



Holt United Youth FC Coaching Charter

`We aim to give you an idea of our commitment to the task in hand – and for you to give us commitment to what we need to do to achieve our goal`

`We cannot possibly please all of the people all of the time – but be reassured that all decisions taken are based on a true understanding of the game and creating the balance between having a winning team; players having fun and for all involved to develop physically, socially and emotionally`

Chris Till – Team Manager

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Holt United Youth Football Club Coaches Mission Statement

`As coaches we aim to use all available resources to create a winning team without a win at **all** costs attitude; with a view to each player involved to become the best that **they** can be`

Our aims and Beliefs

- i) **Create a teamwork ethic** – for players to recognise each others strengths and weaknesses and to pull together in difficult times as well as celebrate together in good times
- ii) **Create a team that has a winning mentality** – to understand what it takes to overcome mental as well as physical challenges; to have belief in themselves and team mates and to feel hurt when they loose but feel energised when they win; to understand that winning is a good thing that should be praised and not hidden away as an emotion that is frowned upon
- iii) **Create a team that can understand loosing when it happens** - to analyse why and then respond positively to the next opportunity to perform and put right the wrong
- iv) **For each team member to improve over time** – to make those who are weak, stronger and the strong stronger still; to give the players the ideas and tools to work with for them to get as much as they possibly can from the game
- v) **For other teams that play us to leave happy with what they saw at Holt** – win/loose or draw
- vi) **Create a team that enjoys playing football together!** Hoping that what we have now we build on over years and years – mates for ever!
- vii) **Create a team that understands the need for hardwork; passion; effort & desire** – to understand the rewards that come from these ideals
- viii) **For all coaches to be approachable** by players and parents to clarify any areas to ensure that Holt Coaching is run with complete transparancy and trust between all involved with one unified message
- ix) **Team Selection** will be done by coaches after careful consideration to all factors but to set out a team with a strong chance of winning and competing – this will mean some of the squad will play more than others and substituted less
- x) **To simply be the BEST we can be!**

The Five Skill Areas

Our players are in the `Golden Age Of Learning` - get it right now and they can build strongly in all areas – get it wrong now and it will take longer to fix

It is assessed by psychologists over years that there are five key areas that we need to be aware of as parents and coaches, they are:

- 1. Technical Skills** – the specific, athletic body movements to perform a sport-specific task – i.e passing with body open to allow the foot to pass through correctly with control and precision
- 2. Tactical Skills** – the judgements and actions made by a player during a game to gain advantage over the other team – i.e being aware of moving up the back line to catch attacking players off-side
- 3. Physical Skills** – the ongoing development of endurance, power, speed, strength, agility or fitness to meet with the physical demands of the game
- 4. Psychological Skills** – the development of confidence, concentration, motivation and emotional control to meet the mental demands of the game
- 5. Social Skills** – the development of positive character traits such as respect, kindness, fairness, effective communication with team mates and opponents

Safety and Potential Risks

Our commitment to you all is to ensure that each player is protected at all times to the best of our ability – that will involve us making pitch inspections and risk assessments of all coaching sessions.

If we feel that at any time our players are in danger in any way, shape or form, we may call a match off or training at a minutes notice.

We have had instances in the past i.e the pitch at Dorchester, when it was borderline – but we had all travelled quite a distance; and so the game went ahead. There were also games played i.e Rossgarth vs Holt when frankly it was just too cold for boys of this age

We ask that you all inform us of any injury, or physical, or mental concerns you may have about your player – and that you keep us informed at the earliest possible opportunity. We do not wish to be faced with a decision for a boy on match day to not play if there was prior knowledge that could avoid that disappointment for the player.

It is a very physical game and there will be games when we are asking for a more physical approach by the players – we cannot avoid this inherent risk – but wish for you to be aware that injuries can happen

Specifics and how do we achieve our aims?

Selection of players for matches – we will never please all involved all of the time but will do our best to select the best `team` for the day. Some who feature less this season may feature more next depending on what they put in when chances arise

Hydration – all players are responsible for their own intake of fluids and will be encouraged to do so by coaching staff

Match of the day – the boys can get so much information from this program with the analysis and breakdown at the end of each game – we encourage the boys to get the players actively watching

Tactics board – we will use this to try and set out positional play; during match tactics etc.

Group coaching sessions – we aim to plan and do as many sessions covering as many aspects of the players learning as possible – it may be that we go back over old sessions used and update them with the players growing ability

One on one coaching – with four/five coaches we aim to give more focussed sessions when we can take those who may be struggling to one side and have focus groups for one-on-one work

Practice by the boys away from coaching – we give a great deal of information over to the boys; but need parents to encourage practice of some of the skills shown whenever possible – don't always let them run around the park but instead have the player try the turns or touches until they master them

Other faces to help out – with the numerous contacts our coaching staff have in the football world – we will bring new faces in for the boys to work with i.e Mark Wellman, Dillon etc. We think that the boys need some fresh approaches to keep them learning

Reading material – there is so much material available on line and in libraries about tactical play and rules etc. we encourage all boys to get some of this information for themselves

Buzz words – we are constantly looking for the boys to be more `vocal` in the games and use certain words that we recognise in football – Man on! Time!

Drills – we have now achieved Charter Status which enables us to gain even more help with drills we can prepare and we are all taking extra coaching sessions to expand our understanding of drills so we can bring even more to the players

Warm up exercises – it is imperative that our players at this age get used to being responsible for their own well being and must spend at least 5 minutes doing their own stretches and moves to loosen muscles and joints – we expect to see them all doing this before they kick a football either on match day or any training session

Warm down exercises – as our players get older their muscles will need to warm down as well as warm up – so again encourage them to keep stretching in the half time talk or at the end of game de-brief

Questions to the boys – at coaching, ½ time and full time at matches – we are finding more and more inspiration from what the boys feel – we have an intelligent group at Holt and look to them to actively give opinion on what they see that could change in drills or in a game

Days out – the social side of Holt is a real plus for the boys (and parents) and we will plan as many opportunities as possible to give the players reasons to be involved together and maybe even raise much needed funds for Holt

Trips – we are looking at setting out a calendar of event through the year for our players to look forward to

Friendly games – whenever possible we shall be in touch with other clubs to set up friendly games to see how we are progressing on the pitch

Not to `over coach` from sidelines – we have all seen teams whereby their coaching staff cannot let the boys make their own decisions on a pitch; which we feel is detrimental in the long term – we don't want a team that can't make their own choices as to when to pass, when to clear to safety, when to head, when to shoot etc. That is not to say we will not be directional.

Tactical awareness on match days – as time goes by the boys are demanded upon to become more tactically aware – when to squeeze play and when to find space; we will give them the tools to get better and better at this

Knowledge of the rules – a CD is available for all players to see so they can understand the rules of the game

Money raising events – we always need funding for the projects needed at Holt alongside the monies raised by grant funding – these can be fun days and great for the whole team to be involved!

Internal competitions – we aim to be competitive as a team but also competitive individually to get that `winning feeling` so we may have internal competitions like keepy-upy challenge; quizzes; penalty challenge etc.

Player development plans – we are one of the few clubs in this area that have introduced these individual plans; which are a great tool for each player to see where they are going right and to focus on a couple of areas in which they need to improve – we are constantly updating these and will aim to sit down with all boys (and parents if required) and explain what we feel

Position sense and awareness – the more the boys play the more they will get used to their role and what they can bring to the team – although we have a good handle on who can play where this can change with the development of each player

Avoiding boredom – our drills and coaching are designed to be maximum touch of the ball and rarely stood in a queue waiting for something to happen – we are constantly learning how to put progressions into the drills to keep them alive and kicking

Bite-size chunks of information – we have all had coaches in the past that drone on and on without making a point that we can understand; we know as parents ourselves that at this age group too much information can be just too much – so we aim to keep our messages simple and direct

Goal setting – our ideals are for the whole team to improve both collectively and as individuals – the best way we feel of doing this is to have their own goals so if at the start of the month a player can do 10 keepy-upys then by the end of the month he should aim for 15!

Dealing with conflict – there will be times with the characters that make up a football team that they will not all get on with each other – we will do our best to solve this with minimal upset, should we have greater concerns then we will involve the Welfare Officer who will then guide our next steps

Encouragement – though it may be mis-understood by the boys at times we are a team of coaches who feel we coach through encouragement either in the drills or on match day – it is right that we should point out areas in which to improve and then encourage the development once the need is understood

Learn from mistakes – this we feel is the best way for anyone to learn, particularly at this age group; mistakes will be made by all of us – but it is how we and the player react to it that is the most important thing

Discipline – there are times when boys will be boys and so we may need to show our displeasure – we aim to do this by the use of a `sin bin` and sitting out from an activity if deemed appropriate or maybe even non selection in a squad for a game

KEEP IT SIMPLE!

This document has been prepared with input from all coaching staff and is a collective feeling of all at Holt on the coaching side:

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Chris Till

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Alec Wimbleton

As parent(s) or guardian(s) of
I/we have read through this document and understand the ethos of the Coaching side of Holt and feel that we are happy with the choices and stance made, and as such are happy for our player to remain at Holt United Youth FC

Should we have any issues over this then we will get in touch direct with Chris Till Team Manager on 07767 200345

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Signed (Parent)

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Signed (Parent)

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Signed (Player)

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Dated