



2021
Coaches
Welcome

Welcome all 2021 LCFC Coaches!



From us and
them – thank
you!

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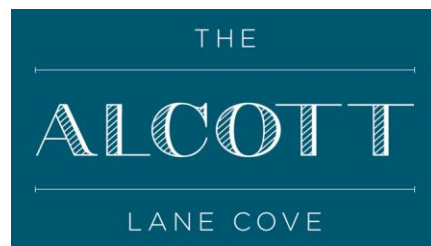


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Agenda

- ☐ Injury Prevention with  PROHEALTH
PHYSIO
PROTECTING YOUR HEALTH
- ☐ Coaches Discussion
- ☐ Introduction to **XLR8**
- ☐ Coaches Workshop

Join us after for the interclub friendly with our Junior Girls teams



Injury Prevention & Management



PROHEALTH
PHYSIO
PROTECTING YOUR HEALTH



Coaches Discussion



Coaches Discussion

- ☐ The Lane Cove Way
- ☐ Player development phases
- ☐ Your role as a coach
- ☐ Training
- ☐ Match day
- ☐ Coaches support



The Lane Cove Way

**PLAY WITH
RESPECT**

MAKE IT FUN!

**ALWAYS
ENCOURAGE**

LEARN TOGETHER

**PLAY POSITIVE
FOOTBALL**

**LOVE SPORT FOR
LIFE**

THE COMMUNITY CLUB



Player Development Phases



Why do people play sport?



Football
Federation
Australia
'The Building
Blocks'

4 Training
Building Blocks

2 Playing
Building Blocks

Performance Phase

Game Training Phase

Skill Acquisition Phase

Discovery Phase

11 v 11

Small-sided
Football

17

13

9

5

17

13

9

5



Discovery
Phase
U6-U8

Player characteristics:

- ❑ Competitive
- ❑ Excited
- ❑ Energetic
- ❑ Single-minded (not team-minded)
- ❑ Gaining their coordination
- ❑ Understands limits/conditions/rules
- ❑ Easily embarrassed



Skill Training Phase U9-U13

- ❑ **Player characteristics:**
- ❑ Competitive
- ❑ 'Sponge – brains'
- ❑ Energetic
- ❑ Confident & Enthusiastic
- ❑ Ability to problem solve
- ❑ Able to make their own decisions
- ❑ Part single / part team - minded





Game Training Phase U14-U17

Player characteristics:

- ❑ More team-minded
- ❑ Require understanding of their actions – the ‘why’ behind action
- ❑ Unco-ordination due to physical growth
- ❑ Fluctuating emotions
- ❑ Inconsistent use of problem solving and decision making skills
- ❑ Develop organisational skills



Your role as a coach



What are the key characteristics of a great coach?



Your role as a coach

Caring

Inspiring

Engaging

Enthusiastic

Organised

Respectful

Role Model

Teacher

Seeks
Connection

Empathetic

Player
Centred

Develops
People

Friendly

Positive

Motivator

Inclusive

Fair

Self -
Reflector



Your role as a coach

Player enjoyment & love of the game

Create a safe & positive learning environment for the players to develop

Inspire, believe in and challenge all players

Provide players with problems to solve – The coach is a resource to support players in solving problems

Provide correction/feedback (when required) without causing resentment

For the players to play independently of the coach



Your role as a coach

Get to know your players

Be organised & prepared

Maximise playing time

Communicate effectively

Manage behaviour



Training



Training

Supportive environment

The coach **MUST** build rapport and trust with their players to allow their players to feel comfortable in making mistakes, giving their best effort and working together

‘Let them play’

Aim to have the players active in games for 80% of the session. If in doubt, play a game!



Training

SAFE

Physically – Safe from debris and sharp objects?

Environmentally – Do players feel confident and comfortable?

Positive – Encouragement, trial and error

ORGANISED

Do you have a session plan?

Correct Equipment?

Area/Field Set up prior to session?

Are you in the correct headspace to begin?

ENGAGING

Positive body language and communication

Are all players involved in the session?

Inclusion

Lots of touches on the ball and decisions

Avoid long lines, long drink breaks, confusing set ups, challenging tasks

ENJOYABLE

Are your players smiling, having fun, focussed?

Thumbs up

Smiles - This is the greatest feedback you will receive!

Keep it simple and fun



Training

- ✓ Have you familiarised yourself with a session plan?
- ✓ Greet the players on arrival to build rapport and connection?
- ✓ Are you positive, inspiring, and caring towards your players?
- ✓ Do your practices start within 90 seconds?
- ✓ Do players receive 300+ ball touches within the session through game based practices?
- ✓ Are players engaged and playing for 80% of the session?
- ✓ Is competition, goals and points systems used to make sessions more engaging / more fun?
- ✓ Do you leave 20-25 minutes for the game at the end?
- ✓ Are all players involved in the session?
- ✓ Did you complete a session wrap up?
- ✓ Coach reflection post session



Training

If your session is not working can you... **C.H.A.N.G.E.I.T.**

C

COACHING STYLE

Provide feedback in the drink break or change of activities without interrupting the game. Use player role models.

H

HOW YOU SCORE/WIN

Increase opportunities to score.

A

AREA

Increase or decrease the game challenges by changing the size/shape of the playing area, i.e. long and narrow, short and wide, smaller/larger.

N

NUMBERS

Use different team numbers of players to overload the advantage of one team or vary the number of turns at goal, etc.

G

GAME RULES

Change the rules slightly, i.e. no tackling, minimum number of passes, etc.

E

EQUIPMENT

Vary the equipment used, i.e. a bigger goal, smaller goals, more goals

I

INCLUSION

Engage the players in modifying the practices: provide options they could choose from to encourage ownership. Consider what can a player do as opposed to what they can't or your perception of what they can or can't do.

T

TIME

Reduce or extend the time to perform actions, i.e. how many passes in 20 seconds, get a shot at goal within 30 seconds.



Training

What is the most important skill in football?

Passing?

Shooting?

Dribbling?

First Touch?

1 vs 1?

Defending?

Football is a game of DECISION MAKING.

Parent AND Coach interference from the sideline greatly impacts players ability to make the correct decision, at the right time, and execute their decisive skill. There are no errors – just “learning opportunities”.



Match Day



What is a positive match-day for you?



Match Day

What is the purpose of a match?

- ❑ Enjoyment, freedom to play & express self.
- ❑ Like a test at school or music recital – opportunity to apply what has been learned.
- ❑ Determine areas of strengths / areas that require further development (never ending journey!)



Match Day

Player led warm ups

Challenges based on training focus for the week.

Subs analysing the match to keep them thinking about the game.

Coach / parents not giving players the answers/instructions – guiding & facilitating their learning.

Effort and team/individual development praised not the result



Match Day

Rotation of players

Based on number of players, work out a fair way to ensure all players receive equal game time, E.g.

Discovery/SAP - make 2 subs every 5 – 7mins

Game Training – make 2 subs every 10 – 12mins

Players need to be:

- Intelligent & Creative
- Skilful & Explosive
- *Adaptable & Brave*

Under 6 – Under 12

- Exposed to all positions including Goalkeeper (SAP) over the course of the season (unless goalkeeper allocated to team)
- 2-3 positions over the course of 3-4 weeks then rotate to new positions to allow for learning and to avoid positional confusion.

Under 13 – Under 18

- Players exposed to 2-3 positions that are suited to their skill-set and potential skill-set.
- Physical maturation (U16 – U18) usually determines the positions they are best suited to.



Match Day

Pre-match

Organised	Fun and engaging warm up. 200+ ball touches and decision making
Focussed	Team task for the match MUST relate to what you worked on at training
Positive	Mindset and attitude / Encouraging

Mid-match

Fair	Equal game time, rotation of positions
Encouraging	Clapping, support, positive feedback, praise effort
Role model	Do not yell or instruct from the sideline

Post-match

Celebrate	High Fives, Praise effort
Proud	I loved watching you play
Questions	Did you have fun? How do you think we played?



Match Day

Post-Match Questions

Good questions

Did you enjoy yourself?

How do you think you played?

What did you work on this week at training?

Did you try things from training in your game today?

Bad questions

Did you win?

Did you score?

What did your coach say?

Avoid putting across your opinions



Coaches Support



Coaches Support

Before the season starts:

- ❑ Obtain your WWCC and send to admin@lcfc.com.au
- ❑ Register as a coach on playfootball.com.au
- ❑ Join the LCFC 2021 Coaches WhatsApp Group
<https://chat.whatsapp.com/JpYEx1zy9JWISuuyoPVx5g>
- ❑ Sign-up for INSPIRE Coach Support Program
<https://nsfa.asn.au/coaches/inspire/>



Coaches Support

Lane Cove Football Club

- <https://lcfc.com.au/members/coaches/>
- Club Coach Coordinators – Pete Crawford & Sarah I
- Email: coaching@lcfc.com.au
- WhatsApp Group: scan the QR code to join

Northern Suburbs Football Association:

- Coach Education courses
<https://nsfa.asn.au/coaches/education/>
- INSPIRE – Coach Support Program
<https://nsfa.asn.au/coaches/inspire/>

XLR8:

- Cooperative training available for U6-U11 age groups
- Session plans and video support through INSPIRE

Play Football – Coach resources:

- <https://www.playfootball.com.au/coach/resources-home>

ProHealth Physio

- Phone: [\(02\) 8317 7770](tel:(02)83177770)
- Appointments: prohealthphysio.com.au

LCFC 2021 Coaches

WhatsApp group





Falling in love & staying in love with Football

Remember, the game is for the players and our role as coaches is to provide them with a football experience that makes them fall & stay in love with football. To do this we make football:

- Fun
- Positive
- Inclusive
- Appropriate
- Purposeful
- Memorable

HAPPY COACHING!



Introduction to XLR8

XLR8

NSFA/XLR8 COMMUNITY FOOTBALL MISSION



To provide a holistic, player centred environment so that:

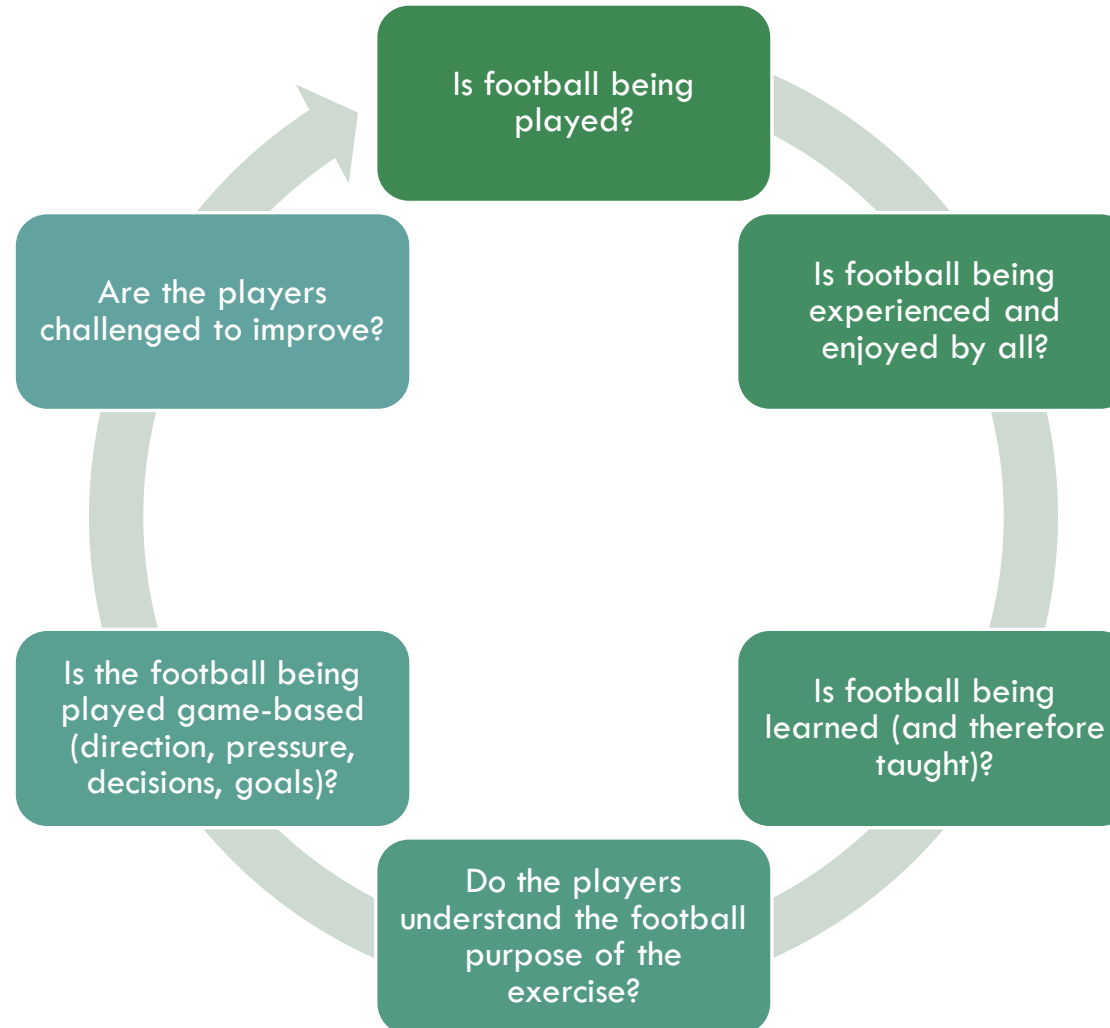
- *Players develop their love of the game – Enjoyment*
- *Learn to play football – Individual Player Development*
- *Become great people – Personal Growth*



In order for players to meet the demands of the world game, we strive for players to be:

- *Intelligent*
- *Creative*
- *Skilful*
- *Adaptable*
- *Brave*
- *Explosive*

NSFA/XLR8 COACHING PRINCIPLES



NSFA/XLR8 PLAYER DEVELOPMENT PHILOSOPHY

Positive & enjoyable learning environment for players.

Focus on individual player development within the team context.

Long term development view over short term results.

Equal opportunities to play.

Players given ownership to lead and make their own decisions.

Mistakes are viewed as learning opportunities.

Effort & trying your best rewarded.



GAME BASED APPROACH — EVERYTHING CAN BE TRAINED THROUGH & IN THE GAME.

INSPIRE Football Coaching
Curriculum: FOOTBALL



The benefits of small-sided games

They are lively:

- The replacement/substitution of players helps to maintain the pace
- The players often get time on the ball in front of goal
- There is an unlimited range of possible scenarios

Games that correspond to the demands of modern football, namely:

- Players close together
- Little space
- Speed
- Little time
- Frequent one-on-one situations
- Pressure.

Youngsters enjoy training games, which contain all of the technical, tactical and athletic aspects necessary for learning in football.

When technique is practised only in isolation, it is very likely that the player will not manage to use what he has learnt in a match as he will not recognise the appropriate situation.

Decision making is the most important skill to develop.

TECHNICAL

Needs

Wants

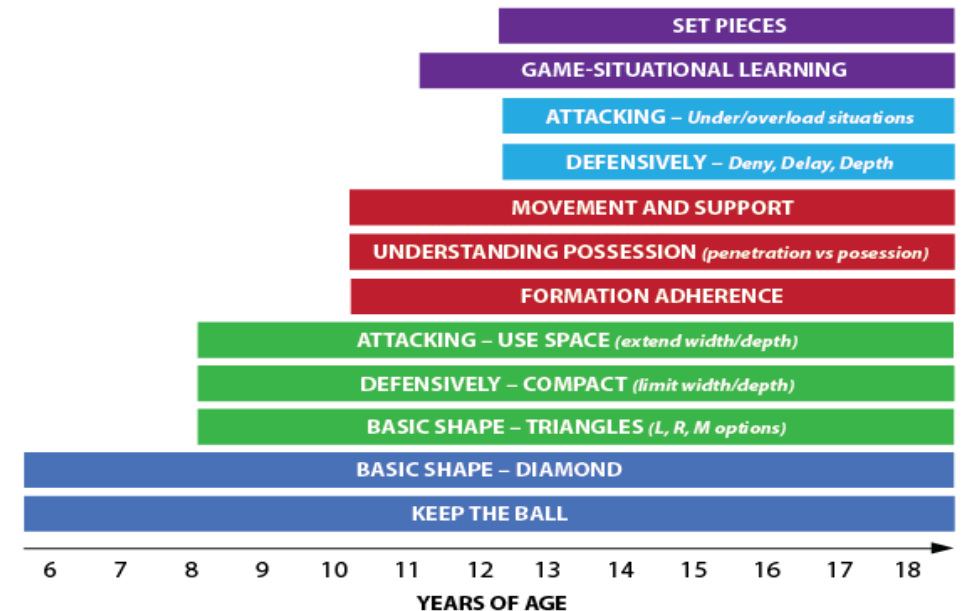
TACTICAL

XL R8 Player Development Curriculum: TECHNICAL



Ball Mastery / Manipulation foundational to create skilful, game changing players.

XL R8 Player Development Curriculum: TACTICAL



We require skilful, intelligent & creative players to dominate games in/out of possession.

XLR8 COLLABORATIVE COACHING PROGRAM

- XLR8 Coaches **set up all equipment**
- Provision of individual **session plans** to all coaches via INSPIRE newsletter (online).
- Teams/coaches will be allocated a field for the duration of the season.
- Coaches will be **mentored** using best practice coach development techniques.
- XLR8 coaches and club coaches to **connect through Whatsapp group**

PROGRAM EXPECTATIONS

XLR8 Responsibility

- Complete full field set up prior to club-coach arrival
- Provide overview of session to club-coaches
- Actively support, help & mentor club-coaches
- Demonstrate valued coaching behaviours, activities and knowledge when required
- Create a supportive and positive environment for all

Club Coach

- Register for the INSPIRE Coach Support Program
- Review session plan prior to arriving at session
- Bring equipment to each sessions (balls/bibs/cones)
- Arrive 10-15 minutes prior to start time
- Create a positive and supportive environment for their players
- Communicate and collaborate openly with XLR8 coaches

MENTORING — ON THE JOB SUPPORT

1. Establishing a session focus and plan with coaches prior to the session, providing them feedback and how best support can be provided during sessions.
2. Providing coaches with tips/assistance during sessions to improve their coaching behaviours, practices and enhance the player experience.
3. Facilitate coach reflection using the GRIP/REVIEW Method post session.



COACH DEVELOPMENT FOCUS

Learning/development is individual, not linear, and should be based off the needs/wants of the coach (where they are at and where they want to go).

Week	Coach Focus
1 – 4	<p><i>Safety & Organisation – set up, session plan, mental/physical safety for players</i></p> <p><i>Positive connection & care with players – gets to know the players, good energy, kind to players</i></p> <p><i>Ability to manage individuals & group – attention/behaviour management</i></p>
5 – 8	<p><i>Effective Communication – concise, clear, positive, demonstrates, enthusiasm</i></p> <p><i>Positive feedback to players – on the run, highlight/reinforce the good</i></p> <p><i>Makes it fun & challenging for players – game-based, competitions, challenges</i></p>
9 – 12	<p><i>Ability to consistently engage & include all players – relevant practices, conditions, progressions</i></p> <p><i>Positive learning environment / learning moments - questions, role model, interventions</i></p>
13 - 16	<p><i>Challenge each coach based on where they are at</i></p>

OUR GOAL — LOVE OF FOOTBALL FOR ALL!

