

ENJOY

IMPROVE



PLAY THE RIGHT WAY

HOW WE COACH (U5 – U10)

Children should enjoy playing football. This is at the heart of how we coach. As well as developing technical and physical skills within children we believe it is equally important to develop their social and psychological understanding of how to play the game (the FA four corner model). Children are encouraged to understand mistakes as a part of the game and to see them as something to learn from and a way of further improving. We are keen to coach based on the approach promoted by the England DNA Foundation Phase, with a specific focus on children becoming confident on the ball. Sessions and games are organised so that all children can enjoy themselves, improve and learn to play the right way.

Training:

Children are taught FUNdamental movement skills to develop agility, balance and co-ordination as well as having opportunities to develop social skills and establish healthy lifestyles

Wherever possible children learn through playing games rather than skill specific drills

Children are encouraged to be confident on the ball, maintaining possession first as an individual and then as part of a team

Children are encouraged to begin to solve problems on the pitch themselves, with appropriate support from the coach

Children begin to learn skills specific to football including an awareness and understanding of different playing positions

Games against other teams:

The focus of playing games is to enjoy being part of a game and to further improve initially as an individual then as a team

Children will learn to play in a variety of positions on the pitch rather than specialising in one particular position (where a child has made the decision they wish to be a GK they will be provided with more opportunities to play this position)

Children will receive equal game time wherever possible and rotate who will start and who will be substitute

Rather than focussing on the result, children will be given team or individual challenges to try and complete with these being the measure of how they have performed