



# Football Coach Development Guide 2010



# 3 Clubs Coach Development Brochure for the 2010 Season

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The focus in 2010 is to provide our coaches with a wider range of learning opportunities throughout the 3 clubs environment.

We will offer a number of different coaching workshops to assist coaches and provide them with the tools necessary to be good coaches:

- 1- How to plan a coaching session
- 2- Coaching refresher courses
- 3- Practical coaching demonstrations

This season we will also have four 3C-Workshops in conjunction with Wellington Phoenix players. These 3C-Workshops are appropriate for all levels of coaching experience (new coaches right through to high performance coaches).

When the season starts we will hold a two hour 3C-Coaches Seminar. This seminar will cover 3C workshops and courses as well as the calendar for the 2010 season and NZ Football courses that will be put on by Capital Football/NZ Football coaching staff during the season. We hope to have Andy Hedge, Director of Coaching of Capital Football and Johan Koutstaal, NZ Football Coaching Development Coordinator at the seminar.

Selected coaches will be invited to two High Performance courses planned for the 2010 season.

# 3 Clubs Programme Plan

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## JUNIOR COACHING PATHWAY 6-9 Years

### Theoretical

- 3C-Seminar
- How to plan a Coaching Session Workshop
- 3C-Workshop How to be a good GK

### Theoretical and Practical

- Induction for Nursery Grade Coaches
- Coaching Refresher Course Workshops
- HPP (High Performance Player Academy)
- SSP (Summer Skills Programme)
- HP (Holiday Programme)

### Practical

- Practical Coaching Demonstration Workshops
- 3C-Workshop How to Defend
- 3C-Workshop How to Attack
- 3C-Workshop Midfielder Penetration

One on one Mentoring by 3 Clubs-CDC

Capital Football/NZ Football Qualifications

## YOUTH COACHING PATHWAY 10-14 Years

### Theoretical

- 3C-Seminar
- How to plan a Coaching Session Workshop
- 3C-Workshop How to be a good GK
- High Performance Course (for invited Coaches)

### Theoretical and Practical

- Coaching Refresher Course Workshops
- HPP (High Performance Player Academy)
- SSP (Summer Skills Programme)
- HP (Holiday Programme)

### Practical

- Practical Coaching Demonstration Workshops
- 3C-Workshop How to Defend
- 3C-Workshop How to Attack
- 3C-Workshop Midfielder Penetration

One on one Mentoring by 3 Clubs-CDC

Capital Football/NZ Football Qualifications

# 3C-Coaching Development Scheme

<p><b>Junior Coaching Pathway</b></p>	<p>Induction for Nursery Grade Coaches (G6 only)</p>	<p>How to Plan a Coaching Session (for all age groups)</p>	<p>Coaching Refresher Course (G6 to G9)</p>	<p>Practical Coaching Demonstrations (G6 to G9)</p>	<p>3-Clubs Workshop (for all age groups)</p>
<p><b>Youth Coaching Pathway</b></p>		<p>How to Plan a Coaching Session (for all age groups)</p>	<p>Coaching Refresher Course (G10 to G14)</p>	<p>Practical Coaching Demonstrations (G10 to G14)</p>	<p>3-Clubs Workshop (for all age groups)</p>
<p><b>Advanced Coaching Development</b></p>	<p>High Performance Coaches Course (G10 to G14)</p>				

# How to plan a Coaching Session Workshop

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- **Who is it for:**  
Coaches coaching grades 6 through to 14
- **Format:**  
Classroom session
- **In this workshop we will cover:**  
Coaches will be given tools to write their own coaching sessions and plan a programme for their team
- **When:**  
Monday 10/05/2010 at Karori venue 7.30-9pm

# Coaching Refresher Course Workshops

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□ **Who is it for:**

Coaches coaching grades 6 through to 9 (first CRC) and coaches coaching grades 10 through to 14 (second CRC)

□ **Format:**

It will be a classroom session followed by a practical session

□ **In this workshop we will cover:**

- Coaching and mentoring opportunities during the 2009 season
- Characteristics and needs for age groups
- How to develop players
- Warm-up / Cool-down and playing formation
- The opportunity to ask plenty of questions and discuss ideas, etc.

□ **When:**

First CRC: Sunday 25/04/2010 at the Karori Club rooms 5-6.30pm

Second CRC: Sunday 2/05/2010 at the Karori Club rooms 5-6.30pm

# Practical Coaching Demonstration Workshops

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□ **Who is it for:**

Coaches coaching grades 6 through to 14. There will be pre-season workshops covering grades 6 to 14 and subsequent to that separate workshops targeted at specific age levels (one for grade 6/Nursery grade, one for grade 7, etc).

□ **Format:**

These workshops will be practical sessions using age grade players and experienced coaches putting on demonstration coaching sessions.

□ **In this workshop we will cover:**

These sessions will give coaches some guidance on how to put on a training session, from warm-up, technical work, small sided games, basic team formation work through to the final cool downs.

□ **When:**

Sunday 21/03/2010 G7 to G9, 4-5pm and G10 to G14, 5-6pm at NW venue

Saturday 27/03/2010 G7 to G9, 4-5pm and G10 to G14, 5-6pm at Ngaio School

Sunday 30/05/2010 G6 to G9, 4-5pm and G10 to G14, 5-6pm at Ngaio School

Saturday 4/07/2010 G6 to G9, 4-5pm and G10 to G14, 5-6pm at Ngaio School

# 3C-Workshops

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- **Who is it for:**

These 3C-workshops are appropriate for all levels of coaching experience (new coaches right through to high performance coaches).

- **Format:**

The first 3C-Workshop will be a classroom session and the other three workshops will be practical sessions.

- **In this workshop we will cover:**

How to Goal Keep (classroom session)

How to Defend, How to Attack and Midfielder Penetration (practical sessions) in conjunction with Wellington Phoenix players

- **When:**

Monday 14/06/2010 "How to Goal Keep" at Karori club rooms 7-9pm

Monday 5/07/2010 "How to Defend" practical session at Nairnville Park 7-9pm

Monday 2/08/2010 "How to Attack" practical session at Nairnville Park 7-9pm

Monday 6/09/2010 "Midfielder Penetration" practical session at Nairnville Park 7-9pm

# High Performance Course

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- **Who is it for:**

Selected coaches across the three clubs will be invited to attend these courses.

- **Format:**

These will be classroom sessions

- **In this workshop we will cover:**

How to maximize the potential in your team

How to work fitness with the ball

How the professional teams train in Argentina

- **When:**

Monday 21/06/2010 at Karori Club rooms 7-9pm

Monday 23/08/2010 at Karori Club rooms 7-9pm



# **“Together Making History in NZ Football”**

**Coaching that is effective and of the highest quality will undoubtedly have the most significant influence in retaining players, and will facilitate them in achieving their full potential in the beautiful game of football.**