

PRIMARY SCHOOLS

FOOTBALL DEVELOPMENT PROGRAM

5/11/2012

Conducted by WATERLOO INSTITUTE OF SOCCER PLAYERS - Website: www.waterloo-tt.com

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2. FUNCTION

- ✓ Specialized training (Skills development)
- ✓ Personal training- homework both mental & technical
- ✓ Personal equipment – footwear & shin guard
- ✓ Notebook assignments
- ✓ Teacher/Parent involvement (refreshment)
- ✓ On-going assessments

OBJECTIVE

‘Talent doesn’t sudden explode at the age of 25. A good player is good from his early youth. Mistakes are often made at the basic training and development stage’

Johann Cruyft, 1994

- ✓ To equip our players with the technical/tactical skills needed for football.

‘Beware true talent is often hidden’

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3. COACHING TEAM MODEL

3.1 CONCEPT

The Vast majority of professional teams operate nowadays with a technical staff.

WISP will be bringing together a group of people who are specialized in their particular field of work together with the Head Coach to influence the players, both individually and collectively.

3.2 WISP TECHNICAL TEAM

3.2.1 EXECUTIVE ADMINISTRATION

3.2.2 CO-ORDINATOR

3.2.3 HEAD COACH

3.2.4 ASSISTANT COACHES

3.2.5 SPECIALISED TUTORS

3.2.6 TEACHERS/PARENTS

3.2.7 GUEST OFFICIALS (by invitation)

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3.1.1 ROLE OF THE EXECUTIVE ADMINISTRATION

- a) Prepare the strategic plan of the Primary School Development Program in accordance with the TTFF, FIFA and UEFA guidelines
- b) Ensure the plan is effectively implemented by the Technical team
- c) Attend meetings of the Technical team
- d) Approve all recommendations of technical training outside the strategic plan
- e) Report to the Board at Executive meetings

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3.2.2 ROLE OF THE COORDINATOR

- a) Keep the Attendance Register at each training session and collect completed home assignment from the players, if any.
- b) Record all excuses from player or parent regarding attendance
- c) On advice from the Head Coach, call parent of player who missed two consecutive training sessions.
- d) Report to the Head Coach on any matter you consider essential relating to items (a) to (c)
- e) Assist in handing out new home work assignments
- f) Ensure that all players are insured under WISP Sports Accident Insurance Policy
- g) Ascertain that water & refreshments available

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3.2.3 ROLE OF THE HEAD COACH

- a) Responsible for coaching in accordance with WISP Primary School Development Program
- b) Organization, planning, scheduling and assessment of the training sessions
- c) Delegation of assignment to the Assistant Coaches with technical directives.
- d) Communicate with the players and ensure that they are properly equip
- e) Relates to the Technical team and with parents
- f) Introduce the Guest Coach and support the technical direction of the Guest Coach

3.2.4 ROLE OF THE ASSISTANT COACHES

- a) Report to the Head Coach for directives
- b) Assist the Head Coaching in organization of the training session
- c) Provide moral support to all the Head Coach initiatives.

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3.2.5 SPECIALISED TUTORS

- a) To provide basic academic training on the mental and cognitive skills and on the laws of the game.
- b) To assign written home work to players on item (a)
- c) To evaluate home work assignments and to report accordingly
- d) To coordinate Class room sessions with the Head Coach.

3.2.6 PARENTS

- a) Parent to provide refreshments at each practice sessions on a cycle basis
- b) Report to the Coordinator regarding refreshment for next session
- c) Call the Coordinator if the child has to be excuse from Practice or will be late or absent
- d) Take instructions from the Head Coach during Practice and assist with water breaks
- e) Assist in overall supervision of the players and communicate with the coach on any urgent matters.

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3.2.8 GUEST OFFICALS

- a) Introduce to the practice by the Head Coach
- b) Request assistance from the head Coach, Assistant Coaches and Parent
- c) Conduct and direct the training session both on and off the field
- d) All Guest Coach must be approved by the Executive Administration and must be coaching at the PFL or National level.
- e) Provide feedbacks to the Technical team.

'You can have a good system, superior facilities and better programs but the key to training and development is still the coach'

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4. PLAYER'S RULES AND CHECKLIST

❖ PLAYER'S RULES

- a) Players must call if they will miss practice or be late
- b) On arrival, player to give name to Coordinator to log attendance and arrival time.
- c) Players are expected to show positive attitudes and to follow directives given by the coaches. The coaches will not permit whining, grumbling, horse-play or other disruptive acts during practice
- d) Players must show courtesy towards teammates at all times. The coaches will not permit name-calling, teasing or other acts designed to hurt feelings or cause injury
- e) All players must be willing to play in all positions and to follow assignments given by the coach
- f) All players will be given homework by the coach on specific drills to encourage practice at home.
- g) All players are expected to complete and hand up all written assignments
- h) During games, all players are expected to show courtesy to opponents, referees and officials.
- i) Failure to follow team rules may result in appropriate disciplinary action (including loss of playing time)

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4. PLAYER'S RULES AND CHECKLIST

❖ PLAYERS CHECKLIST

- a) Bring along your bottle water, Note Book and Pen.
- b) Put on proper equipment including jersey, shorts, socks and shin guard
- c) Have your personal football (optional)
- d) No Jewelry of any kind
- e) Sign the attendance and hand up written homework
- f) Each player to be allowed to lead the warm-up and cool down exercise
- g) Each player to be called to say the team prayer
- h) At end of session players to gather all the coaches equipment
- i) All Player must registered with WISP and insured under WISP Group Plan.

'Before playing a piece of music, the pianist still has to practice his scales every day'

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5. TECHNICAL TRAINING PLAN

Technical training involves learning the fundamental elements of the game and emphasis will be placed on:

- Individual Ball Control activities
- Group Ball Control activities (Passing and Receiving)
- Technical moves- Defensive and Attacking Techniques
- The duel (1v 1; 2v2 and small group activities)

The Model will be in accordance with TTFF & FIFA Basic Technical Skills

5.1 WISP TECHNICAL TRAINING PROGRAM

WISP Primary School Training Program will follow the approved models listed below:

- TTFF Centres for Excellence Development Program
- UEFA Training ground as shown on UEFA website linked to WISP website www.waterloo-tt.com.
- FIFA Training Content (Booklet or PDF format)

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5.1.1 TTFF CENTRES FOR EXCELLENCE PROGRAM

The Trinidad & Tobago Football Federation (TTFF) Youth Development Program are geared towards:

- a) Individual development
- b) Technical speed
- c) Tactical understanding mainly through small-sided games\
- d) Psychological and mental development
- e) Gurt (that something special)

The Training Session entails:

- 1) Running with the Ball and Turning
- 2) Passing and Receiving (Preparation)
- 3) Defending
- 4) Volley and Heading
- 5) Dribbling
- 6) Crossing & Finishing
- 7) Possession with a purpose
- 8) Positional Play
- 9) Attacking Movements
- 10) Transition of Play (Defense to Attack)

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5.1.2 UEFA TRAINING GROUND

The UEFA training can be viewed on WISP Website (www.waterloo-tt.com) by clicking on the UEFA link. Then click on “Training- Drills”.

The video clips to view and implement technical training are:

- a) Ball Control- Part I (Drills to help improve your ball control skills)
 - b) Ball Control – Part II (Drills to help improve your team ball control)
 - c) Ball Control- Part III (Progression on ball control activities)
 - d) Ball Control- Part IV (Drills to help with dribbling and ball control)
 - e) Ball Control - Part V and VI (Drills to improve feinting technique)
 - f) Build up and shooting (Drills for space to improve attacking play)
 - g) Pass and move (Drills to improve diagonal passing and flow of ball)
 - h) Possession- Part I (Drills to keep control of the ball)
 - i) Possession – Part II (Practice exercise from Spanish FA)
- DUEL**
- j) 1 v 1 Spanish Drill (Defense and Attack)
 - k) 2 v 1 Spanish Drill
 - l) 2 v 2 Spanish FA Drill (Ball Control & Short Passing)
 - m) 3 X 2 Spanish FA Drill (Defensive moves)
 - n) 4 X 3 Spanish FA Drill (Defenders & Attackers)
 - o) 4 X 4 Spanish Drill (Test for Attackers)
 - p) 6 X 4 Spanish Drill (Game activity)

WARM UP

- q) Woody Warm-up Guide (Complete Warm-up session)

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5.1.3 FIFA TRAINING CONTENT

- ✓ Technical Training 1. Passing and Controlling
- ✓ Technical Training 2. Passing and Controlling
- ✓ Technical Training 3. Shooting at Goal
- ✓ Technical Training 4. Shooting at Goal after a Pass
- ✓ Technical Training 5. Shooting at Goal from a Cross
- ✓ Technical Training 6. 1 v 1 situation and Goalkeeper
- ✓ Technical Training 7- 1 v 1 Duels
- ✓ Technical Training 8- Dribbling and Feinting
- ✓ Technical Training 9- Heading
- ✓ **Combined Technical/Tactical Training (Booklet to follow)**

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6. TRAINING SESSION MODEL

The use of specific individualized training sessions has now become a necessity if we are to improve and develop young players.

WISP training sessions will be adapted to the individual needs so as to improve individual skills:

- As part of the team training session
- Separate individual sessions
- Specific individualized sessions

6.1. WISP TRAINING SESSION MODEL

Pre- activities

- ✓ Attendance and written assignments
- ✓ Changing into uniform
- ✓ Classroom if any (15 min.)

Coaching activities (60 min.)

- ✓ Coach states objective for the session
- ✓ Warm up with ball and progressive stretching 5 min.
- ✓ Basic coordination work (ball control separate or integrated) 10 min.
- ✓ Technical activities in small group (1 v 1; 2 v 2 etc. 10 min.
- ✓ WATER BREAK 5 min.
- ✓ Game situation (attacking-defensive) 15 min.
- ✓ Cool Down (individual & group ball juggling) 5 min.
- ✓ Stretching session (lead by player) 5 min.
- ✓ Home work assignment & comments 5 min.