CDSFA COACH Accreditation Roll Out

“Better Coaching, Better Players”
Welcome to **Coaching within the CDSFA.**

It has now become clear that our coaches, need not simply be volunteers, but need to be in fact coaches that can develop our football players and ensure through their learning they are also enjoying themselves. To this end within the CDSFA we require everyone to attend a FFA accredited coaching course that we try and make as easy as possible for you to attend. We hope you take this opportunity to register for one of the upcoming courses so that you can best assist your particular team, and we thank you for that in advance.

The **CDSFA** is a proud supporter of FFA’s vision of the future and pathway for our girls and boys to become better footballers. We believe its important to follow this curriculum so that our children have the best chance to progress as footballers in any environment and onwards to their next stages of personal development.

A key point relating to Youth Coaching, which is one of the issues we are addressing within the CDSFA, is to establish the necessary behaviour patterns and player actions in the early stages of development, we create football habits that serve the player as they progress.

The general coaching philosophy:

- **Senior Players - Job Description:** Short Term problem solution (improving a current fault in team performance/preparing for a specific opponent.
- **Youth and Junior Players - Job Description:** Long term problem solution (preparing the players for senior football). This is where most of you will fit in.
- **Junior Players - Job Description:** Long term skill or habit introduction and acquiring a passion to enjoy the game, (preparing the players for junior football). This is where most of you will fit in.

This is the first step on a long journey towards becoming a complete footballer. We’re glad to have you on-board!

CDSFA FaceBook page under Events or on the CDSFA website under Events or call the CDSFA.
COACHES NEED TO BE ACCREDITED:
In the CDSFA all coaches need accreditation. U8 Require MiniRoos Introduction Course. Skill Training for all U13 teams - Primary Course focusing on Technical ability. Game training all 11 a side teams – focusing on Tactical requirements.

CLUB COACH COORDINATOR:
Every Club has a CCC who assists its members in registering for courses and keeping the coach and managers up to date with information and special offers and events.

MINIROOS GRASSROOTS COURSE:
This is an introduction for all new PARENTS in an practical session for approximately 1 hour, demonstrating the stages of development and activities for the players. Complete information to answer most question for regarding the progress of players.
CDSFA Football: **CDSFA course availabilities.**

**SKILL TRAINING COURSE:**
This is the primary course for coaching which introduces the process of teaching football effectively to young players. It focuses on technical ability and the 4 core skills of football along with helpful tips on managing your training sessions and where to find session plans that are relevant to specific age groups.
The course is held over several nights and is approx. 14hrs.

**GAME TRAINING COURSE:**
This is the second course for coaching which introduces the process of teaching tactical situations that teams encounter in player 11 a side football. Defending, attacking and the moments in between. It is practical and covers a wide range of activities along with helpful tips on managing your training sessions and where to find session plans that are relevant to specific age groups for teams U12 inclusive seniors.
The course is held over several nights and is approx. 14hrs.

**SENIOR COURSE & REFRESHER:**
This is an introduction for all new PARENTS in an practical session for approximately 1 hour, demonstrating the stages of development and activities for the players. Complete information to answer most question for regarding the progress of players.
Why Coach this way.

We believe that a ‘Holistic’ approach to coaching football is the best choice. Our belief is supported by analysis and scientific research.

**The ‘Holistic’ v ‘Isolated’ debate**

Just like there are many different philosophies on how to play football, there are also different philosophies on what is the most effective way to coach football.

Many coaches, and indeed countries, still hold the belief that football must be broken down into its many small components and that these components should then be practiced in isolation until the techniques are deeply ingrained: we call this the ‘isolated’ approach.

We fundamentally use a holistic approach bit still see the benefit of using isolated activities in these early age groups which we employ in our regular coaching sessions, we take a player centric approach and make every part of the development responsive to playing football and not just learning tricks.

This makes sense if you think about it for a little longer:

*A player who looks great performing a prescribed technique on the training pitch but does not recognise when to use it during the game has the same problem as the player who sees the right moment to use it, but lacks the technique to execute it.*

**Holistic Teaching**

In terms of teaching players, there are two main ways in which the holistic approach is implemented:

i) Training Session Content: Clear guidelines are provided to assist coaches to design game-related and football-specific exercises which maximize learning and lead to the development of the kind of players we need.

Our approach also aims to drastically reduce the amount of time players have traditionally spent standing still in training, while coaches give one long-winded speech after another. When conducting training sessions, it is important for the coach to remember ‘it’s all about the players. The focus should be on helping the players to improve and enjoy themselves.

Players learn by ‘doing’ and the coach must guide and facilitate this learning process. The coach has to learn when to stop the players, how long for and how often. They must also learn what to say and how to say it in order to achieve the best possible outcome. Stopping the players too often, and talking for too long are not only non-educational, but they also frustrate the players and take away their enjoyment of training. Perhaps more worryingly, they take away valuable training time.

Most of this is accomplished through repetition, and is of course important in developing players, but we must strive for repetition of football-specific activities with a focus on a particular aspect.
The FFA National Football Curriculum

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Sign Up now for a CDSFA coaching course.