

## Coaching Philosophy – Younger Players

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### Philosophy:

To introduce and foster a love of the game by the building of individual skills, team strategy, and personal development in a consistently enjoyable, fun environment.

### Narrative:

The basis for coaching will be a constant emphasis on fundamental individual skills. Every session will consist of a base skill (ie. dribbling) introduced at its most basic level. The session will evolve into progressive building upon the basic skill (dribbling moving into dribbling with consistent, demonstrable close-control). Furthermore, if appropriate depending on age and skill level, the skill should continue to be build upon with advanced elements (dribbling with close-control with drag-back move).

Skills will always be introduced and initially practiced with measures to ensure individual success. Meaning (using dribbling as the example again), the initial practice grid will be large enough so as to provide each player ample room to perform skills without fear of collisions with other players. Logically, the space provided will vary depending on age/skill level/development of players.

Parameters will change within the session (after skill mastery) to provide players opportunities to perform skill with appropriate pressure (smaller grid to dribble in – provides challenges for players to deal with).

There will always be an appropriate game (SSG (small-sided game) or otherwise), which provides plenty of opportunities for players to showcase the themed skill. Alternatively, creative point systems will be created to encourage skills in a game format.

All sessions will conclude with a small-sided game of some sort, with limited restrictions. The ratio of players to ball should be kept as low as reasonably possible. Themed skill should be highlighted in this game.