



WCFA COACHES CORNER #3

JANUARY 2022



SESSIONS, TIPS & TOOLS

COACHES SPOTLIGHT:

CRAIG DART



PLANNING:

SESSION CONSIDERATIONS

PLAYERS:

DEVELOPING PLAYERS



DID YOU KNOW?

In 2021, Ullswater Utd celebrated their 125th anniversary!

SESSION OF THE MONTH!

COURSES: CPD WORKSHOP

COACHES SPOTLIGHT - CRAIG DART

A new feature of the Coaches Corner newsletter focuses on you, the coach....and all the outstanding work that you contribute to, in and around the county! This month, we caught up with Kendal United Youth team coach, Craig Dart.



When did you start coaching?

'I've been involved for around 8 years now'

How did you get involved in coaching?

'Two out of my three children are keen footballers. It was inevitable that I would be standing on the touchline each week as a parent, so I offered to support the club in helping out with coaching and matches too. This has led to me gaining my level 1'

Which age groups do you coach?

'The U11s and U15s'

What do you enjoy about coaching?

'The freedom that football gives young people is essential. Time with friends in a safe environment brings much reward and establishes long lasting friendships and memories that last a lifetime'

What are the challenges in coaching?

'As a coach, there are many challenges from: training, player development, setting up on match days, liaising with other coaches and the league, obtaining sponsorship and of course, the British weather! But the enjoyment gained from both myself and the players is worth all the hours put in'

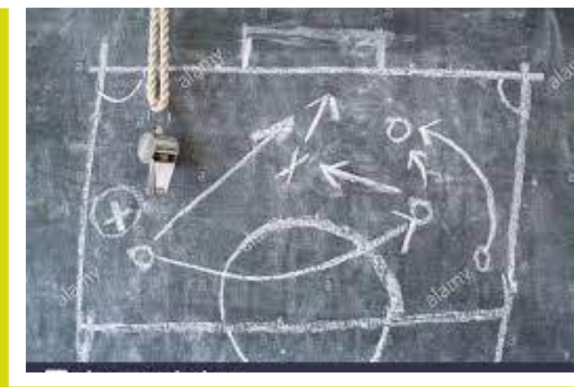
What advice would you give to both coaches and parents?

'I would ask that everyone who is involved in junior football is respectful and encourages not only the coaches and players, but also the referees, some of which are young and learning themselves'

Lastly, Guardiola or Klopp?

'I understand that I will never be a Guardiola or Klopp, but on the sidelines, obviously I would want to be Klopp!'

PLANNING - SESSION CONSIDERATIONS



There has been extensive research into the value of playfulness and the state of mind it encourages, and not just amongst the young. Think of times when you feel under pressure to perform. If you are an expert, there is a tendency to perform better, but novices perform worse under scrutiny and young players are novices or are often introduced to novel situations.

Playfulness encourages creativity, problem solving, imagination, alertness, activity, action and a non-stressed frame of mind - all of which are excellent for learning new, demanding and tricky things. Playfulness is motivated more by the means and the challenge, rather than the result. Subsequently, fear-free exploration, experimentation and calibration are to the forefront of the mind, not the blunders or slip-ups that may occur.

The important thing in all of this is for the coach to chill out and realise that playing games uninhabited and free of the fear of getting stuff wrong, is the most valuable learning tool that a player can have.

Part of many a successful training session is to design practices and games that helps, rather than hinders learning!

PLAYERS - DEVELOPING PLAYERS



I recall watching a grassroots game several years ago, and despite not being able to remember the scoreline, two incidents within the match still stand out to this very day!

#1 The home team took a corner which evaded everyone in the penalty area and found it's way to the away teams number 11, just outside the 18 yard box. The winger then made a mazy run from his own half which took him to the edge of the oppositions penalty area, skipping past several challenges in the process. With the options of playing in his number 9 for a tap in, or going for goal himself, the winger tried his hand with a speculative strike from outside the area.....which ballooned 20 yards over the bar and into the river well beyond the goal!

#2 The away team hit the home team with a quick long ball counter attack from deep. The pass dropped over the heads of both the attacker and centre half, turning it into a 50/50 race. Being the quicker of the two players and with shouts of 'get rid' echoing in his ears, the home team centre back got there first and with his body position now facing his own goal, cleared the ball out to the left touchline with such force, that it nearly took a wicket in the cricket match being played next to the football pitch!

In **#1**, the winger was berated by his own manager and several of his team mates for not choosing to pass to his centre forward who had an easier opportunity to score.

In **#2**, the centre half was praised by his manager and team mates alike for 'getting rid', although I'm sure that the batsman might have disagreed!

What we as coaches say to players both in training and in games can have a big impact on player development. If players are constantly hearing cries of 'get rid', 'clear' and 'not in there', are they ever going to learn different ways to play in those circumstances? Whilst there is nothing wrong with clearing the danger, perhaps we should be making the players aware of other possibilities: 'well done, but what else could you have done?', or 'who could you have used?' (goalkeeper).

In the case of the winger that took on half a team to create his own chance.....surely that deserves praise despite the wayward shot? Will he be trying that again if he has just been berated? As above, perhaps making players aware of other options will help in their development: 'what a great run.....what else could you have done?'

SESSION OF THE MONTH - WAVE

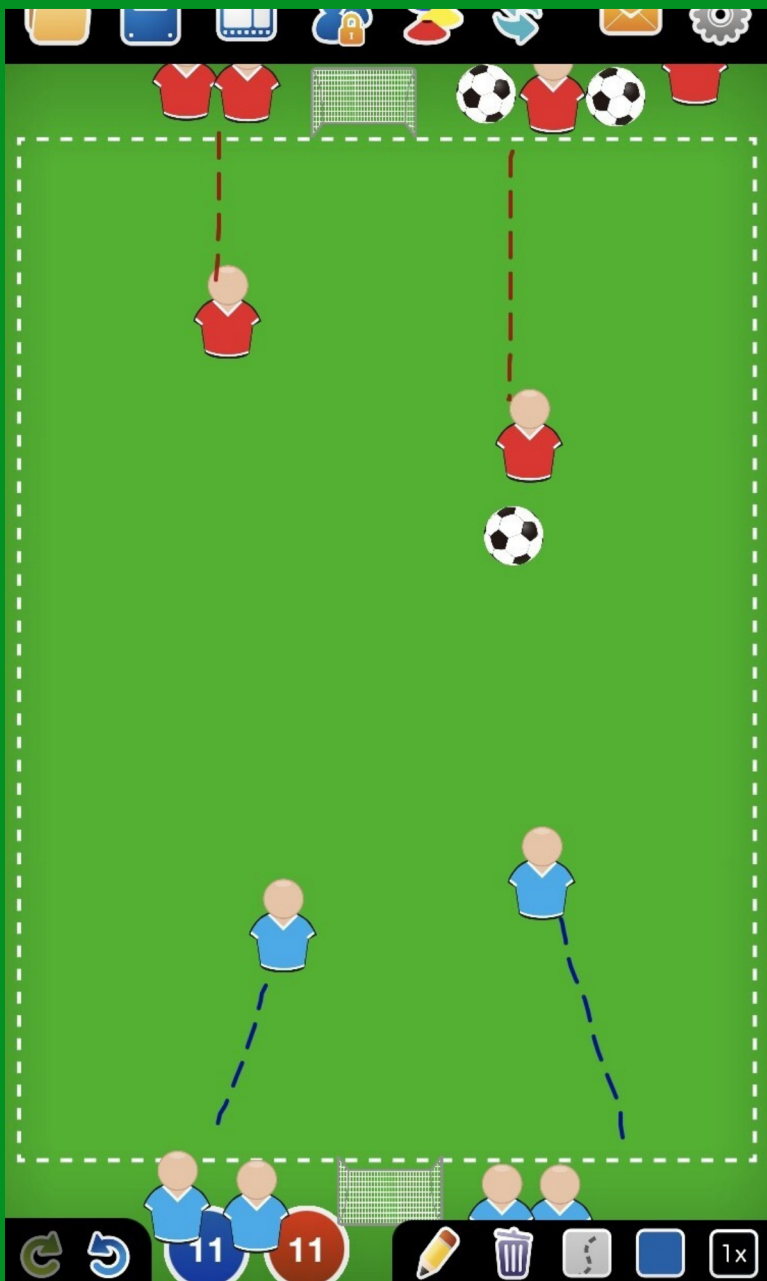
ATTACKS

- This can be used for both attacking and defensive principles
- Can be used in 2s, 3s or 4s



Play starts with two attackers, attacking the opposite goal. As they set off, two defenders become active. If the attackers score, or the ball goes out, or the defenders steal the ball and score in the opposite goal, then the next two attackers and defenders set off.

The attacking team have 5 mins to see how many goals they can score, before swapping roles with the defending team.



PROGRESSIONS

- keep scores of both teams to make it challenging! The attacking team might get 2 goals for scoring and the defending team one goal if they score....if you are working on an attacking topic for example.
- change the length of time for the round! You could even ask the players how long they want to play for!
- add an extra player to each side for each wave (e.g from 2 v 2s to 3 v 3s)
- if your session is an attacking topic, the attackers might be rewarded if they can score within 10 seconds.....5 goals if they do, but only 2 goals if it's over 10 seconds for example.

Kids will love this game, certainly if the coach has a tactics board and marker, or a pen and paper to keep score. You could even ask the two groups which premier league teams they would like to be, which will add a competitive edge!

COURSES

WESTMORLAND COUNTY FA CPD WORKSHOP 7 FEB 2022

'THE ART OF NOTICING'

6.30-8.30PM @ DALLAM SCHOOL, MILNTHORPE LA7 7DD

LEAD BY CHRIS WELBURN FROM THE FA

QUESTIONS THAT THIS WORKSHOP WILL AIM TO ANSWER:

What do i look for during practices and matches?

How do i observe effectively when the picture is constantly changing?

How might my observations help me plan for future practices and games?

WHAT COACHES CAN EXPECT TO TAKE AWAY:

Some example practices that they could use to support them with this topic.

Tips and tricks to take away to help coaches 'notice' better.

There will be a 90 second video to watch before attending the event, which will be sent out to all participants prior to the evening.

Arrive prepared to share your thoughts on what the 'art of noticing' means to you.

Overview of the event: 'a lot of what we learn about players isn't what they tell us, it's what we observe'. At the event, we will discuss how we as coaches can develop noticing and observational skills. We will explore how this looks through the lens of the four corners and will show through practice design what attentional focuses we may want to examine with our players. The event will showcase a range of practice designs and will give the opportunity for coaches to discuss and reflect on how they can develop their noticing skills.

For more information or to book your place, please contact us on: info@WestmorlandFA.com



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