

# GOOD EVENING EVERYBODY 😊

We will be with you shortly

Please turn microphones and videos off for now

Use the 'Chat Box' to submit answers, points of view or questions

This evening's presentation will be shared with you afterwards

You'll need a pen and paper

Our session this evening will not be providing CoVid specific information, so please continue to follow Government, CFA, local League and Club guidance

Whilst you're waiting please tell us your favourite player from your childhood.....ready, set...go!



**For ALL**



# The Foundation Phase – Mastering the Basics

# HOUSEKEEPING

Please turn microphones and videos off

Use the 'Chat Box' to submit answers, make points or ask any questions

We'll stay on for a while after 8:30pm if you want to ask any further questions around the tonight's topic

This evening's presentation will be shared with you in the coming days

Our session this evening will not be providing CoVid specific information, so please continue to follow Government, CFA, local League and Club guidance

# FA GRASSROOTS DEVELOPMENT TEAM SOUTH WEST REGION



Daniel Greenhough  
Senior FDO  
Cornwall County FA



George Roberts  
FDO  
Cornwall County FA



Vinny Halsall  
PE Officer  
[Vincent.Halsall@TheFA.com](mailto:Vincent.Halsall@TheFA.com)  
07966894491  
@vphalsall



Lawrence Lok  
Coach Development Officer  
Diversity & Inclusion  
[Lawrence.Lok@TheFA.com](mailto:Lawrence.Lok@TheFA.com)  
07966894500  
@lozlok7

*“Love is a better teacher than a sense of duty”*

(Albert Einstein)

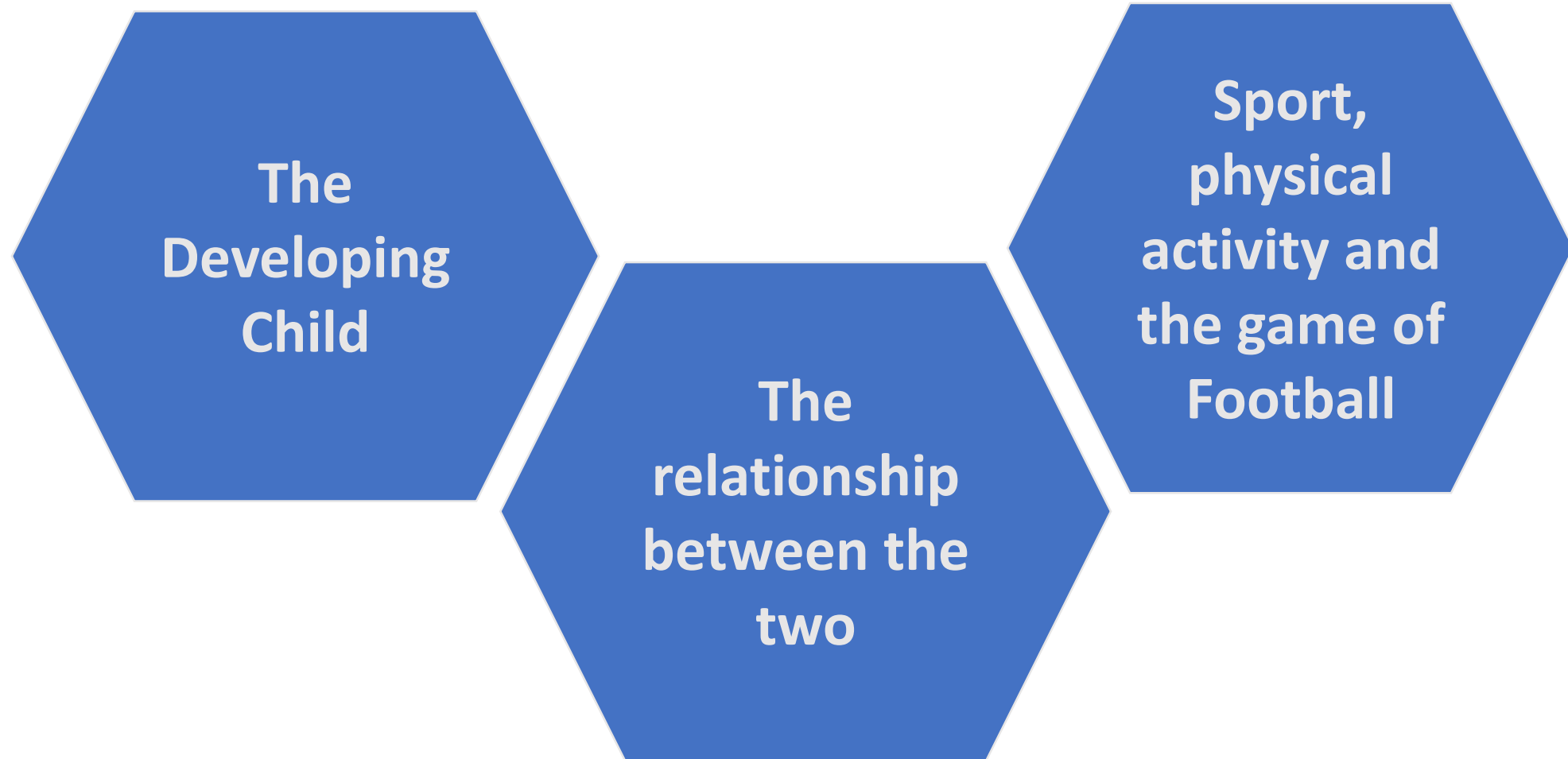


# The Aim

- Develop more skilful players
- Transformational coaches
- Provide exceptional and inspirational experiences

What does a skilful player mean to you?

# The Key Priorities



# The Foundation Phase Child

- Humans have the longest period of childhood of any other primate
- This is not by chance and has been influenced by evolution over millions of years
- Childhood is a time for exploration, experimentation and PLAY



# The Foundation Phase Child

- But what does this look like?
- Firstly we had to have a close look at ourselves...

“This was not a victory carved out of physicality, sweat and hustle. No, this was a triumph built on the back of **supreme technique, cleverness, courage** and an **understanding** of how to pass the ball.”



“Cooper’s boys had the ball, they used it **beautifully, creating angles** and using the full width of the field. There was **energy, vision** and **supreme confidence**. There were no long kicks up-field or aimless balls into the channels. Nothing was done without a reason.”



Staying on the ball

# Staying on the ball is:

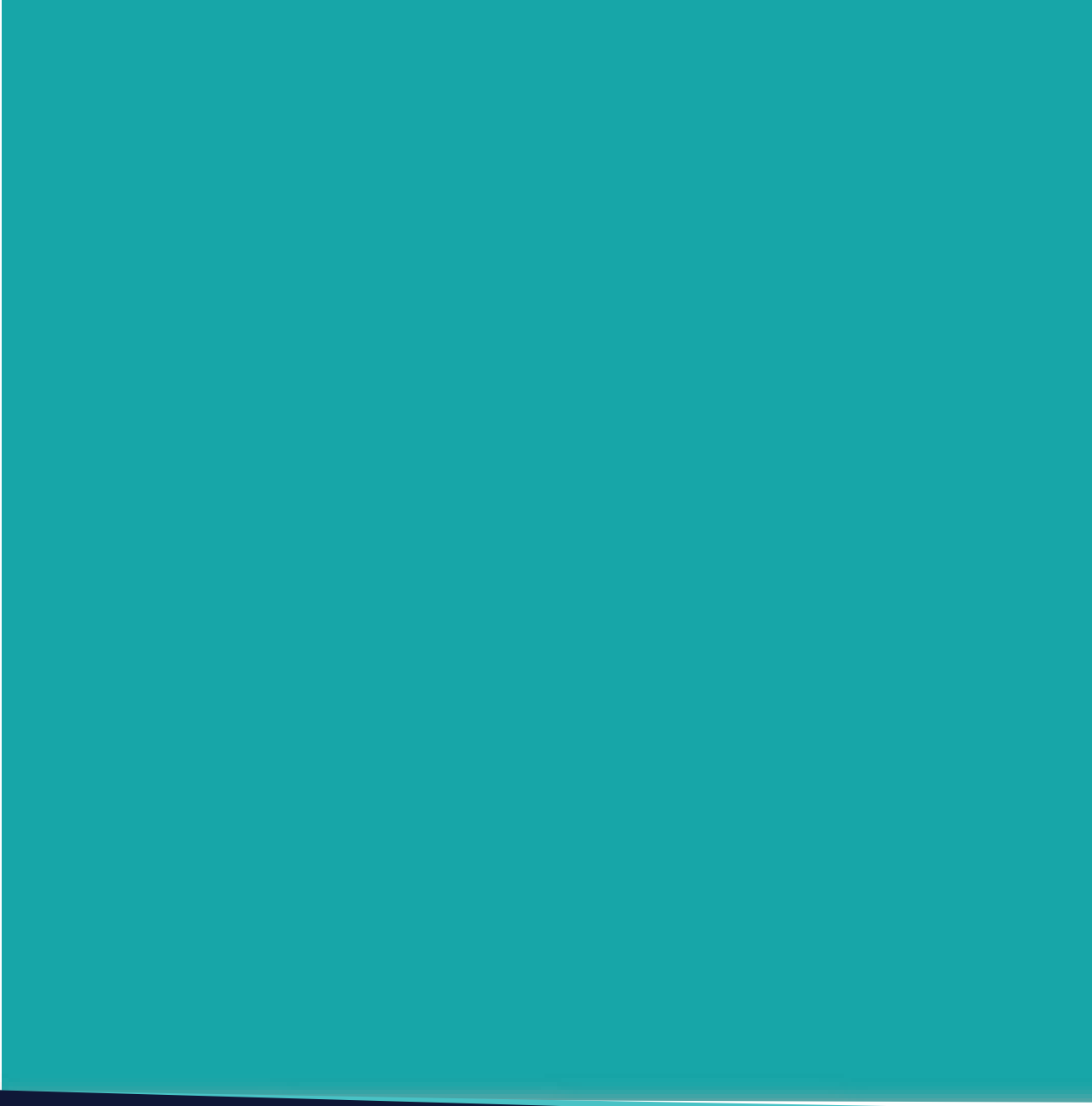
- Keeping possession for your team
  - More individual time with/on the ball
  - Knowing when to share the ball and when you keep it
  - Looking for a more attacking option, playing forwards rather than back or sideways
  - Turning away from pressure
  - Taking someone on 1v1
- (In no priority order)



# Staying on the ball is not:

- Being 'ball greedy'
  - Dribbling until you lose the ball
  - Frustrating your teammates
  - Always playing the "easy" ball
  - Ignoring your teammates whilst satisfying your own needs
- (In no priority order)





It all begins with:

- HIDE
- MANOEUVRE
- REVEAL



HEAD

HEART

FEET



Spatial Awareness

Perception

Anticipation

Judgement

Pattern Recognition

Reflexes

Reactions

Feel – Sense – Timing

When – Where - How

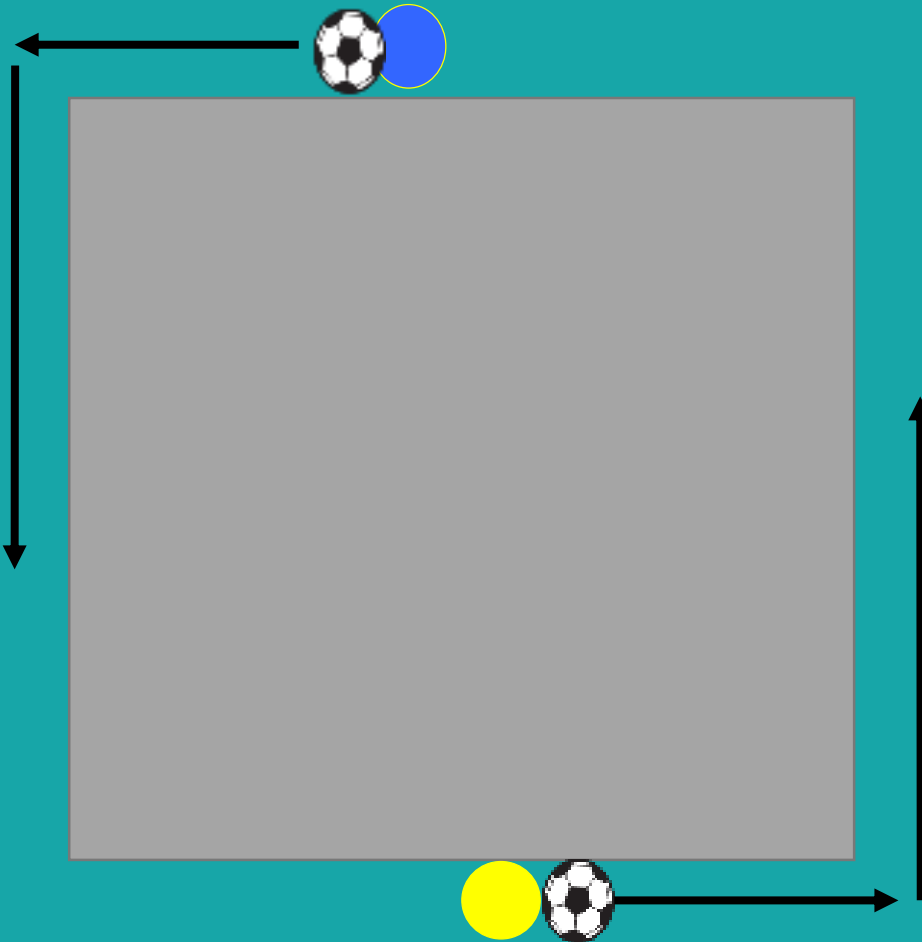


# WHAT DOES SKILL NEED?

Individual development is key!

The game starts from what each individual player is capable of doing

## DNA Focus: Staying on the ball. **Box Tag**



**Organisation:** This game is set up as shown with four cones marking out a box – this could easily be played with different shapes and would give slightly different outcomes.

**How to play:** One player starts as the free player, the other as the chaser. The free player must dribble their ball around the very edge of the box whilst the chaser sets off in pursuit of them. The free player must try to change direction and speed based on the position of the chaser in order to avoid capture. If the free player can stay safe for 30 seconds they win, if the chaser can catch them then they win. Then swap over roles.

### **Rules:**

- If either player loses control of the ball and strays away from the shape or if their ball goes inside the shape they automatically lose.
- They may change direction as often as they feel necessary.
- A progression could be that they are allowed to cross the shape a certain amount of times but must use these wisely at the right times to win.

Technical

Physical

Psych

Social

# Build the skill

- Develop a connection with the ball and a love of the game
- Develop individual skills as these quickly turn into individual tactics

Start without opposition but quickly add this to challenge the skilful use of these abilities

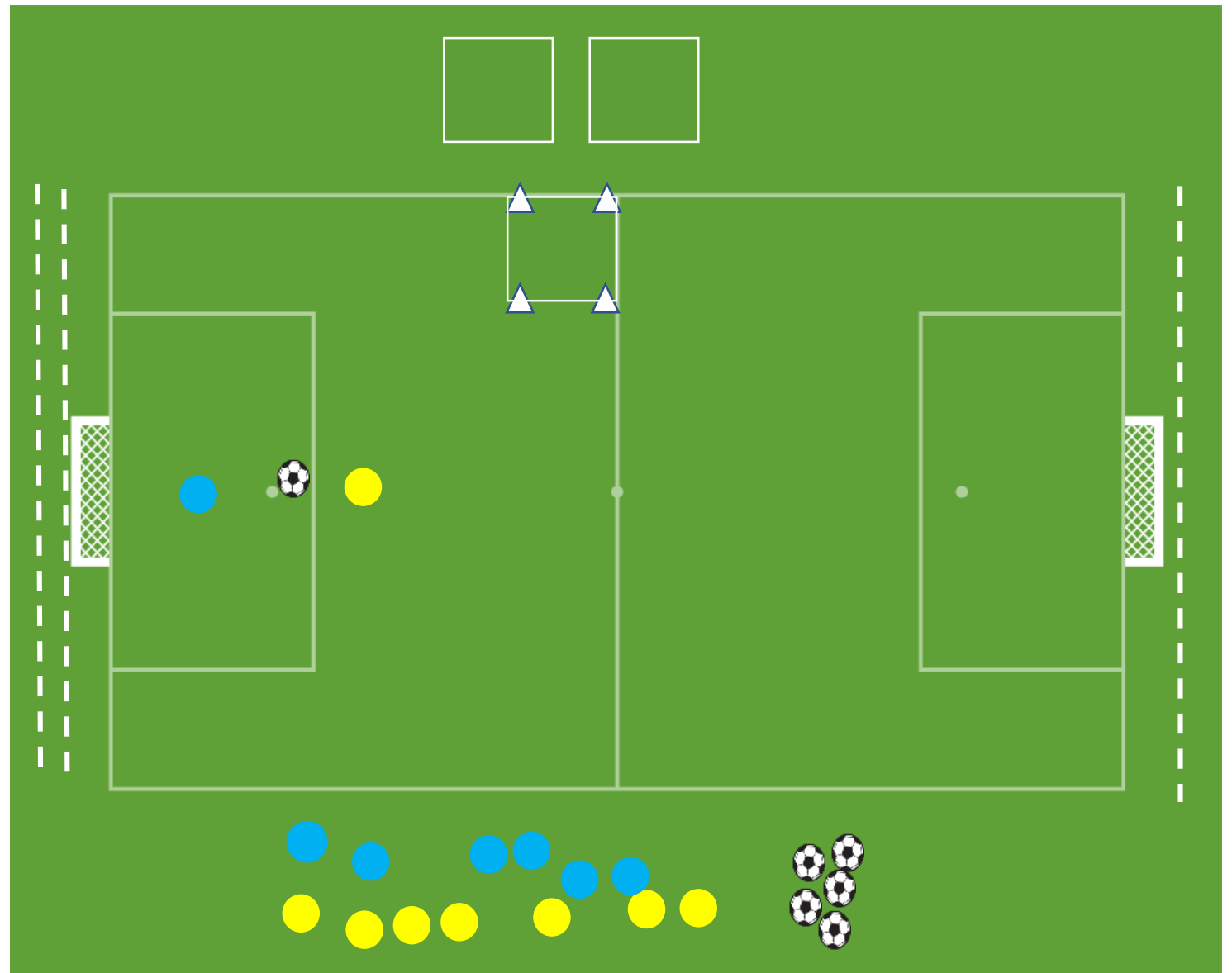
Understand that these skills and abilities are to use in order to penetrate, disrupt opponents, move forwards and to score

We must prioritise the thinking skills associated with doing these things

# Practice Design

Here we have the start of your next training

How do or might you try to incorporate free play into the session?



Technical

Physical

Psych

Social

# The Foundation Phase Child

- Can you view possession as an individual event in the Foundation Phase?
- If you can, then together we can help players master the ball, their body and the decisions that they make.

*“Being a coach in the Foundation Phase offers a unique opportunity: there's no better time to influence a child's attitude to sport and learning than during their early years.”*

**(Pete Sturges)**



## After this workshop....



Can you change just one or two things that you might currently frown upon or not encourage to any great degree?

Can you make sure the Foundation Phase is a memorable experience for your children?

# NEXT STEPS

Try a few things out in preparation for your next training session

Share some of tonight's ideas with coaches at your club

Let us know about your success stories

Spend some time on:

[The Boot Room](#)

[The FA Community](#)

[FA Learning - YouTube](#)

Contact Lawrence, Martin or Vinny if you would like more information around how they might support you moving forward



# FA GRASSROOTS DEVELOPMENT TEAM SOUTH WEST REGION



Martin Dighton  
Coach Development Officer  
Women & Girls  
[Martin.Dighton@TheFA.co](mailto:Martin.Dighton@TheFA.co)

[m](#)



Vinny Halsall  
PE Officer  
[Vincent.Halsall@TheFA.co](mailto:Vincent.Halsall@TheFA.co)

[m](#)



Lawrence Lok  
Coach Development Officer  
Diversity & Inclusion  
[Lawrence.Lok@TheFA.com](mailto:Lawrence.Lok@TheFA.com)

07966894500

# FA GRASSROOTS DEVELOPMENT TEAM SOUTH WEST REGION



Daniel Greenhough  
Senior FDO  
Cornwall County FA



George Roberts  
FDO  
Cornwall County FA

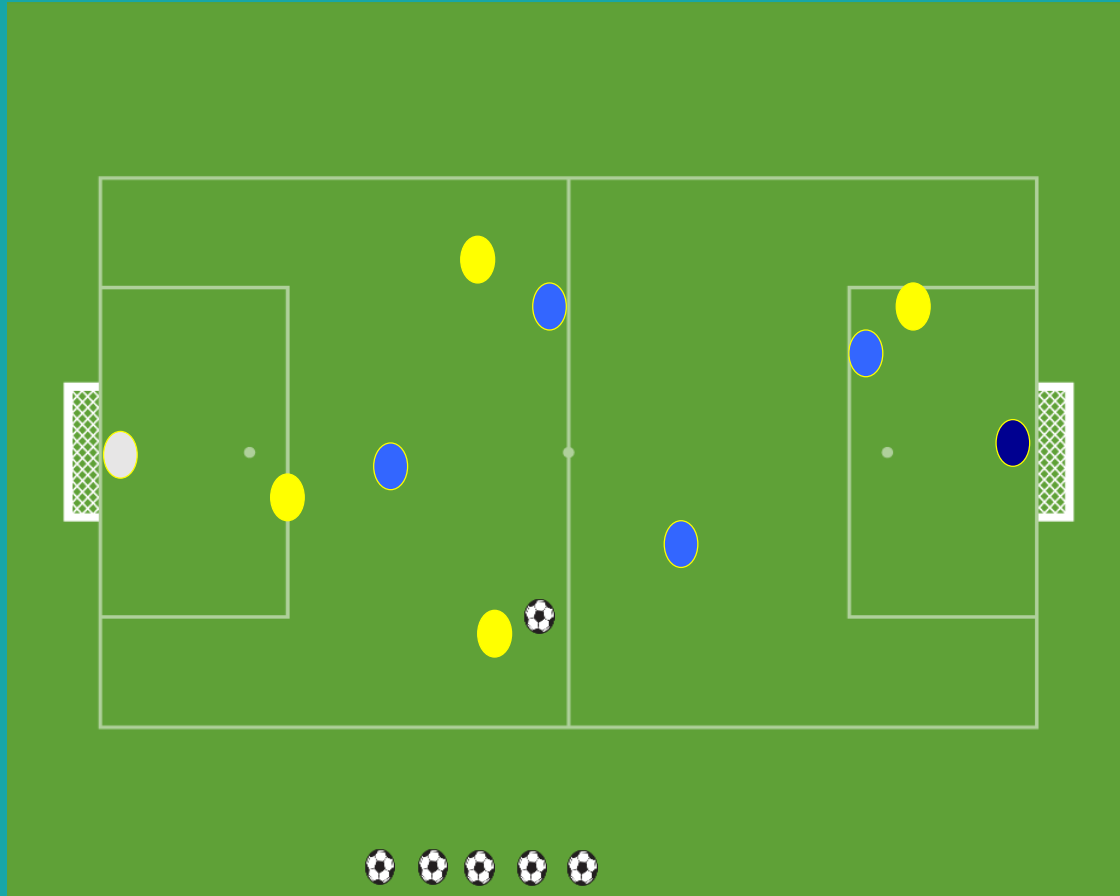
Want more?

<http://www.thefa.com/learning/england-dna-foundation-phase>



[TheFA.com/Coach](http://TheFA.com/Coach)

## DNA Focus: Stay on the ball – Individual Possession



**Organisation:** The game can be played 3v3, 4v4, 5v5 or 6v6 so try to play different formats depending on the size of your squad.

**How to play:** Each team is trying to score in the normal way. A DNA Game has:

- no corners or throw ins but the ball can be passed or dribbled in from the sidelines.
- The GK MUST roll out into his/her own half
- From the sidelines players can be challenged to dribble the ball into the most space to restart the game (this may not be towards their opponents goal but we want the players to get better at identifying space).

If a goal is scored the game stops. In order for the goal to stand, each player on the scoring team must play 1v1 against an opponent (at the same time) for a short time. If they all have the ball at the end of the time, the goal stands. If anyone has lost their ball, it remains 0-0. Different constraints can be used every time a goal is scored **In order for the goal to stand.**

- Give the ball to the non-scoring team and the scoring team has to get the ball off them (1,2 or all players)
- Play 2v2 when goals are scored using same rules.

Technical

Physical

Psych

Social