



THE  
COACHING  
MANUAL<sup>®</sup>

# 2023/2024 NEW SEASON GUIDE

PROVIDE THE BEST ENVIRONMENT FOR YOUR COACHES AND PLAYERS





# INTRODUCTION

In this simple but comprehensive document, we'll show you how you can use The Coaching Manual to run your club's new season from start to finish, all while making the best use of your time and providing your players with the best experience possible. Wiltshire FA has a coach education partnership with The Coaching Manual that allows coaches to benefit from in-depth online resources from professional and experienced coaches.

The Coaching Manual has all the tools and resources you need to effectively develop your coaches and players, work towards your long term targets, and keep parents and other stakeholders happy.

This guide will cover:

## Season Plans

Create your own or use our ready-made age-appropriate plans. You might only get one or two hours a week with your players, so you should be making sure you make the best use of your training sessions.

## Club Philosophy

Learn how professional clubs develop and communicate their playing styles and philosophies, and how you can do the same with The Coaching Manual's suite of easy-to-use tools.

## New Coaches

The start of a new season will likely mean you have new coaches joining your club. From setting up their first session to understanding development plans, we've got everything they'll need to get started - and excel.

## Player Psychology and Parent Relationships

As coaches, we also bear a responsibility to ensure we provide the right environment for our players and the parents who trust us with their wellbeing. We've got content to support the mental as well as the physical side of things.

## Coach Education

If you run your season using The Coaching Manual's plans and sessions, your players are guaranteed to improve. But over the course of the season, you will develop your own understanding of the game with our extensive library of theoretic guides, webinars, and articles.



# READY MADE SEASON PLANS

Coaches of all levels would like to have more time with their players, and more time to plan their strategies and training sessions.

We've taken the stress out of planning your season with our ready-made age-appropriate curriculums, featuring premium content from The Coaching Manual platform.

These tailored 12-week season plans will help you deliver the best season, not only to help your players improve but also you as a coach. We've made these plans as easy for volunteer coaches to follow as possible, with sessions that are developmentally appropriate, fun, simple to deliver - and based on the actual game of soccer.

Find your age group below and get started at the click of a button!

[DOWNLOAD  
U4 SEASON PLAN](#)

[DOWNLOAD  
U6 SEASON PLAN](#)

[DOWNLOAD  
U10 SEASON PLAN](#)

[DOWNLOAD  
U5 SEASON PLAN](#)

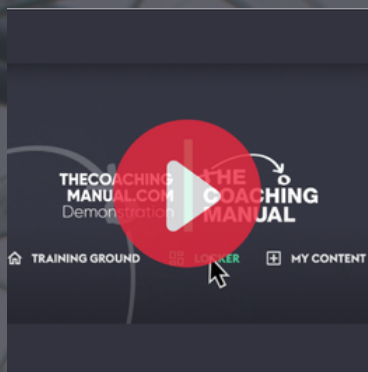
[DOWNLOAD  
U8 SEASON PLAN](#)

[DOWNLOAD  
U12 SEASON PLAN](#)





# CREATE YOUR OWN SEASON PLANS



Instead of using on our ready-made season plans, you can create your very own bespoke plan tailored to your players' age group, club philosophy, playing style, and specific goals.

Watch our quick tutorial that explains just how simple it is to use The Coaching Manual's Season Plans feature.

[WATCH VIDEO](#)  
[GUIDE HERE](#)

## PLAY - PRACTICE PROGRESS - PLAY

The majority of the sessions on The Coaching Manual follow the Play-Practice-Progress-Play theory, including those on our ready-made season plans.

In this article, we discuss how to use Play-Practice-Progress-Play and the importance of this type of session in your training.

[PLAY-PRACTICE-](#)  
[PROGRESS-PLAY](#)



# COACHING PHILOSOPHY



Philosophy is essentially how you interpret the world around you, it is usually governed by your circumstances, your beliefs and by what you know. Importantly, philosophy isn't rigid, it evolves as circumstance, belief and knowledge change. In many ways, developing a philosophy is a process of continuous learning.

Before we start to develop our philosophy, we must understand the journey and the purpose of why we are designing and developing a philosophy - and not just because we like a specific team's style of play or a particular coach. Use our guide to get started on your journey to implementing an effective philosophy:

[READ OUR  
GUIDE](#)

**"The principles of play are the foundation to everything we do on the training field and in games. If we don't understand the fundamentals of the game, it is almost impossible for us to implement a footballing philosophy"**

**- Martin Hunter**  
UEFA PRO Licence Tutor





# THE PRINCIPLES OF PLAY

The Principles of Play are perhaps the most fundamental components of a coach's understanding of the game, yet we find ourselves in a situation where many do not learn about them until far too late in their educational journey.

## What are the Principles of Play?

Simply put, they are the fundamental truths for how the game can be played within the boundaries of the pitch. They remain constant whether you are playing a small sided format or the full sided game.

This is different to laws and tactics. Both laws and tactics change on a regular basis. Laws perhaps less so than tactics, but neither are fixed. Laws and tactics also have a direct correlation with one another. A change in a law (such as Law 12 Section 2 - the back pass rule) can create a new tactical approach (i.e. pressing from the front).

There are 10 Principles of Play - five attacking and five defending. See below for our series of content on each Principle. These links include a full session on teaching the Principle, as well as a series of educational guides to further your own understanding of the principle and how to coach it.

## ATTACKING

Creating Space

Passing & Support

Movement & Mobility

Creativity & Penetration

## DEFENDING

Pressing

Delay & Recover

Compactness,

Cover & Balance

Restraint & Control

Our Principles of Play sessions are delivered by Martin Hunter, tutor and educator on the UEFA Pro Licence course.



# SUPPORT FOR NEW COACHES

As we enter the new season, we are sure to be welcoming many new coaches to the sport. Perhaps you're new to coaching yourself, or perhaps there are a number of new coaches at your club.

How do I plan a session? How do I deliver a session? How do I communicate with the players? These are just a few of the big questions that every coach will have asked themselves before stepping out onto that training field for the first time.

Featuring an introduction from The Coaching Manual's Technical Director, UEFA A Licence and USSF A Licence coach Paul Bright, The New Coaches Starter Pack is the essential companion for anyone starting out in the world of soccer coaching at any level.

Whether you're a new coach yourself, or work with volunteers who are stepping out onto the training field for the first time, download the New Coaches Starter Pack today, and share the knowledge with your colleagues.

[DOWNLOAD](#)  
[HERE](#)



# OFF THE FIELD SUPPORT FOR PLAYERS

As important as it is to ensure your players are developing on the field, it is vital that young people are given the support to grow as individuals off the field, too. As coaches, we are in a position of responsibility that requires to consider the mental and psychological wellbeing of our players - and we've got the tools to support this.

## STRUGGLERS, COPERS & STRIVERS



This guide discusses simple terminology to challenge all players in your practice if they struggle or strive in your sessions.

## HOW TO UNDERSTAND YOUR PLAYERS



As players are going through the early stages of development, their levels of maturity and technical ability can be very different to that of their peers, despite being similar ages. This article looks at why it's important for coaches to understand their players' different levels of maturity and then provides some tips on how they can do this.

## MENTAL HEALTH WEBINAR



We speak to Adam Morris from Believe Platform and former professional player Alan Tange about mental health within football for both players and coaches.

## OTHER PLAYER CONTENT

There's a lot of content on The Coaching Manual designed to support off-the-field growth, and encouraging psychological maturity. Check out some of these guides below:

- [Can you coach children determination?](#)
- [The car journey home](#)
- [Why is it important for coaches to understand the age and maturity of their players?](#)
- [Fuelling your child's ego](#)



# OFF THE FIELD SUPPORT FOR PARENTS

Parents play an absolutely vital role in the development of young soccer players, and The Coaching Manual has everything you need to get off on the right foot with new and existing players' parents this season.

## PARENT REPORT



The Coaching Manual Parent Report 2022 is the outcome of a research project designed to explore the motivations, preferences, and levels of understanding that the parents of soccer players have within the game.

## PARENT GUIDE



In this series of guides, we explore the ways in which parents can support their children by encouraging simple habits away from the training field - from nutrition and rest, to practising their skills at home.

## MATCHDAY GUIDE



There are some things you should take into consideration when supporting your child when it comes to matchday in order to make the experience both enjoyable and beneficial for their continued development. In this guide we look at the ways in which parents can help their child from the sidelines.

## OTHER PARENT CONTENT

We have a whole host of content to help you maintain a healthy relationship with your players' parents, and provide them with everything they need to support their development

- [Improving the relationship between coaches and parents](#)
- [How to make the most of coaching your own child?](#)
- [Pushy v Supportive Parents](#)
- [Nutritional Guide for Parents](#)
- [Injury Guide for Parents](#)



# COACH EDUCATION

No matter how long you've been coaching, or how many coaches are at your club, there are thousands of useful articles, guides, and sessions that will boost your understanding of the game and support your journey to becoming the best coach you can be.

The content on the Coaching Manual has been created by highly experienced and qualified coaches, including tutors on the UEFA Pro Licence, Pro Licence holders, Premier League Academy coaches, and more.

## GUIDES

Below is just a selection of the educational guides we have on The Coaching Manual, including guides focused specifically on particular positions, formations, stages of practice, and session formats.

- [Guide to running a session](#)
- [9v9 formation guides](#)
- [Positional guides](#)
- [Perception - Decision - Execution. What Is It?](#)
- [How to Use Play-Practice-Progress-Play](#)
- [Creating a State of Flow for Development](#)

## SESSIONS

Among the 3,000+ pieces of content on The Coaching Manual is our series of Pro Masterclass sessions, delivered by the best coaches in the game. The Masterclasses feature a full session with diagrams and animations, as well as supporting guides and interviews to help you provide your players with the pro experience.

- [Rene Meulensteen](#)
- [Steve McClaren](#)
- [Stuart Pearce](#)
- [David Moyes](#)
- [Dean Smith](#)
- [Mike Phelan](#)
- [Gary Rowett](#)
- [Chris Hughton](#)
- [Mark Warburton](#)
- [Alan Irvine](#)
- [Aitor Karanka](#)
- [Michael Appleton](#)
- [Pep Clotet](#)





# PLUS: OUR SERVICES

The Coaching Manual has developed a range of services designed specifically for football clubs at every level. Let The Coaching Manual take the strain so that you can focus on what you are great at!

## What we offer:

- **In-Person Coach Education:** We deliver informative and valuable on-field and classroom sessions delivered by top level coaches
- **Digital Assistant:** For club executives who don't have the budget to have a dedicated education lead. Includes:
  - Curriculum design and delivery
  - Philosophy and culture design and implementation
  - Monthly/Quarterly online coach education specific to your club
  - Usage data
  - Dedicated support for your club
  - Access to in-person education (optional)
- **Camps and Tournaments:** The Coaching Manual has a track record in producing best-in-class soccer camps and tournaments for their partner clubs. Using our player development app TopTekkers as well as the expertise of fully-qualified coaches, participating youth players of all ages benefit from being a part of our residential competitions.
- **Club & Team Management:** Do you need help overseeing the club-wide delivery of the world-class education you get with The Coaching Manual? We can help you organise everything from curriculums and philosophies, to individual coach profiles and season plans, to save you time and make your club run smoothly!

