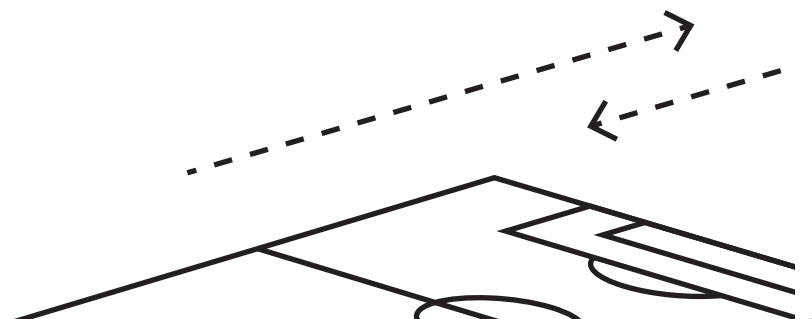
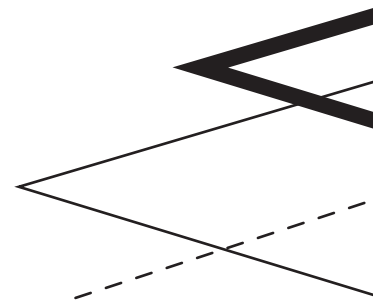
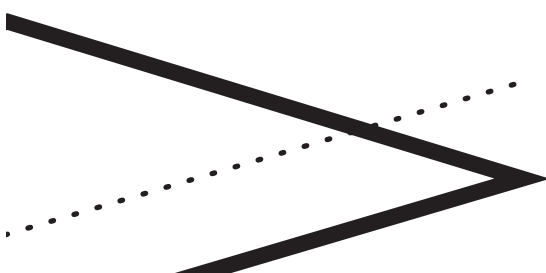
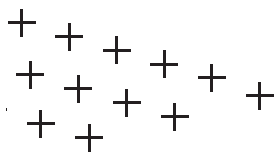
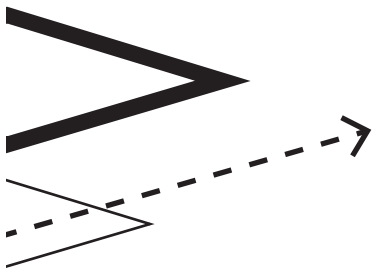




THE 8BY8 -
RICHMOND ROVERS PATHWAY

PLAYING PHILOSOPHY, PARENT & MANAGER FRAMEWORK

U6 - U9





ROLES AND RESPONSIBILITIES

8BY8 COACHES

Our role is to coach and develop the individuals and the team, to support the managers and create the best possible environment for player and parent. We deliver practices during the week in accordance with the yearly schedule, and lead coaches will be in regular contact with parent support managers to ensure the practices suit the team and individual needs. We will be in attendance at games when we can to oversee all players performance and general conduct of managers and parents.

PARENT SUPPORT MANAGERS

The role of a parent support manager is to guide the team at the weekends. Be a role model, manage playing time, success and failure and ensuring continuity from weekday training principles to weekend matches. There should only ever be two parents stood at the sidelines and **NO MORE**. On match days you will need to lead by example, be organised and provide enjoyment.

MANAGER EXPECTATIONS:

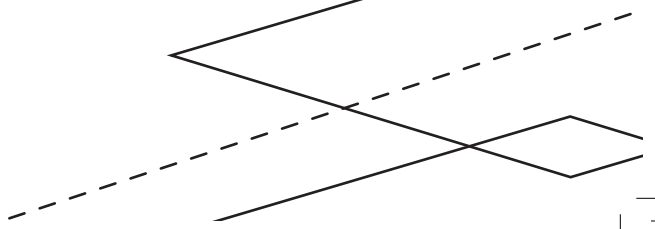
- Encourage the players, be positive.
- Reinforce team shape and structure during matchplay - avoid making decisions for them. ie 'pass' 'shoot' 'dribble'
- Challenge and ask questions rather than instruct, ie 'Can you?' 'Where's the next pass?', 'Can you win the ball back?'
- Limit information from both managers during match play. Lot's of information at the same time is NO information
- No shouts of "get rid", we want the players to deal with the ball and play their way out of pressure situations
- Expect your players to run, challenge and never give up in any game.
- Build team spirit, trust and courage
- Leave our venues and opposition venues clean and tidy.
- Show respect to the referee, opposition players and spectators.
- Accept that these are kids on a journey, they will make mistakes, they will be inconsistent but they will all achieve great things with time.
- Be patient, educate and take great pride in the achievements, they can't do it without you.

PARENT EXPECTATIONS:

- Leave the managers to manage and coach the team, let the kids play. Instructions to your child should be given after the game.
- Support and encourage, be passionate and positive.
- Show respect to the referee, opposition players and spectators.
- Don't get involved in arguments with opposition spectators.
- Cheer and encourage the players on.
- No shouts of 'get rid' or 'clear it' as it is not what we want the players to be doing and goes against what we want them to achieve with the ball.
- Expect your child to run, challenge and never give up in any game.
- Let the coaches/managers know as soon as possible if your child cannot attend training or matches for whatever reason.
- If there is an issue or anything you do not agree with during a session or match, wait until the following day and contact the lead 8BY8 coaches to discuss any issues.
- Leave our venues and opposition venues clean and tidy.

PLAYER EXPECTATIONS:

- Acknowledge coaches and members of staff when they arrive and leave.
- Aim to be first in when called in by the coach/manager.
- Run, challenge and never give up in any session or match.
- Be tough, bounce up and recover from challenges.
- Collect in and put away equipment at the end of training and matches.
- Show respect to the referee and focus on tasks even when they don't agree with the decisions.
- Shake hands at the end of the game with opposition players and referee.
- Leave our venues and opposition venues clean and tidy.
- Earn respect from coaches and team mates through hard work and commitment.
- Encourage each other to help drive the team towards success.



COACHING & PLAYING PHILOSOPHY

Across the age groups we want the players to be comfortable with the ball, to find different ways to succeed with ability to manipulate and pass the ball competently under opposition pressure. We want our teams to work the ball into shooting opportunities quickly with a clear understanding of how to create and exploit spaces on the pitch. As the players develop through the age groups, creating and finding these spaces becomes more complex with more detailed phases within. Our teams should show a clear structure/shape and the players will continually develop their understanding of roles with game day management reinforcing our basic principles. Above all else we want the players and teams to take risks, be brave with and without the ball and learn through failure, with the knowledge of successful end product in any given situation. Although it's our job as coaches to ensure the players are maximising their potential, between us it is vital we reinforce the importance of the team, build trust and respect and explain how decisions are made in order for the team to experience their own successes. The team is greater than the individual, individuals will thrive in a great team.

PRINCIPLES OF PLAY

All players should know our basic principles and these should be reinforced on match days.

IN POSSESSION:

- **Create space:** make the pitch big with width and height in good team shape
- **Retain possession:** receive the ball successfully, with correct body shape.
- **Movement and support:** Either stretch the pitch, offer an option to feet, or make a run beyond the ball.
- **Secure for transitions:** Ensure one player minimum is behind the ball and in a position to defend.
- **Create chances:** Get shots on goal as early as possible

OUT OF POSSESSION:

- **Sprint to recover:** When possession is lost regain team shape as quick as possible and close the gaps
- **Be compact:** Be goal side and block the route to goal in numbers.
- **Apply pressure:** Closest player win the ball back as soon as they can or affect the opponents movement
- **Defend the goal:** Be brave to tackle and make blocks.

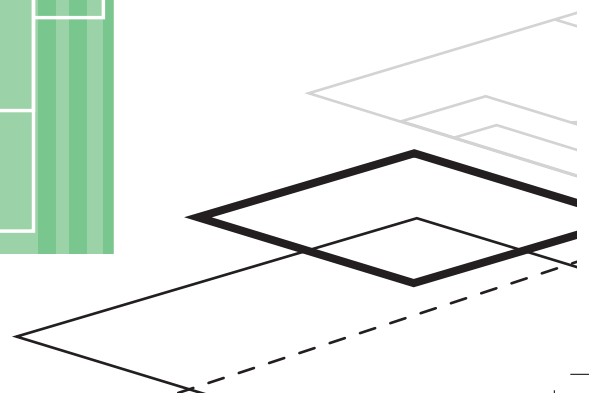
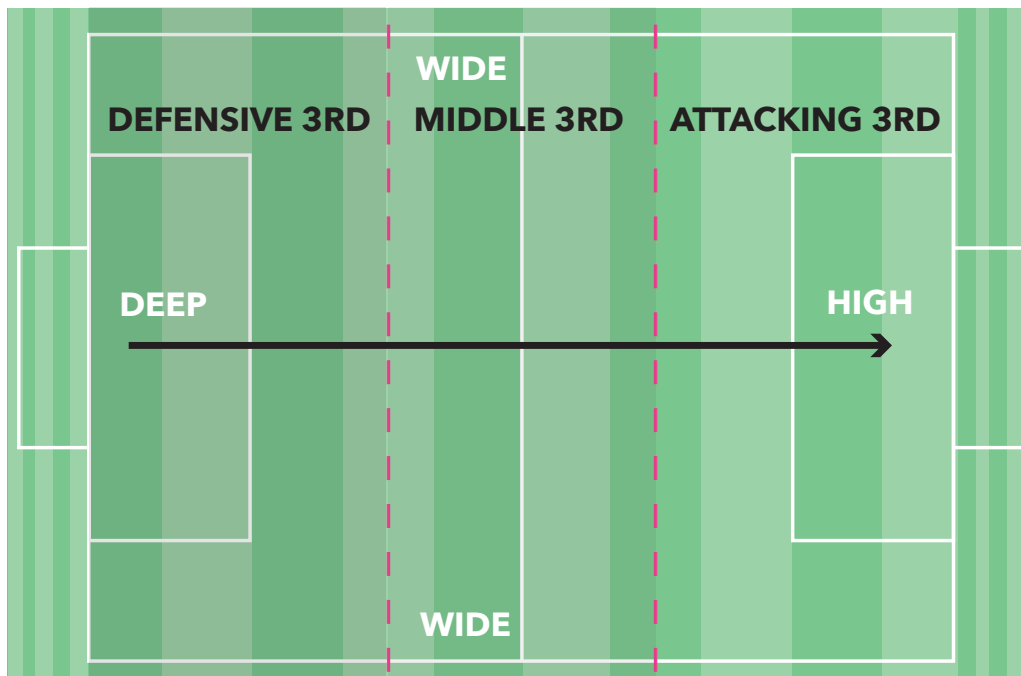
DECISIONS MAKING MADE EASY:

- Can you shoot? Yes! Then shoot
- No - then can you pass to someone in space. Yes - Pass
- No - *Stay on the ball until you can do any of the above. *see terminology

TEAM AIM:

Get the ball to someone who has the opportunity to score.

THE PITCH



PHILOSOPHY CONTINUED....

U6 - U7 KEY DEVELOPMENT AREAS:

At these ages the players are just starting out on their journey. Being able to dribble past an opponent or deal with the ball in a 1 v 1 situation and exposing the players to this as often as possible is key to their development. The full key areas are



TECHNICAL / TACTICAL	PHYSICAL	PSYCHOLOGICAL	SOCIAL
Dribbling to beat opponents	Twisting and turning to evade opponents	Understanding competition	Developing a love of the game
Passing & receiving	Basic fundamental movements and ABCs	Dealing with failure	Forming relationships
Ball manipulation		Showing courage	
Striking of the ball			
Developing a basic understanding of roles and positions.			

U8 - U9 KEY DEVELOPMENT AREAS:

We now start to hone in on passing and receiving skills with further detail and look at ways to deal with the ball under pressure. Players should be developing a good understanding of roles and formations. We continue to work on the ability to beat and opponent ensuring the inclusion of 1 v 1 style practices.



TECHNICAL / TACTICAL	PHYSICAL	PSYCHOLOGICAL	SOCIAL
Dribbling and staying on the ball	Twisting and turning to evade opponents	Building intensity to get the ball back	Developing a love of the game
Passing techniques	Basic fundamental movements and ABCs	Understanding aggression	Developing a desire to learn and improve
Build awareness and receiving skills		Dealing with failure	
Striking of the ball	Changes of speed with and without the ball.	Taking risks	Developing communication skills
Understanding of in and out of possession roles			

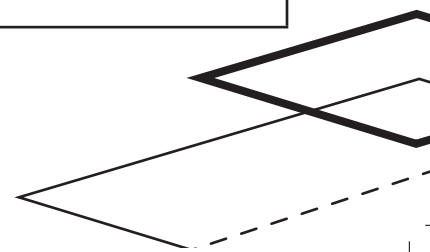
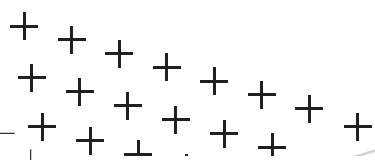
U6 - U9: 1 HOUR SESSION BREAKDOWN:

5 minutes:	Warm up, physical development - social development
25 minutes:	Technical practice. Unopposed - opposed
30 minutes:	Game based practice - what the team needs. Shape, roles, structure, breakdowns.

TERMINOLOGY

Our commonly used language when delivering practices and managing games. Some of which won't be used until the youth development phases.

PREPARE TO RECEIVE	Being on your toes, scanning, body shape.
HEAD UP / HEAD POSITION	Head high when on the ball to see forward options.
ANGLED MOVEMENT	Player moves on his toes to another line while opening up his shoulder.
IN-LINE WITH THE BALL	Getting your body full behind the ball on the line of the pass
CORRECT FOOT	Foot closest to the goal we are scoring in, unless under touch tight pressure.
FREE FOOT	Other foot to the one that moving the ball.
OPEN BODY	Chest facing the majority of the pitch
CLOSED BODY	Chest facing inwards towards your feet
FEND/OCCUPY	Getting arm and leg in on opponent to control their movement.
TOUCH AWAY / PLAY AWAY FROM PRESSURE	Take first touch away from opponent and then pass away from opponents.
STAY ON THE BALL	Players keep the ball while under pressure by using their body and manipulating the ball.
PUSHING / DRAGGING	Taking the ball sideways with the inside or outside of the foot to find a gap.
SOFT & HARD TOUCHES	Using bigger or smaller touches with different parts of the foot for tighter dribbling or explosive running with the ball.
SHIELDING	Stepping across to protect the ball with leg and torso.
BUILD	To start again with an attack and maintain possession of the ball with more patience.
CALM	Relaxed and comfortable on the ball to express yourself.
FORWARD PASS - FORWARD RUN	To combine pass forward and run forward past opponents and teammates.
SCANNING	Player having a look behind them for opponents, space, teammates.
PUNCHED IN	Inside foot pass into teammates' feet along the ground with pace.
ROLLED IN	Inside foot soft pass to teammate.
REVERSE PASS	Pass that goes a different way to which you are facing
LOFTED PASS	Laces pass in the air.
DRIVEN PASS	Laces pass along the ground using bony part of foot.
ENTICE / TEASE	Suck opponents towards you to create space for others.
SWITCHING / SWITCHES	Move the ball across the pitch to the other wing.
MAKE THE PITCH BIG	Team shape going from compact to wide.
DODGE	Player shifts ball and body to go around on coming defender.
DRIVE	Change of speed to get away from the opponent
RUNS IN BEHIND	Player make runs beyond opposition defence to receive the ball.
RUNS BEYOND	Midfield player making a run ahead of the striker to get in behind or into the area.
DIAGONAL RUNS	Player makes run towards other side of the pitch.
PULLING OFF	Running backwards away from defending to then receive a forward pass.
HORIZONTAL RUNS	Running across the pitch then towards goal to receive forward pass.
BREAKING LINES	Playing and receiving passes in between opposition attack and midfield or midfield and defence.
ARCED RUN	Player runs towards opponent with the ball with a curved approach to invite opponent to play one way.



TERMINOLOGY CONTINUED....

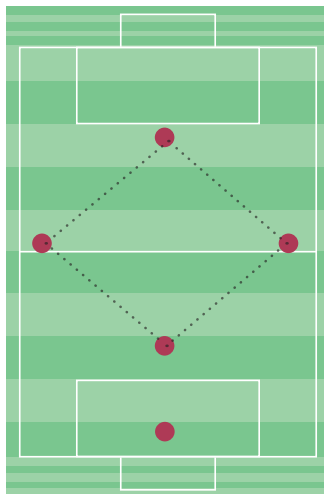
WIN THE BALL	Tackle to come away with the ball in good possession.
PRESS/ENGAGE	Player and team puts opponent with ball under aggressive pressure.
COMPACT	Individuals and units tight together, especially in the centre of the pitch.
TRIGGERS	An action that starts a reaction. I.e. a bad touch to win the ball back.
SCREENING	Player blocking off passing lines to opposition players behind them.
DEFEND THE GOAL	Get as many bodies in between the ball and the goal when the opponent is in possession
EMERGENCY DEFENDING	Last ditch blocks and tackles to deny a certain goal.
RECOVER	Sprint to back into shape and goal side of your opponent
BEAT	To go past an opponent

SHAPE AND FORMATIONS

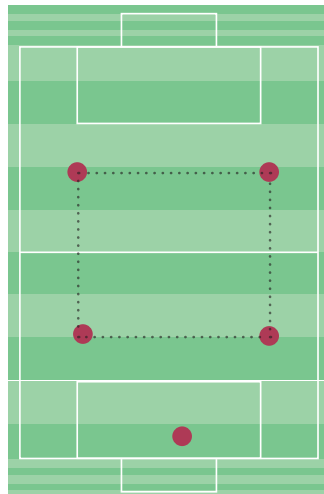
There's flexibility with formations as long as the principles are applied.

5 ASIDE:

1-2-1 DIAMOND

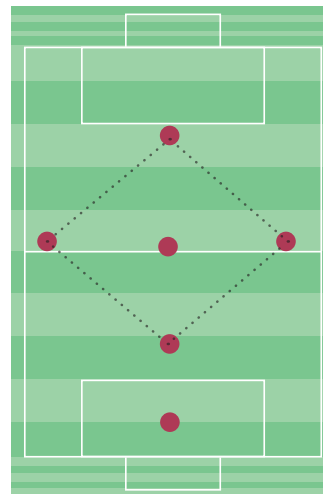


2-2 SQUARE

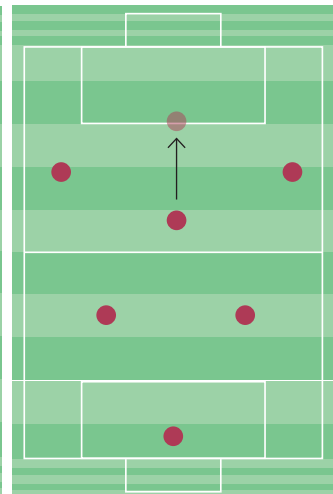


6 ASIDE:

1-3-1 DIAMOND

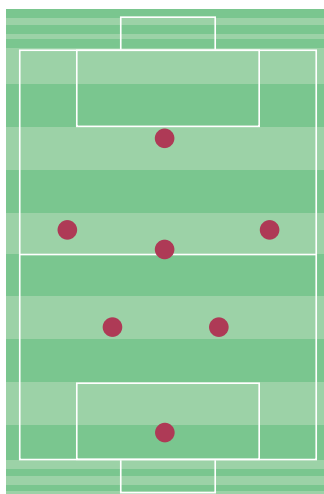


2-3 POINT UP/DOWN

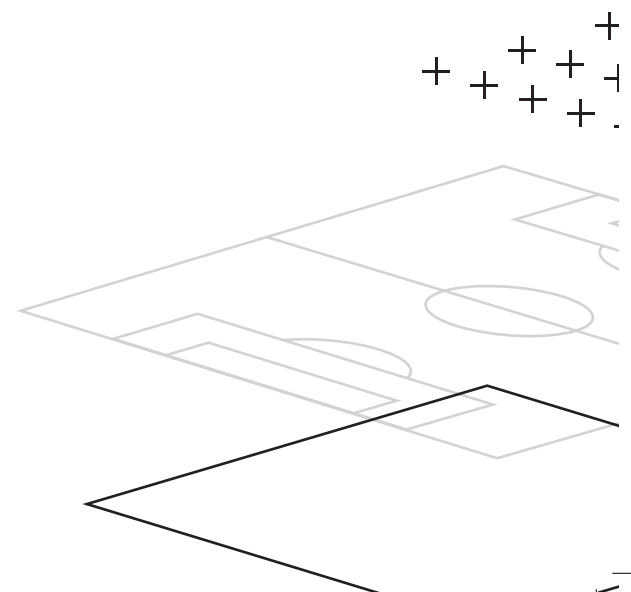
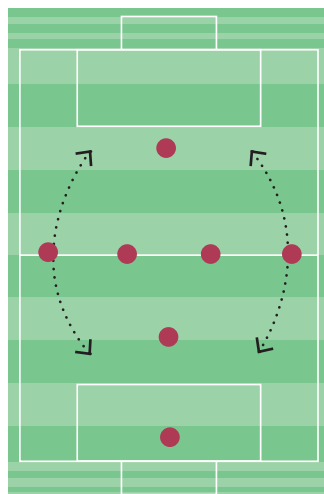


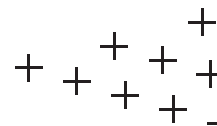
7 ASIDE:

2-3-1



1-4-1





THE PROGRAMME

TERM	WK	TECHNICAL	TACTICAL
Summer - Autumn	14/08/23	Ball mastery - Turns	Basic shape with goal scoring
	21/08/23	Passing and receiving	Basic shape / team building
	28/08/23	Shooting	Basic shape / team building
Autumn	04/09/23	Basic ball mastery - .	IP - Building play from GK
	11/09/23	Passing and receiving	OP - Defending from mid 3rd
	18/09/23	Shooting and finishing pressure in front	IP - Building Play mid 3rd
	25/09/23	Ball mastery - Coerver	OP - Defending the goal
	02/10/23	Passing & receiving	IP - Creating chances mid 3rd
	09/10/23	Skills and tricks - 1 v 1	OP - Transitions
	16/10/23	Shooting and finishing close range	IP - Penetrate to score final 3rd
Autumn - Winter	23/10/23	Dribbling at speed	IP - Playing through the 3rds
	30/10/23	Ariel receiving	OP - Defending set pieces
	06/11/23	Shooting and finishing pressure in front	IP - Attacking set pieces Final 3rd
	13/11/23	Ball mastery - shielding	OP - Defending mid 3rd
	20/11/23	Longer passing / striking	IP - Switching play
	27/11/23	Shooting and finishing pressure behind	OP - Penetrating final 3rd
	04/12/23	Passing & receiving back to goal	IP - Playing through mid 3rd
Winter	11/12/23	Ball mastery - dragging	IP - Building play
	18/12/23	Shooting and finishing bouncing ball	OP - Defending the box
	25/12/23	Passing and receiving side on	IP - Playing through mid 3rd
	01/01/24	Ariel receiving	OP - Defending as units
	08/01/24	Ball mastery - shielding	IP - Retain to switch final 3rd
	15/01/24	Passing & receiving side on	OP - Transitions
	22/01/24	Passing & receiving back to goal	IP - Finishing the attack
Winter - Spring	29/01/24	Shooting and finishing	IP - Finishing the attack
	05/02/24	Skills and tricks - 1 v 1	OP - Defending set pieces
	12/02/24	Passing and receiving basics	IP - Building Play mid 3rd
	19/02/24	Shooting from distance	OP - Defending mid 3rd
	26/02/24	Longer passing - Ariel receiving	IP - Retain to switch
	04/03/24	Skills and tricks	OP - Pressing
	11/03/24	Creative finishes	Player led unit sessions
Spring	18/03/24	Passing & receiving pressure behind	IP - Playing through the thirds
	25/03/24	Dribbling at speed with turns	OP - Defending set pieces
	01/04/24	Shooting and finishing	IP - Building Play D 3rd
	08/04/24	Ball mastery - shielding	OP - Defending mid 3rd
	15/04/24	Longer passing - Ariel receiving	IP - Retain to switch
	22/04/24	Shooting and finishing	OP - Pressing and chasing
	29/04/24	P & R back to goal	Match play

'GREAT THINGS ARE RARELY DONE BY ONE PERSON, THEY'RE DONE BY A GREAT TEAM'

