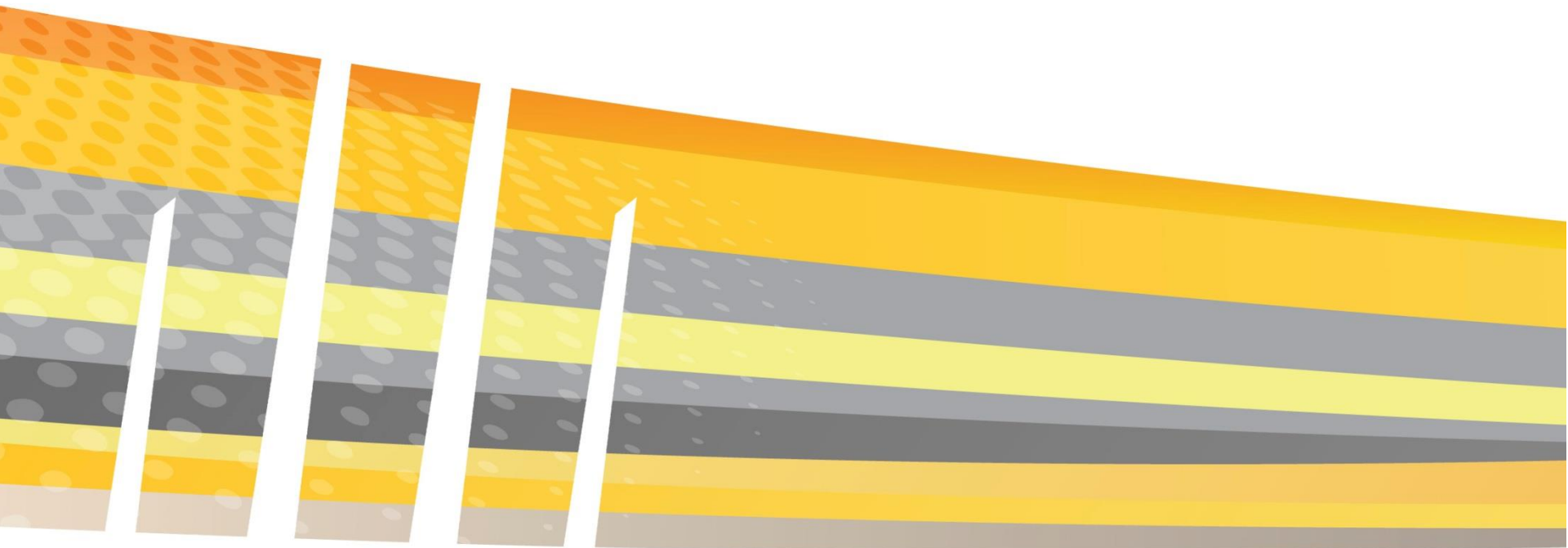


Glenn Morley

Developing a Club Coaching Handbook and Curriculum

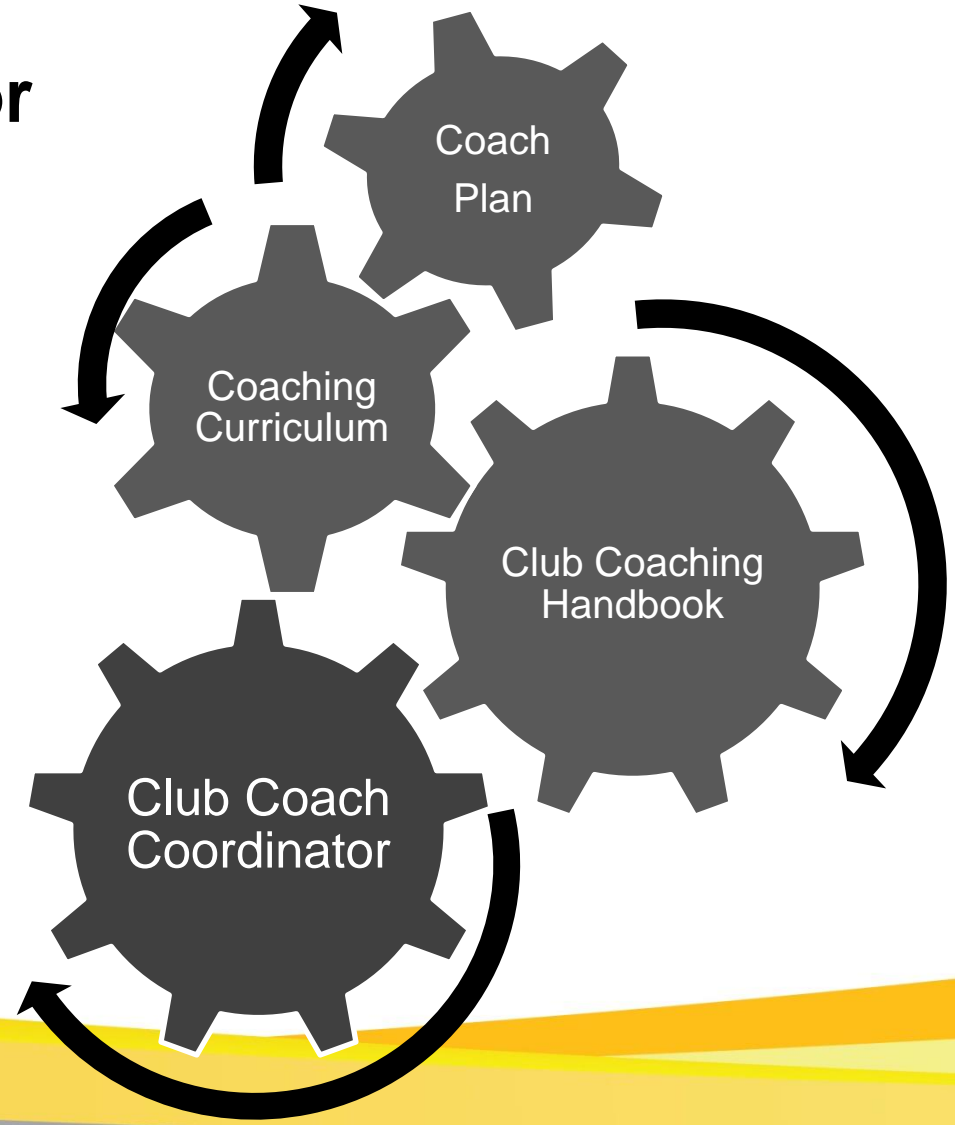


FOOTBALL COMMISSION INC.



2014 Club Coach Coordinator

Club Coach Coordinator



Club Based Approach

Club Coaching Handbook

Policies

Contacts

Resources

Management

Coach Education

Coach Development

Code of Conduct

Coaching Curriculum

Club Philosophy

Skill Development

Tactical Development

Physical Development

Player Development

Coach Plan

Coaches Philosophy

Training Organisation

Match Day

Team Rules

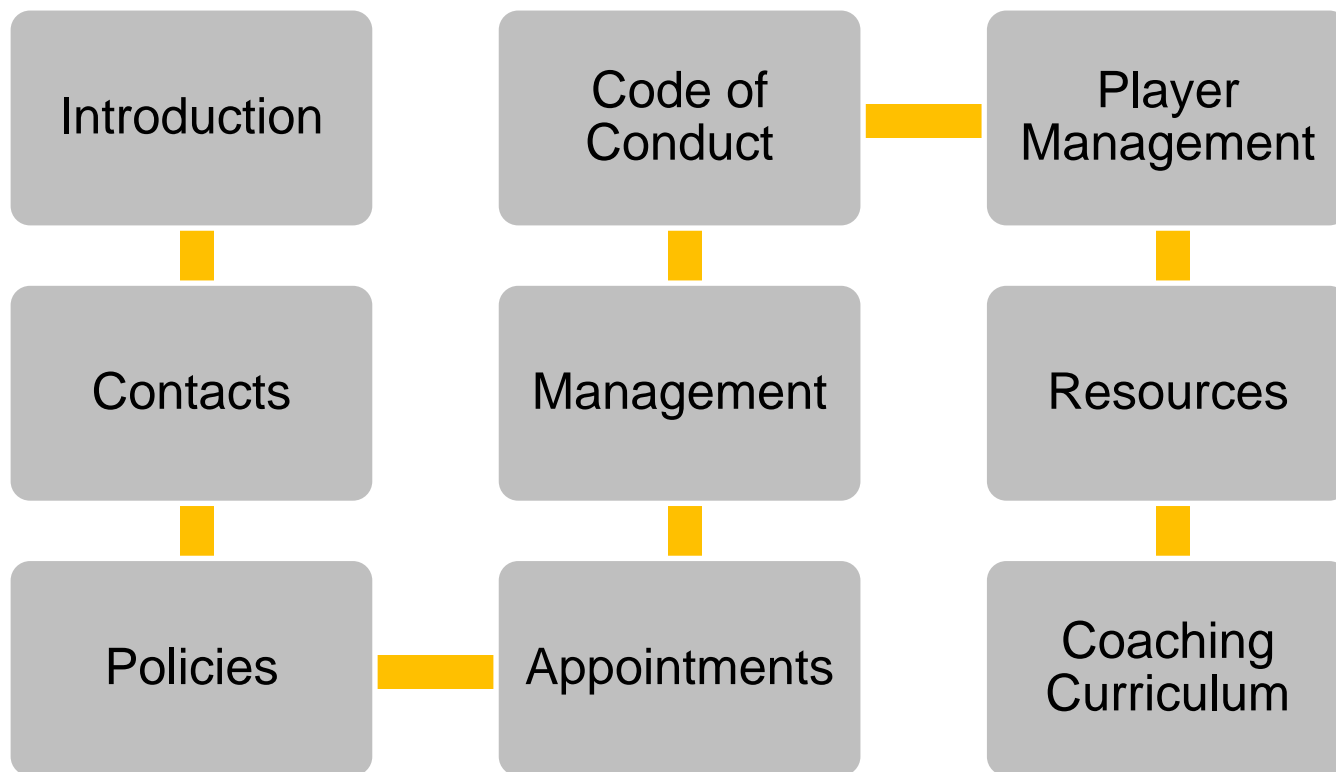
Game Plans

Evaluation

Value of a whole Club approach

- Parent information
- Player development
- Common Language
- Coach Development
- Bridging education and practice
- Building partnerships
- Supportive team
- Promotion of club

Coaching Handbook



Club Coaching Curriculum

Developing the Coaching Curriculum is the key part of the handbook that will drive the ways coaches are measured, and how players are developed within your club;

- What
- Why
- How

Club Coaching Curriculum - What

The Club Coaching Curriculum should contain information and guidelines for coaches in the following areas;

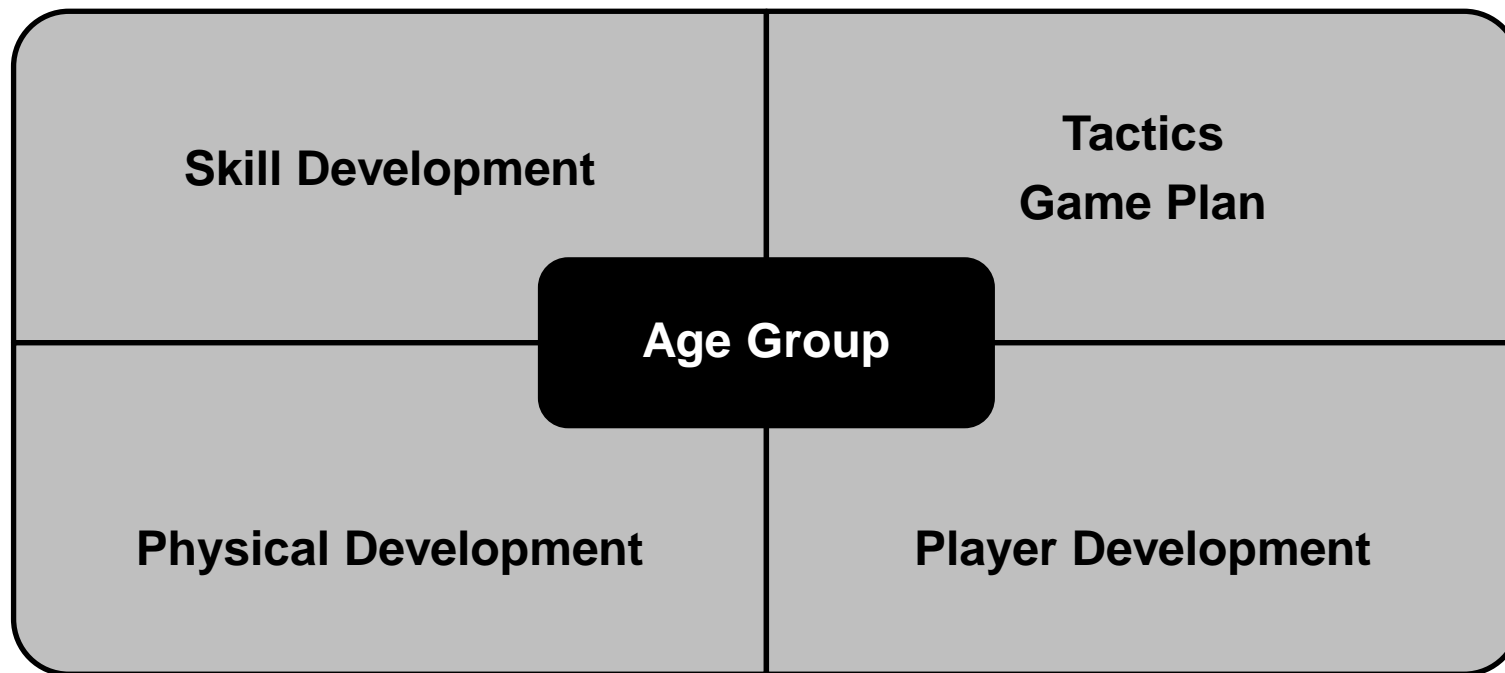
- Coaching competencies and philosophy
- Resources
- Drills banks – support skills development
- Skills matrix – by age group
- Game Style & tactics
- Physical development
- Player development

Club Coaching Curriculum - Why

The Curriculum will provide a coach with a framework on developing his players to a consistent style within the club.

- Guide for all stakeholders
- Communication
- Succession plan – player travels through age groups
- Coach to assess level of players
- Match physical and emotional capabilities of players to skills and game concepts
- Living document – change over time

Coaching Curriculum



Skill Development

- Kicking
- Handball
- Marking
- Picking up ball
- Bouncing Ball
- Tap Out
- Play on
- Ruckwork
- Tackling
- Spoiling
- Smothering
- Shepherding
- On the Mark
- Bumping
- Chasing
- Recovery
- Leading
- Crumbing
- Changing Direction
- Running to
- Rolling
- Landing

Tactical Development

- Defensive play
- Forward play
- Midfield play
- Positional play
- Teamwork
- Set Plays
- Game Style/Pattern

Physical Development;

- Conditioning
- Nutrition
- Recovery/Body management
- Rehabilitation Programs
- Injury Management
- Risk Management

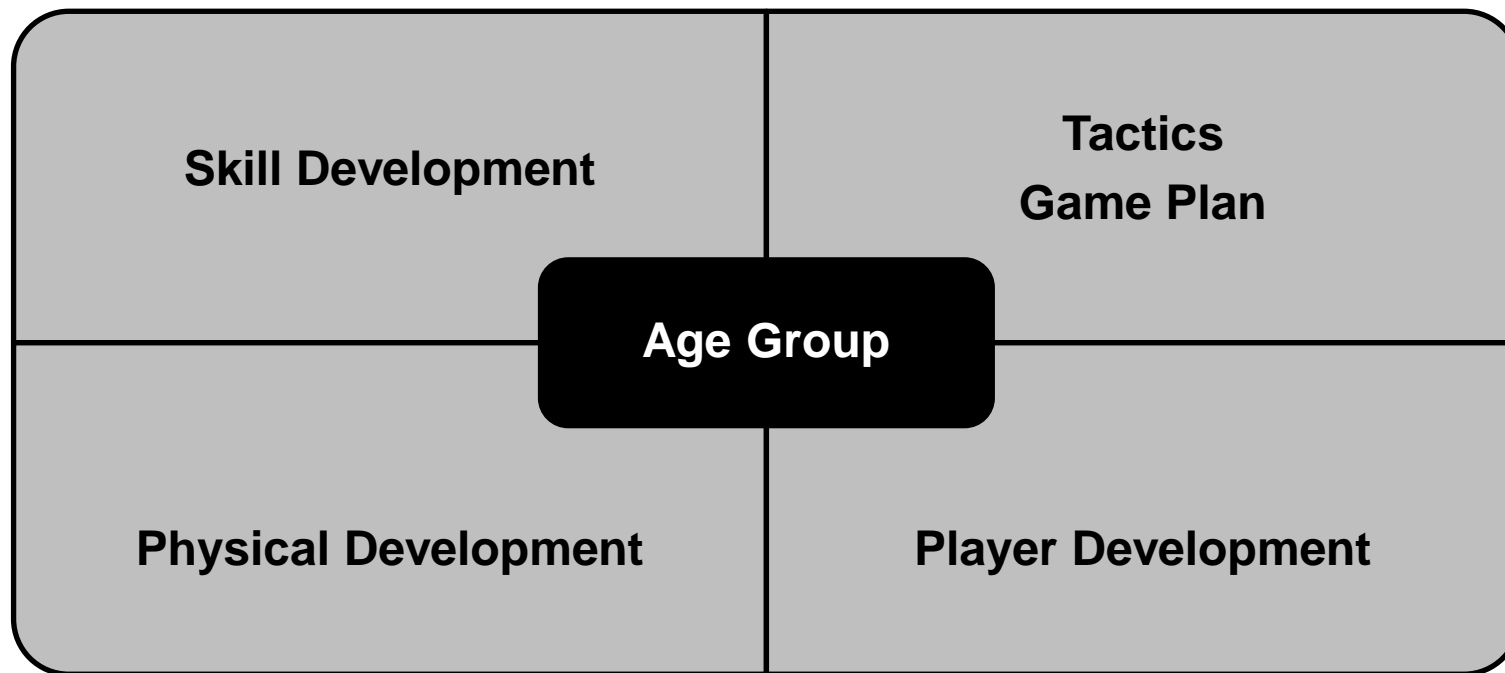
Player Development;

- Evaluation
- Player Profiling
- Welfare
- Social Skilling

Club Coaching Curriculum – How

How you would develop the curriculum?

Coaching Curriculum



Preparing a Coaching Plan

A coaching plan establishes:

- Season Calendar and Training Cycles
- Philosophy of Coaching
- Role of the coach
- Organisation of training
- Match Day
- Risk Management
- Team Rules
- Game Plans
- Core Skills and Drills
- Player Development and Evaluation

“The better the coaches, the better they are able to provide quality opportunities for players to develop”

Patrick Hunt, AIS Basketball Coach