

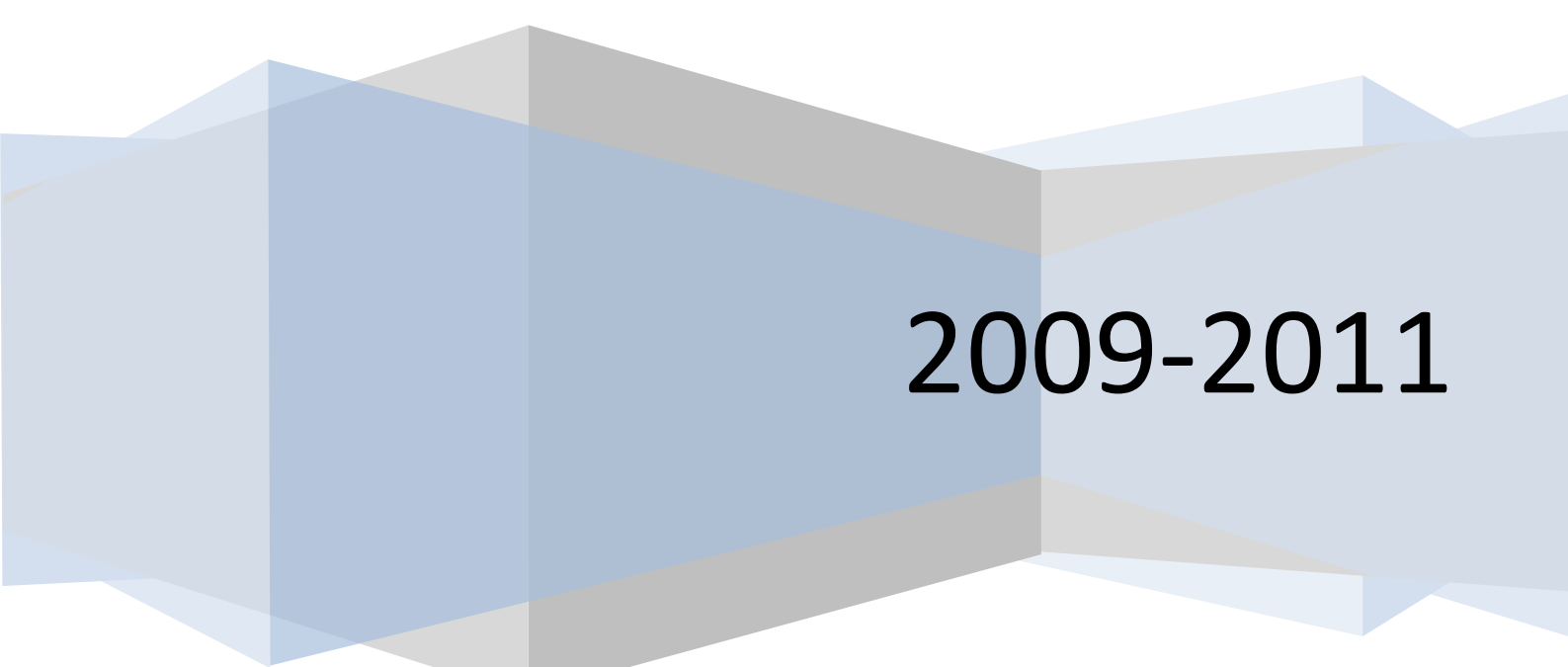
Warton Typhoons Junior Football Club: Under 10s 2009-2010

WARTON TYPHOONS JFC

STRATEGY

Jez Brett & David Groom

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2009-2011

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1 Introduction

This document sets out our plans for the current Warton Typhoons Under 10s team over the next three years. The document has been written by the coaches and expresses our visions of the future as well as lessons learned from the past.

The strategy or at least this electronic version of it has come into life because the coaches feel that their message does not always come across clearly to parents, mainly due to the lack of time to talk through any problems or concerns, and this is a platform in which we hope to show that:

- a) We know what we're doing
- b) We know where we want to take the team
- c) We know how we are going to achieve those goals

2 Brief History

But first, a little background showing where we have come from over the last few seasons.

2.1 Under 9s

Last season (2008-2009) was our first competitive season in the Poulton & District league, when the players were under 9s. The coaches had a large squad of players with varying talents and set out a number of key objectives for the squad, which followed the FA guidelines for junior soccer:

- ✓ Have fun in training and in matches
- ✓ Provide local players with an opportunity to continue to play with their friends (i.e. by not replacing them with new players);
- ✓ Coach all players using the same session, without differentiation (including goalkeepers)
- ✓ Demonstrate that the technical ability of all players' improved between the start and the end of the season

- ✓ Give everyone at least 20 minutes play on match days, irrespective of ability or performance

We initially set out with a strong 'A' team, with the remaining players making up the 'B' team, but quickly discovered that this simply did not seem fair, as the 'B' players were losing matches quite heavily. So since that time, we have looked for ways to ensure we have two relatively similar teams in terms of ability.

Throughout the season, we reminded ourselves that the players were the main focus, not the parents and certainly not the coaches – despite our low finish in the league, we made sure that we stuck to our key objectives as much as we could and by the end of the season were competing with teams at the top of the league.

2.2 Under 10s

This season sees our under 10s in the 'friendly' Poulton & District league for a second year. We decided before the season that we would give all our existing players the opportunity to re-sign for the squad, before we looked to sign any new players. We have had many of our players at Typhoons from a very young age, so we were keen to ensure that they were given every opportunity to stay on at their local side in Warton.

We also lost a couple of players to YMCA, the team who easily won our league last season.

Key objectives for this season at under 10s level are:

- ✓ Have fun in training and in matches
- ✓ Provide local players with an opportunity to continue to play with their friends (i.e. by not replacing them with new players)
- ✓ Coach all players with more advanced training sessions plans, including patterns of play, separate goalkeeper sessions, targeted session plans e.g. striker orientated etc. *
- ✓ Demonstrate that the technical ability of all players' improved between the start and the end of the season

- ✓ Ensure players who are performing consistently well in training and in matches, receive more time on the pitch than previously (subject to everyone in the squad being involved to some degree)
- ✓ Develop a squad of players capable of competing at 11-a-side from under 11s onwards. This includes improving the fitness of players so they can compete effectively on the much larger 11 a-side pitch.

* We need to be careful to ensure players get to play in different positions where possible – in order to accommodate this, it may mean that players do not always get to play in their preferred position.

2.3 Under 11s

At under 11s level, we move from two games at 7 a-side to one game at 11 a-side, with a maximum of 5 substitutes allowed during the game (subject to the FA current considerations on bringing in a 9 a-side league as an interim measure to 11 a-side).

Playing at 11 a-side will no doubt bring a number of additional challenges:

For the **players**:

- New formation(s) to play, different positions.
- The 'off-side' rule!
- The size of the pitch – huge compared to the current 7 a-side pitch
- The size of the nets – a nightmare for young goalkeepers but terrific opportunities for strikers to 'fill their boots'
- Increased focus on following the FA rules of the game e.g. yellow and red cards, correct throw-ins etc.

For the **coaches**:

- Although we may have more than 16 in the squad, we are only allowed 11 players plus 5 substitutes in any league match, and will be picking the best 16 players available each week. This will be difficult both for the players and coaches alike.
- Updating existing session plans, creating new session plans to cater for the new pitch dimensions and team formation.
- Getting help from the parents running the line...!

We have yet to formalise our objectives for the under 11s but these are likely to include the following:

- ✓ Have fun in training and in matches but recognise the importance of aspects such as fitness, agility, decision-making and cool downs
- ✓ Select the best players available, ensuring that players who perform consistently well in training and in matches, are selected for the match day squad
- ✓ Coach all players with more advanced sessions plans, including patterns of play, separate goalkeeper sessions, targeted session plans e.g. striker orientated
- ✓ Demonstrate that the technical ability of all players' improved between the start and the end of the season
- ✓ Playing in more tournaments, ***including going abroad (perhaps a 'total football tour', to the home of the beautiful game).***

3 Coaching & Safety

Qualifications & Support

So what gives us the right to coach your children?

Coach	Qualifications
Jez Brett	Level 1 FA Coaching badge (24 Hours Training) Level 2 FA Coaching badge (90 Hours Training) First Aid, Child Protection, CRB check (renewable on expiry)
David Groom	Level 1 FA Coaching badge (24 Hours Training) Level 1 Goalkeeping FA Coaching badge (32 Hours Training) First Aid, Child Protection, CRB check (renewable on expiry)
Gordon Fraser	CRB check (renewable on expiry)
Craig Dickinson	CRB check (renewable on expiry)
Josh Spafford	CRB check (renewable on expiry)

All coaches will be given the opportunity to develop their coaching skills, mainly through partly funded FA qualifications and courses. All will also be CRB checked to provide peace of mind to parents.

4 The Future?

While it would be nice to win all of our matches now and play wonderful football, the Poulton Primary League is all about an introduction to football and is a designated FA friendly league. The size of any child can dictate how they fare in this league, how far they can kick the ball for example or how fast they can run. With this in mind the strategy is to aim towards developing skilful players now and focus on playing not winning.

The coaches have developed this strategy with the future in mind. The idea is not to win games now at any cost (albeit it is sometimes tempting to do this) but to develop players in line with The FA's Long Term Player Development Plan (LTPD). Doing so will ensure that by the time the players reach under 14 they fully understand team play, have the skills they need and are ready for the physical challenges of this age group.

Under 9s to Under 11s is regarded by The FA as the "golden age" for learning for football players; after this player flexibility and therefore the ability to take on new skills, lessens. Players will also listen less to coaches. It is vital therefore that for now we concentrate on harnessing the player's love of the game and turning that into a greater understanding of

the game, including improved technical ability. In the coming years we will concentrate on developing their team play and train on more complex football topics.

In achieving those goals we will aim to develop a competitive side that plays football “the right way” by the time the team plays U14s football.