



Values

- Respect
- Effort
- Ambition
- Teamwork
- Humility
- Creativity

Coaching style

- Holistic
- Hitting all 5 corners (Technical, Tactical, Psychological, Physical, Social)
- Game day Coaching- (Technical instruction during play, simple tactics during breakdowns)
- Soccer Language (Create the language)
- Training games
- Encourage individual coaching style

Style of Play

In possession

- Short passes
- Possession
- Control game in opponent's half
- Tactics are flexible
- Build around a conductor #6
- Create 3v2 CD and DM vs forwards, CM and #9 vs Center mids
- Attacking freedom/unpredictable

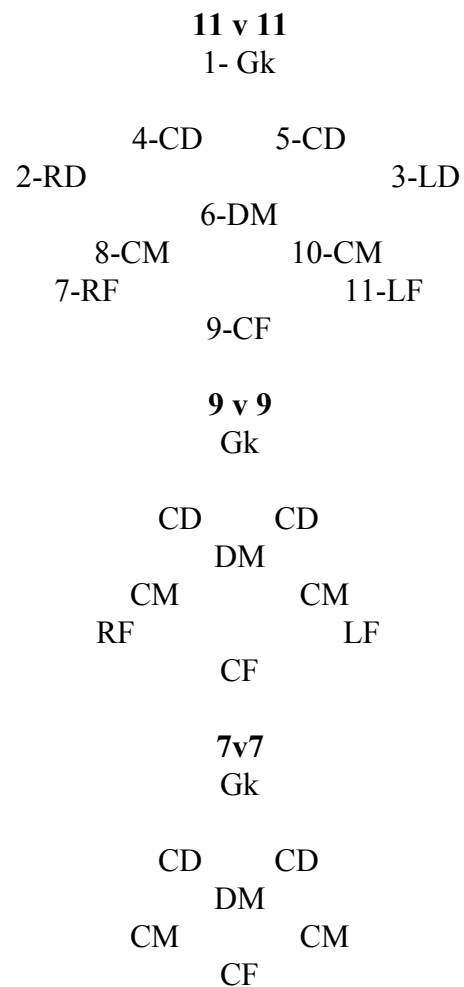
Out of Possession

- High pressure
- Defensive structure

Characteristics

- Finishing scoring chances
- Attacking down the wings
- Creating chances using through balls
- Defending set plays

System of Play



Position Characteristics

GK- Sweeper Keeper

CD- Ball winner, athletic

CD- Ball Player intelligent

DM/CM- Conductor, Can be third center back
CM- Dribble, pass, creative (Iniesta, David Silva)

CF- Finisher, Direct

Player Pathway



Coaches Pathway

Coaching Development

- Playground (4v4 Cal south License)
- IYSL (4v4/9v9 Cal South license)
- Club (11v11 Cal south License working towards USSF D)
- Elite Club (USSF C License)
- Academy (USSF B License)

Additional opportunities/experience High school, College and professional.

Coaching methods

- Fly by
- Drive by
- The coaching Process

Technical



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Short Passing

1. Look at target
2. Eye on ball
3. Angle of approach
4. Non-kicking foot alongside ball in a comfortable position
5. Strike Centre of ball with inside / outside of foot (identified area of the ball)
6. Firm ankle
7. Follow through towards target



Is there any alteration in a players Mechanics when performing a variety of **Passing** Techniques?

View your Course Resources for additional information around; Long, Volleyed, Curled or Lofted **Passing**

Turning

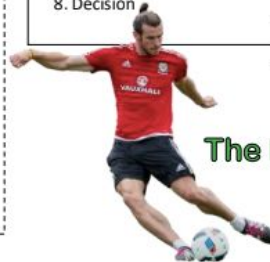
1. Get in Line
2. Pressure on the ball
3. Deceleration
4. Body Position
5. Stay on toes
6. Be Patient
7. Decision

8. Recovery Runs (Movement)
9. Tracking Players

1. Eye on the ball
2. Decision, Change of Direction
3. Contact with surface (if required) or feint.
4. Head Up
5. Low Centre of gravity (balance)
6. Change of Direction
7. Acceleration into Space

1. Get your body in a position to strike the ball
2. Angled approach
3. Non kicking foot beside the ball
4. Head over the ball
5. Select Surface & Strike: E.g. Laces, Inside.
6. Follow through
7. Aim low and across goal (Accuracy)
8. Decision

Shooting



The Mechanics



Defending



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Control

1. On toes
2. Eye on the ball
3. Get in line with ball
4. Decide and present surface towards ball
5. Relax on impact



Heading

- | | |
|--|--|
| <ol style="list-style-type: none"> 1. Eyes open 2. Head ball using forehead 3. Use neck & back muscles for power 4. Arms out for balance 5. Stay on toes 6. Head top to middle of ball 7. Go for accuracy | <ol style="list-style-type: none"> 1. Eyes open 2. Head ball using forehead 3. Use neck & back muscles for power 4. Arms out for balance 5. Stay on toes 6. Head middle to bottom of ball 7. Go for height and distance |
|--|--|

Attacking

Defensive



1. Keep ball close
2. Vary surfaces of the foot
3. Head Up
4. Change of pace
5. Change of direction

Dribbling

What's the difference between **running with the ball** and **dribbling**?

Running with the Ball is performed when there is Space for our player to push and move (run) into;

Dribbling is utilised when players are required to change direction, maybe due to a lack of space, oncoming defender (or both)

1. Get ball out of feet.
2. Make contact with the laces
3. Head up
4. Get into running stride
5. Move quickly

Running with the Ball

The Mechanics

