

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



Wednesday, 11 September 2013

Consolidation of personal CPD – UEFA B (Block 2)

Consolidation of personal CPD – UEFA B

My previous blog was about my initial block one for my UEFA B course, this post will talk about what happen during block 2 of the course. This block was only four days long, once again at Myerscough College, Preston. It was another busy week on the course but very enjoyable and from a personal point of view it was good to get to know my fellow candidates even more and get some feedback and practice on coaching the UEFA B practices.

Day 6

Day 6 began with a review of what we learned and could remember from block one. Each table where given a certain area to remember, write down and present and then the other groups also discussed with the whole group what they remember. The next part are my notes from this session, but typed up, if anything doesn't make sense please feel free to ask for clarification.

Communication:

Coaching Styles: Command, Q & A, Guided Discovery

Who too? Individual, Units, Team, Opposition

Stopping mechanisms: What is the most effectively way to stop a practice?

Learning styles: Visual (Demo's/Tactic Boards) Auditory (Listening) Kinaesthetic (Doing)

Technical/Tactical:

Advanced technical detail eg: Mark goal side of the player

Progressions: When, where, why, how (specific)

Narrow Focus – coach the game, eg: wide play, allow striker a chance at goal through middle if it's on, do not manufacture a session to suit your needs, wait till it occurs naturally

'Pictures' make sure you coach the picture you see, not the picture you want

Organisation

Visuals: offside line, halfway line, size of pitch in relation to type of practice

Micro pitch for visual learners?

Realistic structured start

Relevant part of pitch in relation to session topic

Session Management

Start Position

Coaching Position, see what players your focus is on are seeing

Manage the opposition

Coach game

Conditions? What impact does it have on the game?

Session Format

Small Sided Games 8 v 8

Phase of Play – Two units vs Two Units & additional players

Function – specific area & players

Advanced Technical Practice – opposed, unopposed

Squad Practice

Wave Practice

Skill Practice

Pattern Drills/Shadow Play

Principles of Play

UEFA B – Attacking Principles of Play

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

UEFA B – Defending Principles of Play

Delay	– 1) Pressing 2) Dropping Off
Depth	- 1) How Deep? 2) How High? 3) Distance Between Units
Compactness	– 1) Distance between individuals
Balance	– 1) How do we keep our compactness

Control & Restraint – 1) Individual 2) Unit 3) Team

The next part of the day was based around Match/Player/Performance analysis. This is an area which I am very interested in, for those who read my philosophy article you will know why.

The main question throughout was why is it used? After an initial discussion the main reasons that the group came up with were:

Analyse performance – individual, unit, team

Aid visual learners

Can be used in sessions

Enhances the coaching process

Objective view

Provides hard facts

Can analyse everything & everyone

To educate players

Scout opposition

Penalty Kicks

Analyse is Objective Data and what became apparent was your data is only as good as your subjective data, which is your knowledge. The best way to use analytical data is to combine both Objective and Subjective data, both need to be good for analyse to be effective.

We then did a task where we watched a 10 minute clip and observed one player per two tables. At the end of this it became apparent how useful subjective analysis is because there were disagreements between candidates about a variety of things including: What is the difference between a tackle and interception, or what is the difference between a forward pass and a sideways pass. It's very hard to determine when you're watching Steven Gerrard play sideways passes that go slightly forward, how do you note that down? Is it forward? Or Sideways because you don't penetrate the opposition. It opened up a lot of discussions and showed how your analysis is only as good as your subjective knowledge.

The rest of the day was tutor's delivering sessions:

ATP – CM players to receive and distribute

SSG – CM players to receive and distribute

ATP - CF Movement & finishing

Squad – Individual/Combined movement

Day 7

Day 7 was all about counter attacking. The day started with discussions about what is counter attacking and when it is used and by what teams. Again, the next part are my notes typed up so if something's don't make sense please don't hesitate to contact me.

Group definition of counter attacking '*A Quick reaction in transition from defence to attack by quickly trying to catch the opposition out of shape and position*'

FA definition of counter attacking '*Attacking quickly in possession and playing over, around or through a team before they can regain their defensive structure*'

How is the ball won?

Defensive third

Interceptions

Poor crosses

How is it moved forward?

Quick

Fast

Direct

Players around the ball

Run ahead to create space

Options

Overload

Players behind the ball

Push forward to support behind the ball

Techniques/Skills Involved:

Passing

Dribbling

Running with the ball

Finishing

The next part talked about design counter attacks compared to default. Design counter attacks are when teams set up to counter, it can be from an opposition set pieces or how they defend when out of possession. Default counter attacks happen naturally for example: When an interception occurs.

Three types of counter attacks are: Classic, Collective and Solo

Classic – move ball quickly from front to back

Collective – rapid passing sequence

Solo – Individual work

Counter Attacking - Logical Order

Set Up	To win the ball
Break Up	Attack opposition
Split Up	Dispersal
Play Up	Quickly to advance players
Move Up	To support behind/ahead of the ball
Security	Defensive balance

The rest of the day where candidate delivered sessions that had been assigned by the tutors.

Day 8 & Day 9

The final two days consisted of candidates' sessions. Each one of us had to deliver a 25 minute session on a topic given by the tutors, we could design it ourselves but were told whether it would be a Function, SSG or Phase of Play. My session was to coach an attacking team clever movement in the attacking half. I had to do this in a phase of play, I plan on posting this in the next couple of days and will write a little about this in my next post.

Again, the course was fantastic, albeit my right knee is now ruined giving me my first injury in years but rest and relaxation will but that right! The key is to now go away and practice, get feedback and evaluate before the next support day on Friday 27th September. I plan on posting one session I do per week and writing my evaluations & feedback to help with my own learning!

Thanks for reading

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Michael Worthington at 21:22

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