

# Mosman FC

*“Providing a learning environment where ALL levels of players will enjoy their football experience and provide a pathway for our most talented and dedicated players to play at the highest level”*

## Coaching and Playing Style 2019

# Player Development Philosophy

*'People first, Players second'*

- Develop well-rounded football players in an environment which teaches respect, humility, integrity, reward through effort, and fair play at all times
- Encourage players to judge and be satisfied by their own level of mastery, improvement and performance rather than judge against others
- Use a guided-learning approach encouraging players to ask questions and understand not just 'what' and 'how', but also 'where', 'why' and 'when'
- View mistakes as stepping stones to achievement
- Correct mistakes with specific, future-oriented instruction
- Provide a learning environment where ALL levels of players will enjoy their football experience and provide a pathway for our most talented and dedicated players to play at the highest level

**According to a study by Kelley & Carchia (2016),  
38% of girls and 39% of boys suggest that  
lack of fun is the biggest reason for dropping out of sports.**

Children should have the ownership of the game and the game experience (Samuels, 2016). Parents should be encouraged to offer encouragement to all players, and encouraged to assess whether their own behaviour is contributing to a respectful sports atmosphere for their children, including being quiet on the ride home, cheering positively, and not yelling at the referees (O'Sullivan, 2015; Wallace, 2016).

- Dangi, Tek & Witt, Peter. (2016). Why Children/Youth Drop Out of Sports. . 10.13140/RG.2.2.13701.55527.

# Coaching Philosophy

- Focus on developing PLAYERS not TEAMS.  
Within that, teamwork is a key component of being a good player but our focus should be on developing all players to their maximum potential rather than solely on winning games.
- Making coaching TRANSFORMATIONAL rather than TRANSACTIONAL.  
It is not about the coach telling players the right or wrong way of doing something. It is about guiding them on their journey to make better decisions within the game. "*What could you have done different there?*" should be your most used phrase.
- FUTURE coaches for FUTURE players.  
The game is changing, with all players now expected to be good with the ball and able to defend regardless of position. Equip EVERY player with all the skills required of the future football star. *Attacking starts from the back, defending starts from the front.*

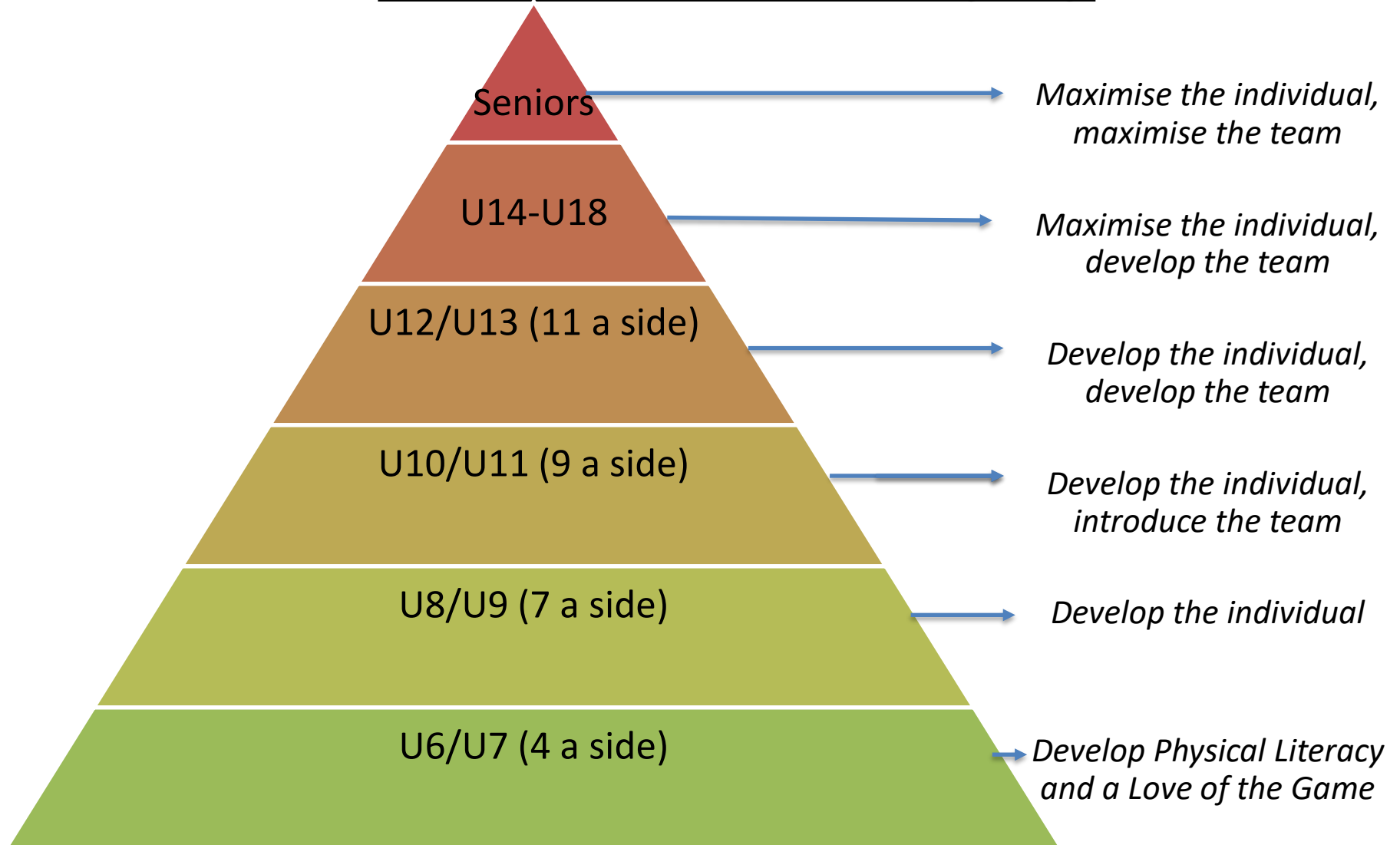
# Coaching Philosophy

- Get the practice started ASAP – less talking, more playing!
- Coaching process: Collective tasks> Player Tasks> Specific Actions
- Every player getting 200+ touches every session – warmup with a ball.
- Make the practice look as much like the game as possible as much of the time as possible – Skill = PERCEPTION, DECISION, EXECUTION
- Play a ‘match’ every session
- Put FUN at the forefront of EVERY activity

# Football Philosophy

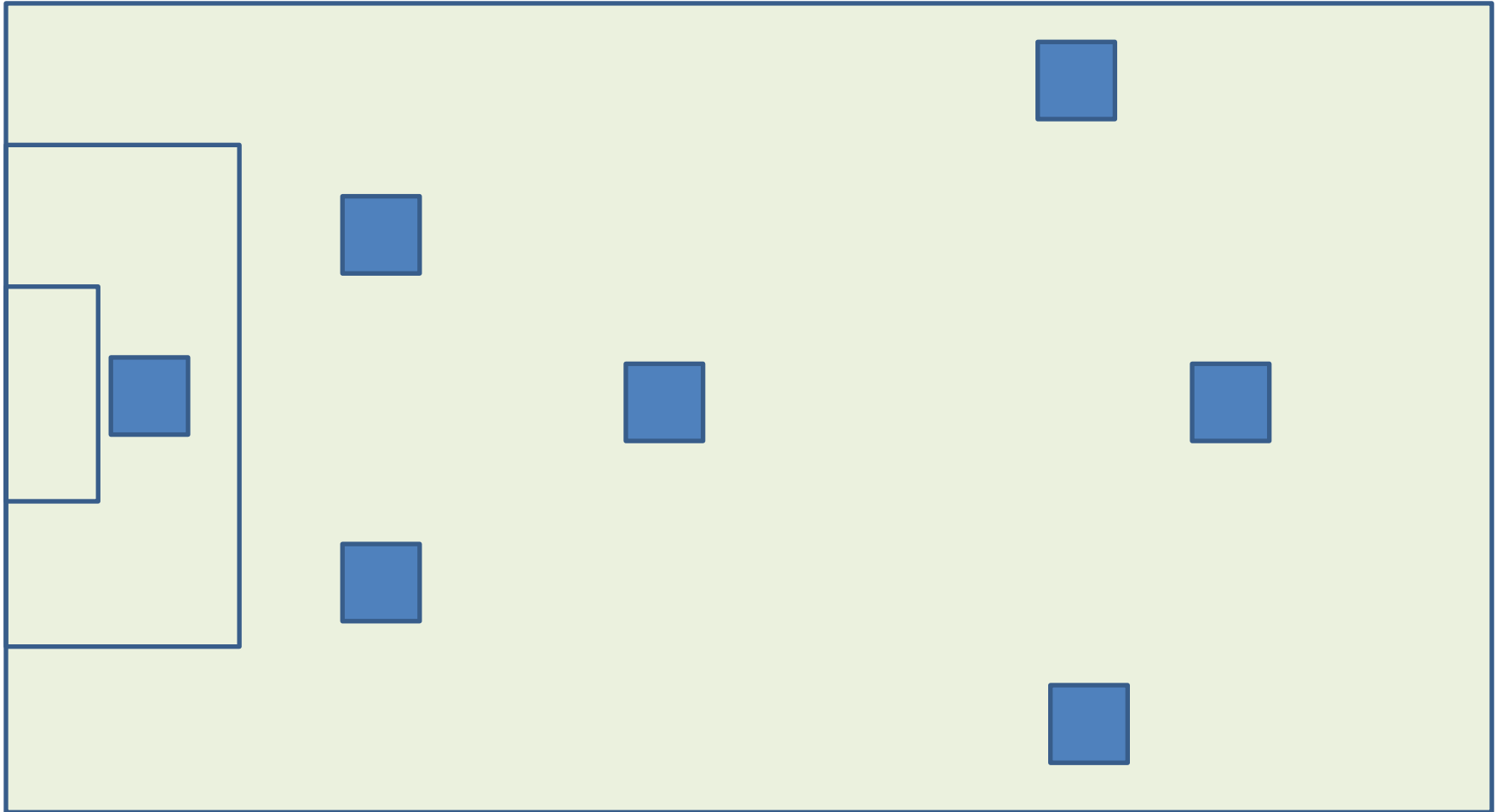
- Play an effective, possession based passing game
- Build play from the back and work the ball into the attacking third
- Be adept both with and without the ball in 1 v 1 situations
- Receive and play in tight areas while developing an understanding of when and where it is appropriate to do so
- Showcase their individual talents while contributing to the good of the team
- Always play with a smile and within the laws of the game

# Football Philosophy



# Football Philosophy

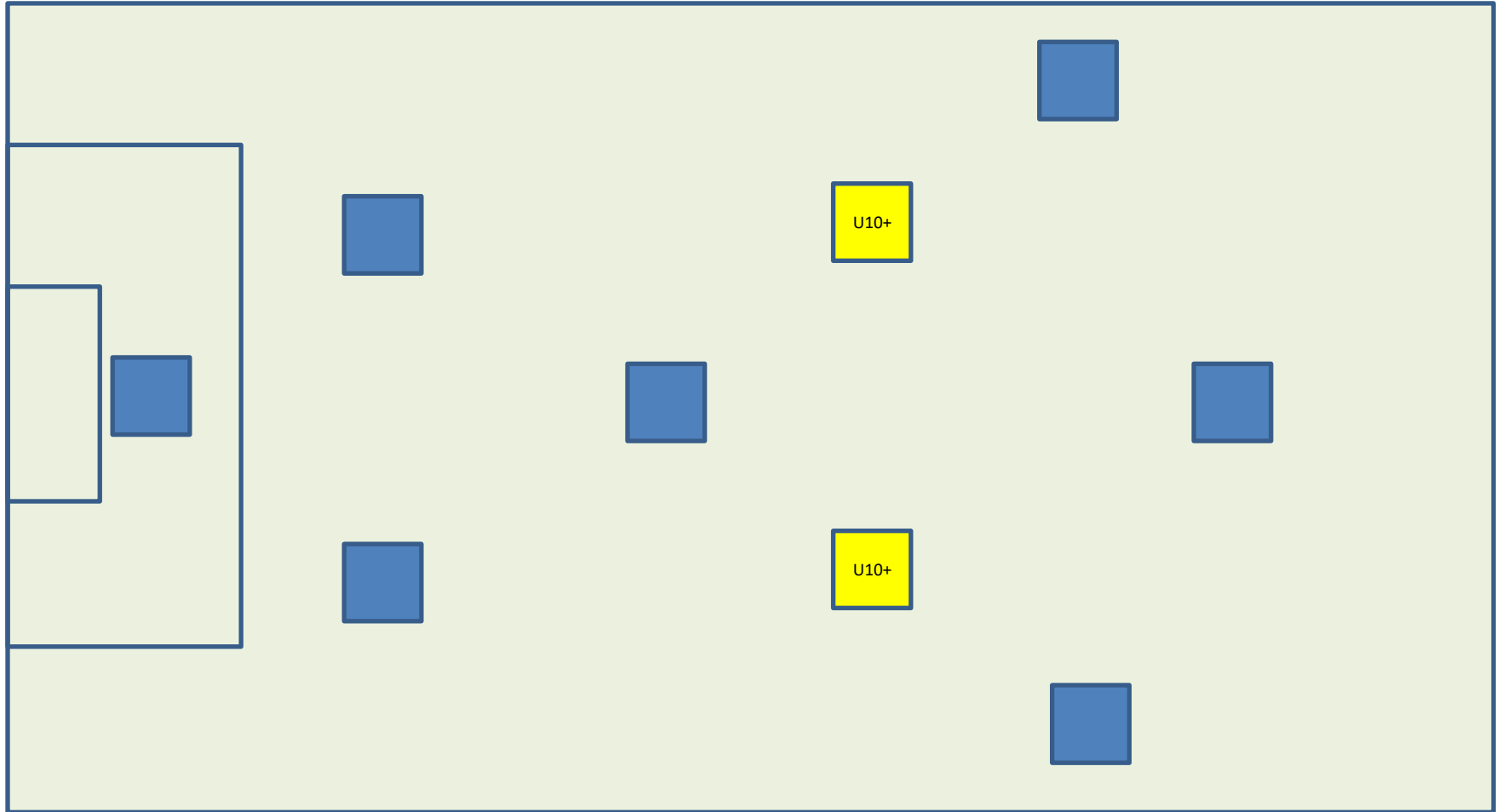
## 7 a side





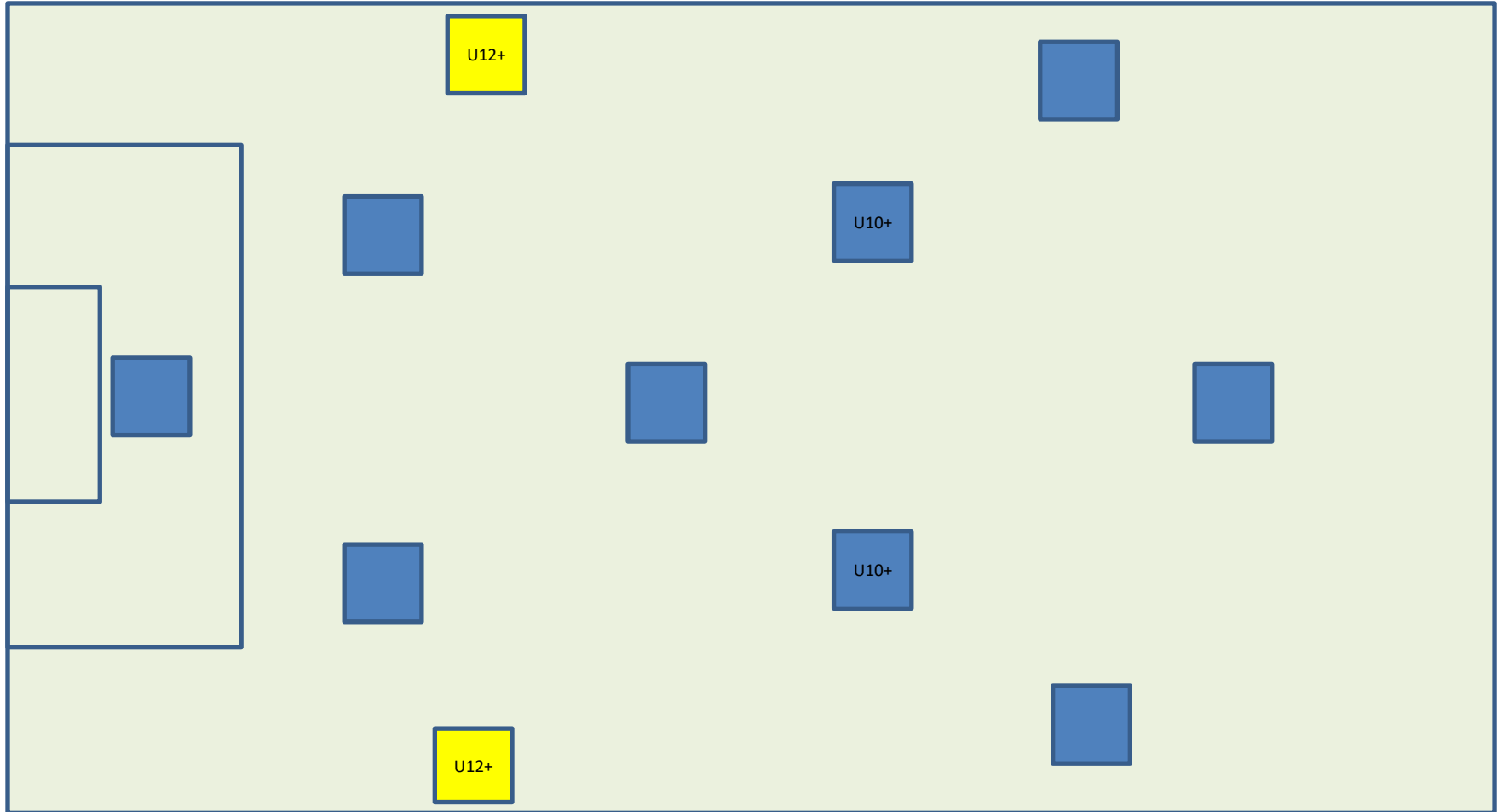
# Football Philosophy

## 9 a side



# Football Philosophy

## 11 a side

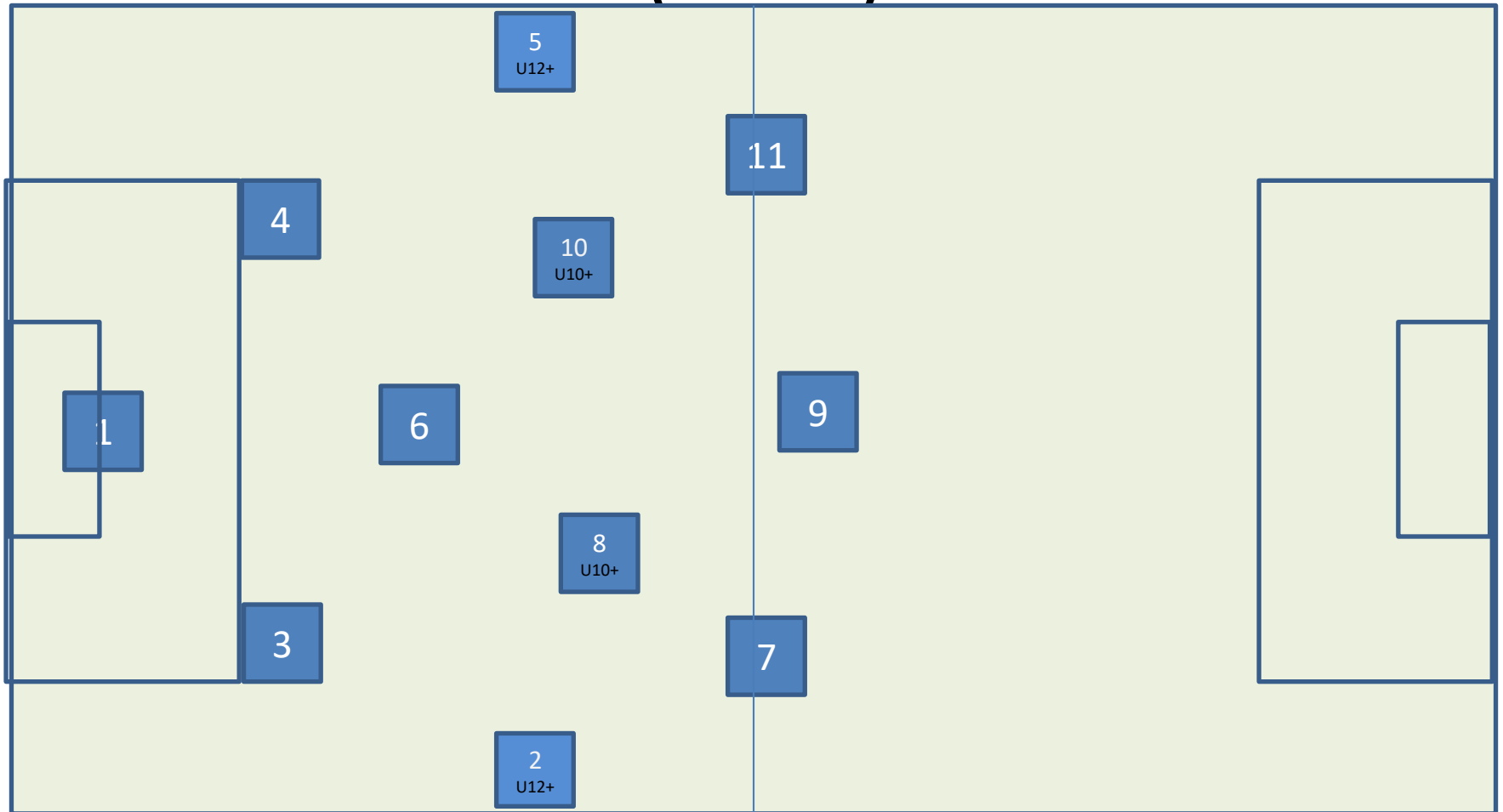


# Build Up

- 1: Act as the extra player and always a option
- 3 & 4: Split box look to receive touch forward
- 2 & 5: High and Wide to receive facing forward
- 6: Start High and drop if required
- 8 & 10: One side each and one high-one low and try to get between lines
- 7 & 11: Half space between lines
- 9: High and Central

TASK: Can we get one of the back 4 into midfield in controlled possession to create an overload and play forward?

# Football Philosophy (Build)

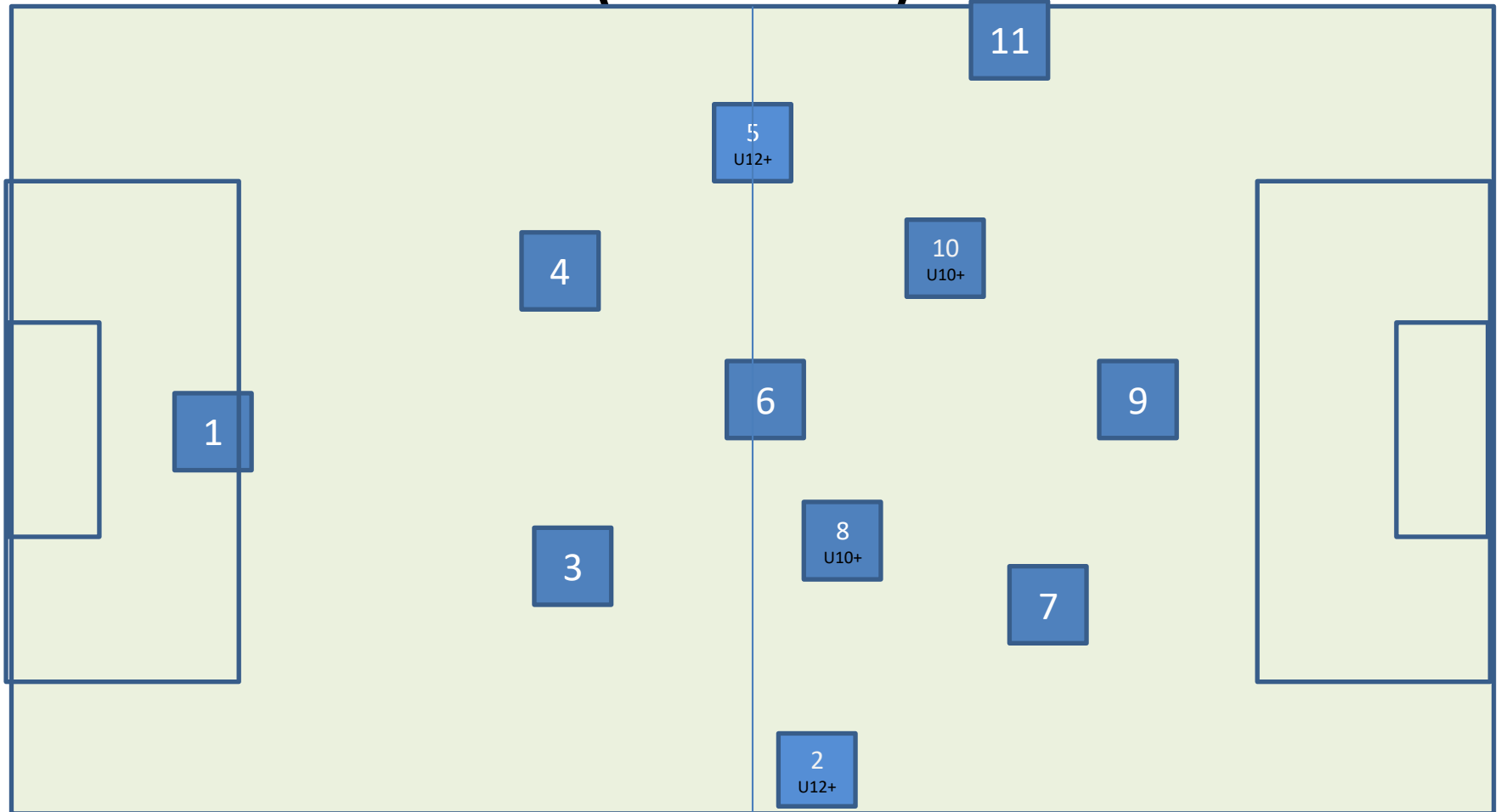


# Controlled Possession

- 3 & 4: Always an option to change point of attack or step in with the ball
- 6: Stay under ball to change point of attack
- 8 & 10 Look to receive to play forward
- 7&11 and 2&5: Play on different lines (1 in, 1 out)
- 9: Look to receive to feet or run in behind in central areas

TASK: Can we play through midfield while retaining controlled possession to build pressure and create goalscoring opportunities?

# Football Philosophy (Control)

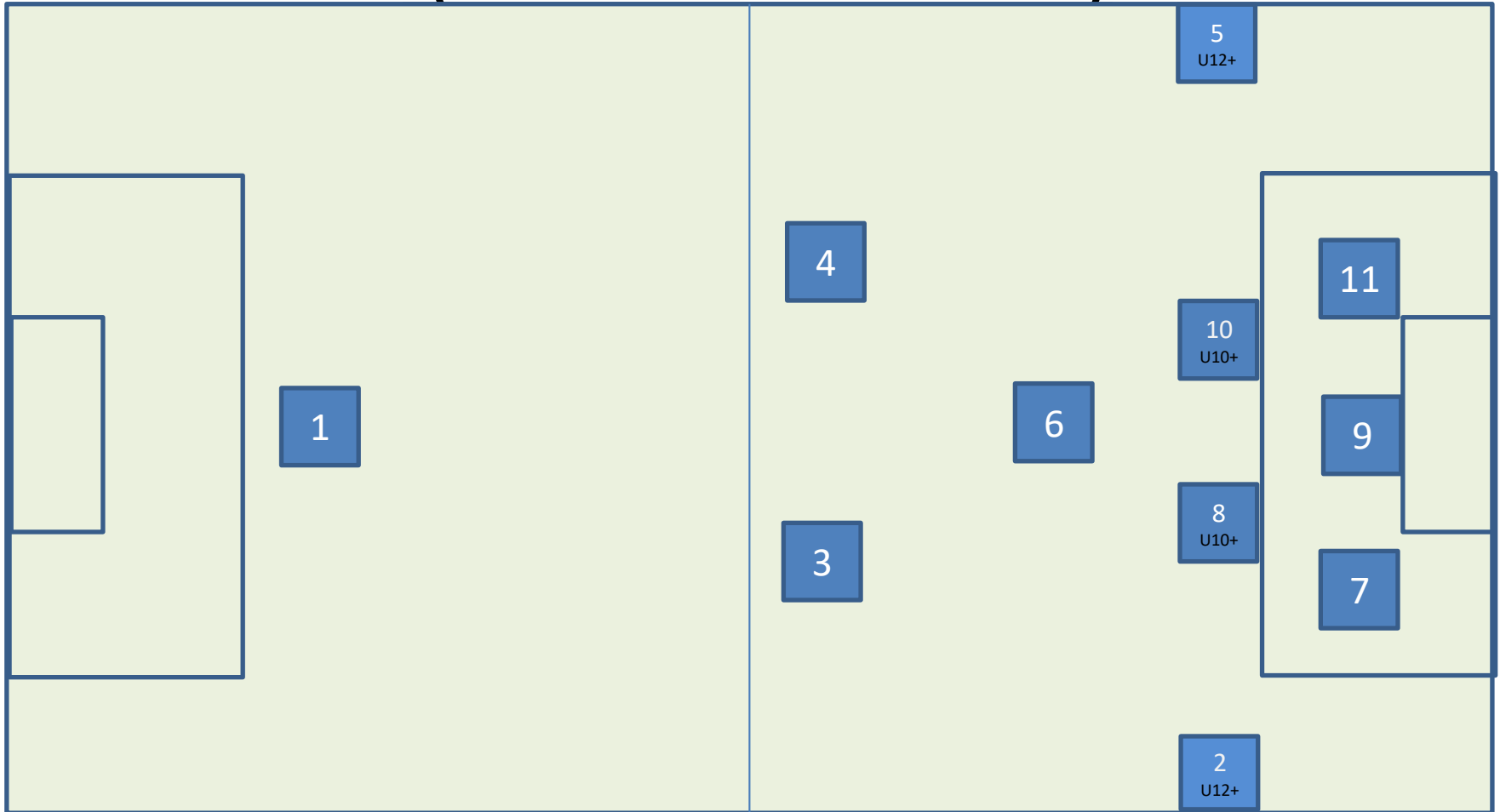


# Create Scoring Chances

- 3, 4 & 6: Stay under to change point of attack
- 8 & 10: Support the 9 or run beyond
- 7 & 11: Look to get in behind or 1v1
- 2 & 5: Provide the width

TASK: Can we use individual skill, intelligent combinations and well-timed runs to create and convert scoring opportunities?

# Football Philosophy (Create & Convert)



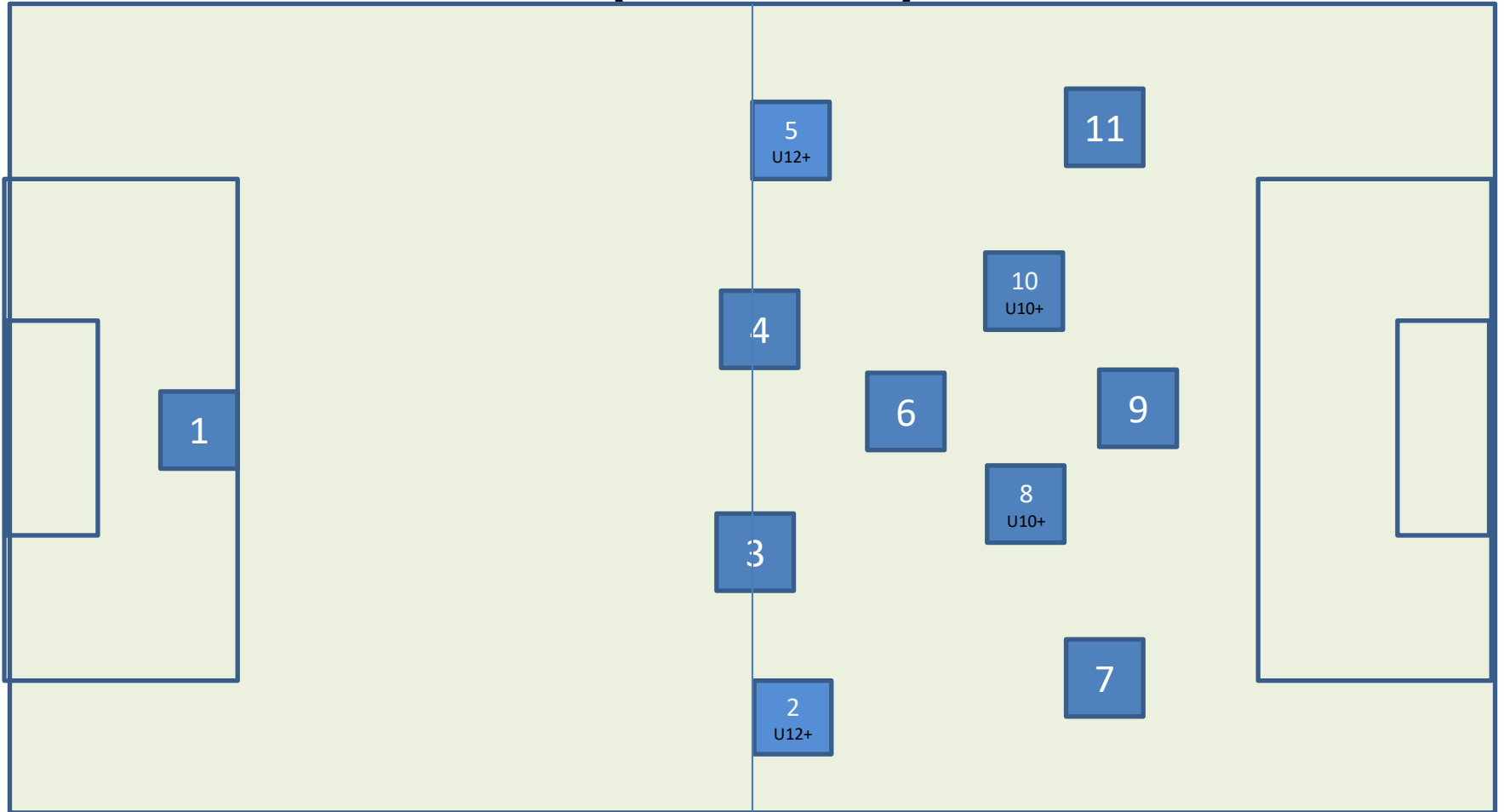


# Dictate from the Front

- 9: Cut the field in half
- 8 & 10: Step onto the deepest midfielders
- 7&11: Defend the inside first, then ball-side to the fullback, weak-side come in to pressure the centreback
- 6: Move to ball side to stop pass to the 9 and be able to get to the 10
- 2, 3, 4, 5: Forward defend but be ready to deal with the long ball

TASK: Can we dictate the opponents possession to stop passes into midfield and win the ball as high as possible?

# Football Philosophy (Dictate)



# Limit Time and Space

All: Co-ordinated pressing to each arrive on the opponents first touch

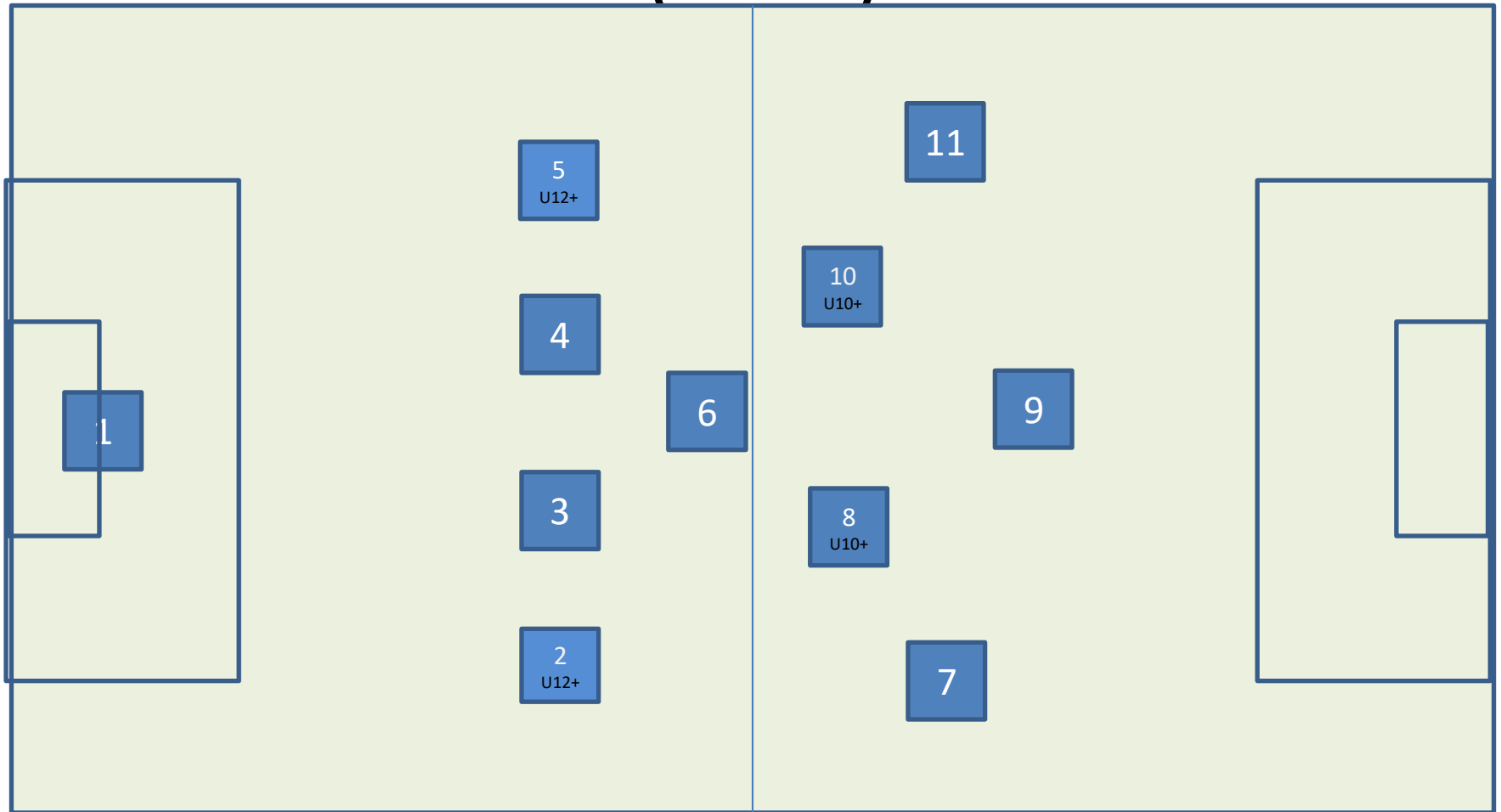
All: Limit spaces between lines by forward defending

All: Prioritise defending the inside

2, 3, 4, 5: If opposition look to run in behind, absorb first steps of run without giving up ground inside the 18 yard box

TASK: Can we maintain distances between defenders while pressing to limit the opponents time and space and win the ball- if not, can we force them backwards?

# Football Philosophy (Limit)



# Deny Scoring Chances

- 1: Dominate the “10 yard” box
- 2, 3, 4, 5: Defend inside the width of the 18 yard box but try not to give up the box in behind unless there is no pressure on the ball
- 6: Screen the ball to the strikers feet
- 7, 8, 10, 11: Connect with the 6, deny time for a killer pass and track runs when required
- 9: Stay high and ball side

TASK: Can we get pressure on the ball at all times in the defensive 3rd while maintain shape outside the 18 yard box?

# Football Philosophy (Deny)

