

Developing a Philosophy (Who we Are)



Jackie Bushell CCD



Gary Marheineke FDO

Learning Outcomes

By the end of the session coaches should be able to:

- Understanding the term
- The Benefits
- Design a model for you
- Case Studies

Different Perspectives



**The measure of who we are
is what we do
with what we have.**

–Vince Lombardi



Group Task

In your opinion, what would be the single most important aspect of building a philosophy?



BUT

1. What philosophy do you coach/manage your team to?
2. Why is this your philosophy?
3. Has it changed since you started coaching?
If so, what affected this change?



The system of values by which one lives!

Words mentioned when discussing philosophy often include:

- Attitude
- View point
- Way of life
- Values
- Beliefs



Group Task

1. In your groups list 9 core values which you feel are important
2. Use these Core Values to design a mission statement

Consider

What do you stand for?

Why do you coach?

What do you hope to achieve?

What do you want your players to learn?

How would you like to be remembered?



Coaching Philosophy

Questions

What formation do you play? Why?

Do you base your coaching ethos on your players & their ability/attributes?

Or

Do you play to a formation you think they should adhere to?



4 Point Playing Philosophy – Winning / Development

- 1) Do what it takes to win
- 2) Don't take risks, get it forward early and get stuck into them
- 3) Most effective team starts every game. Subs get on if and when manager decides
- 4) Try to develop but not at the cost of the result

- 1) Positive Attitude, Respect and Sportsmanship for all
- 2) Try to play attacking and creative football
- 3) Equal playing time or everybody gets at least half the game
- 4) Try to win but not at the cost of points 1,2 or 3

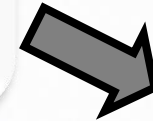
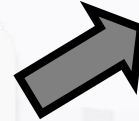


The playing philosophy includes:

**Good Touch &
Release Skills**

**Planned &
Instinctive**

**Smooth &
Efficient ABC's**



Awareness

**Decision Making
Skills**

Not fearful

Resilient

**Motivated - love of the
game**

Inquisitive

In Possession

Out of Possession

Transition

Group Tasks - Scenarios

You run an U15 team and have a player who is smaller than the others and tends to get knocked off the ball easily. (Do you play him?)

U14's - Your last defender dribbles the ball out and tries a step over against the attacker who tackles him and scores. (What would you do)

You have a player in your group who is talented and can dominate games. (How do you challenge her)

Your last defender (and one of your better players) deliberately fouls the opposing centre forward who is clear on goal!
(What would you do)



Consolidation Task

Write 3 Sentences that sum up your Coaching Journey

Select 5 key words from the sentences

Using these key words write a mission statement that could be the beginning of our philosophy



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FOR

over 150 years, we've said we're for the success of football irrespective of class or creed. And we'd like to update that by adding: regardless of gender, sexuality, ethnicity, ability or disability too. Football is a game for all. No matter how good you are. Or aren't. The FA has created leagues for the blind, deaf, amputees, wheelchair users and for those of us with cerebral palsy. We've made all the latest coaching ideas available online. We've introduced FA Girls' Football Week and created a competition open to everyone in the country. It's called The FA People's Cup because it's for the people. All of the people. We are building 100 3G pitches around the country. And on our website you can find the nearest team or pitch to you. So, if you want to take part, The FA can help you. Because, how can we be guardians of the national game, if we exclude anyone? The FA. Not just for the few. We are for

ALL

