



## NPLYFC Philosophy

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# Introduction

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Welcome to the NPL Youth Football Club (NPLYFC) four-part Philosophy.

The NPLYFC Philosophy includes sections for coaches, players, and parents, whilst also identifying the clubs approach. This philosophy is written to highlight the aims and objectives of the club, along with the club approach and expectations.

NPLYFC's mission statement is to "provide all NPLYFC members, and visiting teams, with the opportunity to play competitive football in a safe, controlled and friendly environment under the supervision of FA qualified coaches. Additionally, the club encourages everyone involved – players, coaches, parents and spectators – to support our young players in finding challenges, enjoyment and fun, as well as learning about teamwork as they practice and play football".

The main goal of NPLYFC is to allow for players to develop to their full potential, in a positive environment. Keeping this goal in mind, we are looking for all stakeholders to work in cooperation/collaboration with each other by playing football in a comparable way and for all players to be coached in a similar style.

Both the Executive and Main Committee are passionate about raising the standards of this great football club and ensuring that the football is being played to levels that suit all players' abilities. Many other clubs that we come across in the Surrey Youth and East Berkshire league, have taken steps towards creating a brighter future for their club. It is time that we, NPLYFC, take control of our future to ensure our club is progressive, competitive and attractive to potential new members. Over the past couple of seasons, we have consolidated from the building phase, which has seen the club grow from zero teams to twenty-two teams in less than fifteen years. We hope to build on this success.

The NPLYFC Philosophy, we believe, is a modern approach and embraces the Football Associations approach to the grassroots game.



# Coaching Philosophy

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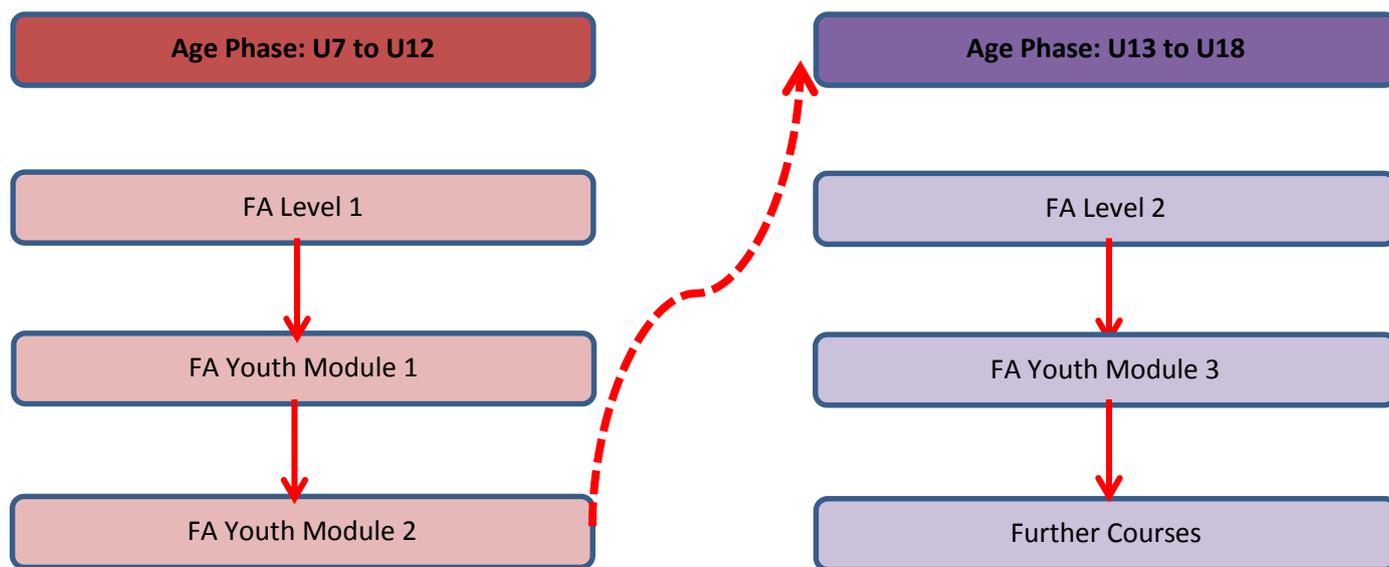
## Player Centred Approach:

The player-centred approach is a model that will be implemented to ensure coaches progress each individual at this football club. This approach means that every player is at the heart of everything we do. It is imperative that the environment created is positive.

Within this fun yet challenging environment, the onus is on players taking responsibility for their learning. Some players may find this to be particularly challenging for various reasons. Some players will take longer to develop than others but it is about being patient as everyone develops at different rates. For this reason coaches should adopt a number of styles of coaching and not just one style.

## Coaching Qualifications:

NPLYFC require all coaches to be at least Level 1 qualified, as per the Charter Standard criteria, as the basic entry level before working with teams. In addition to this requirement, coaches should attempt (but are not forced) to complete the FA Youth Module 1 and 2 courses before the change of formats into 11-a-side. Following this, coaches should attempt to complete the FA Level 2 qualification and Youth Module 3 course. This is shown below:



**Environment:**

NPLYFC coaches should create a positive learning environment for players to train and play in. Coaches can create this environment by:

- Allowing practices to flow and not stopping the game too often
- Allow players the opportunity to explore and solve problems during games and practices
- Presenting information for the three different types of learners (visual, verbal and kinaesthetic)
- Not provide a solution instantly
- Allow players to socially interact with one and another during breaks, with the focus on discussing tactics and strategies for problem solving
- Provide constant positive praise for the effort and good play

**Team & Player Positions:**

NPLYFC coaches should encourage players to play in a variety of positions alongside rotating the starting team each match and providing each player with equal game time up until the end of the 9-vs-9 format.

**Development:**

The NPLYFC coaches should not aim to win at all costs; players should be coached to be competitive and enjoy football, regardless of the result (win, lose, draw). Coaches should also inspire players and teams to be creative. Players should be developed technically, tactically, physically, socially and morally.

**Principles:**

NPLYFC coaches will follow the five defending and five attacking principles to develop the team. The principles are:

<b>Attacking Principles</b>	
<b>Disperse</b>	<ul style="list-style-type: none"><li>• Playing the ball from side to side and end to end</li><li>• Spreading out the play</li><li>• Playing into the gaps</li></ul>
<b>Movement</b>	<ul style="list-style-type: none"><li>• One player moving towards the ball and one player moving away from the ball</li><li>• 3rd man runs</li></ul>
<b>Support</b>	<ul style="list-style-type: none"><li>• Playing in behind, when?</li><li>• Playing in front, when?</li><li>• Creating clear passing angles</li><li>• Creating good distances</li></ul>
<b>Penetration</b>	<ul style="list-style-type: none"><li>• Penetrating the opposition with either a penetrative pass or run/burst</li></ul>
<b>Innovation / Improvisation</b>	<ul style="list-style-type: none"><li>• When to play to feet and when to play to space</li></ul>

<b>Defending Principles</b>	
<b>Delay</b>	<ul style="list-style-type: none"><li>• Delay the opposition attack for as long as possible</li></ul>
<b>Depth</b>	<ul style="list-style-type: none"><li>• Reducing the opportunity for the opposition to play through, round, or over</li></ul>
<b>Compactness</b>	<ul style="list-style-type: none"><li>• The defending team need to make the pitch small and narrow, make play predictable.</li><li>• Knowing when to press and who?</li><li>• Knowing when to drop?</li><li>• Can the team stop the opposition team from playing forward and if not, can they make the play predictable?</li><li>• Knowing who and when to support, drop and over.</li><li>• Having a good balanced, tight team shape.</li></ul>
<b>Balance</b>	<ul style="list-style-type: none"><li>• Cover the areas in behind</li><li>• Maintaining the balanced, tight team shape.</li></ul>
<b>Control</b>	<ul style="list-style-type: none"><li>• Playing being composed, aware and patient</li></ul>

### Coaching Styles:

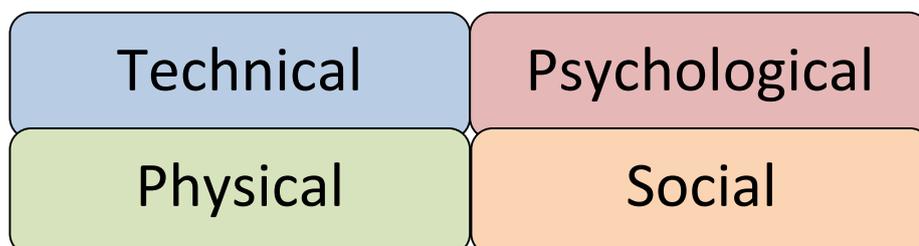
NPLYFC coaches should try to apply different coaching styles to their session. Coaches should aim to work through the different styles that are stated below in the continuum:

Coaching Style Continuum			
Coaching Method	Intervention	Description	Example
Command	Coach tells and shows the required solution	Coach determines the chosen outcome in the practice	"I want you too..."
Question & Answer	Coach leads with questions to gain responses from the players	Coach poses questions and the players offer verbal solution to the challenge	"Can you tell me what to do here?"
Observation & Feedback	Coach and players observe	Both the coaches and players observe and discuss feedback	"Let's watch this"
Guided Discovery	Coach asks a question or issues a challenge to the players	Coach prompts and the players offer visual demonstrations of their personal solution	"Can you show me?"
Trial & Error	Coach and/or the players decide on a challenge	Players are encouraged to find solution with minimal support	"Try for yourself"

During match-days, NPLYFC coaches should let the players play freely and not provide an overload of information for players to process.

### Four-Corner Model:

NPLYFC coaches should follow the FA's four-corner model, which outlines a range of factors that influence players. Each corner is connected to support the other three corners. It is also vitally important that coaches consider the holistic development of each player and not just one aspect of the four-corner model.



**Planning & Reviewing:**

NPLYFC coaches should follow the Plan-Do-Review process. Coaches are to plan the session, deliver the session and review the session after. The evaluation phase should inform the next session. Some basic questions that coaches may wish to use when review the practice include:

- What went well in the session?
  - Why?
  - How?
- Even better if?
  - Why?
  - What could I change for next session?

**Coaches Codes of Conduct:**

NPLYFC coaches should always follow the codes of conduct, which can be viewed on the NPLYFC website at the following link: <http://nplyouthfootball.co.uk/wp-content/uploads/2014/09/Code-of-Conduct-Coaches.pdf>





# Playing Philosophy

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## **Playing Style:**

Our philosophy at NPLYFC is primarily to allow for all players to develop to their full potential, in a fun, enjoyable, challenging and positive environment. The playing philosophy looks to showcase a positive attitude, hard work, professionalism and honesty into all players at the club.

Players will be given as much freedom to express themselves in training and on match day as possible. Players should be comfortable in possession of the ball, play through the thirds and have a mastery of the main technical aspects required to become the best they can possibly be.

The club promotes flexible playing systems, so that it suits the individual teams' strengths, disposition of players and to outwit and/or manage opponents.

## **In possession of the ball:**

NPLYFC teams should be playing with a patient possession approach with the aim of getting the ball into attacking areas, with quality, as and when the situation arises. Wide players should make the pitch as wide as possible, strikers will offer height and defenders (including GK) will give depth. Players will be encouraged to demonstrate variety, cleverness, audacity and calculated risk taking, having taken into consideration the area of the pitch when in possession of the ball.

When in the attacking final third of the pitch, players will be encouraged to vary the approach, be clever, in order to create goal-scoring opportunities, while playing with high tempo.

NPLYFC teams will also possess the ability to counter attack when the opportunity arises, with pace and incorporate 'quick-play' in order to progress and penetrate effectively through the thirds of the pitch, using both central areas and flank positions.

## **Out of possession of the ball:**

When NPLYFC teams are out of possession, players make the pitch as small as possible becoming tight and compact and look to regain the ball as quickly as possible at the earliest possible opportunity then securing the ball to create possession. This, however, doesn't mean players should always "press" the ball, our players will have the discipline and understanding of when to press and when to drop and also recognising that our aim is to win the ball back as high up the pitch as possible.

## **Summary:**

We aim to defend as a compact unit to stop the opposition from play through, around or over us – making the pitch as small as possible.

On regaining possession we will make the pitch as big as possible and have the fitness and intelligence to be able to counter attack with speed and penetration to create goal scoring opportunities. Players must offer width, height and depth.

### Attacking:

- Making the pitch as big and possible (width, height and depth)
- Playing out from the back with accuracy
- Creating and converting chances
- Changes of speed of play through midfield
- Positive mental attitude

### Defending:

- Making the pitch as small as possible by being tight and compact
- Knowing when to press and when to drop
- Knowing when to mark players or mark space
- Knowing how to defend in 1v1, 2v1 and 3v2



### General Play

- Possession
- Playing forward
- Changing tempo
- Counter attacking
- Playing in wide areas
- Marking and intercepting
- Pressing
- Compactness
- Defending the counter attack
- Defending in different duals

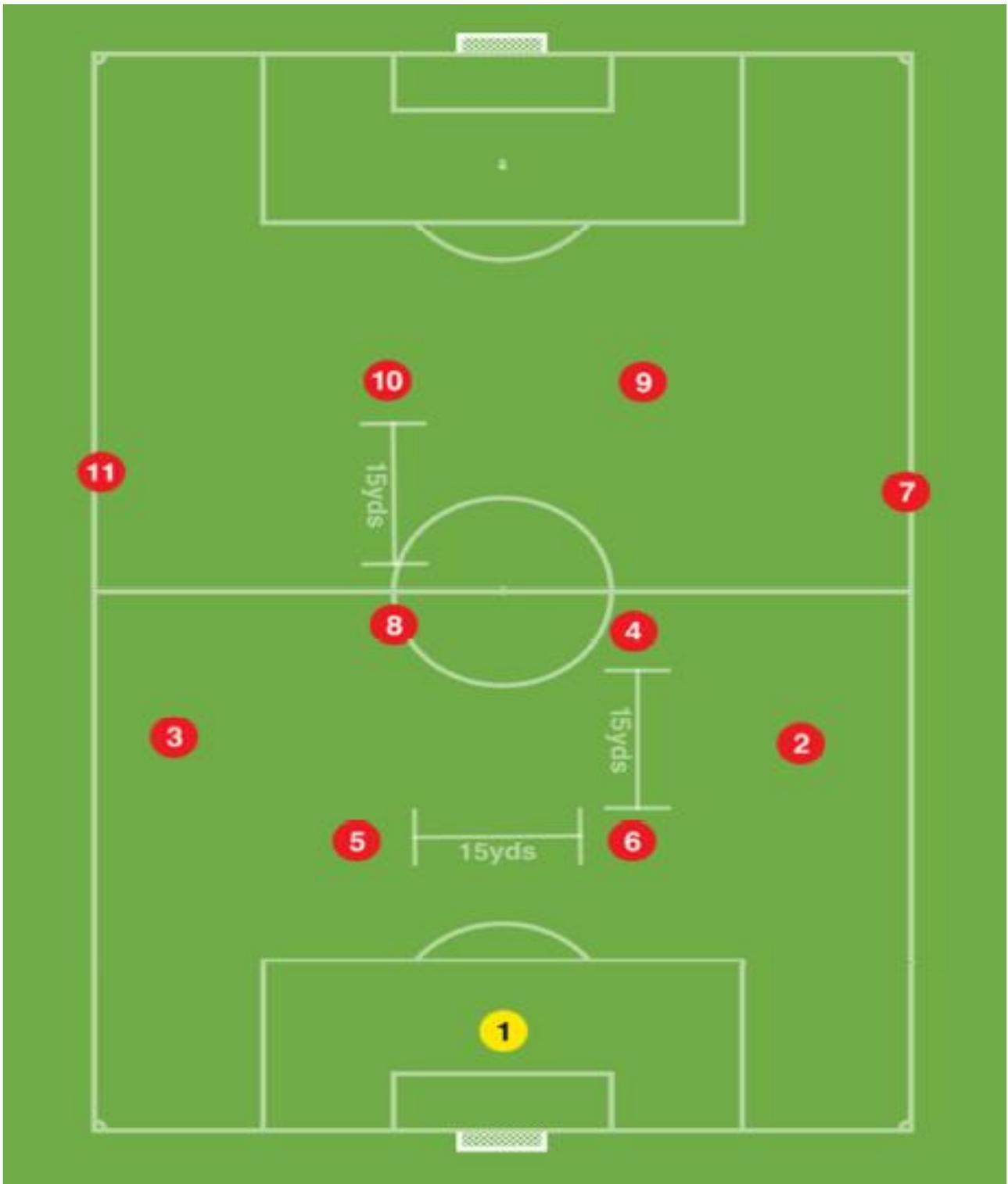




The above diagram demonstrates one example of player's positions on the football pitch when in possession of the ball.

- The full-backs and wingers should try to offer width by hugging the touch line.
- The striker(s) should offer us height by playing as high up the field as possible.
- The central defenders should offer us depth by dropping.

This can be transferred into the 5v5, 7v7 and 9v9 format.



The diagram above illustrates the importance of positioning on the pitch when not in possession. This is only one example. The distances between the defensive units must consistently remain the same when defending to try to prevent the opposition playing through the team.

This can be transferred into the 5v5, 7v7 and 9v9 format.

### Playing Principles:

Players should try to follow the attacking and defending principles.

Attacking Principles	
<b>Disperse</b>	<ul style="list-style-type: none"><li>• Playing the ball from side to side and end to end</li><li>• Spreading out the play</li><li>• Playing into the gaps</li></ul>
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### Player Codes of Conduct:

NPLYFC players should always play with respect and follow the codes of conduct, which can be viewed on the NPLYFC website at the following link: <http://nplyouthfootball.co.uk/wp-content/uploads/2014/09/Code-of-Conduct-Players1.pdf>

Players should not replicate the poor behaviour of professional footballers.



# Parents Philosophy

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As a club, we recognise that that the relationships between coaches and parents could be stronger. Parents are asked to remember that we must all work together as it's commonly proven that children are usually influenced by their parent's own attitudes and behaviour. The club would also request that parents are involved with the club and stay to spectate games.

## **Winning vs Development:**

We all would love to win each and every single game of football. However, it is vitally important to understand and appreciate that games are an opportunity for players to develop their technical and tactical football skills as well as improving their psychological and social state. This is also combined with players being taught roles and responsibilities within a game and allowing players to fulfil their potential.

Players will be encouraged to be patient, creative and take risks. Parents can help create a fun, positive, learning environment. Remember to focus on this, rather than on exclusively winning matches of football.

## **Emotions & Feedback:**

The NPLYFC management team empathise with parents on how difficult it is to control emotions, especially on match day, as your aim is often to encourage players. However, it is important for players and the club, that parents control their emotions on the side of the pitch. There will always be gifted individuals that exist within NPLYFC teams but their enjoyment is still the number one priority. It is also important that in your attempt to provide feedback to players, it is positive as players may be affected by criticism.

Players need positive feedback to feel that they can improve their game and help their team. Instead of highlighting what players have done wrong at practices or in the game, try to phrase your comments constructively and allow the coaches to do their jobs. Players should feel confident that they'll be supported, regardless of the result. Too much pressure to win can have a negative effect and put young players off the game altogether.

## **Performance Analysis – Having a chat:**

Coaches and Players analyse individual and team performances so parents can help players evaluate their own game after the match is over. Parents can ask questions about how players felt about the game/training session and why, as well as asking what the players feel they could have done better and why. Asking these questions will help the players in the future because they will be used to finding solutions on the pitch for themselves and not having to depend on the coach or team mates to tell them.

Give players ownership of their learning and help us mirror the player centred approach.

**Encouraging healthy habits:**

Parents should promote healthy eating through a balanced diet. It is essential that players are drinking plenty of water every day and especially on the day of practice and match days. Players should be encouraged to get enough sleep, especially before a match as this will allow them to focus and for their brains to be fully functional. Players should also consume a balanced diet from the differing components of the food wheel.

**Respect:**

NPLYFC encourages all parents to support the FA Respect Campaign. The FA Parents and Careers guide can be viewed at the following link: <http://www.thefa.com/respectguide/>. To support this material, parents can watch two videos, clicking [here](#) and [here](#).

**Parents/Spectators Code of Conduct:**

All parents/spectators are required to read the Code of Conduct. The code can be found at our website at the following link: <http://nplyouthfootball.co.uk/wp-content/uploads/2014/09/Code-of-Conduct-Parents.pdf>

Children will copy their parents and other adult's behaviour. Parents should focus on the team's performance and should never blame officials.





# Club Philosophy

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NPLYFC is a community club and will remain so by providing football for all the members. The club will ensure that the safety of all players is paramount and ensure we make a long standing commitment to safeguarding and child welfare. NPLYFC will encourage equal opportunities and diversity to all players, coaches and volunteers. The Youth Football club will continue to develop players to enter into the Senior Football section of NPL Sports Club.

NPLYFC aims to produce teams and players who are capable and comfortable at whatever league the club are playing in. With this in mind, the club will introduce Streaming into the process.

## **Streaming:**

NPL Youth Football Club (NPLYFC) implemented Streaming as a part of the clubs' four-part philosophy to ensure that all players within the club, are playing at the appropriate level to allow them to develop. NPLYFC is aware that streaming is a contentious issue in any form of education, or recreational sports activity. However, the club feels that streaming is necessary because it is important that all players develop at a level that is appropriate with their own playing ability and those they play with and against.

It is each Section Manager's role, along with the Head Coach, to ensure that the managers carry out this policy fairly and openly. The interest of each player's footballing development is paramount and will certainly be the basis of all our decisions.

## **Streamed Teams:**

Streaming mainly will take place with teams that are in same age group and that play on the same day. Age groups with a team (s) playing on a Saturday and a team (s) playing on a Sunday are not permitted on a stream.

## **Streaming Stages:**

Streaming will be carried out at the following stages:

Stage	Timing
Streaming Stage 1	End of Under 8's
Streaming Stage 2	End of Under 9's
Streaming Stage 3	End of Under 10's
Streaming Stage 4*	End of Under 13's
Streaming Stage 5	Managers discretion

*\*Streaming Stage 4 will become active at the end of the 2015/2016 season where the Under 13's will finish the 9-a-side format, before they move into 11-a-side.*

In acknowledgement of what the FA call "the golden years" of learning between 8 and 11 the club will formally stream the teams annually at under 8's, under 9's and under 10's.

Players may move between squads of the same age group during the playing season to ensure that they are playing at the appropriate ability and develop their technical and tactical skills.

Streaming Stage five will take place in a more flexible manner. The teams that are playing in the 11v11 format will have the ability to stream whenever decided, after approval from the Section Manager, Head Coach and Chairman. Both team managers/coaches.

During all the stages of the streaming process, players should be comfortable playing in most positions on the pitch before being streamed.

### Streaming Process:

During the streaming stages, all the players within the age group will be put into one pool and squads will be selected from there. Teams must follow the simple stage plan:

Stage	
1	Team Managers/Coaches must submit the streaming intention form (form one or three) to the Section Manager, Head Coach and Chairman before starting the process.
2	Team Managers/Coaches must inform players and parents that the streaming process will start with proposed dates once it has been confirmed by club officials. Section Managers must be included in the communication.
3	Managers/Coaches must rank players in ability order and share with each other, in addition to discussing player's strengths and weaknesses by using the Four-Corner Player Review sheet.
4	Teams must hold a series of training sessions together and play intra-age group friendly games (mixed teams) to help the managers/coaches decide on squads. It is recommended that two games and two training sessions should be arranged for this stage.
5	Managers/Coaches must discuss and agree the proposed squads (form two) to ensure that all players are playing at an appropriate level to allow them to develop.
6	Proposed squads must be submitted to the Section Manager for approval. Section Managers will agree the proposed squads with the relevant team managers/coaches. The Section Manager can request the Head Coach and Chairman's assistance if they do not agree with the decision.
7	Team Managers/Coaches will release the squads to the parents within the age group. Decisions with justifications are to be communicated directly with the parents and players who have changed teams.

At any point within the seven stages, assistance can be requested from the Section Manager and Head Coach (in that order). The chairman can be used as a last resort for any assistance during the stages.

All forms must be completed and signed off before the streaming process can be started and finished. Streaming form one should be submitted to the Section Manager at least two weeks before the proposed streaming start date. No communication the parents and/or players can be made until the forms have been signed by the Section Manager, Head Coach and Chairman.

**Re-trials in 11-a-side teams:**

NPLYFC 11-a-side individual teams hold the right to re-trial squads during the closed season. Teams will be streamed based on ability. During this process, the following stages must be adhered to:

Stage	
1	The team officials must submit the 11v11 Steaming Application (form four) to the Section Manager, Head Coach and Chairman before starting the process.
2	The team officials must inform players and parents that the streaming process will start with proposed dates once it has been confirmed by club officials. Section Managers must be included in the communication.
3	Teams must hold a series of training sessions or trials to decide on the proposed squads.
4	The proposed squad must be submitted to the Section Manager for approval (form two). Section Manager to agree the proposed squads with the relevant team officials.
5	Team Managers/Coaches to release the squads to the parents within the age group. Decisions with justifications to be communicated directly with the parents and players, along with the proposed exit strategy (alternative teams/ training only).

At any point within the five stages, assistance can be requested from the Section Manager and Head Coach (in this order). The chairman can be used as a last resort for any assistance during the stages.

**Hardship cases:**

The club will review any hardship cases on an individual basis and offer a solution where appropriate.

**Social Activities:**

The club would like playing members and parents to participate in the social activities that will be offered throughout the season. The social activities will fundraise money for either the club or a local charity.

