



Thurlby Tigers FC – Club Ethos & Coaching Philosophy

Introduction;

Thurlby Tigers Football Club's aim is to provide a safe, secure environment and endeavours to give the highest standard of football coaching that helps children to develop life skills as well as learn the sport, improve, enjoy and continuing playing football into their adult life. As a club we take great pride in providing young players a pathway into the senior team.

Coaching

The playing members and their Welfare / Safeguarding are the most integral part of Thurlby Tigers Football Club and therefore coaches should aim to provide a fun, friendly environment in which to learn, develop and eventually how to play and enjoy competitive football.

Football should be enjoyable and this should be emphasised by the coaches, making training sessions fun and age appropriate, while striving to improve the player's individual skills and team development. Coaches should also encourage fair play and teamwork whilst keeping discipline within the squad.

Coaches should be able to give praise and offer constructive criticism when required, and set a good example to the players in their behaviour at matches and training.

Playing Ethos

TECHNICAL Ball Mastery Practice Group Play	PSYCHOLOGICAL Understanding Decision Making Confidence
PHYSICAL Co-ordination Conditioning Challenge	SOCIAL Communication Self-Esteem Team Work

We aspire to offer the very best footballing opportunities for each individual and its paramount to us that we can provide a safe, friendly environment to allow children to develop in a variety of different ways whilst having the up most FUN.

Our F.A qualified coaches are committed to delivering a high level of coaching for all learning styles to ensure the player can not only develop their football but also their person via the F.A four corner approach.

We have no space for negativity at the club and we believe that we only ever have positive outcomes, whatever the score, whatever the league position.

The club advocates the RESPECT campaign and with regard to equality and inclusion it is an absolute commitment of the club that no child is ever excluded from playing football for reasons of gender, race, nationality, ethnic origin, colour, religion, sexual orientation or perceived ability as a footballer. We strongly believe that football is a game to be played and enjoyed by everyone and will always endeavour to find footballing opportunities for each individual.

In summary: **SAFE, POSITIVE, FUN FOOTBALL for ALL!**

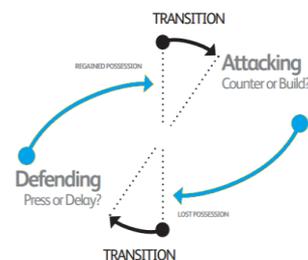
Playing Philosophy

The Thurlby Tigers Football Club playing philosophy is set out from the transition of play model below with an approach that allows individuality and team play with all players playing a vital part of the game whatever the stage.

The 3 C's are our new directive where we encourage:

- Confident Football
- Clever Football
- Creative Football

The model is split down in to:



In possession/ Attacking – Counter or Build

- A possession-based approach played through the three-thirds of the pitch
- Quality passing and intelligent movement and support off the ball
- Penetrative, incisive and varied attacking play, allied to good finishing
- Counter-attacking whenever opportunities arise
- Individuals to use skill and dexterity to go past defenders in the final-third within variation.

Out of possession/ Defending – Press or Delay

- A tactical approach to defending, in which all players contribute
- A controlled, calculated and assertive approach when and where necessary
- Defending starts in the final third
- Adaptability in either man marking or zonal systems

Coaching Philosophy

All of our coaches should aim to make the game **safe, fair and enjoyable whilst providing age-appropriate coaching** (5-11, 12-16, 17+) to develop the whole player across all four corners of the Football Association's LTPD model.

Throughout our club from U/5 to Adult football we have adopted a playing philosophy which all of our coaches encourage and promote; Confident, Creative, Clever football.

We aim to:

- Improve the player's movement skills: agility, balance, co-ordination and speed.
- Develop the player's technical skills.
- Increase the player's decision-making capabilities.
- Teach the player life skills (co-operation, teamwork, communication and friendship).

Coaches Qualifications

As a minimum, all coaches at our club will undergo the following training courses;

- The FA Level 1 Award in Coaching Football
- FA Emergency Aid
- FA Safeguarding Children Workshop
- All our coaches have Enhanced FA CRB checks.

Alongside our minimum requirements we encourage our coaches to become FA Coaches Club members and register for Continuous Professional Development (CPD) opportunities which ensure that are coaches are up to date with the latest techniques and methods and ensures they maintain their coaching licence.

Coaches Behaviour

- All of our Coaches are required to strictly follow the Respect Code of Conduct.

- • Players must be free to play during matches, with positive encouragement from parents and coaches.
- • Information from the touchline should be in the form of occasional questions from the coaching staff only.
- • Patrolling the touchline giving continuous shouted instructions must not happen.
- • Players always try their best and will learn from their mistakes without being told they have done wrong.

All coaches are expected to undertake a positive approach to mentoring, motivating, facilitating and teaching the players of their respective teams. Our coaches are aware that they are in a position to act as positive role models for the club and positivity is the key to our success and we pride ourselves on positive forms of communication and leadership.

All coaches will be required to regularly participate in the clubs Coaching Forum (approx. 4 per season) and an open-minded, respectful, interactive & positive attitude is expected.

Long Term Player Development - LTPD

The long term aim of the club is to produce teams who can eventually compete in leagues and cup competitions. This means that the long term development of the players should be valued above immediate success (results), sometimes both can be achieved. The club defines success as improving players and teams over time, by rewarding performance and effort rather than just the result. Learning to accept defeat is an important life skill.

Players will benefit from playing a variety of positions; this will help them learn to play the game more effectively. Small sided games (SSG's) in training allow more touches on the ball and can be used to coach many different skills and tactics by using conditioned rules – they are also far more fun than standing in lines waiting or running without a ball.

Initial Squad Selection – U8s (Ability Levels)

The club aims to accept children of all abilities although, currently, it has no disability team. The club is aware that some children are late-developers and keenness to learn and play is an appropriate younger-age attribute that should be encouraged.

We aim not to have waiting lists and aim to provide sufficient coaches appropriate to the age-group(s) being coached. This will usually be a request to parents to volunteer

When initially forming club squads at U8s coaches should not solely offer places based on ability. Ability should actually only be a small factor, instead focusing on coachability, (keenness to learn and implement), behaviour, respect and commitment (keenness to attend), and availability.

Team Selection

As much as coaches become aware, the club also recognises that children are aware of each other's ability. This is true from an early age.

Therefore the coaches should not be expected to offer equal playing time at all age groups (see summary) but should adopt a selection which allows fair playing time, taking into account players ability, confidence and fitness (not all children have the same energy / fitness levels / stamina or it may be more beneficial to some players to have spells on and off during matches, to recover or to be given advice from the coach).

Coaches should not take substitutes to matches just to present an image of a "full bench" to the opposition or to cover the eventuality of non-attendance by unreliable players. It is possible that unreliable players may be considered carefully for selection, and possibly not be selected. The coach's intent may be influenced by the actions of parents / guardians and coaches may need to address this. A coaches intent should be to play every match day squad player at some time during each game they're selected for.

Training Players (Non registered players)

Players develop at different rates and the Club's philosophy is to include as many of the training squad as possible in competitive tournaments or friendly games over the season. Provision of additional teams may be required to achieve this, additionally more coaches may be also required, again this will usually be a request to parents / guardians to volunteer.

A team will benefit in the long term from a rotation of players (where teams in age groups are greater than one or where taking more than one team to events e.g. Summer tournaments) while keeping a nucleus of currently more confident players, which helps the less confident players the chance to develop and also offers a reasonable challenge to the opposition

without delivering or receiving a landslide scoreline.

Where a very large number of players are training with an individual age-group, the coach(es) may decide to run two teams. These teams will be evenly balanced; there will be no forming of an "A" and "B" team where there is an obvious difference in standard. The idea behind this is that all players have had a fair chance to compete in matches.

U11s Upwards

From under 11's upwards the coach may choose to begin selecting the team to become more competitive, by this age the players are aware of their own abilities compared to others and this can cause problems between the children.

This means competition for team places and the coach should balance this competition with the player's development needs and the interests of keeping squad together.

Rest weeks may be deployed to ensure fair game time can be achieved at matches. The clubs approach to rest weeks is that this is rotated around the registered playing squad members to ensure fair opportunity for all players. That said unreliable players or players regularly missing training may be prioritised for missing games. Additionally, coaches may also prioritise players to miss games if they are not following the clubs codes of conduct, or misbehaving when representing the club (or otherwise).

Captaincy Selection

The club recognises that captaincy of a team enhances and improves a child's development of core behavioural skills such as leadership, communication and respect. The club also realises that a child sees captaincy as an important form of recognition. It is therefore the clubs philosophy that captaincy should be rotated around a squad as reward for commitment, behaviour and showing the core skills until teams begin to compete in 9 v 9 games (U11's upwards) and at this point it is at the discretion of the coaches.

Once U11's and upwards or in 9 v 9 games the club accepts that coaches may wish to select a player who reflects the core skills required of a captain and the clubs philosophy changes to the acceptance that a coach may wish to nominate a "club captain" for an extended run of games / season.

Philosophy on competition

The club recognises that other sports and distractions play a part in young players lives but, to be able to take players through to Under 18 level (and to be able to feed further to the open-age team), a core team and squad need to be developed.

On no account should the club coaches "poach" other players from existing teams. If a team is disbanding or struggling and likely to disband, an approach through the clubs secretary to their club is required (refer to player transfers process).

All of the above is what Thurlby Tigers Football Club coaches should be aiming to provide within reason, but please remember that our coaches can make mistakes, have their own family life to juggle like everyone and their role within the club is voluntary.

SUMMARY

Under 7 and below

- Training only, developing individual skills and slowly introducing too matches and all inclusive selection policy.

Under 8 to under 10

- Regular matches, introducing teamwork and positional play, rotating positions through the season and equal to fair playing time given. Emphasis is to be on learning the game and rewarding performance and effort over winning.

Under 11 upwards

- Regular matches, developing strong team and a more competitive team selection policy at the discretion of the coach, fair playing time given, rest weeks can be deployed.

At all age groups fixtures need to be co-ordinated and scheduled according to the clubs philosophy. Children should not play any more than the FA recommended game time in a given day. There should also be a minimum 48hrs between any fixtures be them competitive or non-competitive to allow sufficient rest time for players.

The maximum playing times time in any one day for:

No player shall be permitted to play more than one game or, in the event the competition allows the playing of a double-header, i e: two separate matches, the below minutes per day.

- Under 7 and Under 8 age groups is 40 minutes
- Under 9 and Under 10 age groups is 60 minutes
- Under 11 and Under 12 age groups is 80 minutes
- Under 13 to Under 16 age groups is 100 minutes
- Under 17 to Under 18 age groups is 120 minutes

At all age groups discipline is to be managed consistently by the coach, in line with the clubs code of conduct and the FA respect codes of conduct.

Thanks

Thurlby Tigers FC

Reviewed By	Review Date	Sign Off	Comments
P Davies	10/05/19	P Davies	Amends to sections