

Dunboyne AFC Coaching/Player Development Plan



Graham Doyle
(Coaching Co-ordinator)



Dunboyne AFC

8 – 11 Year Olds

Coach to Develop and Learn



Dunboyne AFC

8 – 11 Year Olds

Skills Development:

- A FUN football programme through encouragement, learning and practise;
- Players learn by practising and repetition;
- Basic skills (Passing, Controlling and Dribbling) to be practised in every session (not all at once);
- Encourage players to learn using both strong and weaker foot; and
- Practise to be done with the football at all times.



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Skills Development:

- 1 v 1 or 2 v 2 games;
- Encourage players to try a trick to beat an opponent;
- Communication - Teaching the player to talk to his teammates;
- Encourage offensive training and attack minded sessions; and
- Teach players when to **PASS** and when to **DRIBBLE** the ball.



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Technical Development:

- Transferring training skills into the game;
- Using players in a variety of positions
 - This will help them understand all areas of the game;
- Playing football from the defence;
- Encouraging midfield players to receive the ball; and
- Teaching forward players to be part of the **TEAM** and not everything is about just scoring goals.



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8 – 11 Year Olds

Technical Development:

- This age group is about playing to **DEVELOP**;
- **DEVELOPMENT** and **ENCOURAGEMENT** should always be ahead of winning;
- It's not always about results !!!!!!

Questions for Coaches:

- Can the coach identify correct positions for the players ??????
- Can the coach identify key areas as the game is being played ??????



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12 – 14 Year Olds

Coach to Develop and Compete



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12 – 14 Year Olds

Development Programme:

- Teaching each unit to work as a **TEAM** (Defenders, Midfielders, Forwards);
- Being comfortable to know their respective jobs on the pitch;
- Quality of distribution through the different areas of the pitch (Defence, Midfield, Attacking Thirds);
- Confidence to keep playing football even/especially when you're losing; and
- Teaching the players to **COMPETE** at all times.



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12 – 14 Year Olds

Development Programme:

- Encourage forward passes instead of sideways/backward passes;
- Teaching the players when to make a good run and when to hold their positions;
- Developing the switching of play and seeing the whole pitch;
- Linking up the different units through passages of play;
- Attacking the opposition at speed; and
- Playing in 2 – 3 touches.



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12 – 14 Year Olds

Development Programme:

- Speed, Agility, Fitness, to be worked at (with the ball) in all training sessions;
- Learning good decision making and awareness;
- Introduction of 1-2 combinations/overlaps;
- Training must be realistic to your team shape and match play;
- Introduction to attacking and defending set plays;
- Less rotation of positions, more selection of players for individual roles; and
- Players should be learning to **COMPETE** as well as developing.



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15 – 19 Year Olds

Coach to Develop and Win



Dunboyne AFC

15 – 19 Year Olds

Player Education:

- Develop better tactical awareness;
- Identifying weaknesses and improving them;
- Better mental strength in training and matches as they are more competitive;
- Encouraging fast attacking phases of play;
- Training should mirror your match analysis and next game preparation; and
- Introduce the benefits of core training and gym work along with regular football training.



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15 – 19 Year Olds

Player Education:

- Players should know a little bit about proper diet;
- Players to learn about a winning mentality;
- Players to learn to deal with coache's criticism;
- Players to take more responsibility for their own improvement and development; and
- Players, **PLAY TO WIN** but in the right way.



Dunboyne AFC COACHE'S ROLE



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Coaches Role:

- Plan your training in Blocks (4-6 weeks);
- Training sessions:
 - 10 Minute Warm-up
 - 2 x 10 Minute Functions
 - 30 Minute games (Coach first 15 mins)
 - Let them play last 15 mins freely.
- Plan and prepare your training sessions in advance. Do not make up a session when you get there.



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Coaches Role

- Practise with the football at all times;
- Coach by demonstrating and practice, **NOT** by constant talking (In/Out);
- Training functions should be appropriate for the age group you are working with;
- Training is to be about **FUN** and **ENJOYMENT**;
- Communicate with the players in a positive manner and be careful with use of language; and
- Treat all players **EQUALLY**.



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Coaches Role:

- Keep training interesting by introducing different functions at times and not repeating the same functions over and over;
- Challenge yourself and the players;
- Coaches should be open minded and willing to learn; and
- Training/Matches should be about the **PLAYERS** and **NOT THE COACHES.**



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Coaches Role:

- Encourage players to be confident, enthusiastic, disciplined and not afraid to make mistakes;
- Training programmes should be continuous and progressive;
- Let the players **LEARN** as they **DEVELOP**;
- When you speak, it should be encouraging and positive – Ask questions; and
- Remember: Players generally don't respond well to a coach who is shouting at them.



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Some Training Observations:

- Put bibs on players during training sessions;
- Have sessions set-up in advance;
- No running around pitches for warm-ups;
- Remove cones used for one function if not needed for the next;
- Use all balls during sessions;
- Allow space between grids;
- Step-in where session not going correctly; and
- Ask questions – don't dictate:

"Tell me and I forget, Teach me and I may remember, Involve me and I will learn"



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Some Match Day Observations:

- Do warm up (practise) with ball (theme);
- Don't coach throughout the whole game;
- Play out from the keeper;
- Small sided games – have retreat lines;
- Encourage team to play with shape;
- Encourage players to bring training into the game; and
- Try get parents to stay quiet on the sideline – it only confuses the players.

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087 9392359



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