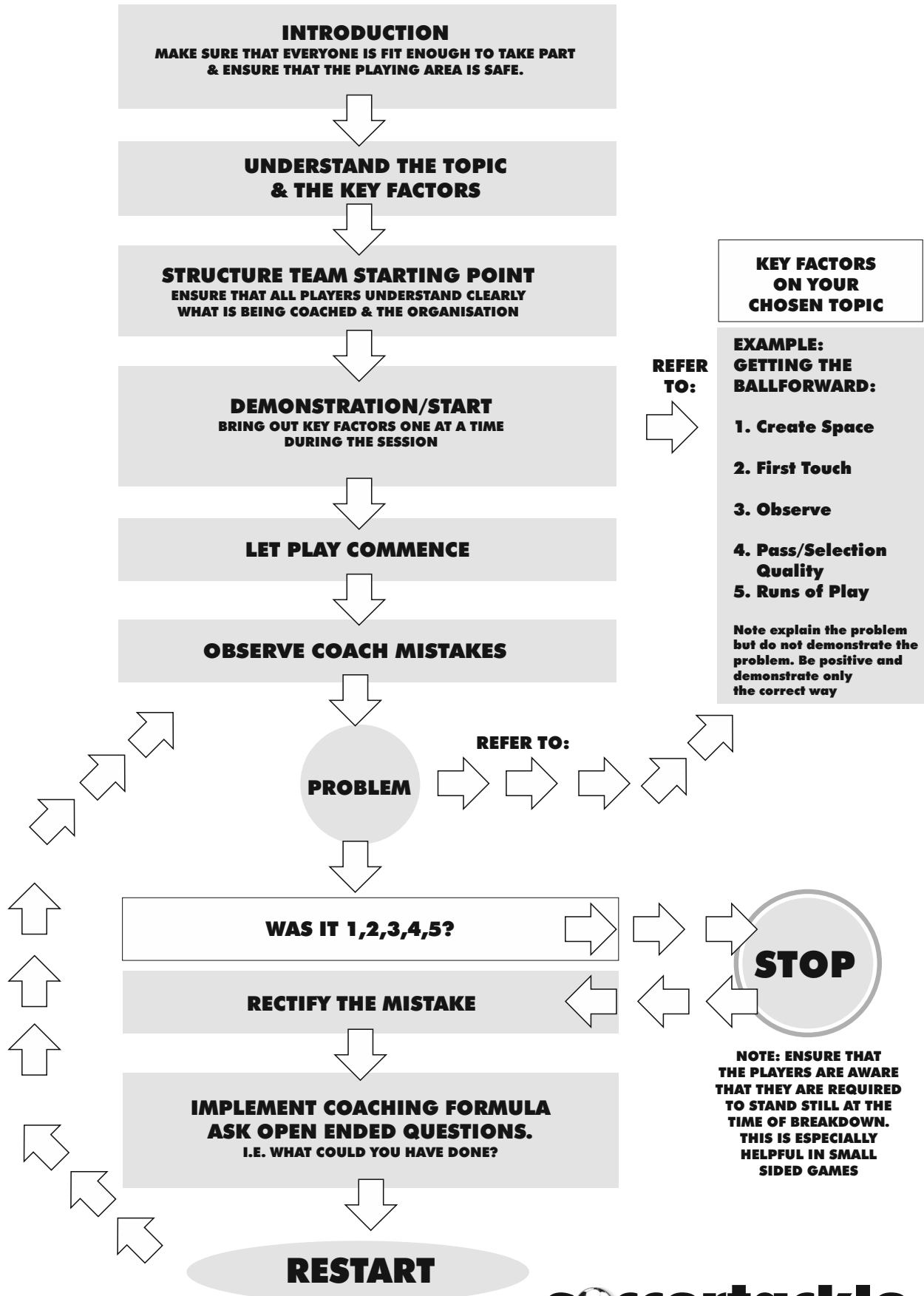
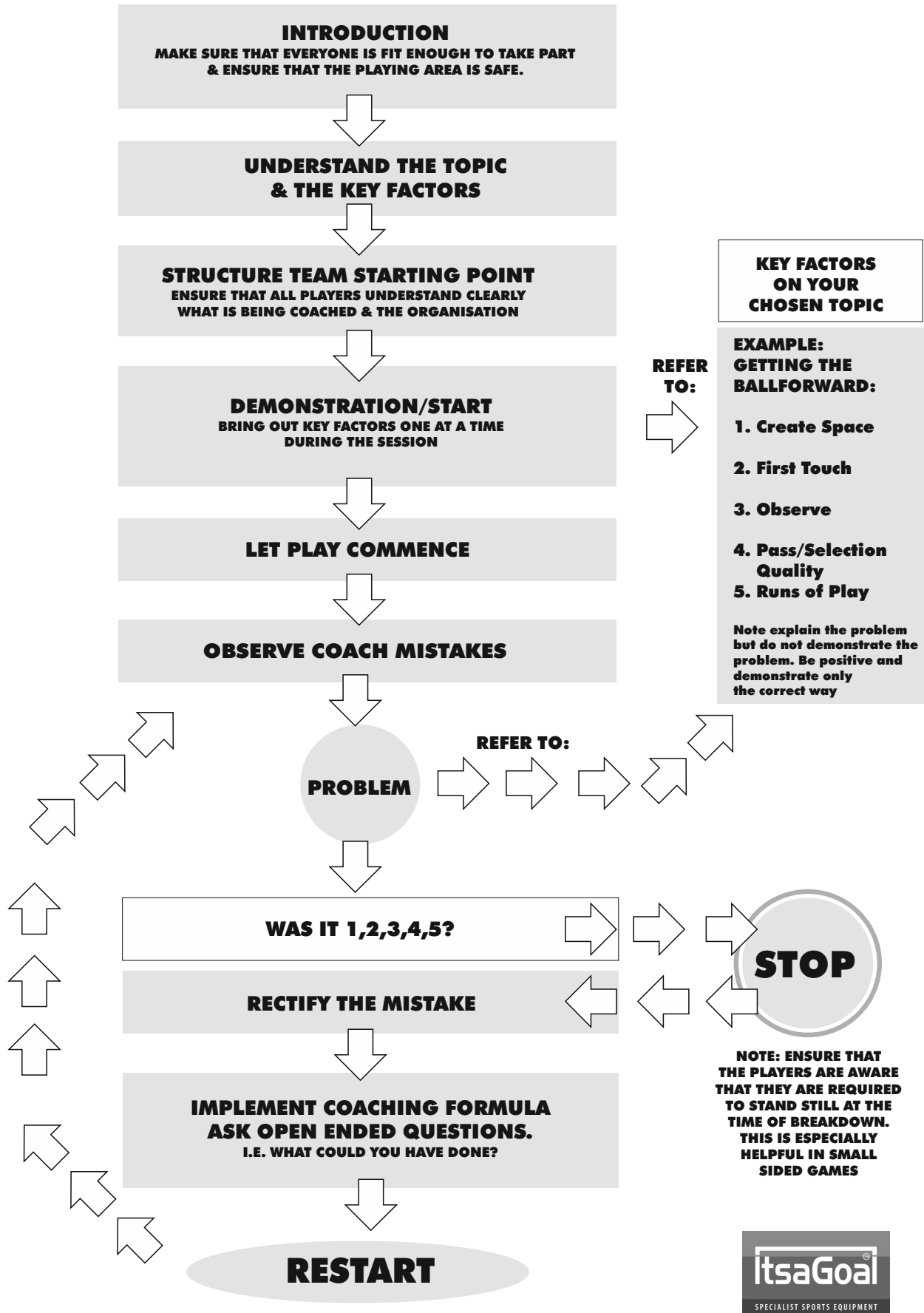


# FLOW CHART FOR A SUCCESSFUL COACHING SESSION



# FLOW CHART FOR A SUCCESSFUL COACHING SESSION



# THE PRINCIPLES OF PLAY



## FUNCTIONS OF PLAYERS



# THE PRINCIPLES OF PLAY



## FUNCTIONS OF PLAYERS



# THE SIX LEVELS OF LEARNING

## 1

MOTIVATION			
ASPIRATION	PERSISTENCE	AROUSAL	SOCIAL
Important throughout "soccer life" - much of it learned in early children			

## 2

BASIC MOVEMENTS			
TWIST AND TURN	RUN	JUMP	STOP & START
All children can do these but most children need to LEARN the best way - some will never learn by themselves			

## 3

PHYSICAL FITNESS			
ENDURANCE	MOBILITY	STRENGTH	SPEED
Needs little special attention in soccer training until early adolescence - until then, other factors are more important			

## 4

INDIVIDUAL BALL TECHNIQUES			
DRIBBLING	BALL STRIKING	RECEIVING	TACKLING
Must be LEARNED - "ball sense" is not natural - best learned before 12 years of age			

## 5

GROUP SKILL			
MOBILITY VERSUS BALANCE	PENETRATION VERSUS DELAY	DEPTH VERSUS DEPTH	WIDTH VERSUS CONCENTRATION
Some will never LEARN how to be a "player-watcher" because of poor ball techniques.			

## 6

TEAM SKILL			
CO-OPERATIVE	CONFIDENT	APPLICATION OF STRATEGY AND TACTICS	COMPETITIVE
Players have to LEARN to compete together as a team - a slow process needing much more time.			

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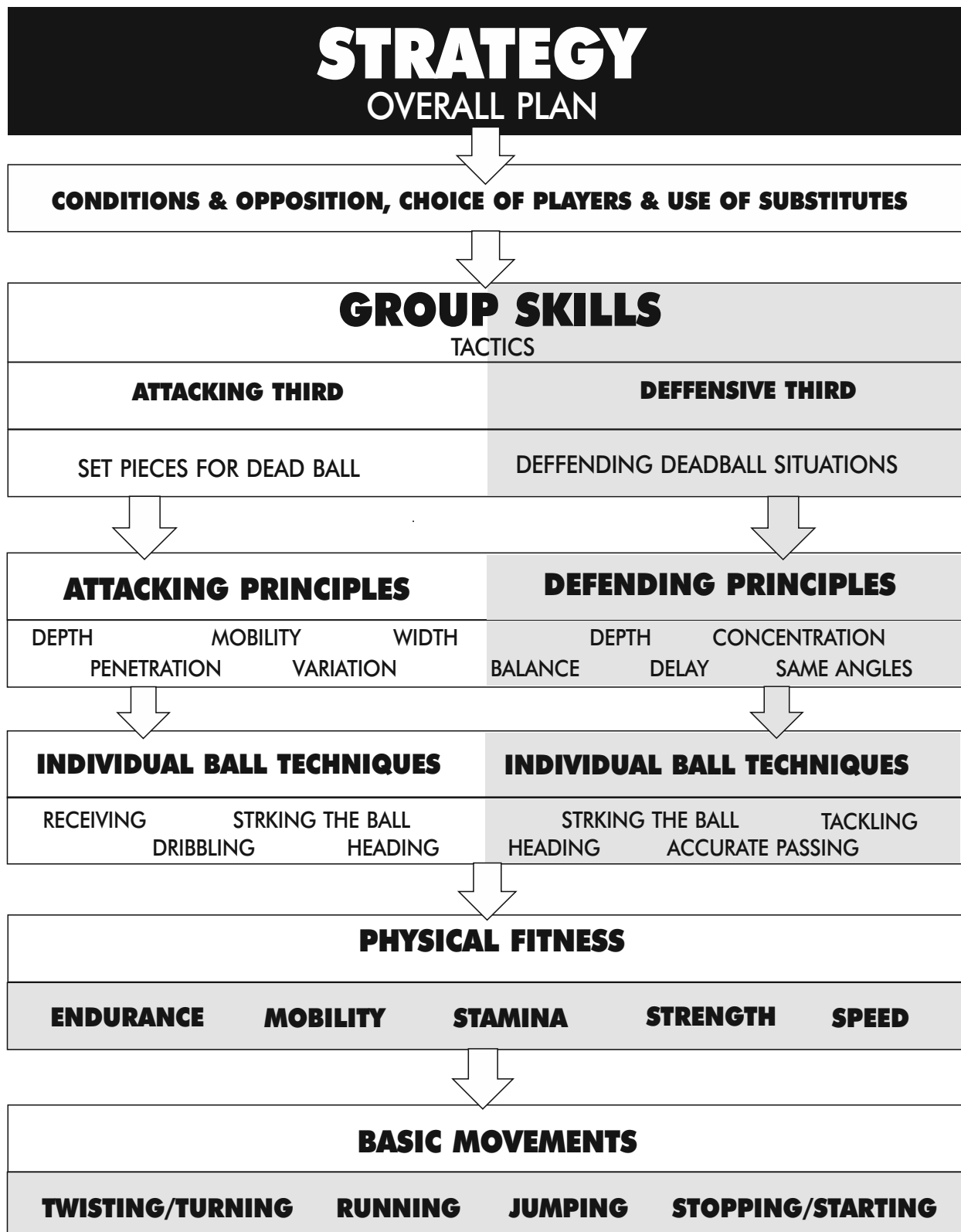
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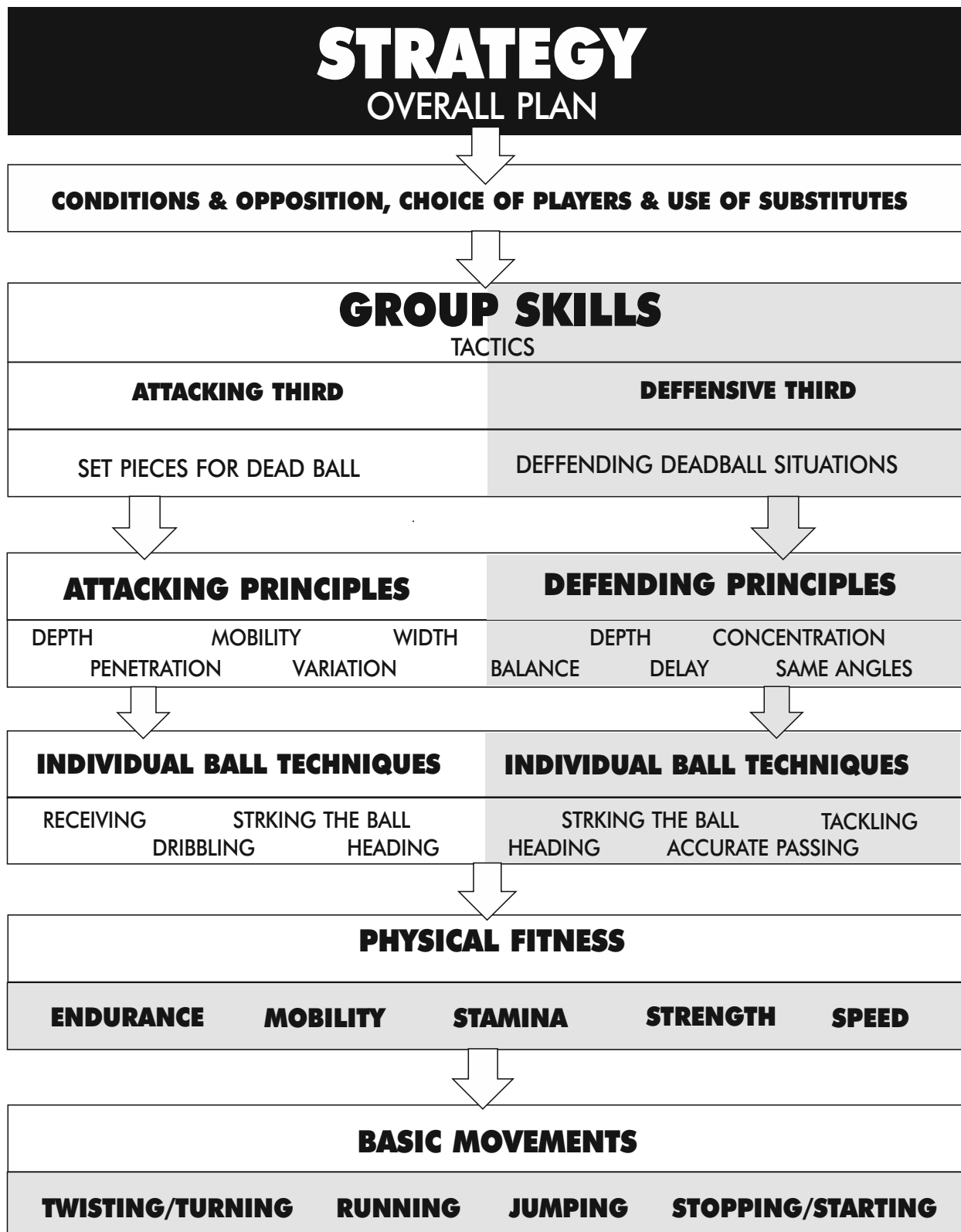
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# THE REQUIREMENTS OF TEAM PERFORMANCE



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# THE MANAGERS MATCHDAY RESPONSIBILITIES

10 MINUTES BEFORE GAME

FIRST HALF OF GAME

10 MINUTES BEFORE HALF TIME

HALF TIME

SECOND HALF

**INFORM**

**OBSERVE AND ANALYSE**

**DECIDE**

**INFORM**

**OBSERVE**

PREMATCH STRATEGY AND TACTICS  
SET PIECES  
1. TEAM  
2. GROUP  
3. INDIVIDUAL

ERRORS  
WHO ALLOWED  
WHO

HOW  
WHO  
WHERE

MOBILITY  
DEPTH AND WIDTH  
PENETRATION

**OUR PLAYERS**

**SHOTS** → **OVERALL CONTROL AND POSSESSION** → **GROUP SKILLS**

**INDIVIDUALS**

**DECISIONS**

**INFORM**

**DECISIONS ACTED UPON**

ANALYSE EFFECT OF DECISIONS ON OPPOSITION  
ARE THE DECISIONS WORKING

WHO  
WHY  
WHO PROVIDED

WHERE  
WHO  
HOW

DELAY  
DEPTH  
BALANCE  
CONCENTRATION

**THEIR PLAYERS**

1. TEAM  
2. GROUP  
3. INDIVIDUAL  
4. OPPONENTS

**INSPIRE**

GIVE STRATEGY TIME TO WORK

KEEP YOUR HEAD

DONT CRITICISE OR ANTAGONISE OFFICIALS

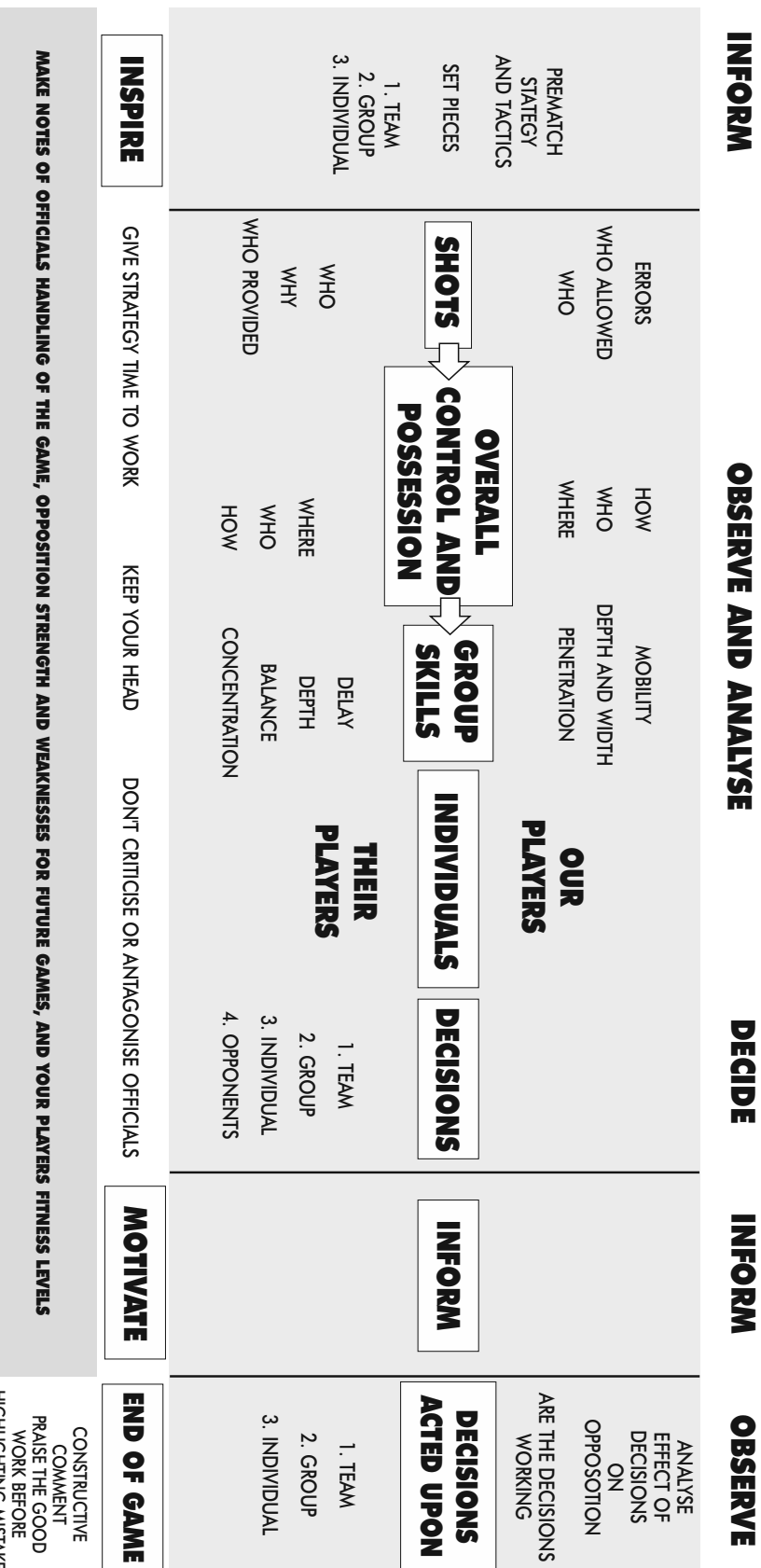
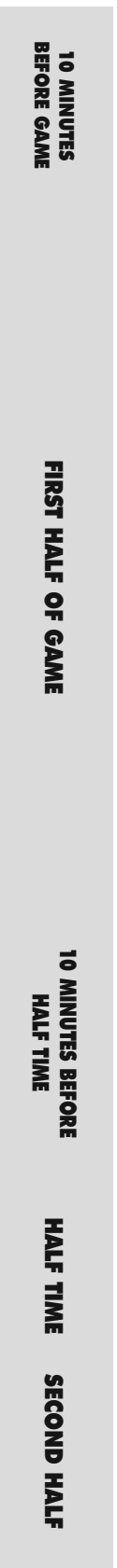
**MOTIVATE**

**END OF GAME**

CONSTRUCTIVE COMMENT  
PRAISE THE GOOD WORK BEFORE  
HIGHLIGHTING MISTAKES

MAKE NOTES OF OFFICIALS HANDLING OF THE GAME, OPPOSITION STRENGTH AND WEAKNESSES FOR FUTURE GAMES, AND YOUR PLAYERS FITNESS LEVELS

# THE MANAGERS MATCHDAY RESPONSIBILITIES



MAKE NOTES OF OFFICIALS HANDLING OF THE GAME, OPPOSITION STRENGTH AND WEAKNESSES FOR FUTURE GAMES, AND YOUR PLAYERS FITNESS LEVELS

# OBSERVATION TEST

HOW MANY "F's" ARE IN THE FOLLOWING SENTENCE?

THREE OF THE  
FINNISH FOOTBALL  
TEAM PLAYERS OF  
LAST SATURDAY  
WERE SENT OFF AND  
OF THE PLAYERS LEFT  
TWO WERE BOOKED  
FOR DISSENT

YOU WILL BE SURPRISED HOW MANY GET IT WRONG FIRST TIME AROUND

 **soccertackle.com**  
*All your club needs*

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