

# Worthington Soccer Coaching

Sessions, Analysis, Discussion all aimed to help coaches improve their coaching, which will help develop the next generation of players.

Coaching Sessions & Analysis



Saturday, 31 August 2013

## Consolidation of personal CPD – UEFA B (Block 1)

### Consolidation of personal CPD – UEFA B

From a personal point of view, 2013 has been a manic year so far. I started the year with the intentions of improving as a coach by going on to various courses to expand my knowledge, make contacts and add further tools to my 'coaching toolkit' I have so far attended the FA Youth Modules 1,2 & 3 and I recently started my UEFA B course. To help with my own learning I have decided to write about what I have learned so far from these course and how I am going to put what I have learned into practice.

The word's UEFA B have been somewhat of a dark shadow within my life in recent years, having done the UEFA B course with the BWFC coach education department at the age of 19, a young and naive me thought he could 'wing' the course and subsequently failed with flying colours. I took time away from courses and coaching development to finish my degree but as stated earlier decided 2013 was the year that I needed to start gaining more tools for my coaching toolbox.

Looking back at my first taste of UEFA B, I wasn't the right age or in the right place on my coaching journey to do the course but when someone says they will fund it for you, you rarely say no. I think it says it all that now you have to be 20 before you can even apply to be on the course. I did learn a lot from my first attempt at the course and I feel that has put me in a good position to have another go at it now.

For anyone reading this who may have unsuccessfully applied for the UEFA B course, let me offer some advice. I applied for six course, only to be turned down for a variety of reasons. Each time I was reject I was gutted but I reapplied. After a discussion with an FA tutor, it became apparent to me that my application was too vague. So I reapplied and really sold myself and was lucky enough to be offered a place on the course. For my application I sent in five sessions demonstrating my knowledge of the UEFA B format, a personal statement about my understanding of the course and two letters of recommendations. The more you can yourself, the better chance you will have of being accepted.

### **UEFA B – Myerscough College, Preston**

The course is 17 days long, split into a five day block, a four day block, five support days and a three day final assessment. My initial thoughts where the course must be a lot more in-depth as the previous one I attended was only nine days long (not including final assessment).

## Day 1

Day 1 started with an introduction to the course, from course staff, candidates and then we had a discussion about our aims and reasons for doing the course before the tutors outlined the aim of the first week. After this we did our first learning activity. This was all about a Coaching philosophy.

What is a coaching philosophy?  
Who is it for?

This module really made me think deep about it, especially as I am in the middle of writing my own to give to players and parents I work with.

As a group we broke the two words down and fed back our definitions. The tutors defined coaching as *'Unlocking potential to maximise performance'* and a Philosophy was defined as *'a system of beliefs that serves as the guiding principles for thought and behaviour'*

Within football there can be more than one philosophy within one club. Various philosophies can include:

Playing Philosophy -	how do you want play?
Coaching Philosophy -	what methods you will use?
Match Day Philosophy -	what is your routine on a game day?
Recruitment Philosophy -	what players/staff do you intended to recruit?
Club Philosophy -	what core values do your club stand for?
Community Philosophy -	how involved with the local community will you be?

My views on this is that as a club you have a core philosophy and from that every other philosophy needs to related to the core one. It was very thought provoking and in depth. I enjoyed this module and hearing other coaches' experiences and opinions of a variety of philosophies.

The next part of the day was a discussion regarding the attacking principles of play and how they change from level 2 to UEFA B. I was glad this was done as it was a while back when I did my level 2 so it was good to dig out information from previous courses.

### Level 2 – Attacking Principles of Play

<b>Create Space</b>	– Movement On/Off Ball, Forward runs, width, depth, awareness
<b>Exploit Space</b>	– Pass, run, dribbling, individual, as a group/unit, as a team
<b>Maintain Space</b>	– Possession, movement to support, individual, unit, team

The idea being that UEFA B is more advanced so we where 'building knowledge on top of what we already have/know'

### UEFA B – Attacking Principles of Play

<b>Support</b>	– ahead of the ball/behind the ball (key for ball retention)
<b>Movement</b>	– intelligent & calculated movement to create opportunities to receive the ball
<b>Penetration</b>	– Exploiting space with the ball that has been created
<b>Width/Dispersal</b>	– Stretching play to create space for you and other
<b>Innovation (Creativity)</b>	- Individuals combining, unexpected skills, eliminating opponent at appropriate moments in the game

After lunch we got to observe the tutors coach UEFA B sessions. We observed three sessions:

- SSG – 8 v 8 – Principles of Attacking Play
- ATP Session – Passing and Control (Advanced Technical Practice)
- Wave Practice – Passing & control on the move

I was familiar with the SSG game as I had encountered these previous. The same goes for the Wave practice as this is used as a level one topic, only this one was more players, a bigger pitch and a lot more detail involved. The advanced technical practice is an advanced level 2 practice and has a lot more detail and repetition in a short period of time. The major difference between the two courses now was the variety of sessions and how the assessment changes. Previous you were required to coach a phase of play and a function or SSG. Now the assessment is one 45 minute sessions based on one theme ending in a SSG or Phase of Play.

## Day 2

Refreshed from the mountain of knowledge thrown at us on day 1. Day 2 began with assignment 2 – Coaching Style and Communication. Discussions included talking about type of learning styles:

Visual,  
Auditory  
Kinesthetic

As well as discussions about the stages of learning:

- Stage 1 – Trying to Understand (Cognitive)
- Stage 2 – Basic Understanding (Associative)
- Stage 3 – Advance Understanding (Autonomous)

I was very familiar with this as they feature highly on the FA Youth Modules which I had recently done as well within my teacher training.

The rest of the day involved the tutors delivering sessions based around Use of Possession:

Squad Practice	– Passing support & movement
SSG	- Passing priorities
Skill Practice	- Receiving priorities/protecting the ball
Skill/Squad Practice	- Running with the ball
Phase of Play	- Playing out from the back

### Day 3

Day three started with discussions about the principles of defending and the differences between level 2 and UEFA B

#### Level 2 – Defending Principles of Play

<b>Deny Space</b>
<b>Restrict Space</b>
<b>Predict Space</b>

Again, the idea is that UEFA B is more advanced so we were ‘building knowledge on top of what we already have/know’

#### UEFA B – Defending Principles of Play

<b>Delay</b>	– 1) Pressing 2) Dropping Off
<b>Depth</b>	- 1) How Deep? 2) How High? 3) Distance Between Units
<b>Compactness</b>	– 1) Distance between individuals
<b>Balance</b>	– 1) How do we keep our compactness
<b>Control &amp; Restraint</b>	– 1) Individual 2) Unit 3) Team

Next we observed the tutors putting on sessions based around Defending when organised:

SSG – Principles of defending  
 Squad Practice – Pressing  
 SSG – Sliding and screening

The final activity of the day was in groups we had to plan a phase of play, the three themes were:

Defending Deep  
 Defending in Wide Areas  
 Defending Centrally

This was a very enjoyable task as we got to think about how to plan a UEFA B format, we then fed back to the other groups and discussed how phases of plays are coached.

#### **Day 4**

The morning of day four we observed three sessions based around defending when unorganised:

Skill	– Defending when outnumbered
SSG	– Defending when outnumbered
Phase of Play	– Defending when outnumbered

This gave us a good look at how one topic can be delivered in a variety of different ways.

The rest of the day the group was split and we delivered our own twenty minute session on an allocated topic. I enjoyed this, my topic put me out of my comfort zone as it was defending when outnumbered. The session went well and I got some interesting and thought provoking feedback which I plan on acting upon to improve.

#### **Day 5**

Day 5 continued with the rest of the groups delivering their sessions before we observed some sessions based around Crossing and Finishing:

Functional Practice	– Wide player to receive and cross
Squad Practice	– Attacking in wide areas
Phase of Play	– Wingers forced inside

#### **Key Messages**

The whole week was information overload and this was the main reason for doing this post so I could consolidate what I have learned. The key messages I got from the initial week are:

Logical Order – coach players/unit/team in an order relating to your topic

Pictures – have pre determined pictures planned so you know what you are looking to come out of your session

Stop Stand Still – as a coach when you say it do it. When I stop a session I move as I say it so I don't always get the same picture I have seen. Stop your sessions and observe to see if players move, if they do move them back before you move

Session Management – Set tasks for the other team so your topic can be delivered eg: if you're playing out

from the back you don't want the side not being coach to keep hold of the ball for long periods of time, so set them up to get the ball back to your goalkeeper quickly

My plan of action is to try and deliver one or two 45 minute sessions a week using the UEFA B format, this way I can improve and develop my understanding of the process. I hope to blog all the sessions I do and share my evaluation process along the way.

The course is very in depth, in terms of practical, it seems a big step from level 2 as there's a lot more technical and tactical detail, the phrase used on the course was *'The process is like building a house, each bit of knowledge is a brick and you keep adding bricks when you learn something new.'*

I couldn't agree with that statement any more...roll on week 2!

Thanks for reading

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Michael Worthington at 19:10

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