

FA Junior Training Session Themes

Age 8-11 (18 session themes)

- Develop receiving and finishing
- Develop passing forward
- Whether to pass to feet or space
- Whether to pass or dribble
- Defending out numbered
- Develop principles of compactness when defending
- Creating over loads to score
- Develop wall passing
- Introduce counter attacking
- Develop Intercepting
- Playing "between the lines"
- Develop changing direction with the ball
- Crossing and finishing
- Playing out from the back
- Develop combination play
- Defending to counter attack
- Introducing play rounds (any part of the field)
- Goal Keeping
- Playing out from the back
- Press or drop (high, mid, deep blocks)
- Defending and defending around the penalty area
- Goal keeping



Age 12+ (20 session themes)

- Receiving and passing forward
- Long passes from the back
- Forwards combing to shoot
- When to play quickly and when not to
- Staying compact in midfield
- Playing against a “Block”
- Playing between the “Lines”
- Counter attacking from deep
- Counter attacking from midfield
- Developing play - rounds (any part of the field)
- Attacking from the flanks
- Crossing and finishing
- Clever forward movement
- Developing combinations in midfield
- Defending in wide areas
- Defending out numbered
- Playing out from the back
- Press or drop (high, mid, deep blocks)
- Defending and defending around the penalty area
- Goal keeping

Lessons from FA Level 1 & 2 - block 1 - The future player/who we are

YAM 1: Developing the Environment

- | | JFC | Adults |
|--|-----|--------|
| ● Fundamentals of movement | √ | |
| ● Self esteem of players | √ | √ |
| ● Fun | √ | √ |
| ● Motivation | √ | √ |
| ● Help players learn & improve | √ | √ |
| ● Children are more “visual” (show them kinaesthetic, auditory, hearing) | √ | |
| ● 4 corner model; Physical, Psychological, Social, Technical | √ | √ |

YAM 2: Developing the Practice

- | | | |
|--|---|---|
| ● Develop players <u>socially</u> | √ | |
| ● Use <u>overloads</u> ; 2v1, 3v2, 4v2, 6v4 etc. | √ | √ |
| ● Use <u>challenges</u> ; work sessions out for themselves; in teams, units, or as individuals | √ | |
| ● Use trigger <u>questions</u> ; what, why, when, how, where, who | √ | |



- Let the session flow free play and only stop for group lessons ✓
- On the practice spectrum; be at the “random” end of; constant, variable, random ✓
- Replicate the sessions to matches. Game related training ✓ ✓
- Start with the end in mind - add the magic ✓ ✓

Module 3 - Developing the player

- Use whole/part/whole - show a match then the part of you want to /teach, then a match again to work on the ‘part’ ✓
- “Bullseye” player/s with challenges ✓
- Use exciting Cup final type scenarios to add spice ✓
- Use positive/clear challenges & point scoring challenges; first to XYZ, XYZ second/minutes to do XYZ ✓
- Use the thirds & play through them; defence, midfield, attack (plus CM, right & left wing) ✓
- Use transition scenarios - football is in either; attack, defence or the transition from one to the other ✓
- Ball rolling time to be a minimum of 20% of the session - go for 80% ✓ ✓
- Session design around your teams needs - pick a scenario in a match ✓

Advanced Youth Award

- FA’s LTPD model
- EPPP
- 5 C’s concentration, confidence, control, communication, commitment ✓
- Players and performance profiles ✓
- Game understanding formats and demands

Level 2 Lessons

- A coach is here to help the player and team become better ✓ ✓
- Use tactics boards to show - visual ✓ ✓
- Demonstrate/Explain ✓



- Session plan/forms; technical (unopposed) skill (opposed) into small sided games (add challenges)

Psychological - Level 1

- 5 C's
- 5 things required; passing, turning, shooting, dribble, control ✓
- Communication
- 3 things required; discipline, social support, resilience ✓
- Decision making model; input, output, perception, decision making
- Four learning skills; seeing, auditory, kinaesthetic, hearing

UEFA "B" (Level 3)

Block 2 - How we play

- Player & coach aware - Coach & player understanding are linked. Understanding your player/s & challenges they face ✓ ✓
- Use SSG's (small sided games) & replicate sessions to matches/team needs (see junior themes) ✓ ✓
- Reflect – write it down ✓ ✓
- Pick leaders to demonstrate; add ways to bring out the quieter ones (ie present MOMs, Q&As) ✓
- Your club philosophy; values, beliefs, behaviours ✓
- Coaching styles; Q&A guided discovery, praise, command ✓ ✓
- Coaching position; in and out of game, session interventions ✓
- Plan/do/review
- 3 types of press; deep, mid, high ✓
- Coach individual players, units and linking units ✓
- Every practise to have an element of direction – ensuring the principles of attack and defence ✓ ✓
- Players to practise in their positions



Block 3 – How we coach

- Link units together – your primary and secondary unit focus ✓
- Choose a moment in a game – in defence, attack or transition and an area of the pitch-game related training ✓ ✓
- Use SSG's (small sided games) with learning outcomes/focus, not simply 'sessions' to enable the teaching of game related scenarios ✓ ✓
- Teach children the 'defenders triangle' (one step forward or side ways as approaching the defender in 1v1s) and how to avoid it by going 'off line' (side step/tricks past a defender in 1v1 duals) ✓
- How we play; in possession, out of possession, transition
- Who we are; Club philosophy, Respect
- How we support; Transition in to attack & defence, planning game day, development, winning formation.
- How we coach; Learn game craft in SSGs

Block 4 - How we support

- Profile players; four corners, motor skills, 5 C's in philosophy, defence/midfield profiling ✓
- Position profiles; roles & responsibilities, defence/midfield/attack ✓
- Player & Team profiling; ✓
- Matchday Analysis to set sessions based on your teams needs. ✓
- Give yourself time to think ✓
- Step principles; space, task, equipment, players. ✓



Player Profile

<u>Four Corners</u>	<u>Comment</u>	<u>Grade (A/B/C)</u>
Physical		
Psychological		
Social		
Technical		
<u>Motor Skills</u>		
Agility		
Balance		
Coordination		
Speed		
Plus Strength		
<u>In the "Thirds"</u>		
Defending (1 v 1s, positional)		
Midfield		
Attack (1 v 1s, goals, assists)		
<u>5 C's</u>		
Concentration		
Confidence		



Control		
Communication		
Commitment		
<u>Other</u>		
Exciting		
Tactical		
Other sports/activity (motor skills)		
Creativity Imagination		
Leadership		
Decision making		