



**For ALL**



**Planning for “What if” in training  
and matches.**

## Introductions:

Dave Stevens: FA County Coach Developer (Hereford & Worcestershire)

david.stevens@thefa.com

Chris Morris: FA County Coach Developer (Cornwall)

chris.morris@thefa.com

# Aims and Objectives

Developing a 'what if' plan for training and match day, including how to adapt your coaching session to deal with:

- Using the plan/do/review model
- Greater/fewer numbers at training;
- Limited training space;
- Preparing for every eventuality on match day

# What is the starting point?

Can you clearly identify the range of common (and not so common) challenges you face:

a) on a training night?

b) on a match day?

What are they?

# Using the Plan-Do-Review Model : Planning

How do you currently plan?

What other information or considerations would help you?

How could you ensure you are as well informed as possible prior to training/matches?

# Using the Plan-Do-Review Model :Do

Contingencies for greater numbers:

Blended/dual coach practices

Using methodology suited to larger numbers such as Whole-Part-Whole

Using concurrent practices

Using a carousel approach to coaching

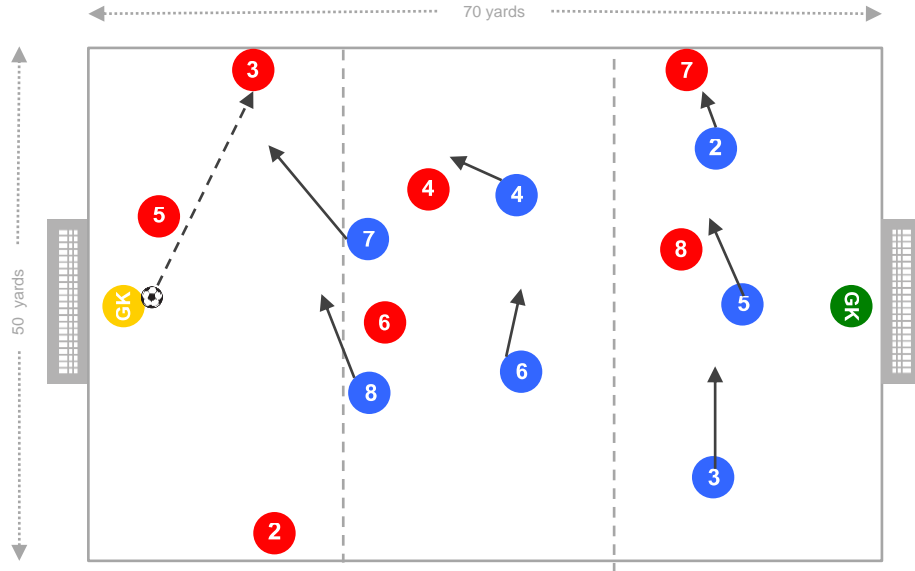
Challenge and competition

Using a round robin format with server/bounce/observation tasks attached

Using the STEP principle

Managing uneven numbers

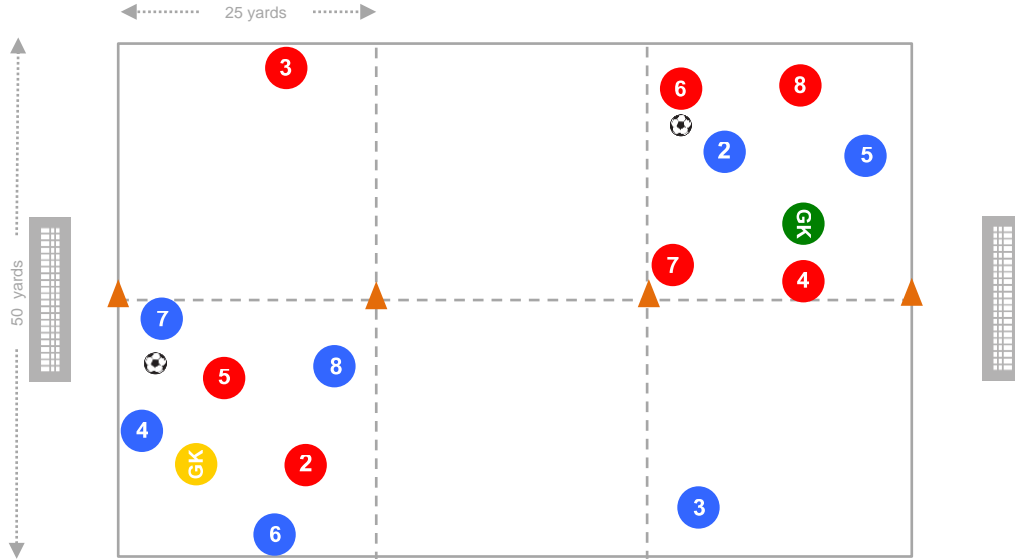
# Transition: Defence to Attack



Notes:

- Initial challenge for the blue team is to defend two out of the three areas.
- They must determine the factors which decide which areas to defend and why.

# Practice for transition from Defence to Attack

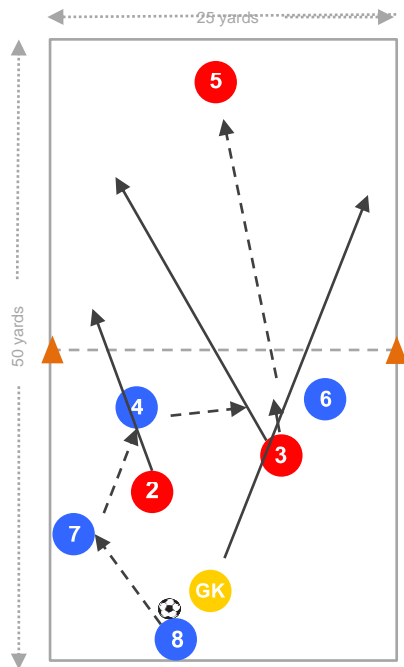


Notes:

- By moving the goals back and introducing one centre line pitch is able to be divide into useable areas quickly and simply.
- This set up gives two practices which allow an outnumbered team to focus on “clever pressing” and a counter attacking option.



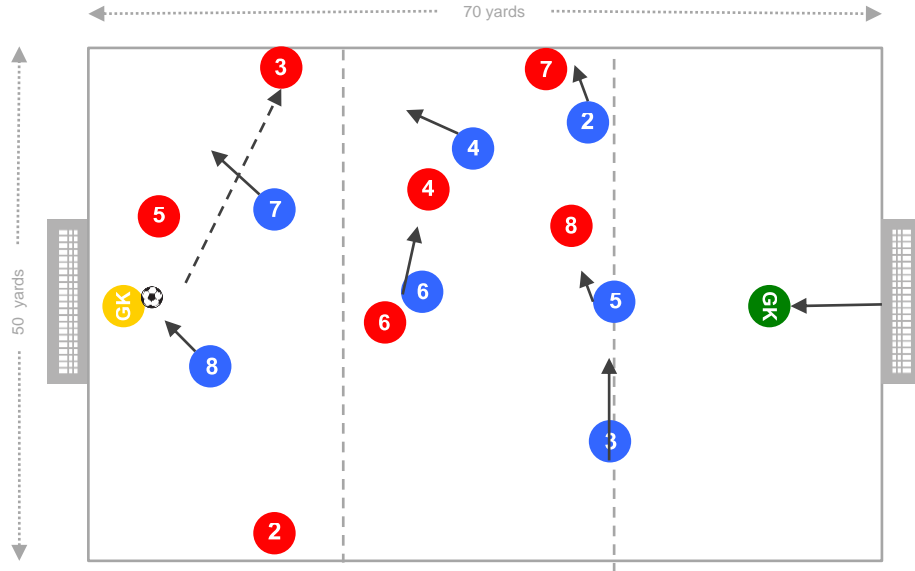
## Counter Attack practice after transition (Defence to Attack)



Notes:

- Practice commences with Four blues in possession in square.
- Three reds (including the goalkeeper) have to try and regain possession.
- If they succeed they can transfer the ball to their forward player (red number 5) and then quickly support in the top square.
- Three blues then transfer to the top square leaving a solitary forward player in the bottom square.

## Transition: Defence to Attack



Notes:

- Second challenge for the blue team is to defend two out of the three areas. In this instance they are given a scenario in which they have limited time in which to score to avoid losing.
- What effect does this have on their tactics?

# Foundation Phase DNA



Foundation DNA\_Hide & Manoeuvre\_the ball.mp4

# Using the Plan-Do-Review Model :Do

Contingencies for smaller numbers:

Using constant /variable practices (e.g. pattern play, over/underloads)

Using individual/pair practices

Using individual/shared technical challenges (e.g. high and low keep ups)

Using Small Sided Games including 1v1, 2v2, 3v3, 4v4

Indoor ball and a wall practices

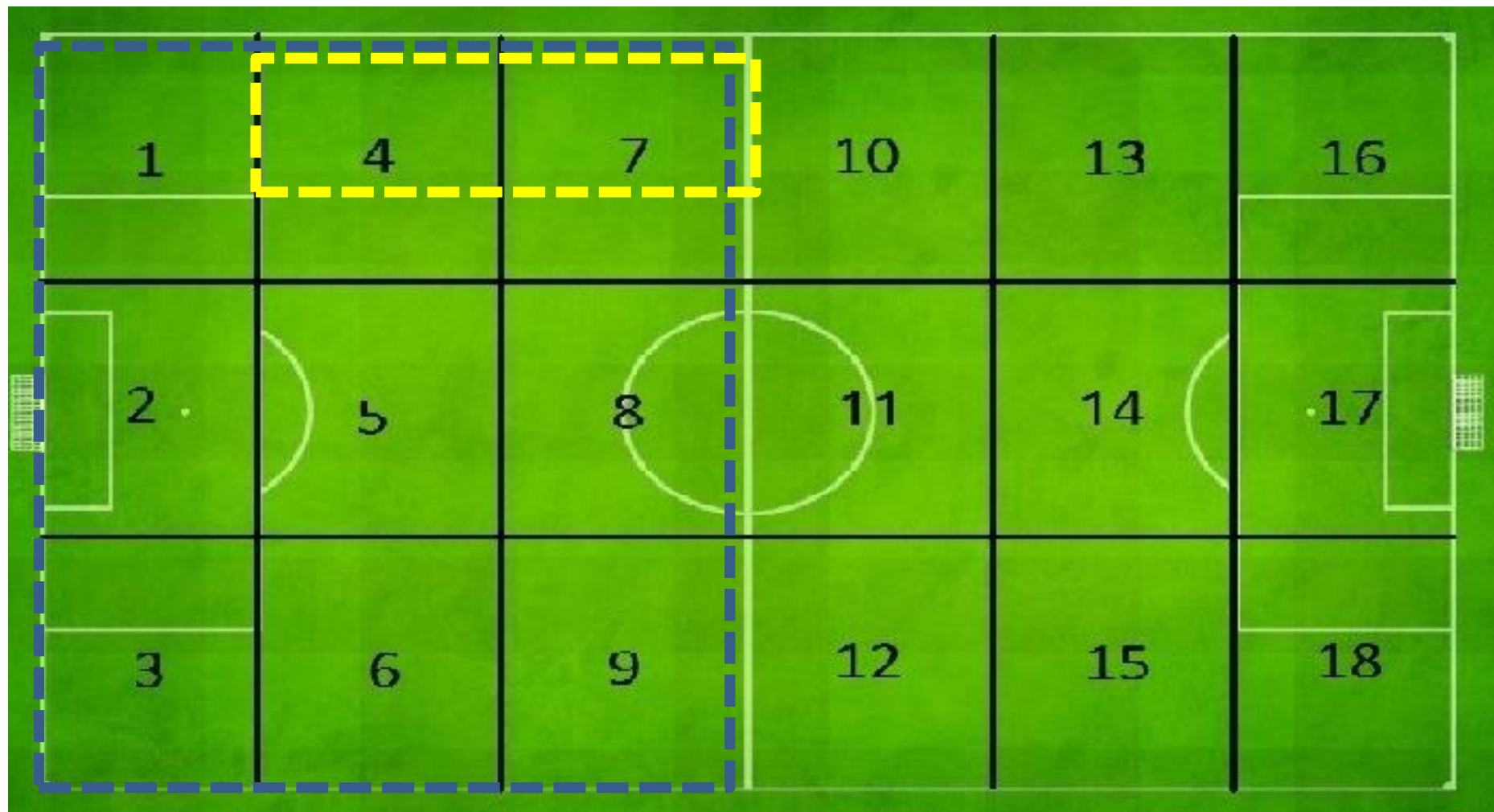
Balancing work/rest ratios, practice intensity, time

Using the STEP principle

Managing uneven numbers

Position specific practices/positional match ups

Alternatives to GK

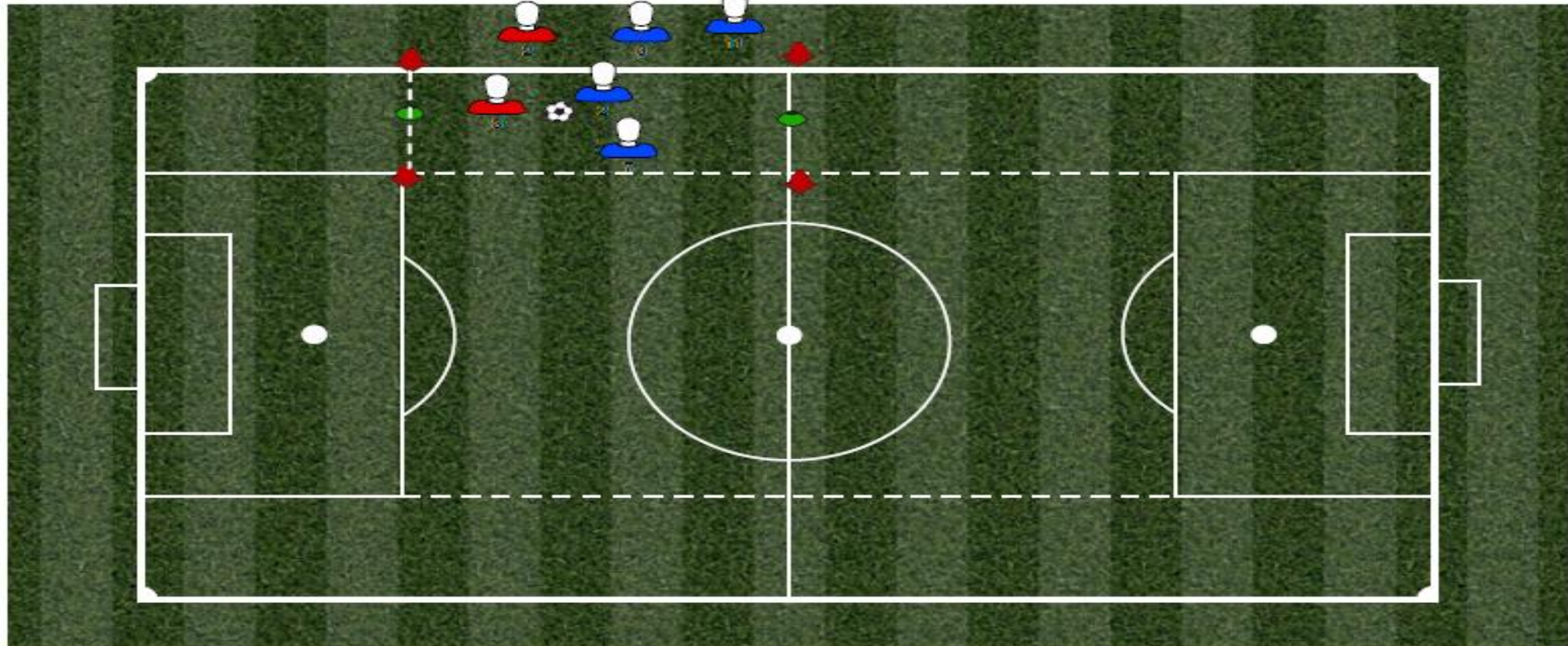


# Full Back Showing Inside 2 V 1

Category: Tactical

Length: 00:15 Rec. Players: 6

Published: March 04, 2019 @ 08:58



Practice: 01 Length: 00:15  
Full Back Showing Inside 2 V 1  
Category: Tactical

Slide: 01/01

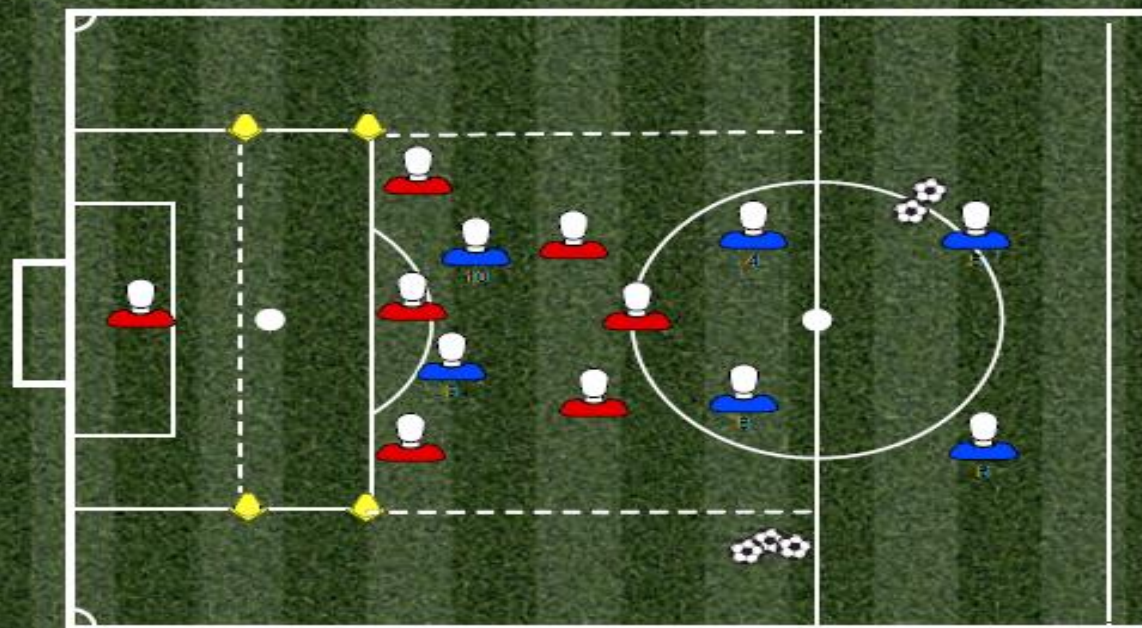


# Lead In M And Cov With Back 3

Category: Tactical

Length: 00:15 Rec. Players: 13

Published: March 03, 2019 @ 21:27



Practice: 01 Length: 00:15  
Lead In M And Cov With Back 3  
Category: Tactical

Slide: 01/01



# Using the Plan Do Review Model: Do (Limited Space)

*“Plan for realism, but adapt accordingly”*

- Maintain, where possible, returns from the practice
- Younger players (Foundation Phase) Creative or ball manipulation type sessions
- 3v3's or 2v2's (extended arrival activities) with a game based focus
- Older or Youth players (Adapt from the macro to micro- phase of play to a function or S.S.G)
- Physical Corner- Multi-skills type activities to encompass A,B,C's or speed ,agility and change of direction, acceleration, deceleration
  - Lots of individual and ball
  - Ball and Wall
  - 1v1, 2v2, 3v2 , 3 v 3 games (Cross pitch small games)



# Using the Plan-Do-Review Model – Review

“We do not learn from experience, we learn from reflecting on experience.” —John Dewey

Make time to review and reflect.  
Harness the power of reflection.

How do you reflect/review?  
What are the benefits?

# Conclusion

**Try to spend equal time Planning, Doing and Reviewing.**

**Remember it's supposed to be fun!**

**Thanks for listening in.**



[TheFA.com/Coach](https://www.thefa.com/Coach)