



SYDNEY BOYS HIGH SCHOOL
COACHING MANUAL
2017

Competencies and Values expected from SBHS Coaches



<p>Leadership</p> <ul style="list-style-type: none"> • Role Model • Lead by example • Professional • Encouraging • Delegate • Accountable • Organised/prepared • Motivates 	<p>Accountable</p> <ul style="list-style-type: none"> • To self • To players • To parents • To colleagues • To football 	<p>Ownership</p> <ul style="list-style-type: none"> • Takes responsibility • Sets an example • Commitment • Takes pride • Self improvement • Independent 	<p>Communication</p> <ul style="list-style-type: none"> • Verbal • Non verbal • Written if needed • Listening skills • Appropriate language • Avoids jargon • Positive/constructive
<p>Achievement</p> <ul style="list-style-type: none"> • Capable • Confident • Knowledgeable • Proactive • Respectful • High standards • Focused • Understanding 			<p>Innovator</p> <ul style="list-style-type: none"> • Sessions age specific • Responds to needs • Improvises • Problem solving • Develops others • Thinks ahead • Adaptable • Thinks outside the box
<p>Passionate</p> <ul style="list-style-type: none"> • Love of the game • Instils passion in others • Enthusiastic • Motivates 			<p>Courageous</p> <ul style="list-style-type: none"> • No fear of failure • Not afraid of change • Sets standards • Raises standards • Does what is right for the game
<p>Motivator</p> <ul style="list-style-type: none"> • Right attitude • Ethical • Player assessment • Player reward • Open minded • Challenging • Positive • Fun & enjoyable 	<p>Talent identification</p> <ul style="list-style-type: none"> • Identify potential • Develop talent • Recommend other development • Open pathways • Communicate with relevant people 	<p>Development</p> <ul style="list-style-type: none"> • Of self • Of others • Open to change and new ideas • Encourages player responsibility • Encourages questions and open communication • Sets achievable and stretching goals 	<p>Inclusive</p> <ul style="list-style-type: none"> • Everyone plays • Non biased • No discrimination • Opportunity for all • Effort praised as well as development



Learning Curve

	Goalkeeper	Back 3	Pivot Midfield	Centre Midfield	Wide Players	Forwards
Under 12	Roll or throw the bailout, practice dead ball kicks	Get wide when goalkeeper has the ball	Not necessary	Keep to your position	Get Midfield wide when defenders have the ball	Link with others in middle 1/3 of field
Under 13	As above	Pass to midfield wide men	Introduction of the pivot midfielder	Stay clear of your back men when they are in possession	Intro two wide midfielders	Do not crowd width for wide men
Under 14	Roll or throw out to outfield players	If goalkeeper cannot throw keep shaped up	Develop passing and positional sense	Join in with front two and go beyond them	Maintain width, make runs off the ball	Stay within width of penalty area
Under 15	Join in outfield play - sweep area outside of the box	Work on passing options, good defending habits	Introduce diagonal passing	Overlap and make diagonal run behind full back	Swap sides, come inside so defenders can overlap	Emphasise link play, no straight runs
Under 16	Look for breaks. Improve technique	Play passes sideways to stretch forwards	Cover for central defender when he attacks	Develop defensive awareness	Develop defensive awareness, positional play	Defend in the attacking 1/3 of the field



Tactical Work

Understanding their role within the team

Listed below are the three main attacking and defending ideas that young players should understand in their positional roles

	Attacking	Defending
Defenders	<ol style="list-style-type: none"> 1. Receiving the ball in the defending half off the GK and other players 2. Carrying the ball forward – where and when 3. Passing from the defending half, especially to and from attacking players 	<ol style="list-style-type: none"> 1. Defending in 1v1 situations when behind and facing opponents 2. Marking – angles and distance of support – interceptions 3. Heading – crosses and balls down the pitch
Midfield	<ol style="list-style-type: none"> 1. Support play – receiving off back players, off front and other players etc 2. Passing Choices – observe, can I play forward? Quality 3. Turning in order to run with and without the ball 	<ol style="list-style-type: none"> 1. Pressurising when behind and facing opponents 2. ‘Tracking’ and marking 3. Heading, intercepting, challenging in Midfield
Front Players	<ol style="list-style-type: none"> 1. Losing Markers – quick movement. Drifting off (space) 2. Marking Positions to Receive <ol style="list-style-type: none"> a. To feet (coming off side on), turning b. Diagonal/blindsides runs c. Spinning behind 3. Striking at goal, emphasis one touch finish 	<ol style="list-style-type: none"> 1. ‘Splitting’ opponent when outnumbered 2. Pressing opponents and dictating the direction of play 3. Recovers Runs – sealing off space
Wide Players	<ol style="list-style-type: none"> 1. Marking positions to receive 2. Attacking defenders – in 1v1 – by combining with others 3. Crossing the ball – techniques/areas to hit 	<ol style="list-style-type: none"> 1. Going forward to press opponents 2. Defending in 1v1 ‘showing’ one way 3. Tracking runners. Recovery runs on opposite flank (marking space)



Under 13/14s

Motor Control	Co-ordination Balance Agility Turning Sprint co-ordination Exercises + Body Resistance Exercises
Ball Manipulation	Quick feet Rolling Inventive moves + Change of direction
Turning	Techniques – develop own When and how Relieve pressure Being inventive
Passing & Receiving	Variety of pass Pass control – pace Range of passing + Penetration Support & movement Feet & space
Combination Play	Create space in 2s & 3s <ul style="list-style-type: none"> • Wall passing • Cross over runs • Up back and through Movement without the ball <ul style="list-style-type: none"> • Diagonal runs • Straight runs • Blind side and flat runs Quick Play
Crossing & Finishing	Techniques Accuracy Angled Combination play Distance Range Power
Heading	In defence In attack
Defending	1v1, 2v2 – 3v3, 2v3, 3v3 Pressure Support Cover Shape + Transitions
Overloads	4v12, 3v2, 5v3 etc (in attacking favour) Attack v Defence
Education in Game Play	Functional practice Small sided game Team shape



Under 15/16s

Motor Control	Co-ordination Balance Agility Sprint co-ordination Body Resistance Exercises Strength
Ball Manipulation	Quick feet Inventive moves Moving – change of direction Dribbling/Feint trick
Turning	Techniques – develop own When, where and how Relieve pressure Being inventive
Passing & Receiving	Simple short range Full range Height, timing Disguise Control & under pressure Feet & space Penetration
Combination Play	1v1 Movements to create space Movements to exploit space Observation/ vision Communication Counter-attacking
Crossing & Finishing	Techniques Accuracy Angled finishing 1v1 Combination play Accuracy Power
Heading	In defence In attack
Defending	1v1 Marking Tracking Delay Cover/support Positioning Pressure Compactness Communication
Skill & Application	Cleverness Innovation Influence on game Influence on others Systems and roles Anticipation