



WCFA COACHES CORNER #5

MARCH 2022



SESSIONS, TIPS & TOOLS

PLAYER SPOTLIGHT: DANA BILLINGTON



PLANNING: THE BOOTROOM

PLAYERS: LANGUAGE



DID YOU KNOW?

**THIS YEARS YOUTH CUP FINALS
ARE ON 24TH APRIL AT KENDAL
TOWN FC & NETHERFIELD!**



**SESSION OF
THE MONTH!**

**COURSES:
CPD EVENT**

PLAYER SPOTLIGHT -

In this month's edition, we switch our attention from coaches spotlight, to player spotlight!



NAME: Dana Billington

AGE: 17

CLUB: Liverpool FC Women U21

POSITION: Defensive Midfield

WCFA: How old were you when you started playing football?

DB: 5 years old

WCFA: How did you get spotted for Liverpool FC?

DB: They had a trials day which I went along to

WCFA: Most memorable moment in football?

DB: Playing a tournament in Singapore and scoring a freekick in a 3-2 win over Manchester City

WCFA: Worst moment in football?

DB: Probably getting injured

WCFA: Best player that you have played with?

DB: Rinsola Babajide - currently at Brighton. She played with the U21s after being injured in the first team and had a huge impact on the game, playing as a striker.

PLAYER SPOTLIGHT.....

CONTINUED



WCFA: Do you have a routine/superstition before a game?

DB: My superstition before a game is putting my left sock on my right foot, and right sock on my left foot. My main routine before a match involves loud music!

WCFA: What does your typical week in football look like?

DB: Monday - 7.30-9.30pm training

Tuesday - 7.30-9.30pm training

Wednesday - U21 match day

Thursday - Off

Friday - 7.30-9.30pm training

Saturday - Off

Sunday - 9-11am training

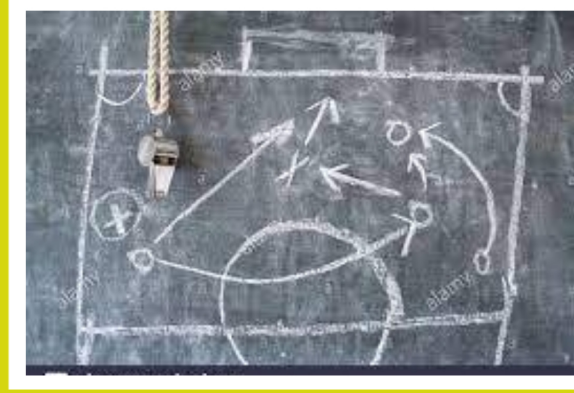
WCFA: If you could play on the same team as anyone, who would it be?

DB: Virgil van Dijk - because of his composure on the ball and leadership on and off the pitch.

WCFA: And finally, what advice do you have for any young players looking for a career in football?

DB: Practice with BOTH feet and be brave on the ball.

PLANNING - THE BOOTROOM



Being a coach of a football team can sometimes feel like having a part time job! Aside from having to ring around parents to see who is or isn't available for Sunday's game, there is still the planning and organising of training sessions to think about. All this, whilst having to fit around your own commitments at work and at home.

Sometimes, it is not always possible to plan a session....especially if you are going straight to training from work! If this is the case, make life simple for yourself and have the group playing a game for the session! Most players will tell you that this is the reason that they come to training in the first place!

If you have the luxury of having a bit of spare time to plan, or are simply looking for fresh ideas to bring into your training sessions, have you tried 'The Bootroom'?

Here, you will find some fantastic session ideas that are tailored towards a full range of age groups.

thebootroom.thefa.com/resources/sessions

PLAYERS - LANGUAGE



What type of language do you use for your respective age group? Do your players understand you? Are they simply hearing words or sentences that in their own mind, make no sense?

I have heard a few words and phrases over the years that make no sense to the players, but makes the coach sound impressive!

In one particular game, the U11 winger collected the ball in thier own half and with space to run into. On the sidelines, the coach was shouting 'drive, drive, drive!'. In the coaches mind, that meant: run with the ball. For the spectators, this sounded impressive. In the players mind, and this really did happen.....the player stopped, looked at the coach and asked what they meant. In the meantime, the player had lost possesion.....whilst harbouring thoughts about a Ford Mondeo presumably!

Always try to use vocabulary that your age group will understand, both in training and in matches. In the above case, perhaps: 'be brave on the ball' would've been a clearer instruction!

I have never yelled that instruction since!

SESSION OF THE MONTH - SKILLS TUTORIAL WITH DANA BILLINGTON



This edition's session of the month looks slightly different as we bring you Dana Billington, complete with a skills tutorial video! Perfect for both warm ups for your session, or for players to practice at home.

Simply scan the QR code:



COURSES - CPD WORKSHOP WITH GT7 U12S MON 4TH APR 5-7PM @KENDAL RUGBY CLUB



Join the Grassroots Coach Development team for a session where they will bring to life examples of small sided games and how they can be used to benefit the development of your players holistically. They will share a range of in and out of possession small sided games designed to help develop more skillful players.

QUESTIONS THIS WORKSHOP WILL AIM TO ANSWER:

- 1) Why should I do small sided games in my session?**
- 2) How do small sided games link to the FA 4 corner model?**
- 3) How do small sided games help further development of players?**

Cost of the workshop is £5 per coach(invoiced through WGS).

To book your place:

info@WestmorlandFA.com

01539 730946



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