

Coaching Methods

Coaching methods refers to the principles, subject matter and processes involved in teaching the game based on how players learn.

KEY ELEMENTS

IDENTIFY THE PROBLEM – Through visual observation, video analysis, etc.

What is the problem? – technique, group or team tactics, fitness, mental

Who is/are involved? – own player(s) or opponent(s) involved

Where did it occur? – which part of the field (defending, midfield or attacking third)?

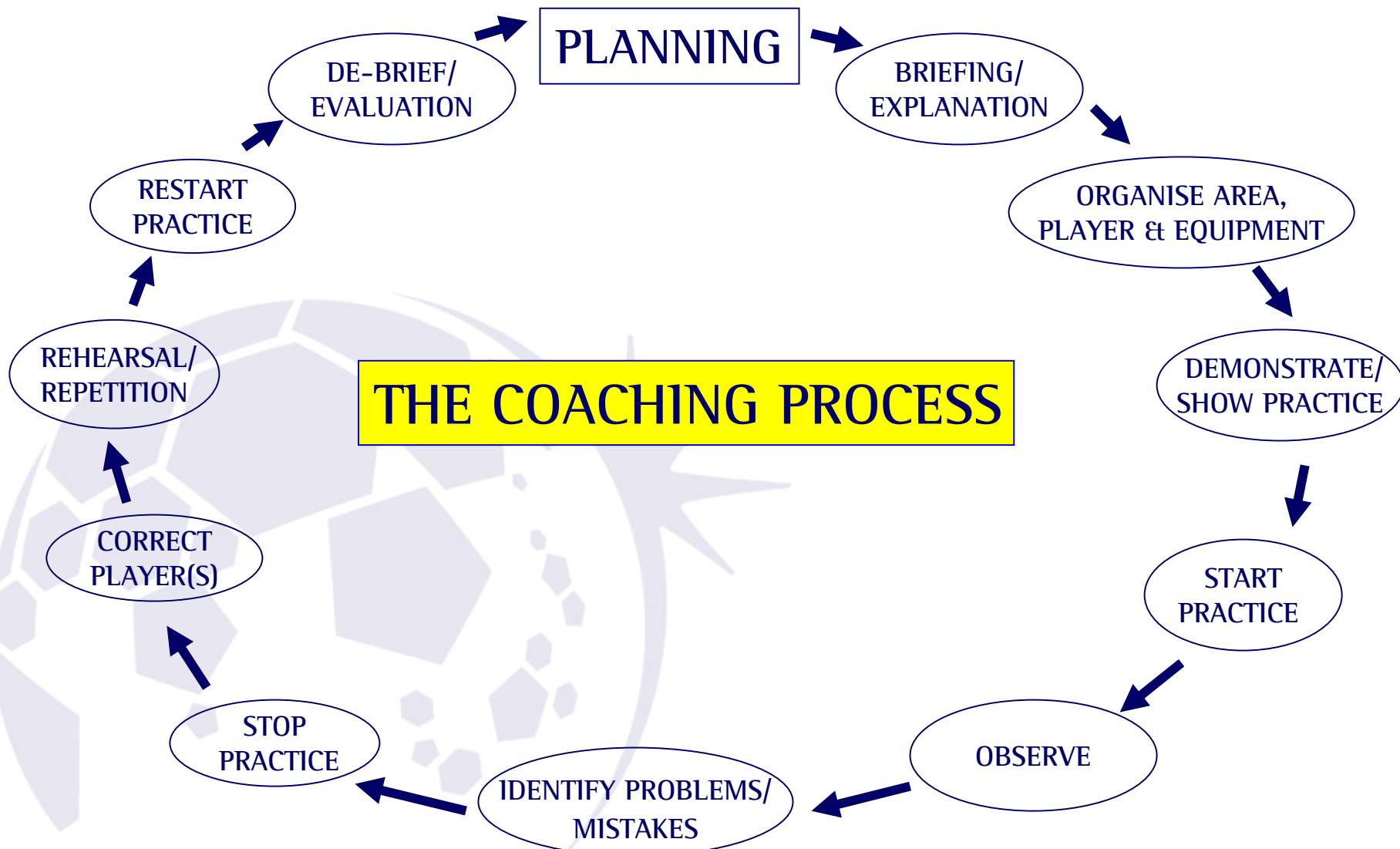
When did it occur? – while attacking or defending, what time of the game?

FIND SOLUTION – Solve the problem through a planned practice using appropriate coaching method

TRANSFER – Transfer information to players in practice

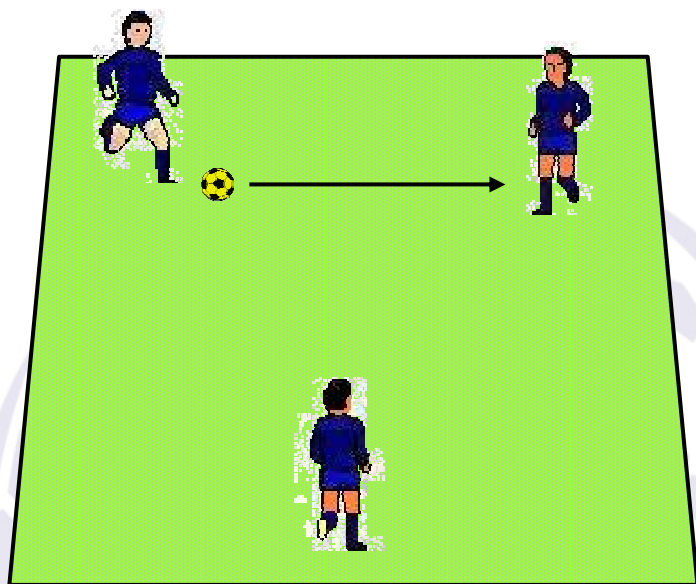
CHALLENGE – Progressive and challenging practices to improve players' performance and solve football problems.

Introductory Course



1. TECHNIQUE PRACTICE -

- Simple and unopposed
- Focus on the correct mechanical execution of the action



Topic : Passing

Area : 10m X 10m

Players : 3 outfield players

Equipment: Cones, markers, balls

Activity

- 3 players with one ball
- Players to inter-pass among each other
- Players to be mobile and provide support

Key Coaching Points

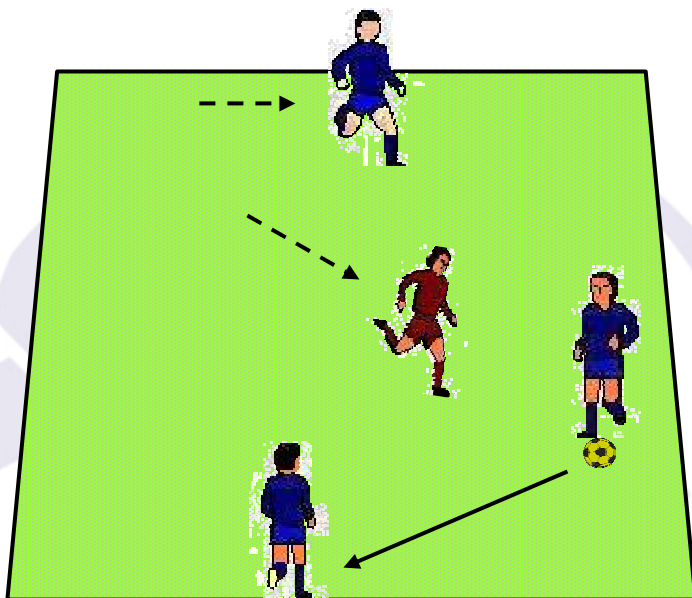
- Use different surface of kicking foot- inside, instep, etc
- Back-swing of kicking leg, contact in the middle of the ball, follow through
- Keep ankles firm/locked

Discussion

- Give examples of other Technique practices
- Discuss key coaching points for each technique in chronological order

2. SKILL PRACTICE

- Application of correct technique under pressure
- Decision making in the constantly changing playing environment



Topic : Passing

Area : 15m x 10m

Players : 3 outfield players + 1 defender

Equipment: Cones, markers, balls, bibs

Activity

- Players to keep ball possession while inter changing passes & position within the grid
- Defender to intercept or regain possession
- Rotate defending role

Key Coaching Points

- Keep head up as much as possible to create awareness of team-mate, space & defender
- Player without ball to provide passing options
- Choice of pass (Who?)
- Type of pass (inside/outside foot, chip etc)
- Quality of pass (accuracy, pace, angle, timing)

3. SMALL SIDED GAME

- Application of correct technique/skill and individual/group tactics in a scaled down playing area and fewer players
- Decision making in the constantly changing playing environment based on principles of play.



Topic : Any skill or tactical topic

Area : 60m X 40m

Players : 5 players + 1 Gk per team

Equipment: Markers, balls, bibs, goalposts

Activity

Two teams of equal but fewer players to play a normal game in a smaller area. Team in possession to score whilst other team to defend

Key Coaching Points

As per coaching topic, e.g. midfield defending, marking, combination play, passing, dribbling etc.

Discussion

- What are the other advantages of a small sided practice?