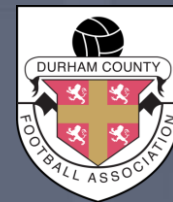


Name: Mark Kelly

FA Level 2 in Coaching Football Learner Journey



FA Level 2 Block 2 (How We Support / Future Player)

Arriving at the Durham FA headquarters for my 3 day Block 2 I was much more at ease than my first day of Block 1. I think this was mainly down to the fact that the classroom was not full of unfamiliar faces but more importantly because having now had 2 months to put what I had learned from Block 1 into place in my training sessions and games, I couldn't wait to see what more I could learn and what else I could add to my "coach's toolbox".

There were two new faces notable in the block 2 classroom as Richard had been replaced by Grace McCatty and Alan Evans as well as Andy Lowes Heading up the team.

Day 1

PLAYER POTENTIAL

We started the block 2 by reviewing everything we had learned from block 1 recapping on how it has affected our coaching practice based on our journey so far. We also had our introduction to the FA level 2 project which is essentially our own coaching journal from what we have taken from the course, how it has affected us as coaches, our beliefs about the game and what our expectations are, put together in a way that answers lots of the questions asked of us through the course.

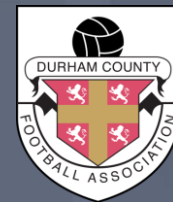
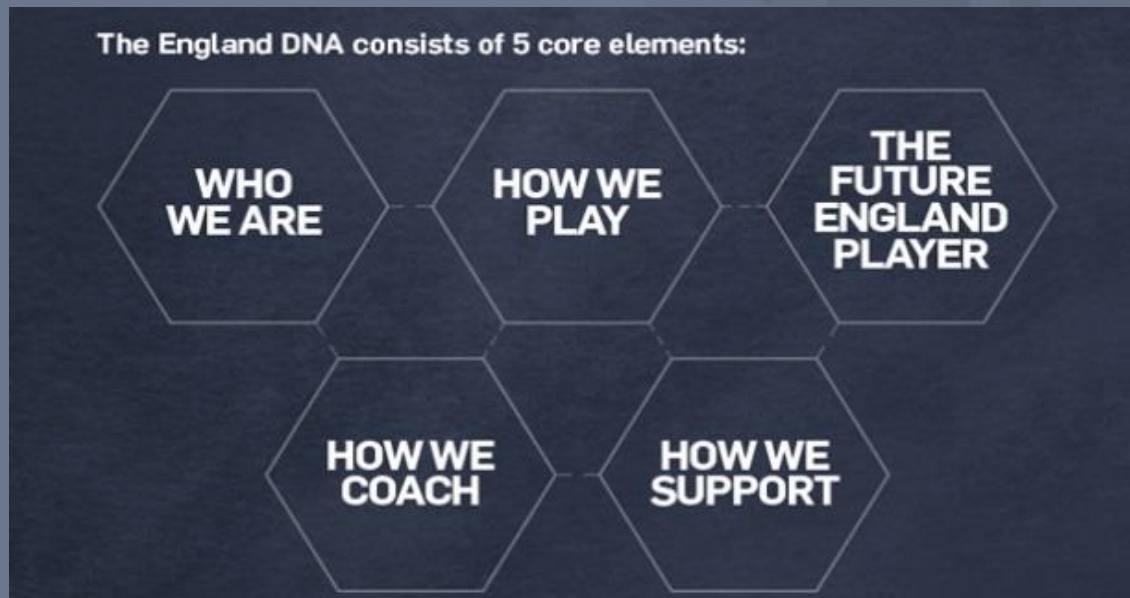
- Who we are as a club we are linked to and a person think we are.
- Why we are here as coaches.
- How we want our teams and players to play the game of football.
- Who our players are as people and players and what factors affect them in and out of football.
- How we coach our teams and individual players in our goal to achieve the playing experience and outcomes.
- And finally how we support our practice design with the recording of our decisions and their outcome during the match day.

“I couldn't wait to see what more I could learn and what else I could add to my 'coaches toolbox'.”

We were then tasked with delivering a session based on what we had learned so far, whilst documenting why we chose this session, in what context had we used this at our clubs and with what results.

The second half of the day saw us looking at player potential and what it might look like in physical, psychological and social traits and how we as coaches can affect this in our training sessions and match day planning.





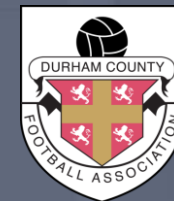
Day 2 MANAGING DIFFERENCE AND MANAGING BEHAVIOUR

We started the day 2 by reviewing our day 1 activities before working on player difference and how we manage that difference using **STEP** and the environment, and how we can alter our sessions by changing the space we have available, the task we are undertaking, the equipment we use and the individuals we have in our groups. We followed this up with tutor led sessions demonstrating the use of **STEP**, individual challenge and match day scenarios to change the outcome of your sessions. After lunch we looked at managing behaviour and how we can plan our practice to try to prevent poor behaviour followed by practical sessions to demonstrate this.

Day 3 MANAGING MISTAKES AND THE PHYSICAL CORNER

We started the day 3 by reviewing our day 2 activities before working on managing mistakes. We looked at the various ways we can tackle this in our session design and how to communicate effectively to promote a fear free environment while at the same time encourage good practice. We finished the day looking at the physical corner and how again through our session design we can focus the sessions aim to building physical output without reverting to traditional drill type practices. We finished our Block 2 organising our IN – SITU visits and what to expect from them.





IN-SITU SUPPORT VISIT

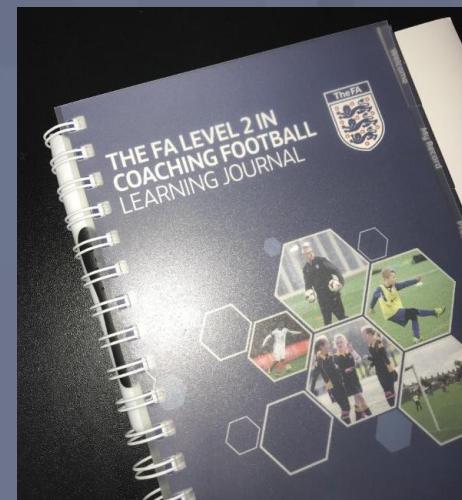
My in-situ session with Andy Lowe took place on a warm May evening at Spennymoor's Tudhoe playing fields. I was a bit nervous as it was the first time I had anyone come to watch how and what I was coaching as opposed to the usual parents watching how the boys were performing and felt the pressure of not knowing what Andy's expectations were of me as a coach. My topic for the session was "pressing the play" I started the session with some fun warm up games – 2 man tag- 2 boys try to tag all others in set area in quickest time. All pairs take turns.

All bays dribble with a ball and complete tasks on coaches call – forward / reverse toe taps / turn / step over etc.

Then I moved to my main focus drill

I feel my session could have gone much better and there were certainly things to improve upon, even though the session design itself was ok. The initial feedback was that I created a good environment for the players and engaged well with them, though I need to develop my session design and levels of knowledge to support my players better, which I completely understand. In our conversations, I was able to answer a lot of Andy's questions, but it became evident that I wasn't quite displaying that knowledge to the team and with a quick demonstration I saw Andy's point straight away. I need to be confident in stopping practice to talk in more detail, to get the basics across to the players with Q&A and demonstrations.

At first I was disappointed with myself and my performance, which is not what Andy's aim was, but on reflection after the session I realised this wasn't an isolated occurrence and was something I needed to work on much more.



MY PROJECT

Since Block 2 I have made a great start to my project in planning my next 8 training sessions, documenting the session designs, warm up detail, session outcome and all the detail, progressions and coaching points to get there, then how we transfer what is learned in the end of session match.

I have also planned 8 games with a target of recreating what we learned in the training sessions putting it into action in a real game environment.

I am continuing this practice for every training and game plan, which is helping me see what direction the training program I am making, is taking.

I am looking forward now to completing my Block 3, receiving the In-Situ feedback from Andy and completing my project and FA Level 2.

