



Coaching Philosophy and Implementation



Our Focus

- Development instead of results
- Skilful and technical players not just the powerful
- Mistakes being learning moments instead of being punished
- Encouraging individual play instead of forbidding individual play
- Encouraging taking initiative/risks instead of forbidding taking initiatives/risks
- Playing out purposely instead of the long ball



National Curriculum

- In the education system there is a national curriculum in place to ensure all students at all schools are exposed to the same learning matter.
- The FFA have developed a football specific national curriculum, that all clubs and coaches can adhere to, in order to achieve a consistently high standard of learning and development for all players.



The Building Blocks

Four phases of age relative coaching programs are implemented to address the specific aspects required to be learnt at any given point in time of the players development .

- **Discovery Phase – Grassroots Small Sided Games**
- **Skill Acquisition Phase – SAP programs**
- **Game Training Phase – STIC and NTC programs**
- **Performance Phase – AIS, Joeys, Young Socceroos**



Use every available minute training
FOOTBALL



Discovery Phase Age 5-9

- No 'coaching' but creating a 'learning environment'
- The aim of this phase is, as much as possible, to replicate the 'street football' environment of the past
- 'Natural' development through playing FOOTBALL
- Discovering one's possibilities (and impossibilities) through trial and error
- Emphasis on fun, building a love of the game
- By the end of this phase, talented players will be identifiable

Allow the kids to fall in love with the game.



Skill Acquisition Phase

Age 9 – 12

This is the most decisive age bracket for acquiring the appropriate technical foundation.

Our focus is on the Four Core Skills with the Two Constants being ever present and learned inherently

Four Core Skills

- **Running with the ball**
- **Striking the ball (passing and shooting)**
- **First touch**
- **1 v 1 (attack and defence)**

Two Constants

- **Positioning**
- **Communication**



Game Training Phase

Age 13 -16

- Applying the functional game skills
- Learning how to use the technical 'tools' playing as a team, using 1-4-3-3 as the preferred formation
- Developing tactical awareness, insight and decision making through a game-related approach to training
- Teaching players to solve specific football problems



Performance Phase

Age 17-20

Senior Football



Our Selection Process & Criteria

- All players must trial in their own age group unless specifically advised otherwise by the Technical Director
- Players will participate in a series of Small Sided Games and exercises to determine their ability
- Players will be assessed, by numerous coaches, on their technical ability with the Four Core Skills and Two Constants
- Technically proficient players will be favoured over “athletes”
- Players deemed to be exceptional may be moved to a higher level by the Technical Director



Player Placement

- The Technical Director and coaching staff will place players in the environment most conducive to their development
- Selection at the start of the season is purely a reflection on a players development at that point in time
- Players may potentially move between teams throughout the season depending on their progress
- Coaching staff will periodically undertake player reviews and provide constructive feedback



Welcome to West Torrens Birkalla
where we are committed to
player development

Good Luck !