



MFC COACHING PLAN

2009 Season

Version 3



1. MFC COACHING PHILOSOPHY & GOALS

Introduction. Coaching is interaction in player's lives; the young person/footballer who attends training sessions and matches is a student, a family member, and a friend to someone. He/she is the same person in all areas of his/her life- he/she has a personality, ideals, character, flaws, and struggles. Mosman FC realise that it is our responsibility as a club to assist all players to make the right and mature decisions in all areas of their lives, developing them as individuals. It is our responsibility to assist players to develop character, discipline, self-motivation, self-worth, and an excitement for life. To achieve these objectives Mosman FC raises the standards that the player and others around them strive for, enabling them to reach those standards by developing appropriate relationships with them based on respect, caring, and character.

General Philosophy. Coaching is not just about winning and losing, it's about teaching players to win and lose:

- Draw out the best from each individual on the team with a goal oriented environment in which all players are self motivated to achieve success and instill a passion for the sport.
- Promote and teach fundamental individual skills, good sportsmanship, respect for authority, loyalty to team and a heightened sense of self worth and fold them together into appropriate game tactics and winning team play
- Ensure all of your players both on and off the pitch know and trust you, desire to be part of something exceptional and are willing to work very hard to achieve it, and believe success depends on the right attitude and mental fortitude.

Game Based Philosophy. On the field, Mosman FC teams will play attractive, open football that allows players to enhance skills, and avoid negative, cynical tactics that aim to win at all costs:

- Control the ball, pass and move
- In attack, create opportunities to both retain possession and finish with shots on goal - don't be afraid to shoot on sight
- In defence, absorb the attack, neutralise the opposition's opportunities to finish their shots and gain control of the ball,
- Maintain good, positive communication within the team at all times
- Always respect your team mates, the opposition and most importantly the referee – as all these are essential components of the game

Mosman FC Goals. Mosman FC has an overarching mission to make a positive contribution to the Mosman community, and ultimately act as a role model of how a club can be run in the interests of its members and and its local community. There are three areas that the club will concentrate on for the development of all players and coaches throughout the club, these are:



- a) Grassroots Game Development – aimed at developing the infrastructure and programs around the broad base of the club, concentrating on areas such as Small-Sided-Games and Coach Education.
- b) Talented Player Development – aimed at providing a clear pathway for the talented players within the club to reach their goal
- c) Accessibility – as a club Mosman FC aims to ensure there are no barriers to participation. Central to this is ensuring football is an inclusive activity and that football maximises participation for all

Coaches have a leading responsibility for the quality of participation experience offered to players and their families – hence the reason why FFA have adopted the slogan ‘Better Coaches, Better Football’. It is critical that there are sufficient coaches, and that they have access to appropriate development and education resources to ensure that they are properly equipped to carry out this important responsibility. Mosman FC aims to support the development of football throughout the club and endeavours to provide all coaches involved with necessary tools and services to develop and progress on a pathway towards becoming quality coaches.

Football Development describes all the activities, programs, pathways and resources that are either existing, or need to be implemented, in order to ensure that Mosman FC teams are able to achieve success during the 2009 season and future seasons. It begins when a participant enters the game for the first time, whether as a player, coach, referee or administrator, and continues through until he or she reaches their particular end point, be it representing the 1st X1 or managing a Sub Junior Team. The scope and scale of Football Development is considerable, as are the resources that are required to approach it in the best possible manner. Mosman FC realises this and is establishing new structures aiming to ensure the continued development of the club.

Mosman FC realises that the Grassroots of the game is the environment where the vast majority of people enjoy their football participation and also this it is essential to ensure that the infrastructure requirements at this level are always developed and maintained, such as facilities, coach and referee education and club development. In the earliest years of player development, grassroots football and talented player development are inseparable. That is, all players, including those who are very talented will play football at the grassroots level.

Positive Learning Environment. Mosman FC aims to create a unique, positive atmosphere that allows the players to enjoy developing and playing by feeling relaxed, involved and inspired.

Mosman FC Coaches, Volunteers, Staff and Managers must create this environment.



Safe and Secure Environment. The safety and welfare of the kids is paramount. Once this is achieved we can then create a positive learning environment. All staff members must familiarise themselves with the MFC Child Protection Policy prior to working on any projects.

Planning and Preparation

- Be inventive and imaginative in your planning and challenge yourself as well as the players to try new sessions and experiment.
- Use new and exciting equipment and method wherever possible. If equipment is not available – improvise!
- Evaluate and reflect on the session and the 5 areas of the development model.
- Be open minded to listen to new ideas.
- Progress to player's needs not the session plan's needs!

Communication

- NAMES Learn your group names on the first session/day
- BODY LANGUAGE Initiate enthused communication with children, parents, partners and sponsors at all times
- SESSION INTERVENTIONS – Use a variety - Stop, stand still, Questions, Self Appraisal, Guided, De briefs, -- Coach the Positives
- QUESTIONS Right time, right way, right question
- LEARNING STYLES
 1. **Visual** – Use tactics boards, session plan/book ,flip charts, video, practical demo (player or coach), cones/bibs
 2. **Auditory**– Q& A, tell, listen
 3. **Kinaesthetically** – Show them, let them try it, discover, experiment

Remember – Players can understand but might not be able to demonstrate it!

Group Control

- Set out good practice from the start :
 - If somebody speaks, we all listen
 - When we work we work to the highest possible quality



–We enjoy it!

- Maintain fair and consistent discipline within your group. React calmly and professionally to any challenges in your group or on the course.
- Give players the opportunity to have
 - Choice: What session? Layout, Size of area, Progression
 - Responsibility: Captain/player of the week, Equipment monitors
- Monitor and adjust control when necessary Tight: Loose
- Be aware of Learning stages :
 1. Struggling to keep up
 2. OK
 3. Easy for them – Challenge all!

Continuous Improvement

- Seek feedback from players on coaching sessions and adjust style or technical aspects
- Invest in coaching education programs to maximise the impact and enjoyment of coaching (see FAA Coaching Pathways)



FOOTBALL FEDERATION AUSTRALIA

COACHING PATHWAYS

NATIONAL FOOTBALL COACHING STRUCTURE

ACCREDITATION LEVEL	FOOTBALL FEDERATION AUSTRALIA ACCREDITATION	DURATION HOURS	CONDUCTED BY
ADVANCED	PROFESSIONAL DIPLOMA	385	ASIAN FOOTBALL CONFEDERATION
ADVANCED	A CERTIFICATE	148	FOOTBALL FEDERATION AUSTRALIA
ADVANCED	B CERTIFICATE	107	FOOTBALL FEDERATION AUSTRALIA
ADVANCED	C CERTIFICATE	82	FOOTBALL FEDERATION AUSTRALIA
COMMUNITY	SENIOR LICENSE	80	STATE FEDERATION
COMMUNITY	YOUTH LICENSE	24	STATE FEDERATION
COMMUNITY	JUNIOR LICENSE	16	STATE FEDERATION
COMMUNITY	GRASS ROOTS FOOTBALL CERTIFICATE	2	STATE FEDERATION

SPECIALIST FOOTBALL COACHING COURSES

ACCREDITATION LEVEL	FOOTBALL FEDERATION AUSTRALIA ACCREDITATION	DURATION HOURS	CONDUCTED BY
ADVANCED	LEVEL 3 GOALKEEPING CERTIFICATE	70	FOOTBALL FEDERATION AUSTRALIA
ADVANCED	LEVEL 2 CERTIFICATE	65	FOOTBALL FEDERATION AUSTRALIA
ADVANCED	LEVEL 1 GOALKEEPING CERTIFICATE	40	FOOTBALL FEDERATION AUSTRALIA
ADVANCED	LEVEL 2 FUTSAL CERTIFICATE	72	FOOTBALL FEDERATION AUSTRALIA
ADVANCED	LEVEL 1 FUTSAL CERTIFICATE	52	FOOTBALL FEDERATION AUSTRALIA
COMMUNITY	SENIOR GOALKEEPING LICENSE	24	STATE FEDERATION
COMMUNITY	YOUTH GOALKEEPING LICENSE	16	STATE FEDERATION
COMMUNITY	LEVEL 2 FUTSAL LICENSE	32	STATE FEDERATION
COMMUNITY	LEVEL 1 FUTSAL LICENSE	16	STATE FEDERATION



2. SENIOR TEAMS

TECHNICAL

Through the delivery of the specific individual and team tactics, players learn to dominate 6v6 and 8v8 situations and be confident with the ball at their feet. Players will also constantly practice and develop the fundamental techniques of passing long and short, receiving and control techniques, finishing, shooting and heading.

TACTICAL

Enhance the player's understanding of why, when and where they use these techniques in 6v6 and 8v8 games leading up to 11 v11 principles with the directive of changing pace, direction and play being ever present.

PHYSICAL

Players will learn how to train their bodies specifically to the demands of the game. Speed, strength, suppleness, stamina and skill will be developed to allow players to achieve their optimum level of performance. Players will also learn how fuelling and preparing their bodies off the field will give them the best chance on it!

MENTAL

Developing a winning mentality requires strong character and a positive attitude. Through the implementation of Self talk, goal setting and focus – refocus this will be addressed in the dressing room, on the pitch and be constantly evident throughout coaching sessions. By redefining 'winning' we'll show players how to achieve individual success.

SOCIAL

Mosman FC will provide players with a great opportunity for playing football but also will provide a social element through club social evenings and individual team bonding sessions.

Implementation will be integral to each game and coaching session with elements of our Code of Conduct encouraged in dressing room briefs and de-briefs as well as coaching sessions.

INITIATIVES

- Aim for all teams to have qualified coaches (either player or professional coach)
- Appoint Premiership coach (Joe Hayward)
- Roster guest coaches for 2 sessions per week, rotating between teams
- Organise Goalkeeping training (4 sessions)
- Offer 80% subsidy for coaching courses to players



3. JUNIORS

TECHNICAL

Through the delivery of the specific tricks and turns, players learn to dominate 1v1 situations and be confident with the ball at their feet. Players will also be taught the fundamental techniques of passing long and short, receiving and control techniques, finishing, shooting and heading.

TACTICAL

Enhance the player's understanding of why, when and where they use these techniques in small sided games. All activity to be delivered relating to the developmental age of the players

PHYSICAL

Teach all players to learn their physical limits and to extend them. Develop specific skills such as speed, strength, agility and stamina. Reinforce warm up and stretching at start of sessions, and importance of diet.

MENTAL

Develop a healthy competitive attitude, including encouragement to team, positive attitude to mistakes by self and team. .

SOCIAL

Mosman FC will provide a great opportunity for juniors to develop their social skills via a team environment and for parents to build a team support group. Implementation will be integral to each team and coaching session with elements of our Code of Conduct encouraged on match days in de-briefs as well as coaching sessions.

INITIATIVES

- Aim for all teams to have qualified coaches (either parent or professional coach)
- Roster guest coaches for 4 sessions per week, rotating between teams
- Organise Goalkeeping training (4 sessions X 2 groups)
- Offer 80% subsidy for junior coaching courses to players and parents



4. SUB-JUNIORS

TECHNICAL

Through the delivery of the specific tricks and turns, players learn to dominate 1v1 situations and be confident with the ball at their feet. Players will also be taught the fundamental techniques of passing long and short, receiving and control techniques, finishing, shooting and heading.

TACTICAL

Provide basic understanding of playing positions (attack, midfield, defence). Introduce concepts such as marking, crossing & running off the ball.

PHYSICAL

Teach all players to run and become physically tired. Introduce warm up and stretching at start of sessions.

MENTAL

Encourage each player to strive to achieve their own goals (eg scoring, kicking, tackling). Foster team attitude to support other players, respect opponents and referees.

SOCIAL

Mosman FC will provide a great opportunity for juniors to develop their social skills via a team environment and for parents to build a team support group. Implementation will be integral to each team and coaching session with elements of our Code of Conduct encouraged on match days in de-briefs as well as coaching sessions.

INITIATIVES

- Aim for all teams to have qualified coaches (either parent, player coach or professional coach)
- Roster guest coaches for 2 sessions per week, rotating between teams across 3 training times
- Provide 2 grassroots training sessions for parent coaches
- Provide development training to strongest players (eg on Thursday), with a focus on teamwork/passing