

Coaching & Player Development





MAO Philosophy:

We want to play an effective possession style of football with attacking flair and strong defence. All training sessions are to be based on the last game and the player's technique so we maximise the team and players playing potential. The main goal is to provide a safe and fun environment where all players can feel comfortable, challenged to reach their full potential and have Fun!

Coaching Methodology

The main goal is to provide a safe and fun environment where all players can feel comfortable, challenged and most of all have Fun!

The key for our coaches is to understand the different needs of our players and help them to constantly improve on their game and skills while continually being challenged.

The art of developing effective training and competitive programs for children lies in knowing which kind of practice and competition the player is ready for at any given stage of his or her physical and mental development.

Children will only learn quickly, effectively, and thoroughly when the demand of the training sessions or competitions they participate in match their intellectual, psychological, and motor skills.

Role of the Coach

Effective Coaching

Job of the Coach	=	Players Objectives
How to Coach	=	Players learning ability
What to Coach	=	Players needs

Session Planning

- Plan and Prepare a plan before you arrive.
 - Set up coaching session on the field
 - 4 Basic Parts to a successful plan.
1. Welcome players, overview of session
 2. Warm up:
 - Use a ball and concentrate on Technique
 - Develop fun games
 3. Small Sided game (2 v 2; 3 v 3, 4 v 4, 5 v 5 or (overload practices' like 4 v 2, 4 v 3, 5 v 2 etc.)
 - Learn & practice new techniques/skill
 4. Modified Game or Game:
 - Application of new techniques/skills
 - Warm down

Core Football Skills

The following guidelines are a **Guide** to help all coaches in the preparation and implementation of a successful training sessions.

Football Skills for Under 7 to 10:
Technique

Ball Control	First Touch
Passing	Shooting
Kicking	Heading
Quick Feet	Dribbling

Football Skill for Under 11 to 13:

- Expand on the above ball skills.
- Positions
- Basic Principles of Play on Attack, Defence, Width & Depth.
- Off Side Rule
- Quick Feet

Football Skills for Under 14 to 17:

- Principles of Play
- Attack:-** Possession, penetration, depth, mobility and width.
- Defence:-** Non-possession, delay, depth, balance and concentration.
- Fitness:-** Endurance, mobility, strength & speed.