

Maypole FC

"Lets Get More Players Participating and Enjoying the Game"

"We Are A Club NOT individual teams"

Club Ethos

I believe that Maypole's Club Ethos should be based upon the following 3 fundamental questions:-

1. Who is the club for?
2. Why Do Kids Play Football?
3. How Do We Measure Success?

I believe that we as a club exist for the 200+ players who play football for fun and enjoyment. We should measure our success NOT by results but by our size, our low drop out and by the development of the players. This should guide everything that we do. Are we achieving this?

Players, coaches and parents should abide by the following rules:-

Match Days

- Let The Players Play
- Playing Time: all players to have equal playing time during matches
- Managers to use a rota to ensure that all players get to a regular opportunity to both start and finish games
- If due to poor attendance or attitude equal playing time is not granted, the player and parents are informed PRIOR to the event
- All players will rotate positions (exceptions made for goalkeepers) Again a rota is used to ensure best practice. Players should know at the start of the match when and where they will be playing.
- Coaches are required to follow the coaches code of conduct. Positive encouragement is expected from both coaches and parents.
- Patrolling the touchline and giving constant instruction must NOT happen. Players will learn from their mistakes without being told what they have done wrong. Let the game be the teacher.

Training Sessions

- Maypole to devise a Coaching Booklet drawing on the FA Future Game booklet
- The emphasis of each training session should be the player's discovery of the game in a fun environment with each player having access to a ball the whole time. Players should train with the ball wherever possible. Team managers are there to supervise and to organise FUN sessions for the player NOT to impart match tactics.
- Cubs should continue to train together wherever possible. Teams will continue to be formed however Coaches will work with different players each week and should get to know and work with all players within the age group and not just their league squad players.

- “Coach the Coach” Sessions put on for specific topics throughout the season. If the coaches put on effective sessions the players will enjoy them and want to come back. If the sessions are not effective and well thought out players will become bored and move onto other sports.

“Player Development Above Results”

Maypole Grassroots coaching Guide

1. Enjoy What You Do
Our aim as mini-soccer coaches is for kids to enjoy their football. The players will enjoy the game more if you are happy and pleased to be with them
2. Keep It Clear and Simple
Never give a long list of instructions and no lectures. The players need to spend as much time doing and as little time as possible listening.
3. More Touches Mean More Progress
Players should have a ball at their feet as much as possible. FUNdamental Movements encouraging the ABC’s **A**gility, **B**alance and **C**o-Ordination should form a part of every session. When it comes to games play as many small sided games as possible.
4. Praise, Praise and More Praise
Look for every opportunity to tell a player what they are doing well. Try and be as specific as possible i.e “nice turn John” “great position Steven” . Football related phrases that young players will not understand should not be used i.e “get into space” “stand him up” “Switch the play” Also look for opportunities to praise them for non – footballing behaviour.
5. Get Off The Pitch
As a fully grown adult you present a large obstacle to a young player. Try to give instructions and then move to the side of the pitch as soon as possible, here you can see the play without being in the way.
6. Do Not Join In
Let the children play ON THEIR OWN. If you want to practice your football join an adult team. YOU WILL INJURE A CHILD EVENTUALLY
7. Use Colour “Paint Pictures”
Present information in lots of different ways. Lots of players are receptive to information presented in a visual form.
8. Have A Plan
This is particularly important if you are working with other coaches. Kids don’t want to stand around for the first 10 minutes whilst the coaches decide what to do. Write it down in a session planner. Sessions should be based around the FA Four Corners LTPD. If players arrive early encourage them to set up 1v1 games or small sided games, this helps warm them up and discourages them from simply smashing the ball around.

9. Challenge Appropriately

If some players are finding an activity difficult they may become anxious and withdrawn, so vary activities and challenges accordingly. Likewise, if players find something too easy they will become bored. Practices can include different challenges for different players.

10. Ask Questions, Do Not Give All The Answers

Young players learn best when they discover something for themselves. "Guided Discovery". In a Game situation players need to have the skills to work out how to solve a problem themselves without relying on a coach telling them what to do. Effective questioning can help this process.

11. Always End On A Good Note

Do the players want to return next week? Always end the session on a positive.

"The Emphasis Is On The Players Discovery Of The Game And Working Things Out For Themselves"