



Oxshott Royals Youth F.C.

Coaching Policy and U5 -U10 Training Syllabus



Introduction to Oxshott Royals Coaching Aims

1. The purpose of the club is to provide local children the opportunity to play competitive football at a level commensurate with their ability. This objective is supplemented with a number of codes of conduct and provides a clear framework within which all those associated with the Club must operate. http://www.oxshottroyalsfc.co.uk/code_of_conduct
2. Oxshott Royals measures its success by the overall enjoyment of everyone involved with the club, whether it is players, parents or officials. Whilst the objective of a team on the pitch is to win, the overall objective of Oxshott Royals is to provide a framework and infrastructure through which everyone can enjoy playing and watching football. Accordingly, **Oxshott Royals does not support a “win at all costs” culture. It is important that our players play with a sense of good sportsmanship win or lose.** This will serve them well with other life experiences.
3. As Surrey FA's Charter Standard Community Club of the Year 2014, Oxshott Royals views player development as a fundamental cornerstone to the experience it offers young players. The club believes in providing the best playing experience for children from 4 years to 18 years, and offers an opportunity for all children and youths to enjoy a club experience.
4. Currently, we are fortunate that the number of teams and players we have at each age group enables us to offer opportunities to appropriately challenge all levels of ability. We support the movement of players across teams enabling players to play at the level most suited to their level of ability.



Oxshott Royals Strategic Coaching Aims

1. The Club's strategic coaching aims are;
 - To promote and retain interest in the playing of Association Football.
 - To provide high quality coaching sessions for the children, in accordance with current best practice.
 - To strive to improve football standards and encourage players personal progression and the progression of the Club.
 - To make professional coaching assistance available to all teams to help meet our coaching aims. Ultimate Coaching are our current coaching partners.
2. To achieve these aims the Club is placing greater emphasis on the use of our preferred professional coaching partners in order to;
 - Improve the quality of coaching received by players (particularly at younger ages).
 - Improve the consistency of what is being coached across age groups.
 - Help ensure all players are playing in the appropriate team for their level of development via a pre-determined and fair streaming process.
 - Introduce a basic syllabus aligned with the English FA's Future Game blueprint for player development to achieve a level of consistency throughout the club.



FA's Future Game blueprint

The key points of the Future Game blueprint are as follows:

- Broader emphasis with child/player development
- New approach to the format of football (small sided games)
- Introduce a playing philosophy which clubs can work towards



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FA Licenced Coaches Club

As an FA Charter Standard Community Club each one of our teams has a manager with at least a Level 1 coaching qualification. This allows them membership of the FA's Licenced Coaches Club which in turn provides:

- Opportunities for them to improve and develop as coaches, for example by attending interactive training workshops
- Improvements to the overall standard of 'coaching' at grass roots clubs like Oxshott Royals FC
- For more information and to join the FA Licensed coaches club, visit the link below:
 - <http://facc.thefa.com/Users/Account/LogOn?ReturnUrl=%2fnews>



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FA's Future Game recommended coaching content for a one hour training session

	U6	U7	U8	U9	U10
Technique	60%	50%	50%	30%	30%
Opposed	20%	25%	25%	35%	35%
Game Focus	20%	25%	25%	35%	35%
Small Sided Games	1v1 2v2 3v3	1v1 2v2 3v3	2v2 3v3 4v4	3v3 4v4	3v3 4v4 5v5

N.B. Levels of difficulty to increase through more opposed practice and game play



Outfield Player Core Qualities*

Technical

- Excellent passing, receiving & able to retain possession
- Recognizes opportunities to run with the ball
- Passes ball intelligently over various distances
- Able to win 1v1 or by combining with team-mates
- Finds/creates personal time and space
- Ability to turn in a variety of ways
- Has control over ball when at speed
- Can defend alone
- Preferably 2 footed
- Creativity: can produce the unexpected

- Understands responsibility of position
- Understands team defending /attacking strategy
- Understands several different positions
- Anticipates what will happen next
- Often selects best option
- Retains/Protects ball from opponents
- Takes up effective defensive positions

Tactical

Psychological

- Eager to learn (coachable)
- Reliable, enthusiastic & self disciplined
- Has a winning mentality
- Understands state of the game & adapts to it
- Demonstrates effective spatial awareness
- Deals** with disappointment, criticism & errors with a resilience & positive outlook
- Desire/Passion to succeed & play with confidence
- Displays leadership & enjoys responsibility

Strength / Use of body

Agility

Balance

Coordination

Speed

Acceleration/deceleration

Change of direction

Physical



* Based on the FA's Future Game Model

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6 Phases of the Game

- 1) Attacking when opponents are 'in balance' organised & compact.
- 2) Attacking when opponents are 'out of balance' disorganised & wrong side of ball.
- 3) Defensive play whilst 'in balance' organised with more defenders players behind the ball.
- 4) Defensive play when 'out of balance' opponents have overload of attackers to your defenders.
- 5) Finishing phase to create & convert goal scoring opportunities.
- 6) Goalkeeping both in and out of possession.

The Future game model focuses on the various phases of the game in and out of possession. As coaches we need to provide player's with the knowledge and expertise to meet these constantly changing phases.

The U6-U10 syllabus will develop individual/team understanding of the defending, attacking and transition phases.

Please see next 5 pages for specific age group syllabus.



Technical Differentiation

Conditions for increasing or reducing the challenge when coaching high ability or lower ability player's within the same group

Moving with the ball	Passing	Finishing
<ul style="list-style-type: none"> Introduce safe zones (player cannot be tackled) Allow 2 touches before player can be challenged Unopposed use cones Increase size of area Defender's each have a ball at their feet No Interference Reduce size of area Player outnumbered e.g. 1v2 or 1v3 Use weak foot only Make it opposed Increased Interference e.g. multiple games 	<ul style="list-style-type: none"> Introduce safe zones (player only has 5 seconds before leaving) Use 'magic men' to create overload 4v4 + 3 neutral players Defenders are not allowed to tackle but can intercept passes Increase size of area Use outside support players e.g. 4v4 plus 4 outside player's (8v4 in possession) Reduce size of area Player's outnumbered e.g. 3v4 or 4v5 Limit touches on ball i.e. 2 touch Increased interference e.g. 2 possession games in same area 	<ul style="list-style-type: none"> Introduce shooting zones where player can shoot unchallenged Longer recovery runs for defenders i.e. Starts 10 yards away Time limit before defender can defend Use coned target areas rather than Goalkeeper's Use passive defenders Play 1-2 player's up e.g. 6v4 Introduce time limit to score e.g. In under 8 seconds Finish in 1-2 touches Reduce distance of recovering defender Play a man less i.e. 3v4

Key code

Blue (reduced challenge/difficulty)

Red (increased challenge/difficulty)

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Technical Differentiation

Conditions for increasing or reducing the challenge when coaching high ability or lower ability player's within the same group

Defending

- Utilize smaller area to defend
- Reduce size of goal to defend
- Attacker can only shoot with weaker foot
- Utilize bigger area to defend
- Create Overload for attackers i.e. 1v2
- Defend 2 mini goals
- Use scenario e.g. 1.0 up with 5 minutes to go – How to protect a lead

Attacking

- Use overloads for attackers e.g. 4v2 or 3v1
- Increase size of area
- Attack 2 goals
- Have 1 defender coming from a recovery position
- Lock defenders into zones e.g. split into 2 halves with 1 defender in each
- Make area tighter/smaller so there is less time/space
- Create Overload for defenders e.g. 2v4
- Introduce conditions e.g. play with maximum 2 touch
- Use Scenario e.g. 2.0 down with 5 minutes left (Time pressure)

Receiving & Turning

- Player receives under passive pressure (defender does not make a challenge)
- Allow receiving player 5 seconds or 3 touches before Defender can press
- Use a safe zone for player to receive in where he cannot be challenged until he leaves the zone
- Make area tighter/smaller so less time/space to receive
- Allow Defender to mark tight
- Utilise 2 defenders 1 marking 1 recovering so receiving player has to execute finish quicker
- Player must receive & finish in maximum 2 touches or less than 3 seconds

Key code

Blue (reduced challenge/difficulty)

Red (increased challenge/difficulty)



U6 – Six Phases of the Game

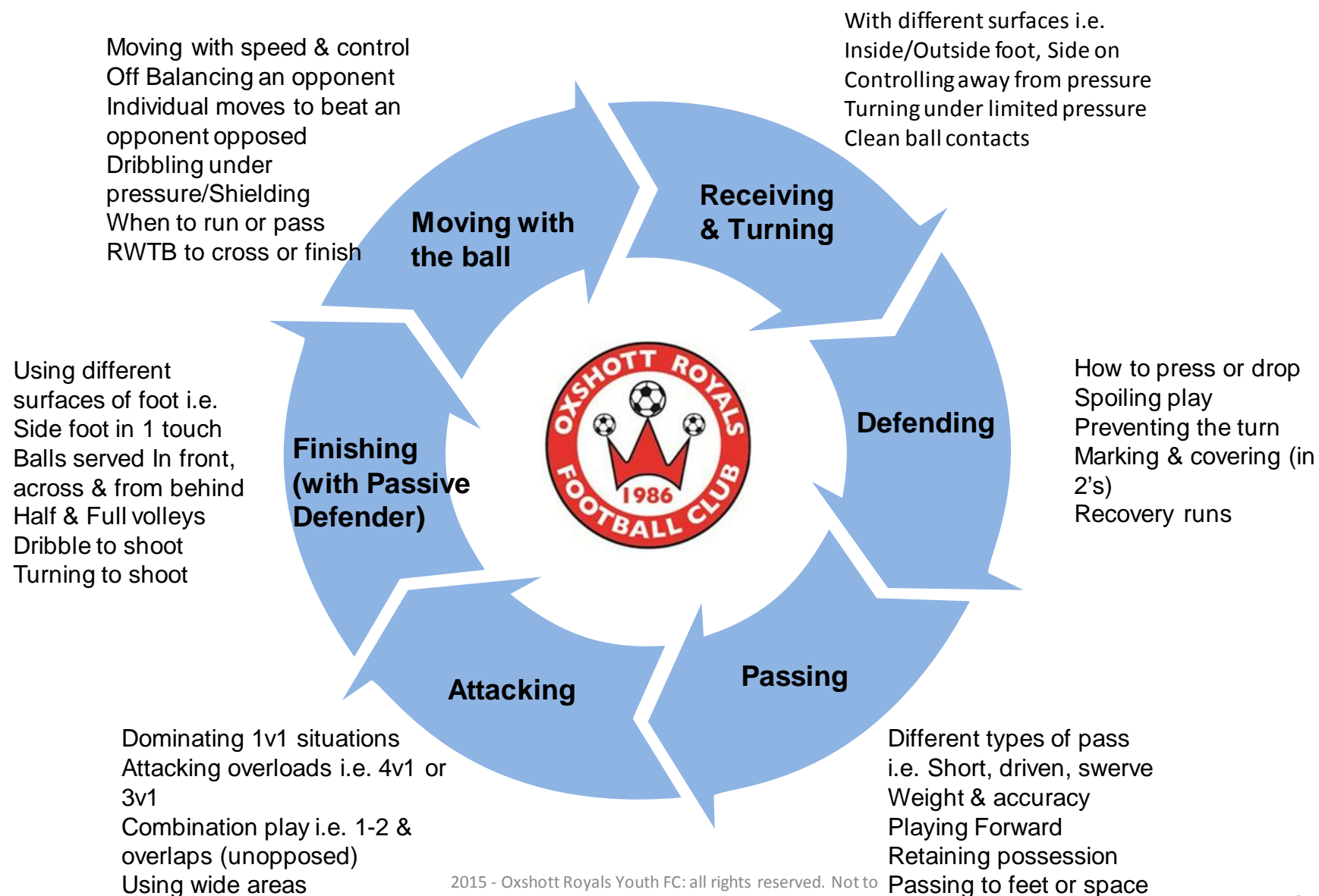


U7 – Six Phases of the Game

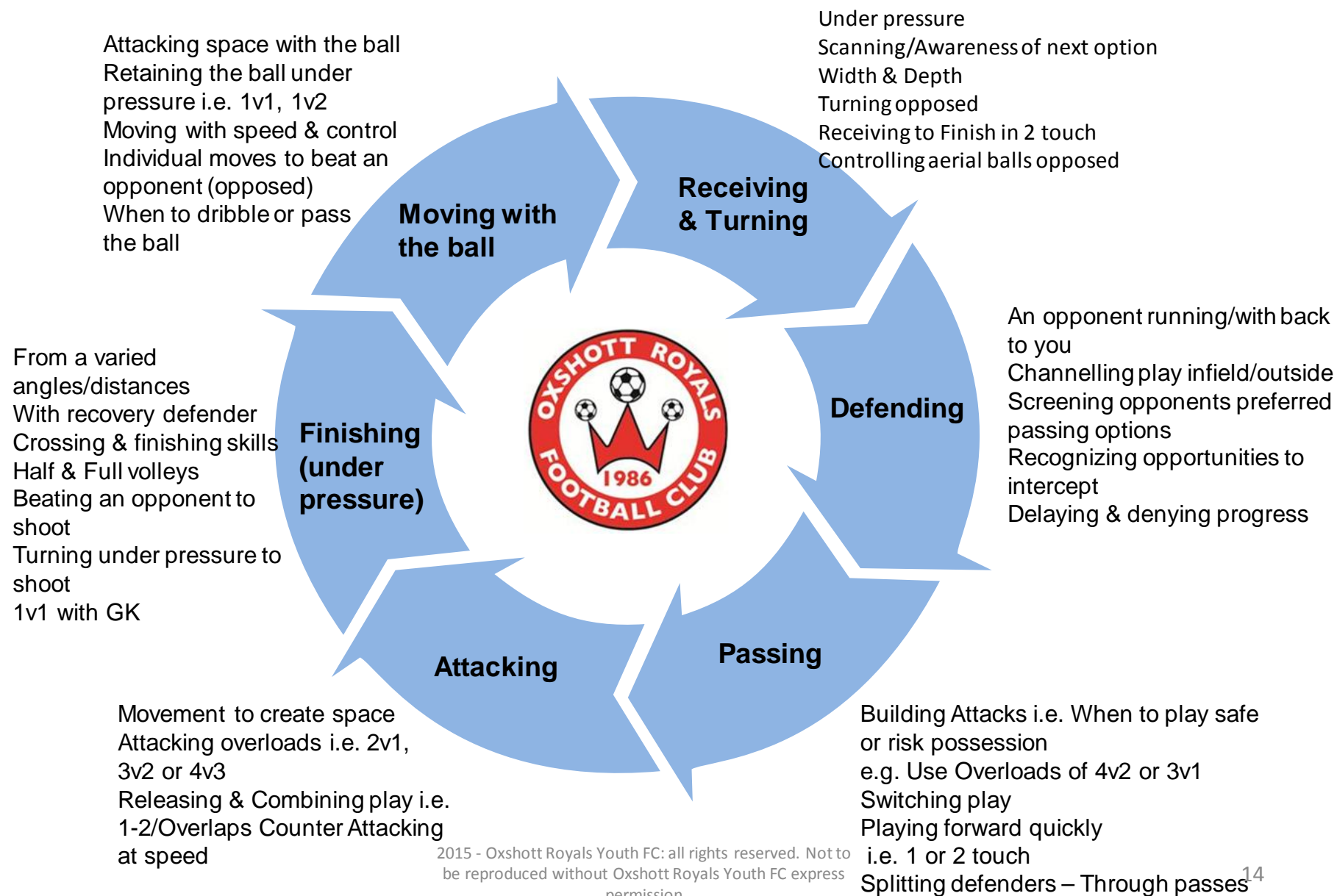


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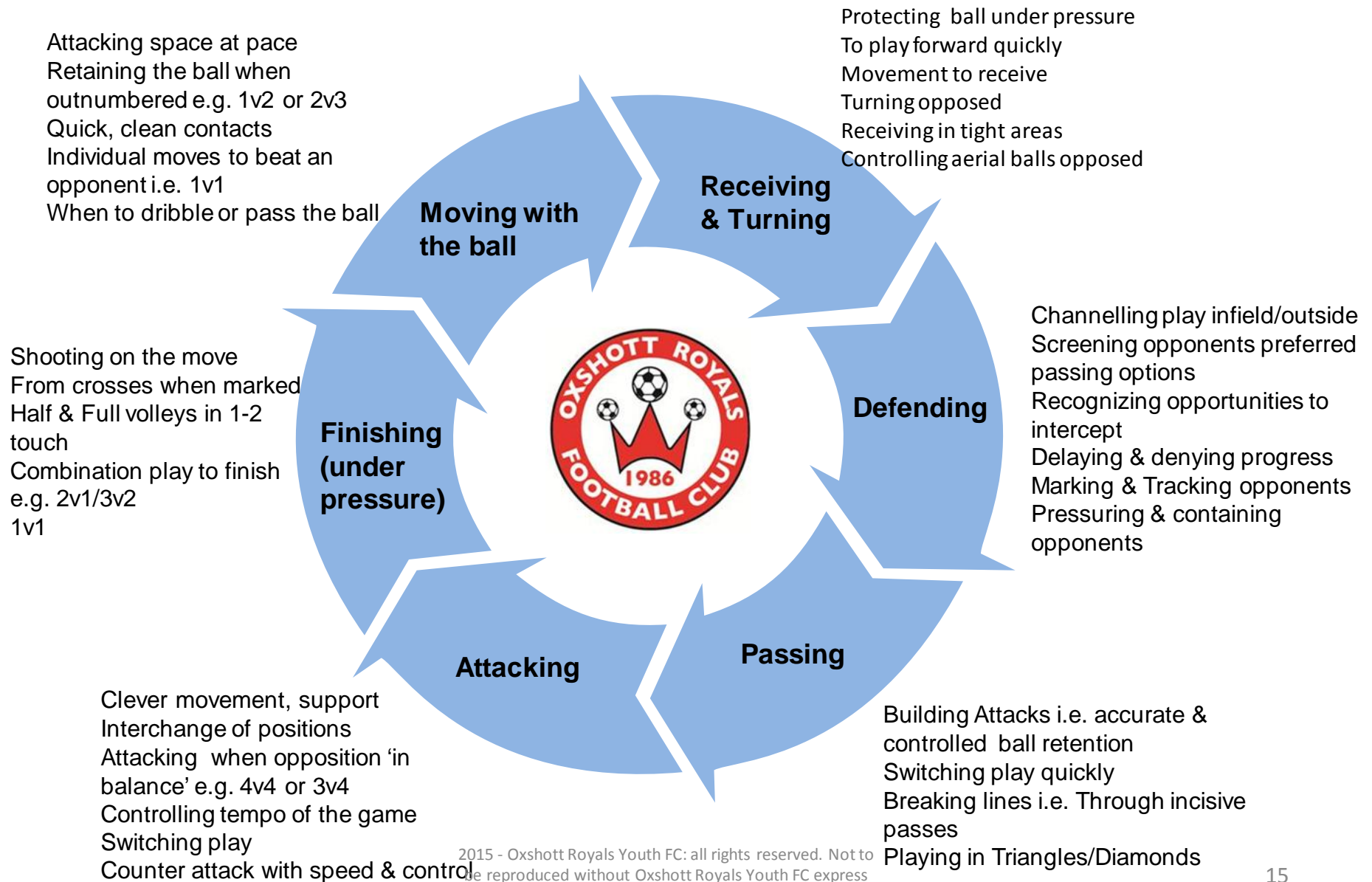
U8 – Six Phases of the Game



U9 – Six Phases of the Game



U10 – Six Phases of the Game



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Appendix: Syllabus session examples

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Passing, receiving & spatial awareness

Category: Technical: Passing & Receiving

Skill: U8 | Start Time: 22-Jun-2013 09:05h

Screen 1 (20 mins)

Organisation of practice:

3x3 or 4x3 squares 6x6-10x10 yard squares (dependent on age/ability level)

3 groups of 3 or 4 players

1 ball per group

Each group must pass or dribble the ball within the area there should never be more than 1 player per colour within a square

Coaching Points:

Scanning to recognise where the space is (open square)

weight & accuracy of pass

Variety of passing distances & angles

Receiving the ball so you can see both the player passing & your next pass (teammate)

Challenge 1 - How many passes can you make in 60 secs

Try to pass between players i.e. between 2 reds = 3 passes

Allows players to work on through/split passes

Challenge 2 - Look to take your 1st touch into another square recognise where the space is (away from other colours)

Use different surfaces when controlling ball

get your body between the ball other players

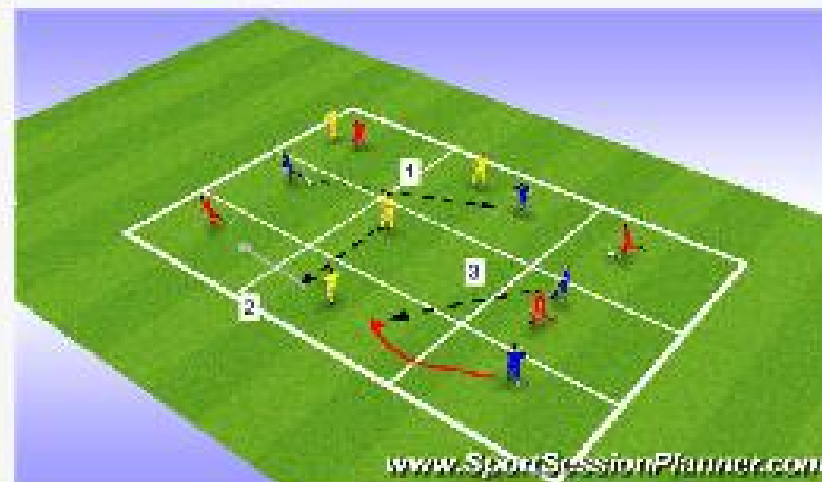
Challenge 3 - Pass into square adjacent to teammate

This develops passing into space ahead of a players run

Can you judge the timing & weight of the pass so your teammate can receive it in their stride

Try to time your run to meet the pass

Use different ways of communicating i.e. pointing where you want the ball played



Passing and receiving combination play

Category: Technical: Passing & Receiving

Skill: U8

Screen 1

Organisation of practice

30x30 square

2-3 groups of 3v1, 2v1 or 3v2 (dependent on ability level)

Group of 3 look to score by passing to a teammate through a gate

1 or 2 defenders on winning back the ball counter to either goal

Coaching Points

Angles & distance of support

Recognise where the open goal is to attack

Learn to release the pass at the right time (when defender is stepping toward the ball)

Recognise when to play 1 touch to score

make the area big & look to play short & long passes to move the defender around

Be patient to score you may need to use different combinations to open up the opportunity

Defender can you shut off passing options of player with the ball

Look to trap the ball against the side line

Finishing on goal from different angles/positions



Screen 2

Organisation of game

50 x 35 yards with 2 5 yard wide channels

Play 5v5 or 6v6

Challenge

When your team has the ball you must have a player in each channel (width & spatial awareness)

If your able to transfer the ball from one side to the opposite channel you score 3 goals (encourages switching of play)

Condition on game

The number of passes you make followed by a goal = No of goals scored i.e 4 passes = 4 goals

Still allows players to dribble & shoot if that is the right option but if you need to make several passes to create a goal scoring opportunity you are rewarded for that



Screen 2

Organisation of practice

2 Channels of 20 x 15 yards

In A the R attackers dribble & attack the goal

In B the R forward receives the ball from 2nd R who passes in

If Blue Defender wins the ball they score by dribbling through either Red gate

Challenge

Press the ball quickly stop attacker from getting momentum

B defenders be patient wait for the mistake

Force the ball wide by approaching attacker from an angle

In channel B position yourself ball side so you can see the ball & possibly step in front to intercept

can you touch the attacker

Stay close to the attacker do not allow them to face your goal

If you win the ball can you dribble the ball under control through a gate quickly

Progression to 2v2

Which player presses the ball (ball side) and who covers (def opposite side to the ball)

Defend narrow & force ball wide

Recovery runs toward far post when ball is on opposite side of pitch



Finishing on goal

Category: Technical: Shooting

Skill: U9

Screen 1

Organisation of practice

30 x 15 yards with 5 yard zones (players must shoot before reaching this line)

Split each team into pairs with 1 ball each

Challenge 1

You must make a minimum of 2 passes before you can shoot

Challenge 2

You must swap sides before you can shoot (overlap/crossover)

Challenge 3

Can you do either of these in under 5 seconds

It becomes a race with the First team to score getting bonus goals encourages playing at speed but still needing quality with the finish

Questions you might ask the players

What slows you down? I.e other players, too many touches

How can you be quicker than the other team? Play 1 touch

Coaching points

Can you take as few touches as possible when moving forward

Are you able to pass ahead of your teammate

Try to be accurate & firm with your passes

Observe position of keeper when finishing place the shot where he has just moved from, as his feet are moving (not in a set position)

Try to be accurate rather than use power

Progression

Try this in groups of 3

