

Coaching & managers booklet



Welcome to Doonside Hawks SC

Introduction

Welcome coaches and team managers to Doonside Hawks Soccer Club

The club would firstly like to thank you for your contribution to the upcoming 2022 football season. Without volunteers like you, clubs like Doonside Hawks SC could not operate and give its valuable guidance towards youth development in our communities.

Firstly let me state this booklet is only a template or guide for coaches and managers to base their training or match-day session on, it is not a training program. We hope some of the examples in this booklet will be used to give coaches the basic outline of a training session that has fluency and real purpose. These examples will correspond with our new club curriculum.

We will encourage all coaches to develop your own coaching style or ideas to produce a fun educational environment for its students.

If you have any enquiries or questions please contact the club's technical advisor.

Good luck and have fun!



The coaching philosophy of Doonside Hawks SC

- 1: Developing and building of individual players to gain the highest levels of skill and confidence.
- 2: Clearly defining each player's role to ensure that every individual understands the expectations which will be placed on them.
- 3: To create a football environment that has discipline and structure.
- 4: To develop a player-coach relationship based on spirit and team unity with defined disciplinary parameters.
- 5: To have training programs and training sessions that change and evolve during the season to meet the players on going technical progress.

Doonside Hawks SC believes that being successful in any elite level sport, is about much more than just being talented. In addition to the hard work, dedication and sheer determination that are all essential ingredients, even more is demanded to make it to the top in today's professional sporting community. Technical skills can never be under-rated, know your opponent, and assess his strengths and weaknesses to work as a team both on and off the field. Your teammates are your biggest asset, so learn how to bring out the best in all your fellow team-mates by having a positive environment.

The most important ingredient of all is it must be fun. Enjoyment leads to accelerated learning and an increased desire for improvement, together with the highest standard of achievement, all found in great abundance in all students at Doonside Hawks SC.



The philosophy of Doonside Hawks playing style

“ Keeping possession and controlling the game ”

Playing out from the back

The technical ability of all players must be of the highest levels to be able to play out from the back to the mid-field. The goal-keeper must be able to play comfortably with his feet and also act as the extra defender. When ever possible the team will keep possession and not resort to long passes.



Overloading mid-field

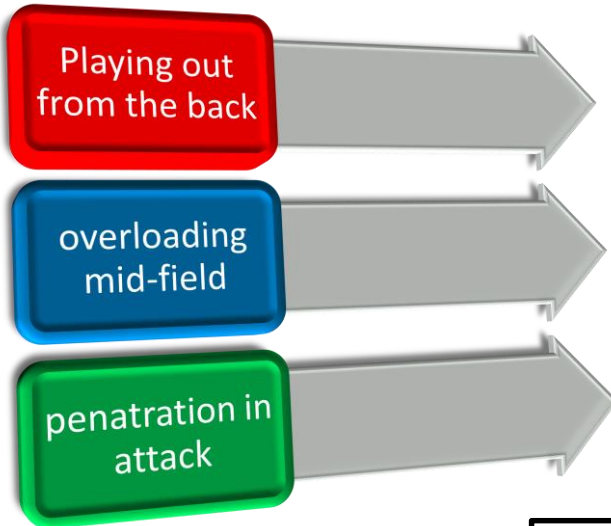
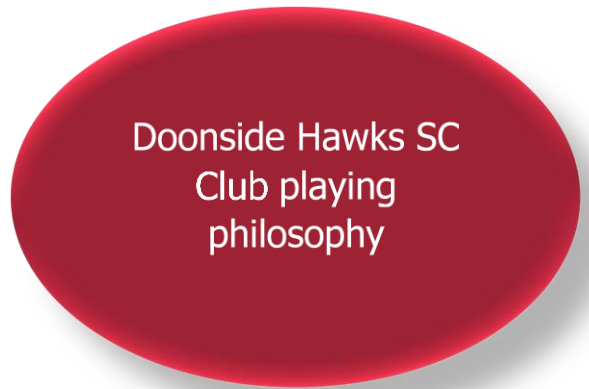
One of the most important parts of the curriculum philosophy is the transition from defense to mid-field and creating the extra mid-fielder with off the ball movement and options. Players will be well educated in keeping possession and controlling the momentum of the game.



Goals & penetration in attack

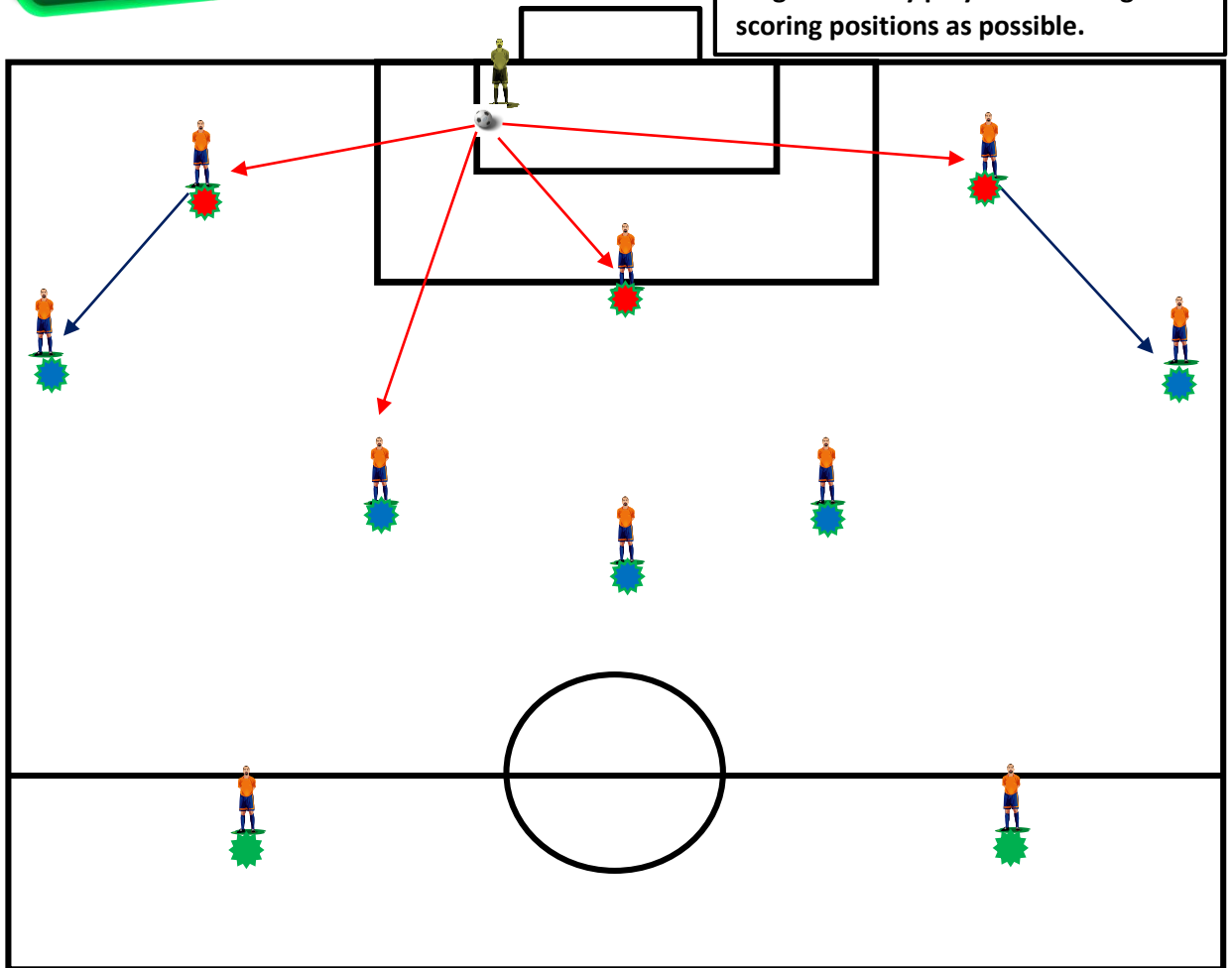
All players are expected to be goalscorers or contributors to the attack. We will get more players into the penalty box . We will encourage all players to be positive with the ball and as a result we hope to produce the first Doonside Hawks SC Messi !

Playing out from back



Controlling the possession

- 1: Playing out from the back** playing 100% safe first pass
- 2: Overloading midfield** creating 5 mid-fielders & controlling possession & the game.
- 3: penetration in attack.** To get as many players into the goal-scoring positions as possible.



Code of conduct for Coaches & Managers

We will provide a positive image of professionalism, honesty and integrity, to both our players and the general public.

We will accommodate junior players regardless of sex, ethnicity, social background or financial position, with the overall vision of providing elite juniors to all, encompassing training and management for their sporting careers, beginning from the earliest of ages.

Our vision is to create a clear pathway for young ambitious individuals to make their transition from youth football to senior football and to pro-football with the best possible football education.

Doonside Hawks SC coaching policies

- Never ridicule or yell at a player for making a mistake.
- Be reasonable in your demands on players' time, energy and enthusiasm.
- Operate within the rules and spirit of the game, and teach your players to do the same.
- Ensure that the time players spend with you is a positive experience. All people are deserving of equal attention and opportunities. **(BDSFA rule 60% playing time for all players).**
- Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players.
- Display control, respect and professionalism to all involved with the sport. This includes opponents, coaches, officials, administrators, the media, parents and spectators. Encourage players to do the same.
- Respect officials' decisions, and encourage players to do the same.
- Show concern and caution toward sick and injured players. Follow the advice of a physician or physiotherapist when determining whether an injured player is ready to recommence training or competition.
- Keep up to date with the latest club coaching practices and the principles of growth and development of young people.
- Any physical contact with a young person should be appropriate to the situation and necessary for the player's skill development.
- Respect the rights, dignity and worth of every person regardless of their gender, ability, cultural background or religion.
- Abide by the EPA and Doonside Hawks SC Smoking Policy, which bans tobacco smoking by coaches, assistant coaches, managers, other team officials and players in dressing rooms, change rooms, medical rooms, technical areas, access ways to and from the field, canteens and anywhere where team officials, players or members of the public may be affected at training sessions and games.
- The consumption of alcohol is expressly forbidden by coaches, managers, team officials and players whilst involved in the active period of competition or training, or prior to games or training sessions.

Remember that players participate for pleasure, and winning is only part of the fun.

Training day itinerary

Team officials should try create a positive start to the training session by arriving at the training venue 30 minutes before the official start of training session. It should be a positive and welcoming atmosphere for players to be greeted by team managers and coaches when entering the training complex.

Set-up the cones, markers and poles for warm-up and balls in their correct position for ball-work exercises and passing drills or shooting drills so as to make it clear for players to go from one exercise to another. This will give your training session fluency and momentum and create a positive image of professionalism.

The training Itinerary set below is only an example or template to guide new coaches, we encourage coaches to use your judgement to set a variety of different training exercises for the technical level of your players.

Itinerary step by step

1: Training pitch set up and ready for players to start training session.



2: Static stretching



3: Aerobic warm-up with co-ordinated footwork



4: Ball work 500 touch program



4: (a) Focus on players touching the ball as many times as possible in this section of training session. The ball work can be done with 1 player per ball or 2 players 1 ball or 3 players 1 ball.



5: Passing drill or training objective



6: Shooting exercise or game with team shape or structure.



7: Address the players after the end of the training session to advise on upcoming matches or training sessions.

Always end the training session with positive feedback to players and encouragement for individuals, this will help lift the team spirit and contribute to players wanting to contribute to training sessions and games.

Self-management of your training session

1. Analyzing your training session & problem solving.

Think quickly analyze the number of your students and if need make adjustments to your training session. This is to ensure that later in your training session the games are balanced and competitive. If you need goalkeepers make arrangements with goalkeeper coach to enhance the games or shooting objectives

2. Utilize and maximize the training area.

When you have worked out the number of students for the training session look around and analyze the training space or area. Then workout how to maximize the training space for optimum coaching performance. Utilize and incorporate the training equipment (cones, balls, training bibs, poles, shooting targets) and more to ensure maximum coaching performance. All these important training features are relevent to creating a professional training enviroment in which players and coaches can maximize their own performances.

3. Applying the coaches own style

Remember this booklet is a template and a guide for coaches to apply structured training session that have real purpose. But coaches are allowed to implement their own coaching style. We want our coaches to be creative and grow with their team. Our technical staff will always be there to assist coaches and managers at all times and provide them with technical and progressive football education if needed.

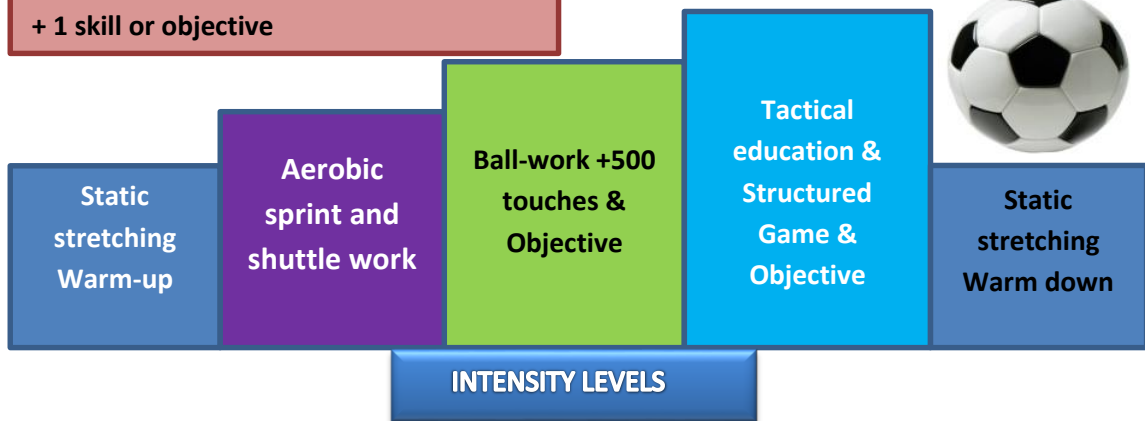


SESSION AIMS: 12-16 age group

1. High intensity session
 2. Improve passing technique control
- + 1 skill or objective

Doonside Hawks

Training session planner



Training template 12's – Youth

5 mins: low impact warm-up and stretching

5 mins: Aerobic sprint and shuttle work, co-ordination and footwork

Eg. speed ladder or stepping markers

20 mins: **Technical ball work: 1-2 new skills or objective** Try to complete 500 touches per student in this segment of the training session.

Eg. ball control, dribbling, heading all exercises to be done with ball. Easiest exercises first to the more difficult.

2 mins Hydrate

5 mins: Tactical awareness

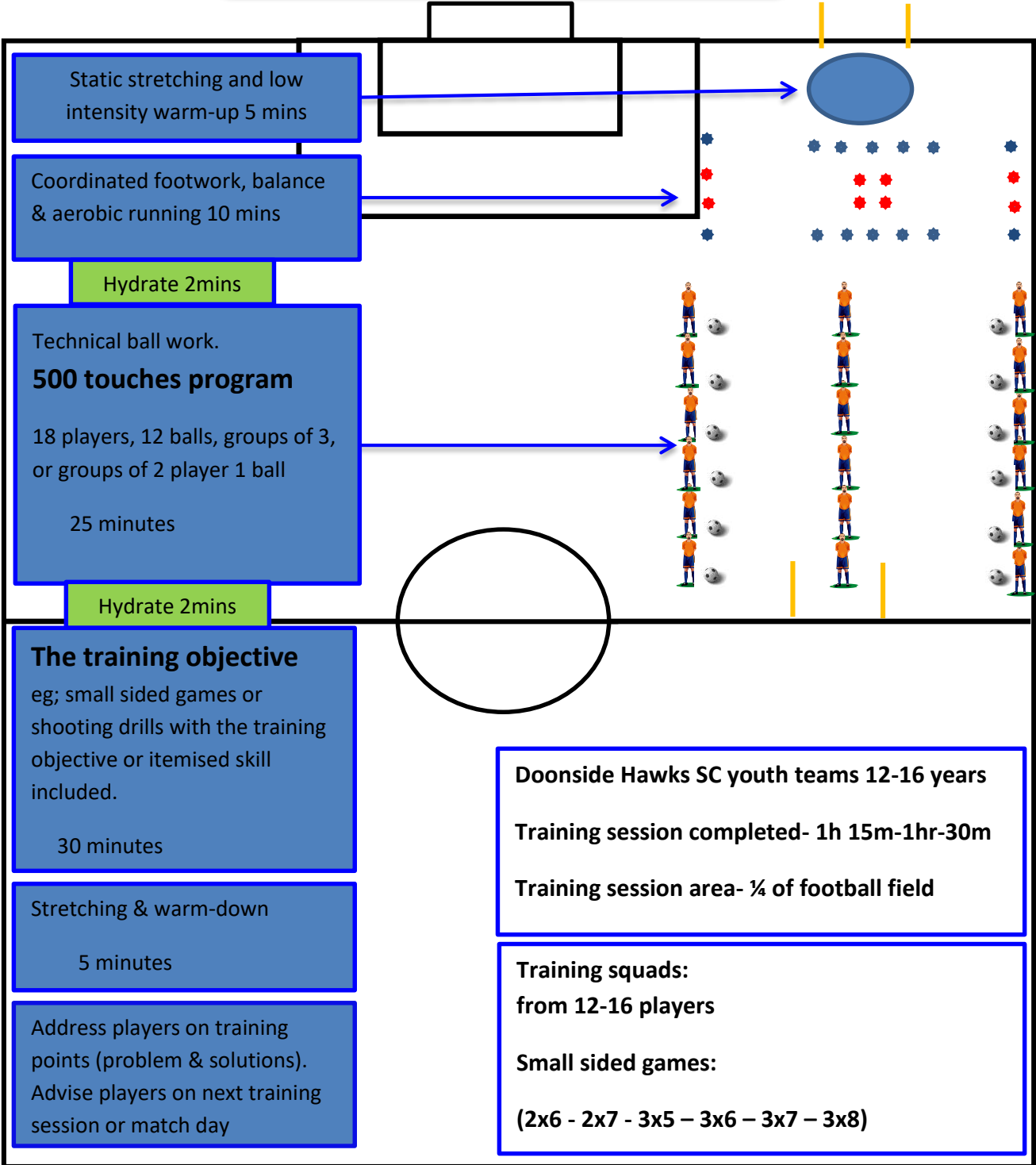
Use whiteboard or markers on the pitch

30mins: Small sided game with focus on Ball Possession and movement (3 teams 5 vs 5 + goalkeepers) or (2 team 6v6) try to have structure to the games.

5 mins: Warm down and stretching

Address players about training sessions and coming weekly training programs and always finish with positive feedback!

Doonside Hawks 12- youth Basic 1/4 field training plan

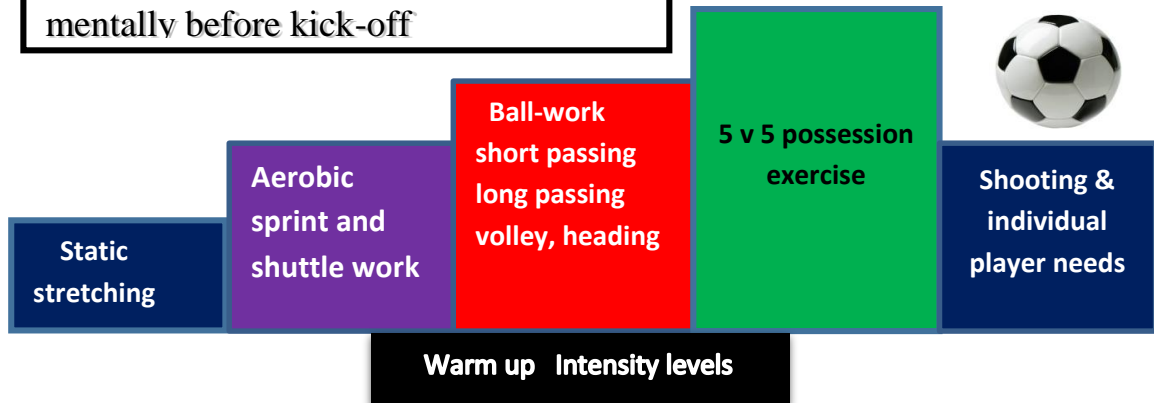


Doonside Hawks FC

8 -11 & 12 - senior teams

Aim: to prepare team physically & mentally before kick-off

Match day Planner



1 hour before kick-off:

1. Coach set up warm-up area
2. Manager to fill in starting team
3. Coach to address players on line up
4. Coach to address players on tactical game plan

35 minutes before kick-off:

Start warm-up

3 mins: low impact warm-up and static stretching

5 mins: Aerobic sprint and shuttle work, co-ordination and footwork

Eg. speed ladder or stepping markers

2 mins: Hydrate

8 mins: Ball work - short pass, long pass, volley, heading

10 mins: Possession game 5v5

5 mins: Shooting or individual needs

2 minutes: before kick-off: Last minute motivational and tactical instructions

00: kick-off!

Continue: Match day planner

Half-time:

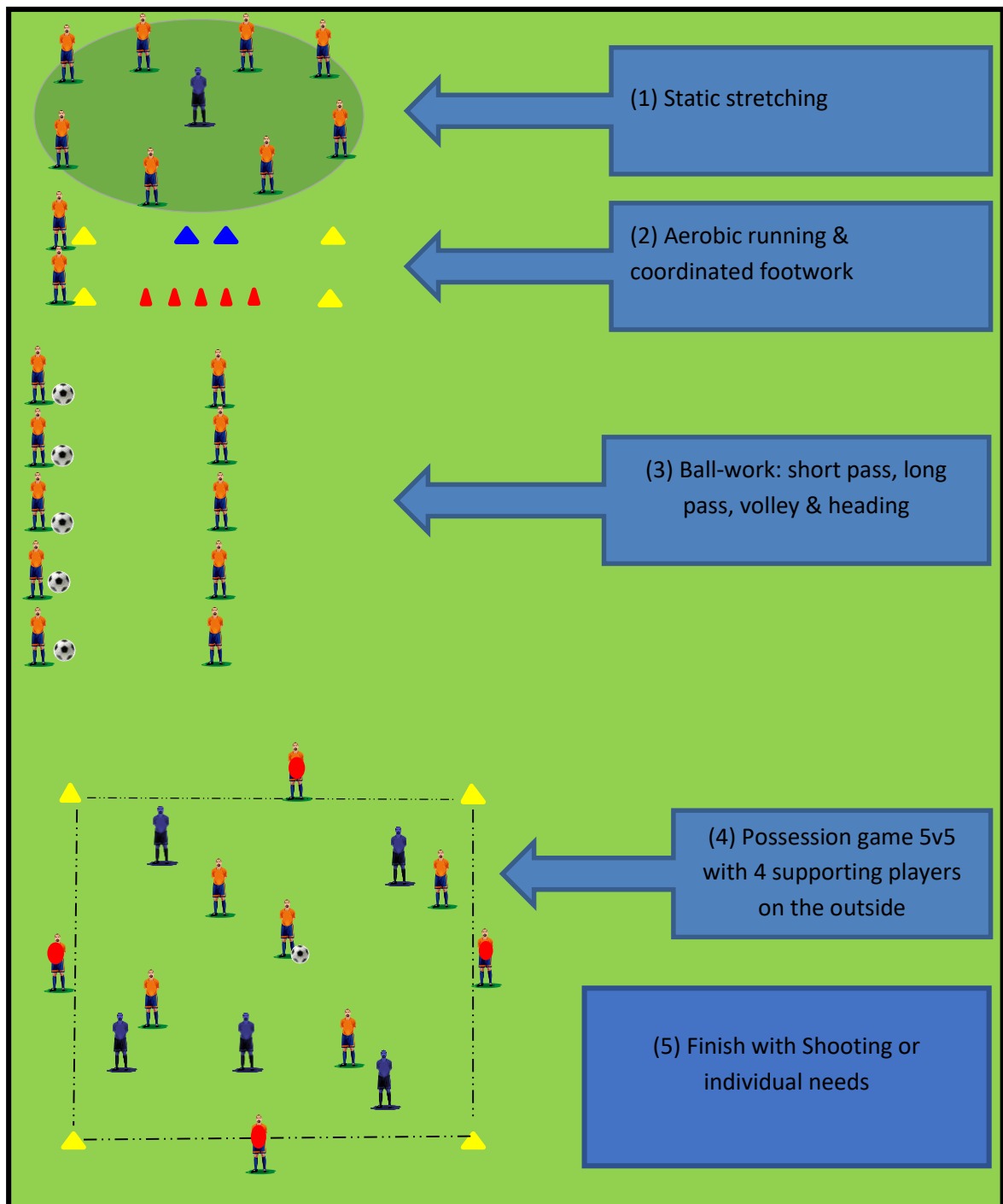
- (1) Ask players about any injuries or problems they may have incurred during the first half.
- (2) Get players to relax and hydrate.
- (3) Address team on tactical problems in the first half.
- (4) Make sure players address team mates in a positive manner as they will need each other's support for the second half.
- (5) Give players motivational goals for the second half. (example not concede a goal or create goal-scoring opportunities)

Full-time:

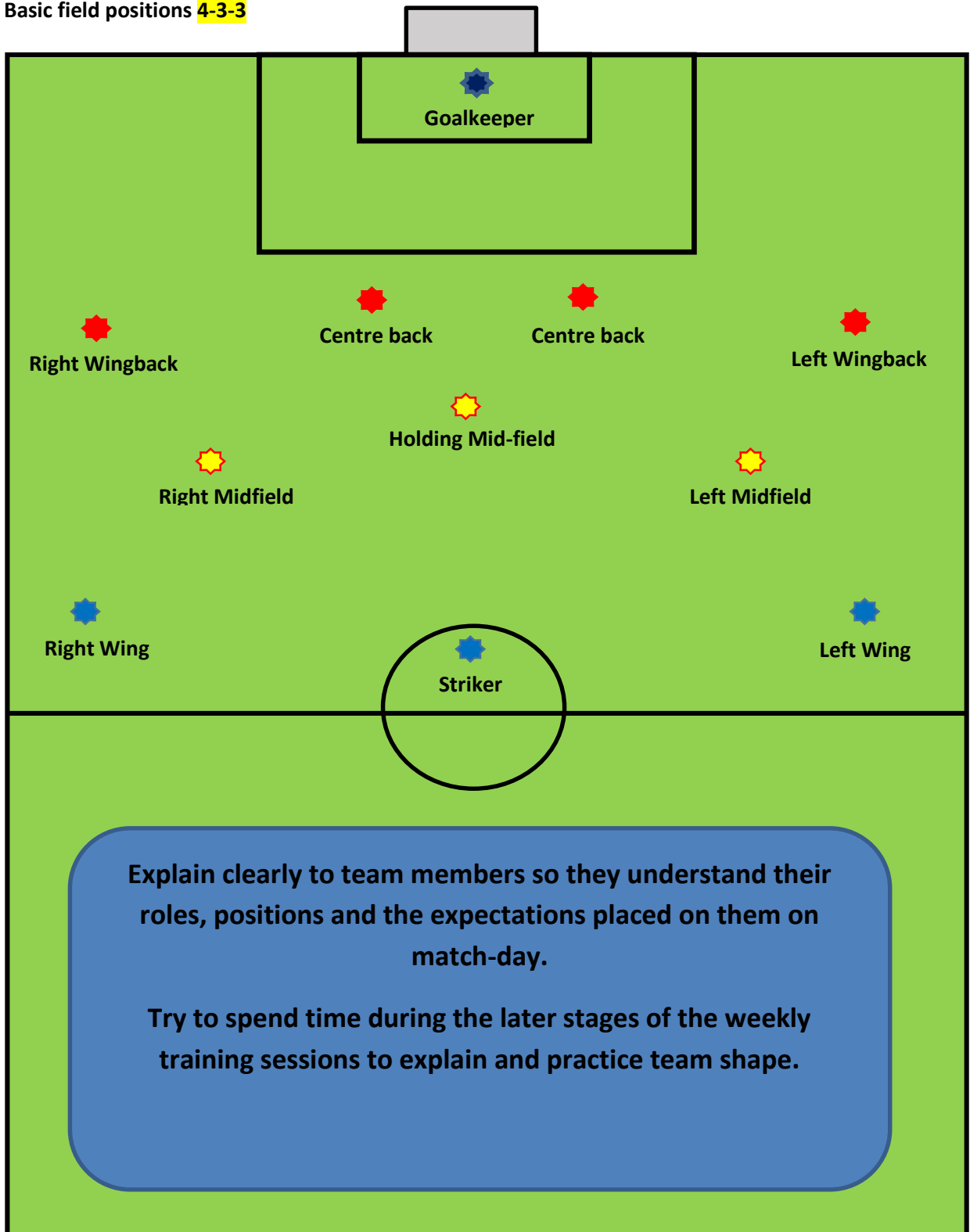
- (1) Congratulate players on their effort for the game
- (2) Ask players if they have any injuries.
- (3) Be positive as you will need their commitment for training and the next match.
- (4) Address players on the up-coming weekly training session.



Basic match-day warm-up

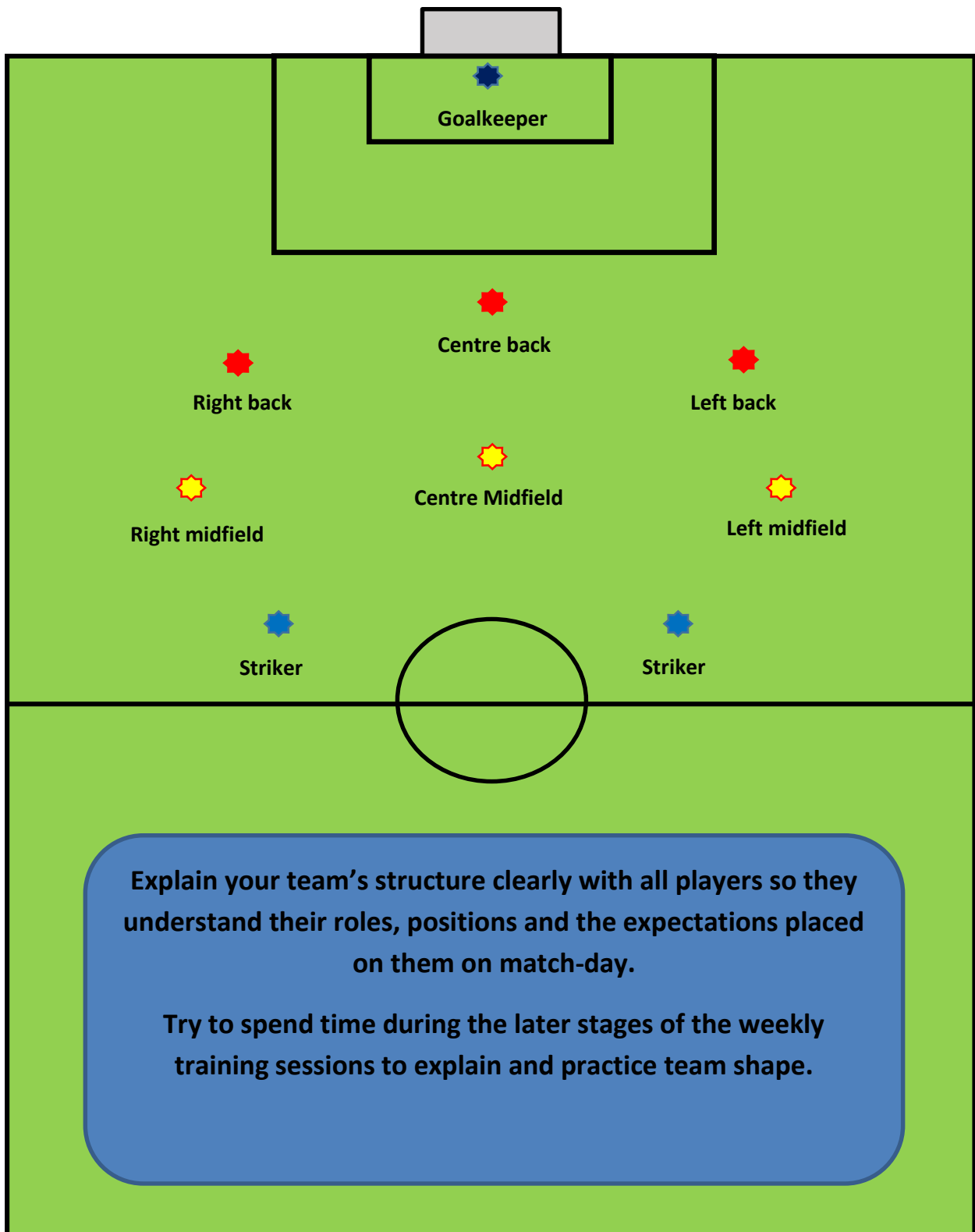


Basic field positions **4-3-3**

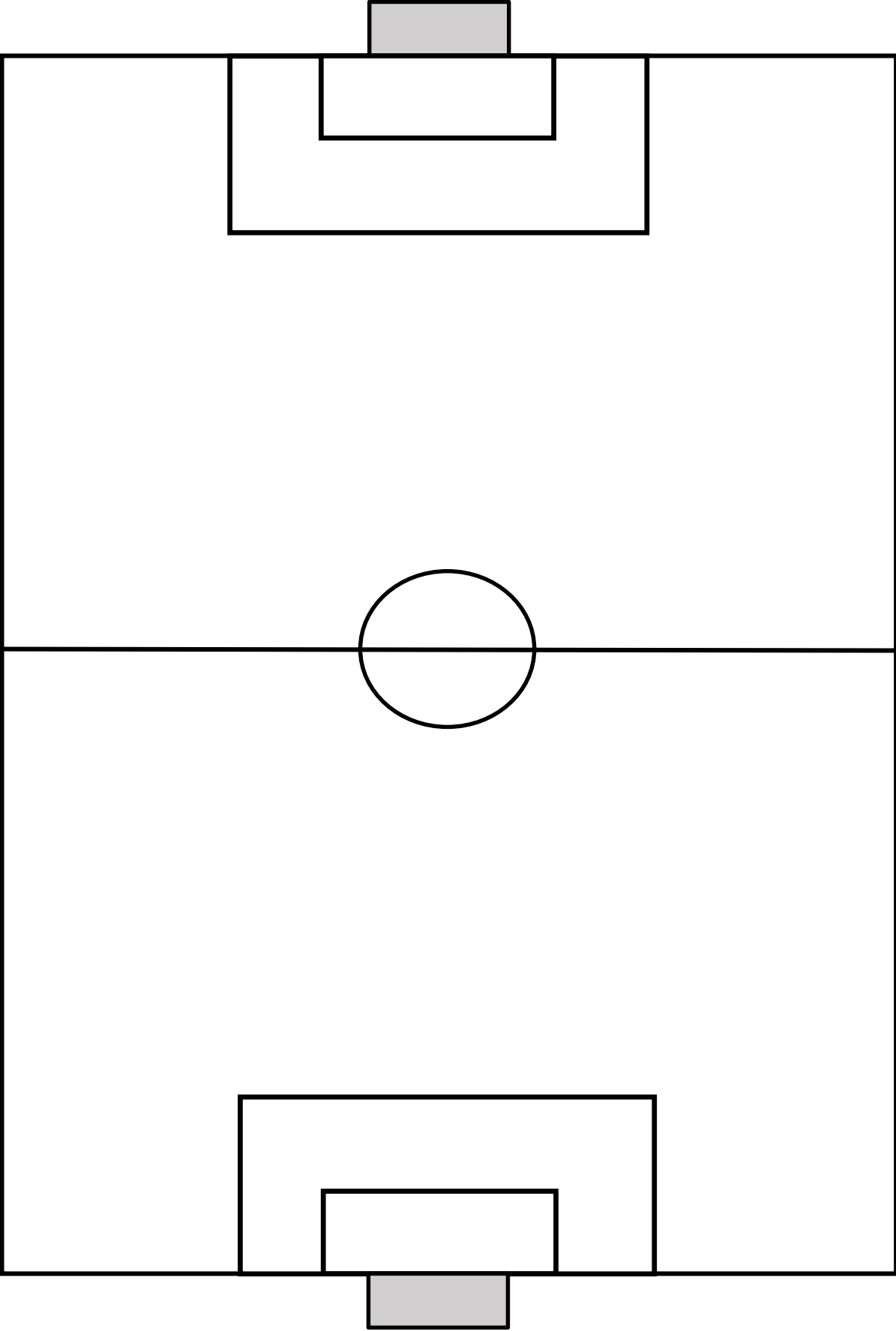


Doonside Hawks SC 8s - 12s

Basic team shape **3-3-2**



Doonside Hawks Tactical Chart



Better coaching = Better players

