

## **Coaching the Fundamentals of Football**

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Degree programme

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<b>The title of your thesis</b> Coaching the Fundamentals of Football	<b>Number of pages and appendices</b> 26+2
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<p>The principle objective of this thesis is to provide material on what basic technical skills, player positions and physical demands there are when playing football and how to coach them. This thesis also provides information on how to use psychological interventions in order to improve as a player. This material is targeted for sports instructors working at the Shilin Sport Center in Taipei, Taiwan. The Shilin Sport Center does not have any form of football coaching program on offer, which is why this material is to be used so that a football program can be started.</p> <p>This is a project-oriented thesis. The theory section consists of four different parts. The first part provides information about what basic technical skills are needed when playing football. The second part consists of basic player positions and their roles, the third part consists of the physical demands of playing football and the fourth part consists of the psychological interventions which can be used in order to become a better football player.</p> <p>Based on the theory part, drills are put together in a manual, which can then be used as a guide on how to coach the different technical skills, as well as basic team play, taking into consideration the different player positions and their roles. The manual also consists of drills which can be used to develop the different physical demands of football. Finally, the manual includes information on how to teach players to learn the use of different psychological interventions in order to improve as players.</p> <p>This thesis was made in cooperation with the Shilin Sport Center in Taipei, Taiwan, in order to develop a football coaching manual, which is to be used when setting up a football training program for the local kids of Taipei.</p>	
<b>Key words</b> Football, coaching, manual, fundamentals.	

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<b>Supervisors</b> Kari Savolainen, Markus Arvaja  <p>Tämän opinnäytetyön päätavoite on tuoda ilmi jalkapallossa tarvittavat perus tekniset taidot, pelipaikkaroolit, sekä fyysiset ominaisuudet ja miten niitä valmennetaan. Tämä opinnäytetyö tuo myös ilmi psykologisia valmennuskeinoja, joita voi käyttää pelaajien kehittämiseen. Tämä materiaali on tarkoitettu liikunnanohjaajille, jotka työskentelevä Shilinin Urheilukeskuksessa, Taipeissa, Taiwanilla. Tällä urheilukeskuksella ei ole jalkapallo toimintaa tarjolla, jonka vuoksi tätä materiaalia tulisi käyttää sen kehittämiseksi.</p> <p>Tämä on produktiivinen opinnäytetyö. Teoria on jaettu neljään eri osioon. Ensimmäinen osio käsittelee jalkapalloon tarvittavia teknisiä taitoja. Toinen osio käsittelee pelipaikkarooleja, kolmas osio jalkapalloon tarvittavia fyysisiä ominaisuuksia ja neljäs osio psykologisia valmennuskeinoja joita voi käyttää pelaajien kehittämiseksi.</p> <p>Teoria osion pohjalta harjoituksia on laitettu yhteen kehittääkseen jalkapallovalmennus manuaali. Tätä manuaalia tulisi käyttää ohjeistuksena kuinka valmentaa kaikkia asioita, joita on käsitelty. Tämä opinnäytetyö on tehty yhteistyössä Shilinin Urheilukeskuksen kanssa. Tätä voidaan käyttää pohjana jalkapallotoiminnan kehittämiseksi Taiwanissa asuville.</p>	
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# 1 Introduction

Football is by far the most popular and played sport throughout the world. Even with its huge popularity there are still places in this world where football is only slowly starting to engage the interest of the local people, which also then slowly leads to football programs and teams being formed. Taiwan is one of these countries where football is slowly starting to grow into a more and more popular sport.

In order to develop a football program there must be knowledge on the basic fundamentals of playing football. This project based thesis serves for the purpose of being used to help set up a football program at the Shilin Sport Center in Taipei, Taiwan. The primary objective of this thesis is to bring out main technical skills, player positions and the physical demands of football and how to coach them. This also brings out what psychological skills can be used to help improve as a football player and also how to teach those psychological skills.

The theory based information was gathered from books, coaching manuals, seminars as well as the internet. The technical skills covered in the theory part include passing, dribbling, striking the ball, controlling the ball and goalkeeping. After this basic player positions are introduced as well as what their primary roles are on the playing field. The physical demands which are covered in the theory part include balance, total body strength, explosive power, speed, agility and endurance. In addition to this, psychological interventions which are introduced include imagery and arousal regulation.

In order to gain a better understanding of why and how to coach these aspects, it is important to go through both the theoretical side of this thesis as well as the coaching manual where coaching drills are covered. Most drills are illustrated through pictures, with text used to give a better understanding of how the drill is run. The drills also include the basic key points of the subject that is being coached, for example passing.

In order to develop as a football player it is important to learn and develop technical skills, understand the different player positions and their roles and to work on the physical demands of football. In all of this it is important to know how to use psychological interventions, which will help you learn these skills better and to become a better player. Due to the fact that a majority of Taiwanese have very little knowledge about football, the technical drills can be used for kids of all ages since they are all on the same starting line. Teaching the basic player positions and their roles can be taught to players of all ages as well. When to start train-

ing for the different physical demands is explained more in dept in appendix 1. In the psychological skills part, imagery and arousal regulation become effective training methods for players by the time they reach thirteen years of age. All of the drills in the coaching manual serve as a simple platform in order to know what kinds of drills can be used after which it is easy to carry on from there.

Having lived in Taiwan for most of my life and being a big football fan, it was easy to decide on this topic for my thesis after I was given the invitation from the Shilin Sport Center in Taipei to start developing a football program for them. It is important for the local kids to have fun every time when they play football so that the popularity of the sport will rise. This is why the drills in the coaching manual need to be as game like as possible, which is not only for the good of their development as players but it will also make it more fun for the players taking part in the drills.

## **2 Technical Skills**

In the game of football there are certain technical skills that you need to learn to master in order to play and enjoy the game. These basic technical skills include passing, dribbling, shooting, controlling the ball and heading the ball. Goalkeepers also have basic skills they need to learn including diving, punching and catching the ball.

### **2.1 Passing**

Team strategies evolve around passing, which always involves at least two players. These two players are the passer and the receiver. Performing a pass not only involves the physical ability to do so but also the mental ability, which includes when and where to pass the ball and where and how to support the receiver of the pass. (Hargreaves & Bate 2009, 56.)

#### **2.1.1 Push Pass**

Out of all the passes players will make while playing football, the push pass is the most frequently used. Due to the reason that is also the easiest for a beginner to learn, it is coached first. (Hargreaves & Bate 2009, 56.)

The following are important key points to remember when performing the push pass:

- Your non-kicking foot should be pointing towards the target and placed next to the ball
- You should bend your knees and lock the ankle of your kicking foot
- Strike the middle part of the ball
- Follow through with your pass

(Hasic 2008.)

#### **2.1.2 Outside of the Foot Pass**

The body of the player performing this kind of a pass is usually tall and straight, which is why compared to the push pass, it is less powerful. This is also why it is most commonly used for short distance passes and especially when you are in a tight situation. (Hargreaves & Bate 2009, 57.)



The following are important key points to remember when performing the outside of the foot pass:

- Place your non-kicking foot next to the ball
- Strike through the middle of the ball
- Follow through with the upper part of the outside of your foot

(Soccer Training Info 2009.)

### **2.1.3 Instep Pass**

Out of all three passing types, the instep pass is the most powerful. This is a type of pass that can be used for long distances because it's so powerful. It is however the hardest to learn, which can lead to it being very inaccurate for beginners. (Hargreaves & Bate 2009, 58.)

The following are important key points to remember when performing the instep pass:

- Place your non-kicking foot next to the ball and pointed towards the direction of the target
- Keep your toes and ankles stretched and locked
- Lean forward and keep your shoulders over the ball
- Use the inside part of your laces to strike through the middle part of the ball
- Follow through

(Ivan 2004.)

### **2.1.4 Long High Pass**

This pass is used in several different situations, which include creating space by switching play from one side of the field to the other, passing the ball past the opponent's defenders and when crossing the ball into the penalty area. It's importance for beginners to focus on short passes and gradually move towards doing long passes, since they do not have the power for long passes. (Hargreaves & Bate 2009, 64.)

The following are important key points to remember when performing the long pass:

- Approach the ball coming from a slight angle (not straight at it)
- Place your non-kicking foot next to the ball a few inches away from it
- Strike the ball using the inside part of your laces and make contact underneath the ball
- Follow through with your kicking foot (Williams 2006.)

## **2.2 Dribbling**

Dribbling involves both physical and mental skills. Mental skills include having the confidence to dribble the ball and also having the ability to see how the opponent is placed in order to determine what kinds of moves to make. It's very common for a beginner to just kick the ball forward and then to run after it. To get away from this habit, players must learn to move the ball forwards gently with a relaxed foot. As players start to improve they have to start thinking about what is going on around them and not focusing only on the ball. (Hargreaves & Bate 2009, 96,102.)

The following are important key points to remember when dribbling the ball:

- Have a positive attitude – Confidence
- Keep the ball close to your feet
- Keep your head up – awareness of what is around you
- Change of speed and change of direction with deception

Things to be emphasized:

- Have quick feet with close control (not the player running quickly)
- Good stance – knees bent, moving on balls of feet
- Quick change of direction/change of speed – agility and acceleration
- Use both feet and different parts of the foot – inside, outside, sole

(Ambassadors in Sport Coaching Manual Juniors 2007, 6.)

## **2.3 Striking the Ball**

Striking a football is an important skill to learn because knowing the correct techniques will greatly increase the amount of goals scored. Lots of times players will get into good goal scoring opportunities only to miss the goal due to a poor striking technique.

### **2.3.1 Instep Drive**

This is the most powerful way of striking the ball which is also why it is most commonly used when shooting at goal. (Hargreaves & Bate 2009, 125.)

The following are important key points to remember when performing the instep drive:

- Place your non-kicking foot next to the ball for a low drive and slightly behind the ball for it to lift off the ground
- Lock your kicking foot ankle and point your toes down
- Lean forward and strike the middle part of the ball using your laces
- Follow through with your kicking foot

(Tollison 2007.)

### **2.3.2 The Swerve**

This way of striking the ball has grown to have a huge impact in football. This kick is used especially in free kicks on top of normal passing when trying to swerve the ball around defenders. The amount and timing of the swerve is very difficult for even professional players to control, but it is nonetheless very fun to practice starting from an early age. (Hargreaves & Bate 2009, 127.)

The following are important key points to remember when performing the swerve kick:

- Place your non-kicking foot next to the ball or slightly behind it
- Use the inside of your foot and strike the ball slightly to the right of the center
- If you want height on your kick strike the ball slightly to the right and below the midline
- Follow through away from the body with your kicking foot

(Luxbacher 2005, 84.)

## **2.4 Controlling the Ball**

This is an extremely important skill to learn which is why it should be taught and developed starting from a very early age. Learning to control the ball properly increases a player's confidence, satisfaction and it also leads to the ability to perform other skills, such as passing and shooting more effectively. Players should be taught that good control means one-touch control, which gives the player more time to do whatever is necessary with the ball afterwards. (Hargreaves & Bate 2009, 28.)

The following are important key points to remember when controlling the ball:

- Move the controlling surface into line of the flight of the ball
- Select early how you will control the ball (feet, thigh, or chest)
- Good first touch control – protect the ball if needed

- Make direct play possible by controlling the ball in the direction where you want it to go

(Ambassadors in Sport Coaching Manual Intermediate 2007, 8.)

## **2.5 Heading**

This is a technique, which can be painful and uncomfortable for a player to learn. This can be avoided through proper progression (using softer balls like volleyballs first) and using the correct technique. Learning this skill will add to the players over all football playing skills. The two main types of headers are defensive and attacking headers. Defensive headers are used to clear the ball high and far, usually from the penalty box. Attacking headers are used to score goals, with the emphasis being on heading the ball hard and low. (Hargreaves & Bate 2009, 158, 160.)

### **2.5.1 Defensive Header**

The following are important key points to remember when performing the defensive header:

- Head up through the bottom half of the ball and upwards to get the ball to go high and far
- Keep your eyes open
- Body stance should be balanced on both feet
- Attack the ball; don't let the ball hit you

(Jay 2009, 73.)

### **2.5.2 Attacking Header**

The following are important key points to remember when performing the attacking header:

- Head the top-middle part of the ball to get the ball to go downwards
- Head the ball using your full forehead, just above the nose and below the hairline
- Generate power by using your back, upper body and neck muscles
- Keep your eyes open

(Jay 2009, 106.)

## **2.6 Goalkeeping**

Many coaches fail to coach their goalkeepers although this is arguably the most important position on the field. On top of preventing the other team from scoring, goalkeepers give inspiration to the defense and also play a role in starting attacks. Goalkeepers should be able to use their right and left feet so they can take passes from defenders and make good kicks upfield. (Hargreaves & Bate 2009, 174.)

Having good positioning, footwork, catching skills, diving skills and punching skills are all very important fundamentals for a goalkeeper to learn. Mastering all of these fundamentals will decrease the amount of goals scored on you. The following are important key points for each fundamental.

### **2.6.1 Positioning**

The following are important key points to remember when positioning yourself:

- Always know where the goalposts are located
- Move away far enough from the goalline to cover the angle to each post
- When the angle is sharp, always play outside of the near post

(Benjamin 2003a.)

### **2.6.2 Footwork**

The following are important key points to remember about your footwork:

- Always stay square to the ball and get your body behind the ball
- Move forwards in the direction of the ball
- Recover as fast as you can keeping your hands free

(Benjamin 2003b.)

### **2.6.3 Catching**

The following are important key points to remember when catching the ball:

- Always get your hands to the ball first keeping them soft and cushioned
- Use the 'W' catching position formed by your thumbs behind the ball
- When catching high balls, catch them at the highest point in the air

- When catching balls off the ground get your fingertips all the way to the ground and remember to bend from your knees and waist

(Benjamin 2003c.)

#### **2.6.4 Diving**

The following are important key points to remember when diving:

- Use quick footwork to get into position to dive
- Move forwards towards the ball at a 30 degree angle
- Stay square to the ball when diving and landing on the ground
- Use your near leg to get power on your dive
- Land on your side (hip and shoulder)

(Benjamin 2003d.)

#### **2.6.5 Punching**

The following are important key points to remember when punching the ball:

- Always try to punch the ball as wide, far and high as possible
- Your fingers should form a flat surface and your thumbs should be kept behind your fist
- Two hands should be used to punch the ball in the opposite direction and one hand should be used to have the ball continue in the same direction (clearing it over the goalpost)
- Start the punching motion with your hands in and elbows out and then drive through the ball

(Benjamin 2003e.)

### **3 Player position roles**

In football players can simply be categorized as goalkeepers, defenders, midfielders and forwards. When playing in defense you can either play on the sides as a full-back or in the middle as a center-back. The same goes for midfield players. They can either play as central midfielders or on the sides, when they are more commonly known as wingers. Forwards are the players who play the highest up on the field. A sample formation of where players are placed on the playing field is shown in appendix 2.

#### **3.1 Center-back**

As a center-back you need to be very good at going in for tackles as well as winning headers. You need to be able to spot out the danger situations coming from the opposing team's attacks. Also when your goalkeeper has the ball you have to make yourself available to receiving the ball and starting your team's next attack. (Ambassadors in Sport Coaching Manual Seniors 2007,4.)

#### **3.2 Full-back**

Regardless whether you're playing as a right or left full-back your main job is to stop the other team's attacks from wide positions. On top of this you need to be supporting your center-backs. When attacking, in the modern game full-backs push well beyond the center line and support the attacks especially by providing crosses. (Ambassadors in Sport Coaching Manual Seniors 2007, 2.)

#### **3.3 Central Midfield**

The primary job of a central midfield player is to play as a link between the defense and offense. This is done through ball control and passing. There can be defensive central midfielders who focus more on defending and attacking central midfielders who focus more on attacking. The central midfielder is responsible for organizing the play in the midfield as well as creating goal scoring opportunities for the forwards. (Gardner 2008.)

### **3.4 Wingers**

These players are usually the fastest and best dribblers on the team. It's good for a winger to have many fake moves he can do which will help him get by defenders. The main role of a winger is to provide forwards with accurate crosses so they can score from them. This is why they need to have powerful and accurate kicks. Wingers also have to run back and defend (usually the other team's winger). (Soccer Universe 2009.)

### **3.5 Forwards**

Forwards need to be good at receiving and controlling passes, dribbling past defenders and most importantly scoring goals. It's also important for forwards to be good with headers since a lot of goals are scored this way straight off of crosses coming into the penalty box. (Robinson 2009.)



## **4 Physical Demands of Football**

In football there are specific physical demands which are important for players to train in order for them to become better players. These physical demands include having good balance, body strength, explosive power, speed, agility and endurance. When to start training these is shown in appendix 1. A lot of times players will make the mistake of training too much of one of these demands, such as endurance. It's important for players to train all of these physical demands equally in order for them to develop as football players because all of these are important when players play and train football.

### **4.1 Balance**

In football players must continuously learn how to keep their balance while reacting to situations going on in the game. Players are also constantly going up against other players, which requires a high sense of balance. Once players learn how to control their bodies and develop core strength (posture, hip and leg strength) they should move onto learning how to control their balance in a high speed game situation. (Gatz 2009, 3.)

### **4.2 Total-Body Strength**

Throughout a game of football there are constant needs for players to have good strength while taking on challenges from other players, shuffling, diving on the ground and quickly getting up to continue playing. It's important to do high-intensity resistance training which uses fast-twitch muscle fibers. These fast-twitch muscle fibers are used when you need quick, fast and explosive movements. Explosive movements activate these fast-twitch muscle fibers. (Gatz 2009, 5.)

### **4.3 Explosive Power**

Combining strength and power training helps players develop more force in basic movements like sprinting, jumping, and cutting. Football includes a lot of sprinting, changing directions, leaping and kicking strength. Through power training players will be able to increase their playing speed, their ability to go up against opponents in a physical situation, their kicking distance and strength, their jumping ability, and their ability to run past the opponents. (Gatz 2009, 5.)

#### **4.4 Speed**

Speed is a skill you need in order to attain high movement velocities. Running speed is a continuation of running strides which move the athlete forwards in a specific direction. Running speed is determined through the interaction of stride frequency and stride length. (Baechle & Earle 2008, 456, 462.)

Speed is something every player on the football field needs. Forwards and wingers need speed to win loose balls from the opponent as well as running by them with the ball. With good speed defenders can make up for mistakes they've made by positioning poorly and letting forwards get by them. Midfielders need speed to develop fast attacks, which is an advantage which can make the difference in a game. (Gatz 2009, 6.)

#### **4.5 Agility**

Agility is the skill and ability to change the direction of movement and the speed at which you're moving as quickly as possible. It's the ability to move quickly in different directions, other than in a straight line, as quickly as possible. (Baechle & Earle 2008, 458.)

A forwards ability to weave around defenders and accelerate past them highly increases his chance of scoring a goal. In the same way defenders who have to move back quickly or goalkeepers who have to make split-second decisions when making a save highly benefit from agility training. (Gatz 2009, 7.)

#### **4.6 Endurance**

In football you need both aerobic and anaerobic endurance. Aerobic endurance involves performing low intensity workouts for a prolonged period of time. Anaerobic endurance on the other hand includes being able to do short term, high intensity physical activities. In football it is essential to do speed-endurance training as this works both your aerobic and anaerobic energy systems.

Speed endurance is the ability to run with the highest possible speed for the longest possible time or to continuously achieve the highest possible speed and accelerations. (Baechle & Earle 2008, 458.)

## 5 Psychological Skills in Sports

Psychological skills training (PST) is controlled, organized and consistent training of mental or psychological skills for the reasons of improving your performance, enjoying your sport performance more, or gaining more self-satisfaction from the sport or physical activity. Just like actual physical skills, mental skills need to be practiced over and over again in order for there to be improvement. These following circumstances are situations which most athletes have experienced. These situations are also reasons why using psychological skills training is so important so that they can be minimized:

- You left the playing field feeling disgusted because you had just lost a game you know you should have won since you were the better team
- You choked at a very important situation during a game
- You didn't have the desire or motivation to exercise
- Your mind was somewhere completely else other than concentrating on what was going on in the game
- You became angry and frustrated because you hadn't performed the way you would have wanted to

(Weinberg 2006, 250-251.)

A lot of modern day coaches say that when doing sports and going up against an opponent who is of similar ability, 50% of your performance is mental. Interestingly, it can be said that in certain sports such as golf, tennis, and figure skating 80 or even 90 % of your performance is mental. (Weinberg 2006, 251.)

If a new psychological skill is to be learned, 10- to 15-minute training sessions three to five days a week should be used. When the athletes learn to use the psychological skills training on their own, they will be able to start doing it on their own in addition to their physical training and less special training sessions will be needed. Psychological skills training is an ongoing process but an athlete's first exposure to a PST program should last three to six months. This is usually the amount of time it takes to learn, practice and integrate new mental skills. Ultimately the key is to make psychological skills training as part of your daily practice schedule. (Weinberg 2006, 260-261,267.)

There has been plenty of research made on the effectiveness of having good psychological skills. To summarize research Williams and Krane (2001) came up with the conclusion that more successful athletes had the characteristics of higher confidence, better ability of arousal

regulation, better concentration and they used imagery. In other words the difference between more successful athletes and not as successful athletes is that the more successful athletes have more developed psychological skills. (Weinberg 2006, 225.)

Kids will start to use their imaginations already when they are little children. By the age of six, their ability to imagine different things has already fully developed. Teaching kids to have self confidence also becomes very efficient by the time they turn six. Teaching kids to concentrate and set goals becomes very efficient by the age of nine. Finally, teaching kids to relax and use visualization where they control their images becomes efficient training method by the time they reach the age of thirteen. (Roos-Salmi & Tuomola, 30.)

The psychological skills which will now be looked at are imagery, which improves your skills, concentration and motivation, and arousal regulation, which will also lead to an increase in performance.

## **5.1 Imagery (Visualization)**

Imagery is a mental training technique that involves using all your senses including thoughts, feelings, emotions, and sensations such as sight, sound, and feelings to create or recreate an experience in your own mind. Using imagery improves your concentration, builds your confidence and helps you learn and practice new skills and tactics. It improves your concentration because when you visualize what you want to do and how you want to do it as well as how you want to react to specific situations, this prevents your mind from wandering. Imagery enhances your confidence because when you visualize in your mind performing well it gives you the feeling of confidence that you can perform the same way in real life. Finally, imagery is best known for practicing a skill. In your mind you can practice performing perfectly as well as pointing out your weaknesses and then correcting them. (Arvaja 2008.)

As longtime NHL coach Mike Keenan likes to say, “The ability to visualize is one of the most valuable psychological abilities a player has to prepare himself to play and improve his performance” (Miller 2001, 33.)

When you practice visualization on a regular basis, you are able to start getting positive influences from all of the senses including hearing, smelling tasting and feeling. The feel component is the most important sense since it refers to emotions and physical sensations, and it is this physical component which is the most important factor in really having effective visualiza-

tion sessions. Visualizing using the inside perspective (the picture created in their mind is through the perspective of what they actually see through their own eyes when looking out on the world) allows you to develop a better quality of the feel component. Using the outside perspective (imagining a picture as if they were watching themselves perform on a TV screen) is good when reviewing performances and the quality of your play. There is no right or wrong perspective however practicing visualization on a regular basis helps you develop to use both perspectives. (Bull & Shambrook 2004, 65-66.)

There is no one single way or correct time to use visualization. Some athletes use visualization the night before a game or practice session, some on the afternoon of the game or practice session and some a few minutes before a game or practice session. (Miller 2001, 38.)

Research done at the Cleveland Clinic Foundation in Ohio made a research which had ten volunteers take part in mental workouts five times a week. They imagined themselves lifting heavy weights with their arms. All of them increased their bicep strength by 13.5 percent and also maintained their increase for a whole three months after the training had stopped. (Bull & Shambrook 2004, 70.)

The key to visualization is to encourage your athletes to spot out and imagine exact details during the visualization session. The brain controls the skill which you want to execute, which is why it's important that the brain is 'reprogrammed' with the new instruction, which can be done through visualization. Without reprogramming the brain, you will first be able to perform the new skill, but under pressure you will forget how to. When the picture and feel of a movement is visualized, there is actual electrical activity taking place in the muscles which are involved in the movement in your mind. This means that the brain is actually mimicking firing the muscles into action just like actually executing the skill, except not quite at a level which would actually cause the body part to move. This is just more research which has proven visualization to be effective. (Bull & Shambrook 2001, 69-70.)

Using actual video is another tool for visualization and can also greatly enhance your play. Being able to see yourself perform on video makes it easier to see and understand what needs to be done and it will then be easier to replicate that. Also, if you can see what has been done wrong, it is easier to understand it and then correct it. Performance images should in most cases be positive, which is the same with videos; however viewing poor play will help you get rid of your mistakes and help you improve. (Miller 2001, 42-43.)

## 5.2 Arousal Regulation

The reason why athletes need to learn how to regulate their arousal levels is because not dealing with stress leads to a decrease in performance as well as mental and physical distress. Regulating your arousal levels helps you stay focused and in control of the situation. How athletes actually cope with anxiety is more important than the amount of anxiety they actually have. (Arvaja, 2009.)

When an athlete's emotional intensity increases, his performance levels also increase until the emotional intensity levels reaches its peak. If the athlete's intensity continues to rise after the peaking point, he becomes over aroused. This leads to becoming too pumped up and too tight in the muscles, which then leads to a decrease in performance. Often when players are under pressure they will react in two different ways. The athlete may become too tight and starts trying too hard, which leads to more mistakes. On the other hand some athletes play flat and under aroused. Both types of players need to learn their correct arousal levels in order to perform to their best possible abilities. The most effective and easiest way to control emotional arousal is to learn how to use breathing effectively. (Miller 2001, 47-48.)

Somatic anxiety reduction includes progressive relaxation which means learning to feel the tension in your muscles and then letting go of the tension. It also includes learning to control your breathing. Your breathing becomes smooth, deep and rhythmic when you are calm, confident and in control of the situation. On the other hand when you are under pressure and tensed your breathing is short, shallow and irregular. Cognitive anxiety reduction includes quieting your mind and reducing muscle tension through meditation. Learning to relax your mind will lead to a more relaxed body. (Arvaja, 2009.)

Effective breathing leads to three different things. The first one is that it unites your mind and body. This is important because a lot of performance problems have to do with the mind and body not performing together. The second this is that breathing helps you focus on the present. A lot of times players will have their mind focused on the mistakes they have made, things they feel they should have done and also things they want to avoid doing in the future. To perform well it's important to know how to focus on the present moment. Thirdly, smooth breathing rhythm integrates left and right brain function. The left side of the brain processes logical, analytic and technical information. The right side of the brain deals with feelings and coordination. A sport performance is about the left side thinking clearly and the right side managing feelings and not letting strong emotions interfere with performance. You

are able to achieve the best possible performance when both halves of the brain perform together. (Miller 2001, 48-49.)

I use it (breathing) all the time and in a lot of different ways. I use it in the afternoon of a game to relax. Sometimes I get so excited about the game; I can't even take a nap. That's when I think of the waves and of breathing slowly and smoothly. It can really help me calm down. Sometimes I combine that breathing with imagining myself playing well.

(Gomez 2001, 58.)

Controlling your arousal levels by breathing not only helps you perform to the best of your abilities but it also helps you to concentrate and get better visualization sessions, which also help you to perform better.

## **6 Empirical Work**

The idea of wanting to one day start helping to develop football in Taiwan first came to me when I was only about 13 years old. Being a big football fan and always wanting to play football with a team whenever possible made it sometimes frustrating for me growing up in Taiwan where there was no youth football program set up which would enable me to play on a club team. This first lead to the idea that one day I would like to be a part of setting up a football program in Taiwan. In June 2008 I helped run a one month sports camp in cooperation with the Shilin Sport Center in Taipei. This is where they first offered football classes for the kids taking part in the camp. For that one month I was hired to run this football program within the camp. After the camp was over the leaders of the camp were keen on bringing me over to Taiwan again in the near future to start developing a structured football program for them. With this in mind I came up with the idea of doing this thesis where the end product is a coaching manual which can be used to start setting up a football program.

### **6.1 Project Planning**

The first part was to decide what aspects I wanted to include in my coaching manual. Doing a bit of research as well as taking into consideration my own experiences in playing football I came up with the conclusion that the most important technical skills needed in football include passing, dribbling, shooting, controlling the ball, heading and goalkeeping. After this I had to decide how much of the tactical side I wanted to include in this project. Since this project is for an organization in a country which has very little knowledge about football, I decided to keep tactical things very simple. I came to the conclusion that in this project it is necessary only to go over the basic player positions in football and what their primary roles are in a game.

Since football is a sport which has specific physical demands, I decided that it is important to include what physical demands are important in football. After some research I found that the main physical demands in football are balance, body strength, explosive power, speed, agility and endurance.

Finally, since research has proven that using psychological interventions helps you improve as a player, I decided to add in this aspect to my project. Once again after some research I found that using imagery and arousal regulation help you to improve as a football player.



## **6.2 Project Implementation**

The first step in this whole process was trying to decide what I started off by writing the theoretical part of the project, which includes basic information about the technical aspects covered, the player positions, physical demands as well as the psychological interventions which can be used. I gathered all of my theoretical information from books, coaching manuals, seminars, as well as the internet. I started with the technical skills, then moved on to the player positions and then to the physical demands. I ended off with the psychological interventions because these can be used to improve all of the other aspects. The next step after the theoretical part was written was to start forming the coaching manual, which shows how to coach or teach the aspects covered on the theoretical side of the project.

## **6.3 Product description**

The product is a coaching manual which includes different drills that work on improving the technical skills, gaining better understanding of the player positions and their roles, and developing on the physical demands needed when playing football. It also includes information on how to teach the psychological interventions which can be used.

The drills in the manuals are solely for the purpose of developing the technical skills, gaining a better understanding of the player positions and their roles, as well as developing on the physical demands needed in football and using imagery and arousal regulation as a means of becoming a better player. I have provided a chart showing when to start training for specific physical demands needed in football. (See appendix 1). Imagery and arousal regulation become an efficient training method for players by the time they reach the age of thirteen.

The drills which deal with the technical aspects and player position roles were put together using a free session template which can be found online from [www.academicsoccercoach.com](http://www.academicsoccercoach.com). I drew all of the drills in myself and wrote up a description for each drill. The drills for training on the physical demands of football as well as the psychological interventions were also put together from different sources such as the internet, books and also from my own past experiences.

## 7 Discussion

Football is the world's most popular sport and it continues to gain popularity in countries where it is not yet established as a favorite among the local people. This product serves for the purpose of helping start a football program in Taipei at the sport center located in Shilin. This sport center does not have any form of football program on offer, which is why this product is to be used to help set one up. There are many technical, tactical and physical aspects needed to be trained in order to become a better football player. The theory side of this product focuses on basic technical skills, while on the tactical side it focuses solely on what player positions there are as well as what their basic roles are in a game situation. The technical aspects covered include passing, dribbling, striking the ball, controlling the ball and goalkeeping. As for physical demands, this product goes through what types of physical abilities are essential when playing football. These include balance, total body strength, explosive power, speed, agility and endurance. Finally, this product looks at what psychological skills can be used in order to become a better player. The psychological interventions which are introduced include imagery and arousal regulation. With all of these aspects covered in the theory section, a football coaching manual was put together in order to give guidelines as to what kinds of drills and sessions can be used in order to develop these aspects.

Putting together a set of drills which can be used to coach the aspects covered in this project was difficult as there are so many different drills which can be used. The drills chosen are to serve as a starting platform of drills which can be used after which it's easy to build on them. It was important to put together drills which are interesting and fun as well as game like. Since football is only slowly starting to engage the interests of the local people of Taiwan, it's important that every experience they have with it are interesting and fun. Putting together game like drills is also very essential for the development of the players. The drills in the manual are intended to be used for players of all ages. Since pretty much every one from every age group is on the same starting line as far as skill level goes, the drills are appropriate for everyone.

At first it was difficult trying to decide what technical and physical aspects I wanted to cover in this product. There are many technical aspects which I left out, such as slide tackling, but these can of course be added later on in order to make this product even more useful. Taking into consideration my past experiences as a player and also reading through literature helped me come up with the decision as to what were the most important aspects to include. With

everything in this product right now, I believe that the instructors using this are able to start training quality players.

Getting the coaches to understand the importance of the mental side of the game and player development is very important. Since 50 percent of an athlete's performance is mental, I thought it was very important to include imagery and arousal regulation as psychological interventions which can be used to help develop the players. It was challenging trying to go over the importance of imagery and arousal regulation in the theory section and also making it easy and logical to understand. In the coaching manual it was important to make the guidelines for teaching these psychological interventions easy to follow as well as to do in practice.

I found it very challenging making the coaching manual as simple and easy to follow and understand as possible. I had to continuously keep in mind that the coaches using this will have very little knowledge about football. This is why the drills needed to be fairly simple and the instructions short and simple. It was also important to add in reminders in each drill as to what is important to look for from the players during the drills.

A question which can be raised is how much of the tactical side of the game should be taught at different ages. This product only mentions different player position and their basic roles in a game situation. There are drills which specifically train players to play in their own positions with their roles, but that's as far as the tactics are covered in this product. Going through different tactical aspects and putting together different tactical drills is a project that can be done in the future. This would highly enhance the level of the football program being set up since the tactical side of the game becomes increasingly important when the level of competition becomes higher.

I personally believe that all of the skills covered in this product are essential when playing football and developing them will help you to become a good football player. I feel it's important for the coaches who are going to be using this product to first carefully read over the theory section. This is important because then they will understand what basic skills are needed when playing football. Since most of them will have very little knowledge about football to start off with, going through the theory section will greatly enhance their overall knowledge of football.

I found making this product very interesting and challenging since this was made for an organization which doesn't have any form of football program. It was made even more interest-

ing and challenging since this organization is in a country where football is only slowly starting to interest the local people. I am confident that this product is a great tool which can be used to start developing a football program in this sport center in Taipei.

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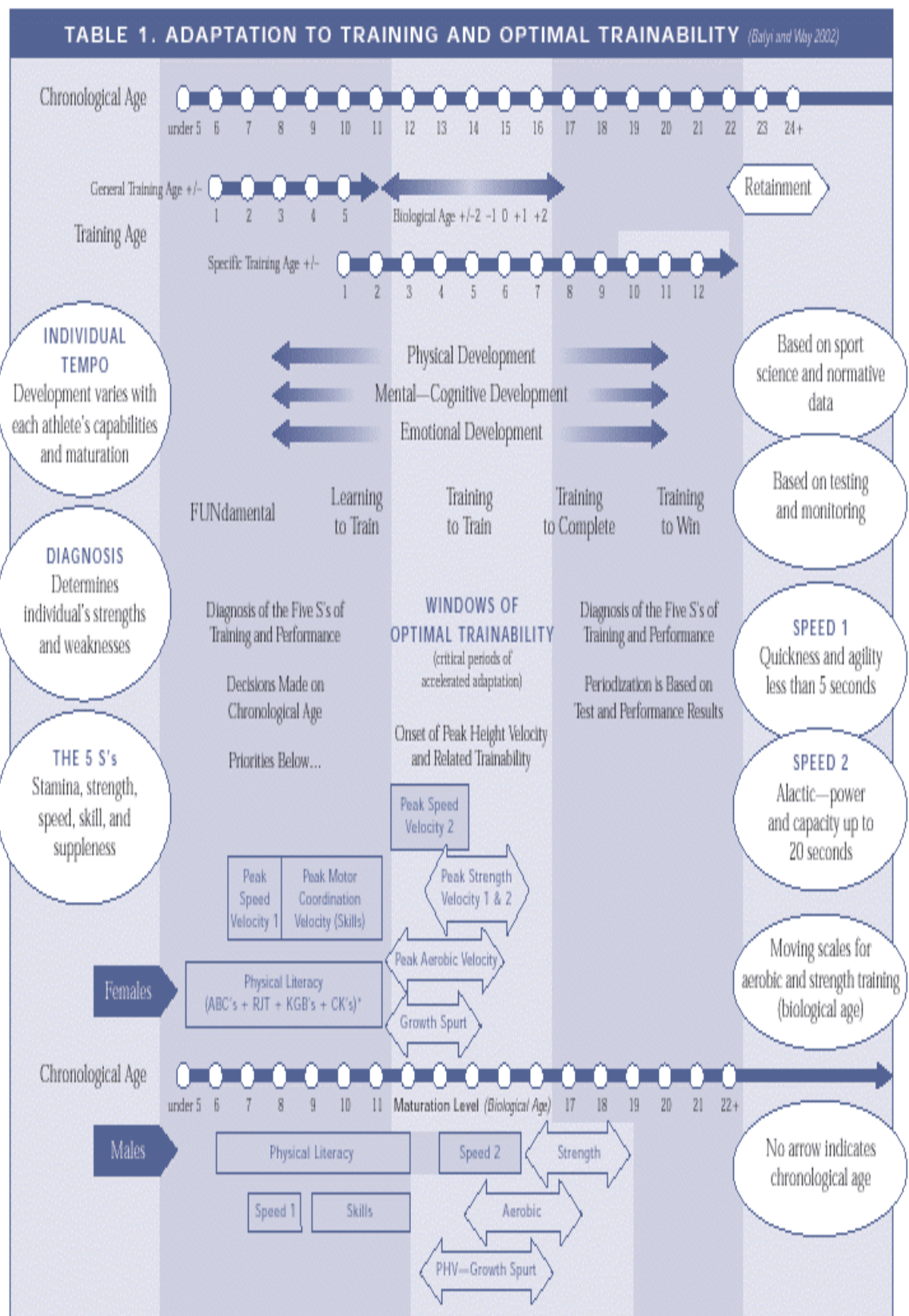
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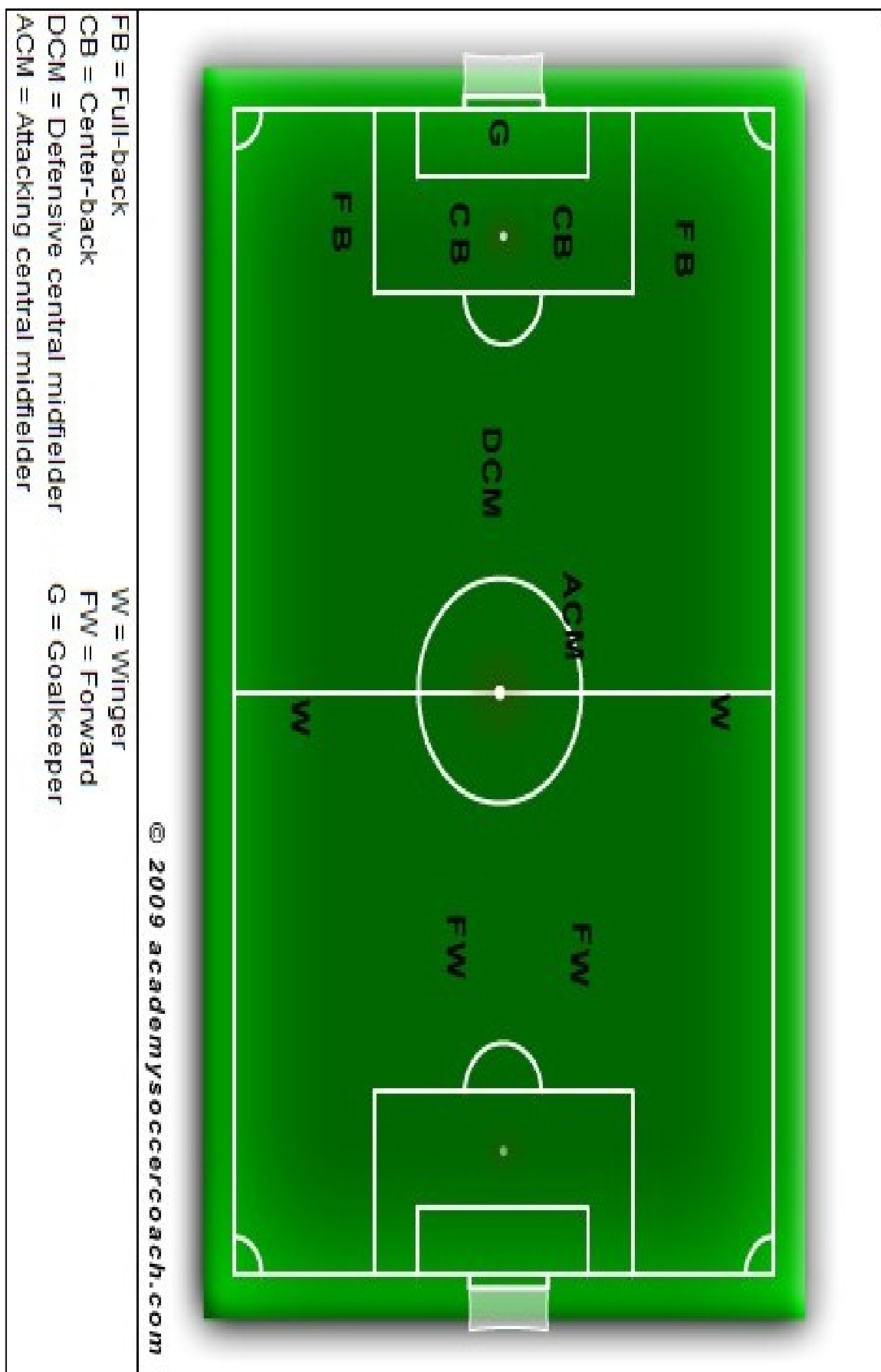
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## Appendices

### Appendix 1. Adaptation to training and optimal trainability







# Football Coaching Manual

By Niko Ijäs

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## Introduction

All of these drills are to serve as a starting platform as to what things you should train in football. The ideas in the drills have been gathered together from various sources. They have then been drawn and written out by myself, in some cases using a soccer template which can be found on [academysoccercoach.com](http://academysoccercoach.com). Most of these drills are made as game-like as possible. This means that the situations in the drills are similar to those the players will encounter in a real game. It's important to always emphasize the factor that playing should be fun. This applies for players of all ages.

Here is a key that can be used to help understand the drills:



Player A



Player B



Football



Cones



A minute guide has also been provided before the drills to give an idea as to how long the drills should run for. The purpose of the drills has also been stated. In order to train the correct physical demand aspects at specific ages, it's important to follow the guidelines provided in appendix 1. All of the technical skills drills and basic team play drills can be used for players of all ages. Finally, teaching the use of imagery and arousal regulation should not be started until the age of thirteen.

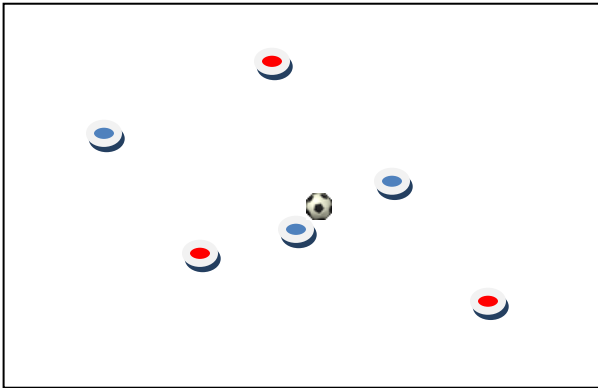
## **Physical Demands of Football Drills**

## ***Balance***

Purpose: The purpose of these two drills is to develop the balance of the players. In football players must continuously learn how to keep their balance while reacting to situations going on in the game.

All of these drills will run for approximately 15 minutes.

### **Balance practice 1**

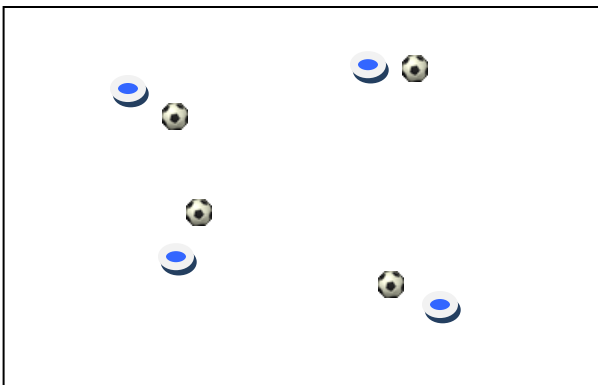


**In this drill players are divided into two different teams (reds and blues). Every player hops on one foot the whole time while moving around in the designated area. One team has a ball and by throwing tries to hit the players of the other team. Once someone on the team has been hit, his team starts to hit the other team.**

**Progression: Add more balls into the game and change the hopping foot and style**

**Remember to take short breaks about once every minute because it's tiring to hop on one foot.**

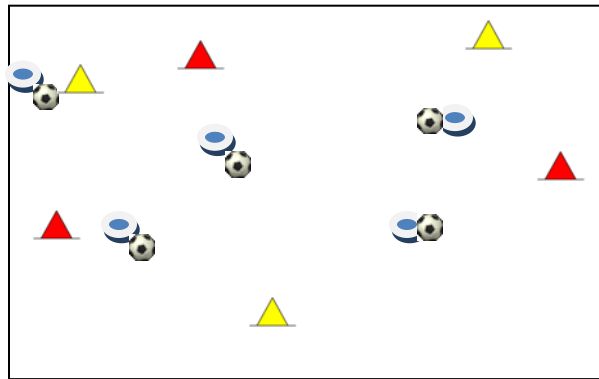
### **Balance practice 2**



**In this drill players dribble around in a designated area, each with their own ball. Players then try to balance themselves on top of the ball. First they can try this with one foot and then two feet. If it's too difficult put players in pairs and have the player without a ball support the player who is trying to balance himself.**

**Progression:** Once it gets too easy have players try to do a squat on the ball and even keep their eyes closed.

### **Balance drill 3**



**In this drill players dribble the ball with their hands and hop on one foot. On the coaches call players need to perform a sequence called out by the coach, for example throw the ball in the air with your eyes closed or spin the ball around your body. After this the coach calls out the color of a cone which players have to go touch and then run back and get a new ball.**

**Progression:** After starting off with hopping on your right foot and bouncing the ball with your right hand, move into using the opposite hands and feet. After a while ask the players to change their dribbling hands and bouncing feet after every four bounces.

**Progression 2:** Allow other players to try and steal your ball while you are dribbling and hopping.



## ***Total Body Strength***

Purpose: Throughout a game of football there are constant needs for players to have good strength while taking on challenges from other players, shuffling, diving on the ground and quickly getting up to continue playing. Performing these workouts will greatly increase players' total body strength. The amount of times these workouts should be performed varies from 2-4 times per week.

### ***Football Lower-Body Circuit Workout***

1. Dumbbell squat to calf raise x 15 reps
2. 30-second stationary bike sprint or 100 meter sprint
3. Dumbbell side lunge x 12 reps with each leg
4. Physioball supine leg curl x 15 reps
5. 1 minute stationary bike sprint

Complete 3 or 4 sets of this sequence with one minute of rest between sets.

### ***Football Upper-Body Circuit Workout***

1. Dumbbell curl and press x 12 reps
2. Incline body row x 12 reps
3. Upper-body step-up x 12 reps with each arm
4. Seated cable pull-down x 12 reps
5. Incline push-up x 12 reps

Complete 3 or 4 sets with one minute of rest between sets.

### ***Total-Body Strength (Repetition Based)***

1. Dumbbell hang clean x 5 reps
2. Dumbbell squat to an overhead press x 5 reps
3. Dumbbell forward lunge and curl x 5 reps with each leg
4. Dumbbell split jerk x 5 reps
5. Dumbbell squat jump x 5 reps

Complete 5 sets of this sequence with no rest between exercises and one minute of rest between sets.

## ***Explosive Power***

Purpose: Football includes a lot of sprinting, changing directions, leaping and kicking strength. Through power training players will be able to increase their playing speed, their ability to go up against opponents in a physical situation, their kicking distance and strength, their jumping ability, and their ability to run past the opponents. The amount of times these workouts should be performed varies from 2-4 times per week.

Category	Purpose	Intensity	Repetition response	Direction of Movement
Rope jumping	Ankle-foot reactive response	Low	Single or multiple	Vertical
Stability landings (single or double leg)	Landing technique and control, eccentric strength	Low to moderate	Single or multiple	Vertical or horizontal
Single- and double-leg hopping	Reactive response	Low to moderate	Multiple	Vertical or horizontal
Jumping up: box/hurdle	Explosive power, reactive response	Moderate to high	Single or multiple	Vertical
Jumping down/depth jumps	Eccentric strength, reactive response	Moderate to high	Single	Vertical
Bounding: multidirectional	Reactive power	High	Multiple	Horizontal

Total-body medicine ball throws	Explosive power	High	Single; multiple when using wall	Horizontal
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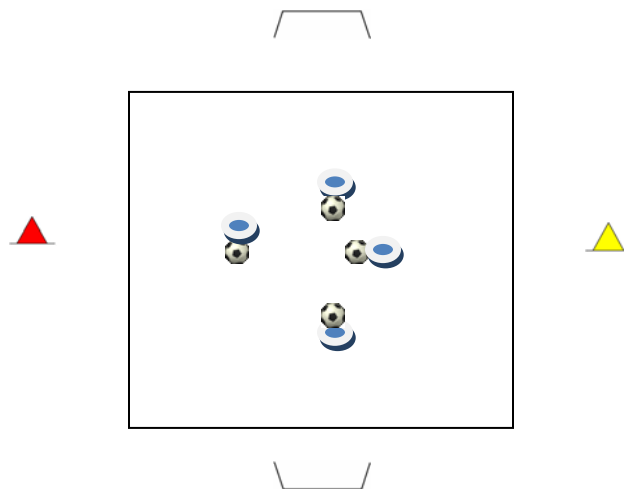
## ***Speed***

Purpose: Speed is something every player on the football field needs. Forwards and wingers need speed to win loose balls from the opponent as well as running by them with the ball. With good speed defenders can make up for mistakes they've made by positioning poorly and letting forwards get by them. Midfielders need speed to develop fast attacks, which is an advantage which can make the difference in a game.

Both of these drills will run for approximately 15 minutes.

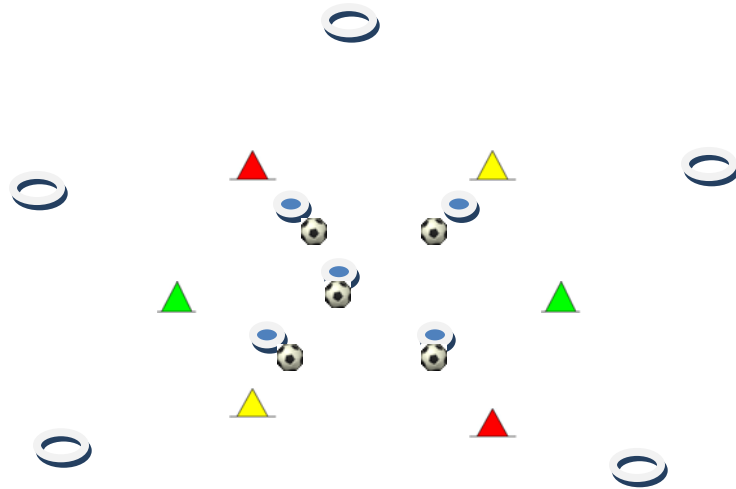
Make sure to pay special attention that whenever the players should sprint, they actually sprint and don't just jog or walk.

### **Speed drill 1**



**In this drill players dribble around in the designated area with goals at both ends. On the sides of the field there are two different colored cones. On the coach's call the players shoot their balls into either goal and then sprint to the colored cone which the coach calls out.**

### Speed drill 2



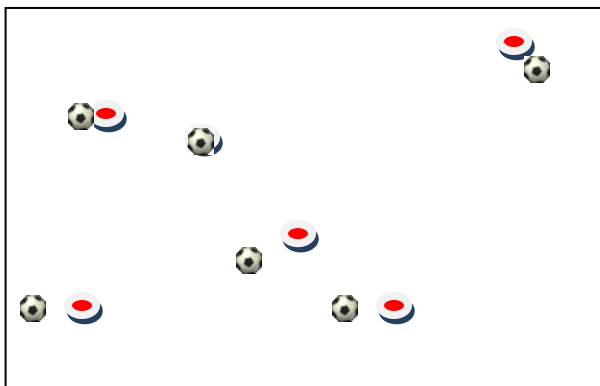
**In this drill players dribble around inside the different colored cones. On the coach's call players sprint to the colored cone which was called out after which they sprint to the open rings and place their balls in there. You can start off by bouncing the ball with your hands and then move onto dribbling with your feet.**

## ***Agility***

Purpose: A forwards ability to weave around defenders and accelerate past them highly increases his chance of scoring a goal. In the same way defenders who have to move back quickly or goalkeepers who have to make split-second decisions when making a save highly benefit from agility training.

These drills will run for approximately 10 minutes.

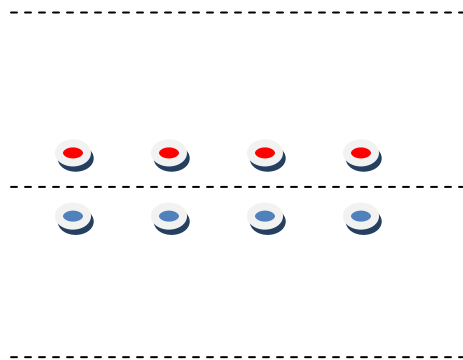
### **Agility drill 1.**



**In this drill players first dribble around freely. On the coach's call players perform something improving their motor skills (forward roll, cartwheel).**

**Progression: Move into doing harder things such as a backward roll.**

### **Agility drill 2**



**In this drill place players into partners as shown in the picture. On the coach's call the first partner tries to sprint to the end line without his partner (different colored) touching him. To improve agility start off from different positions such as on your knees or lying on back.**

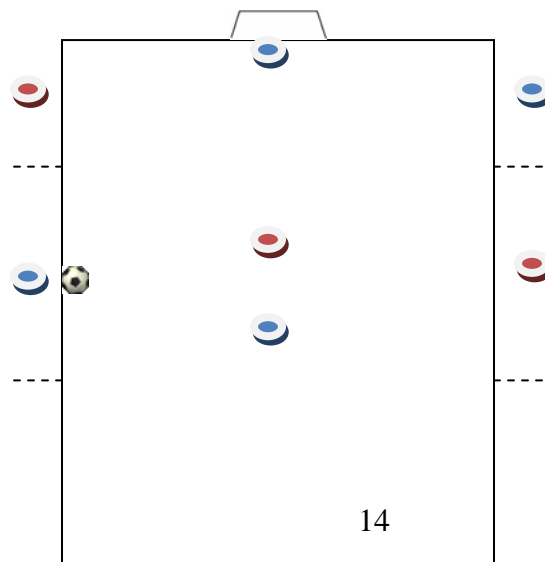
**Progression: Add a ball into this drill for each player to dribble while sprinting to the end line.**

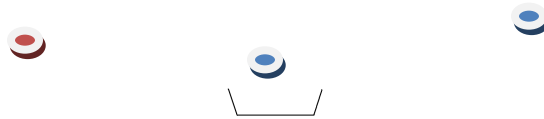
## ***Endurance***

Purpose: In football you need both aerobic and anaerobic endurance. Aerobic endurance involves performing low intensity workouts for a prolonged period of time. Anaerobic endurance on the other hand includes being able to do short term, high intensity physical activities. In football it is essential to do speed-endurance training as this works both your aerobic and anaerobic energy systems.

These drills will run for approximately 20 minutes.

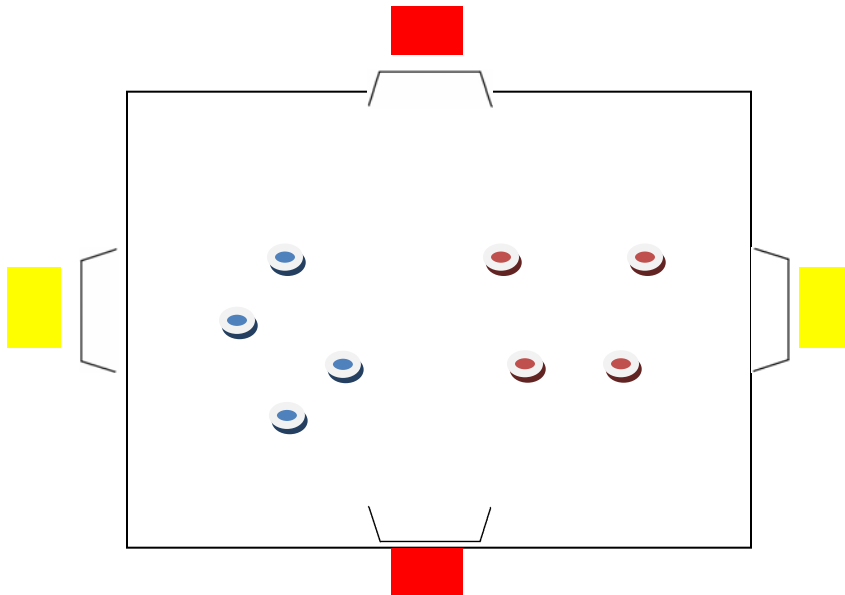
### **Endurance drill 1**





**In this drill players start off playing 1 vs 1 with the aim of scoring a goal. If a player is able to play the ball to one of his teammates standing on the side the game becomes 2 vs 1. This game is played at a very high intensity for about 2 minutes with 3-5 minute recovery times.**

### **Endurance drill 2**



**In this drill the players are split up into two even teams. The aim is to score in any of the four goals. Two goals cannot be scored back to back into the same goal. Once again the intensity is kept high to improve on endurance.**

**Progression: If the game seems to be played on one side only call out the color of the goal which a goal has to be scored in next.**



**Playing any form of small sided games (3vs3, 4vs4, 5vs5 and so on) is a great way to improve on your endurance of football.**

## **Technical Skills Drills**

## ***Passing Drills***

Purpose: The purpose of these passing drills is to focus on the correct passing technique in a game-like situation. All of the different forms of passing can be used in these drills. Remember to keep in mind the key points for all of the different types of passes.

### **Push pass**

- Your non-kicking foot should be pointing towards the target and placed next to the ball
- You should bend your knees and lock the ankle of your kicking foot
- Strike the middle part of the ball
- Follow through with your pass

### **Outside of the foot pass**

- Place your non-kicking foot next to the ball
- Strike through the middle of the ball

- Follow through with the upper part of the outside of your foot

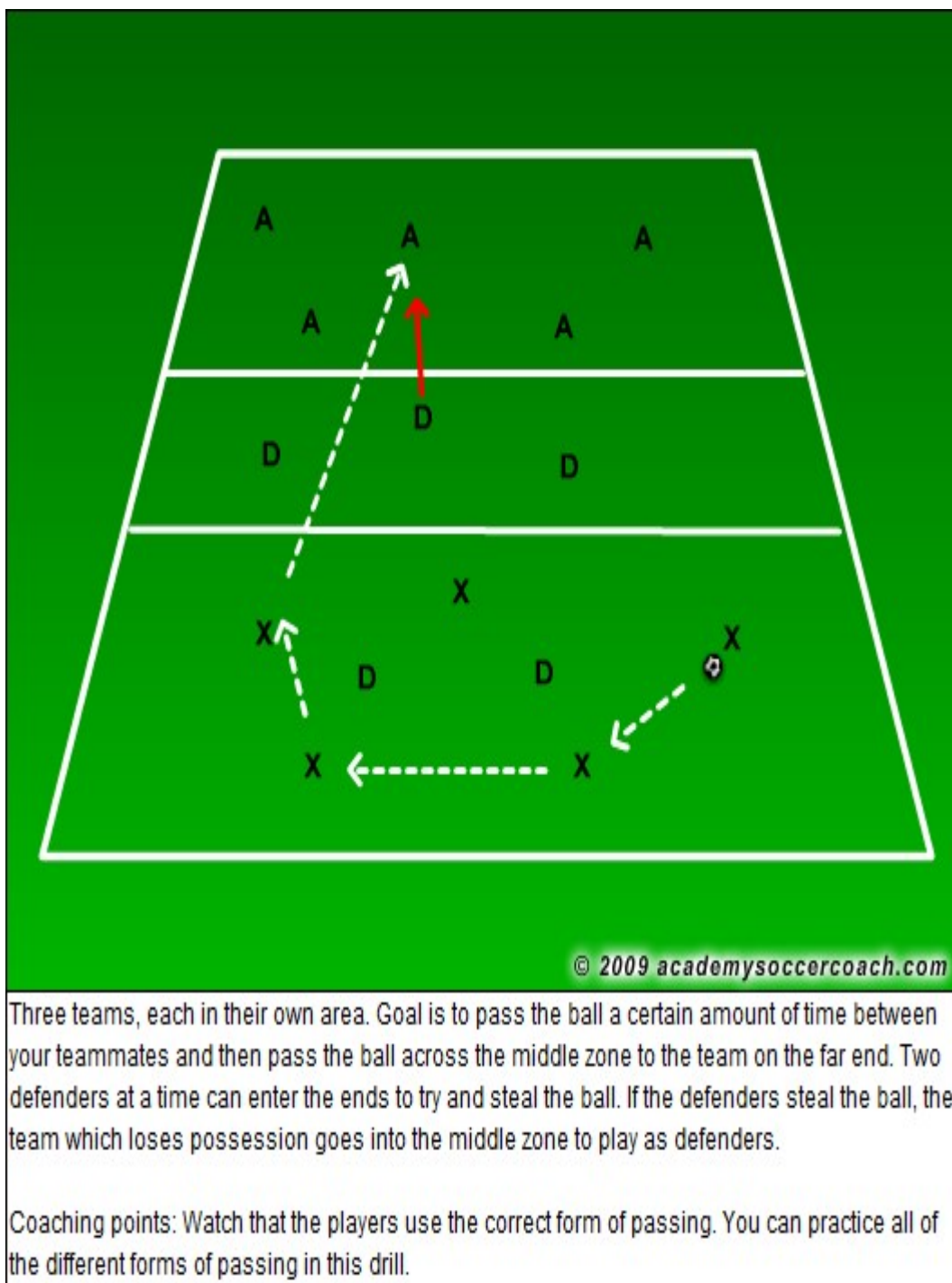
### **Instep pass**

- Place your non-kicking foot next to the ball and pointed towards the direction of the target
- Keep your toes and ankles stretched and locked
- Lean forward and keep your shoulders over the ball
- Use the inside part of your laces to strike through the middle part of the ball
- Follow through

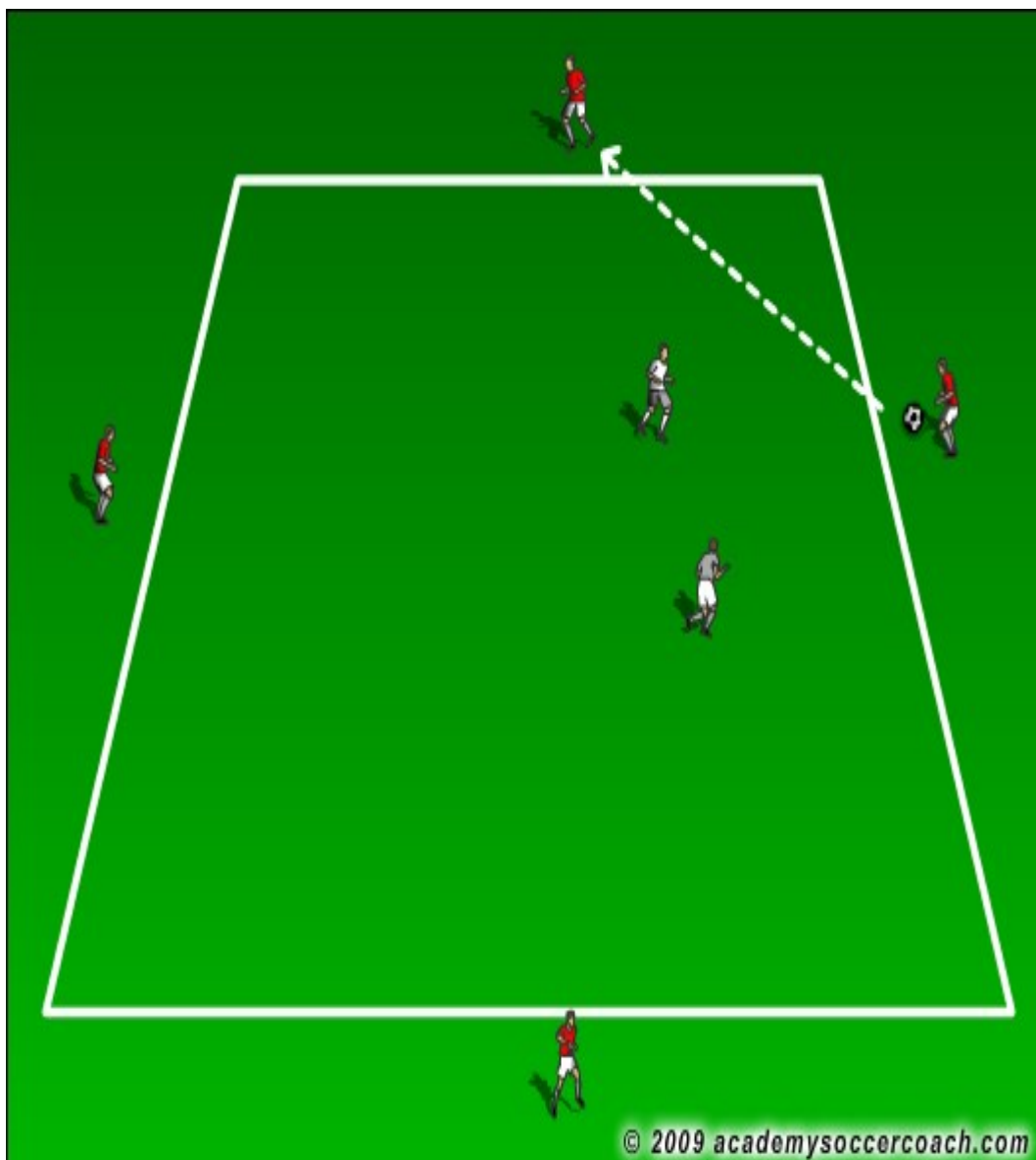
### **Long high pass**

- Approach the ball coming from a slight angle (not straight at it)
- Place your non-kicking foot next to the ball a few inches away from it
- Strike the ball using the inside part of your laces and make contact underneath the ball
- Follow through with your kicking foot

### **Drill 1** (20 minute drill)



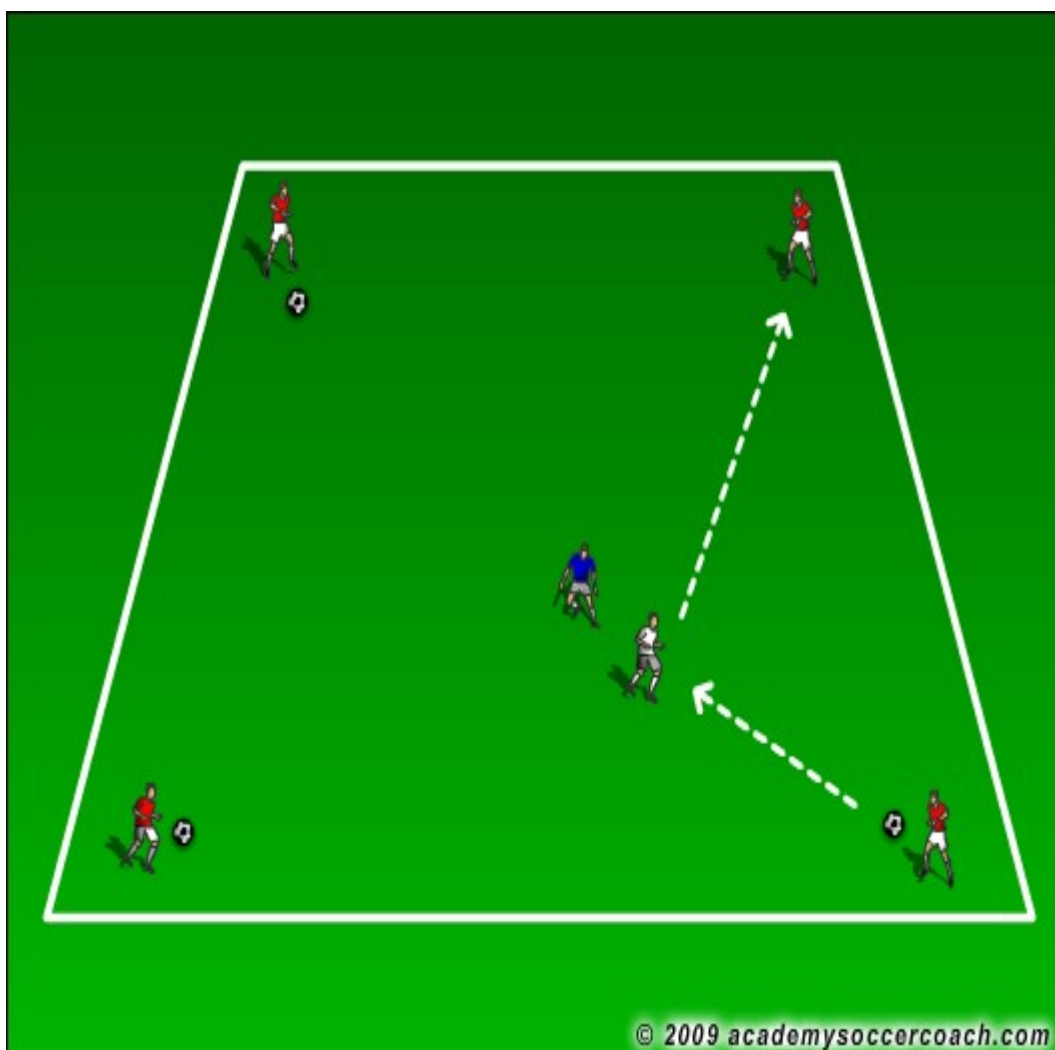
Drill 2 (15 minute drill)



7 x 7 ft. area. Two defenders in the middle try to intercept the ball from the four players playing on the sides. The players on the sides cannot enter the area and try to pass the ball amongst themselves. The players on the sides can move along the sides to help support the player with the ball.

Coaching points: Once again you can practice using all forms of passes. You can also limit the touches on the ball to one or two to make it harder.

### Drill 3 (15 minute drill)



10 x 10 ft. area. A player stands in each corner, three of these players has a ball. The fourth does not and acts as the first receiver. Of the two players in the middle one is an attacker and the other a defender. On command the attacker collects a pass from any of the three corner players with a ball. Then by moving and dribbling he tries to play the ball to the corner player without the ball (you can't pass to the same person you received the pass from). The defender tries to steal the ball. After completing a successful pass the attacker sprints back to the middle and invites a pass from one of the two remaining players on the corners. Do this for about 1 minute with high intensity and then rotate roles.

Coaching points: Concentrate on the quality of the passes, Practice using all forms of passes. You can start off by telling the defender to play a passive role before moving onto playing an active role. Attackers should also see which corner is free to pass to before receiving the ball.

## ***Dribbling Drills***

Purpose: The purpose of these drills is to focus on the correct dribbling technique in a game-like situation. Encourage the players to use different parts of their foot (Inside of the foot, outside of the foot, soles) as well as both feet. Also encourage them to be creative and practice dribbling past defenders in the way they see best.

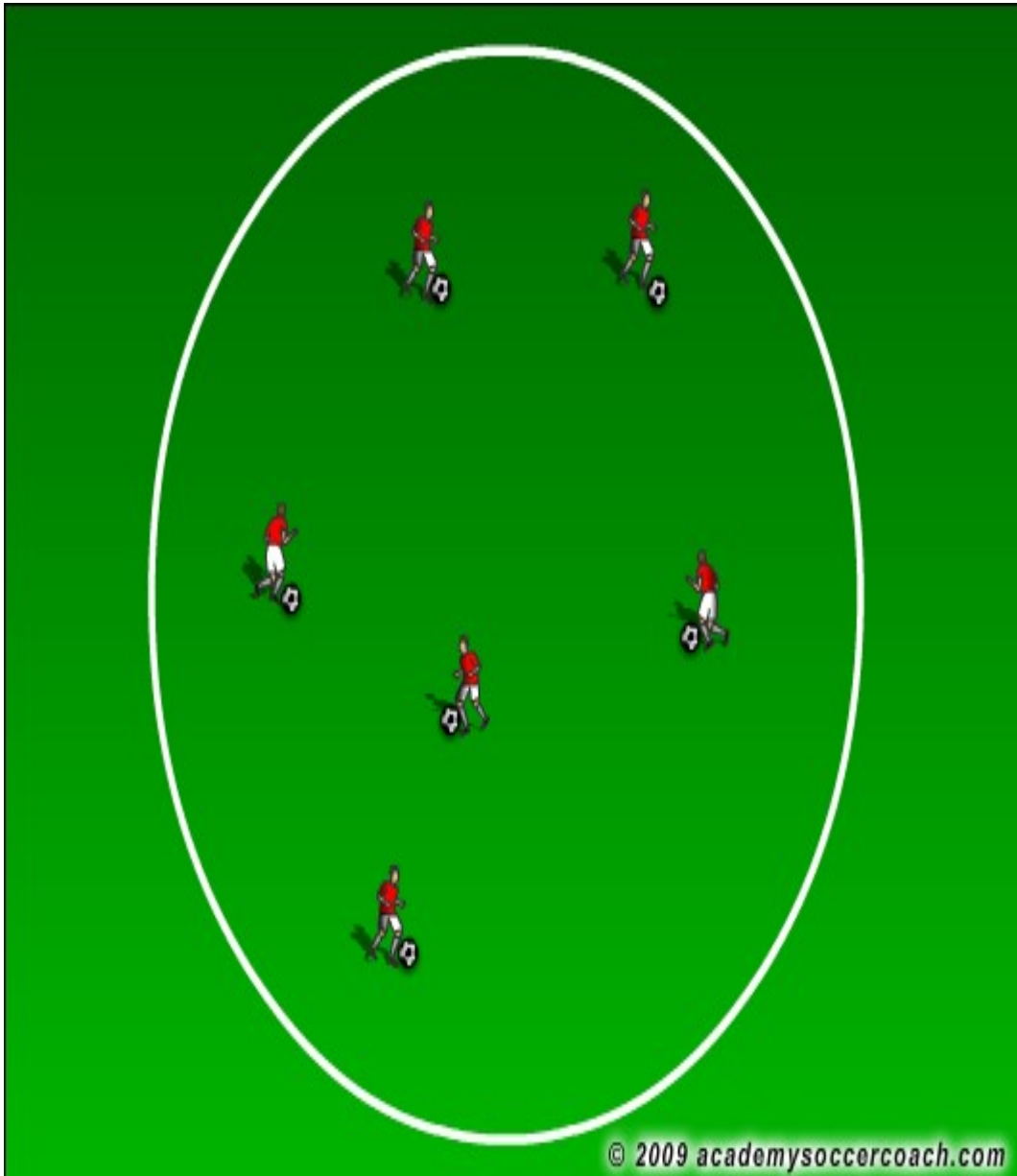
The following are important key points to remember when dribbling the ball:

- Have a positive attitude – Confidence
- Keep the ball close to your feet
- Keep your head up – awareness of what is around you
- Change of speed and change of direction with deception

Things to be emphasized:

- Have quick feet with close control (not the player running quickly)
- Good stance – knees bent, moving on balls of feet
- Quick change of direction/change of speed – agility and acceleration
- Use both feet and different parts of the foot – inside, outside, sole

Drill 1 (10 minute drill)

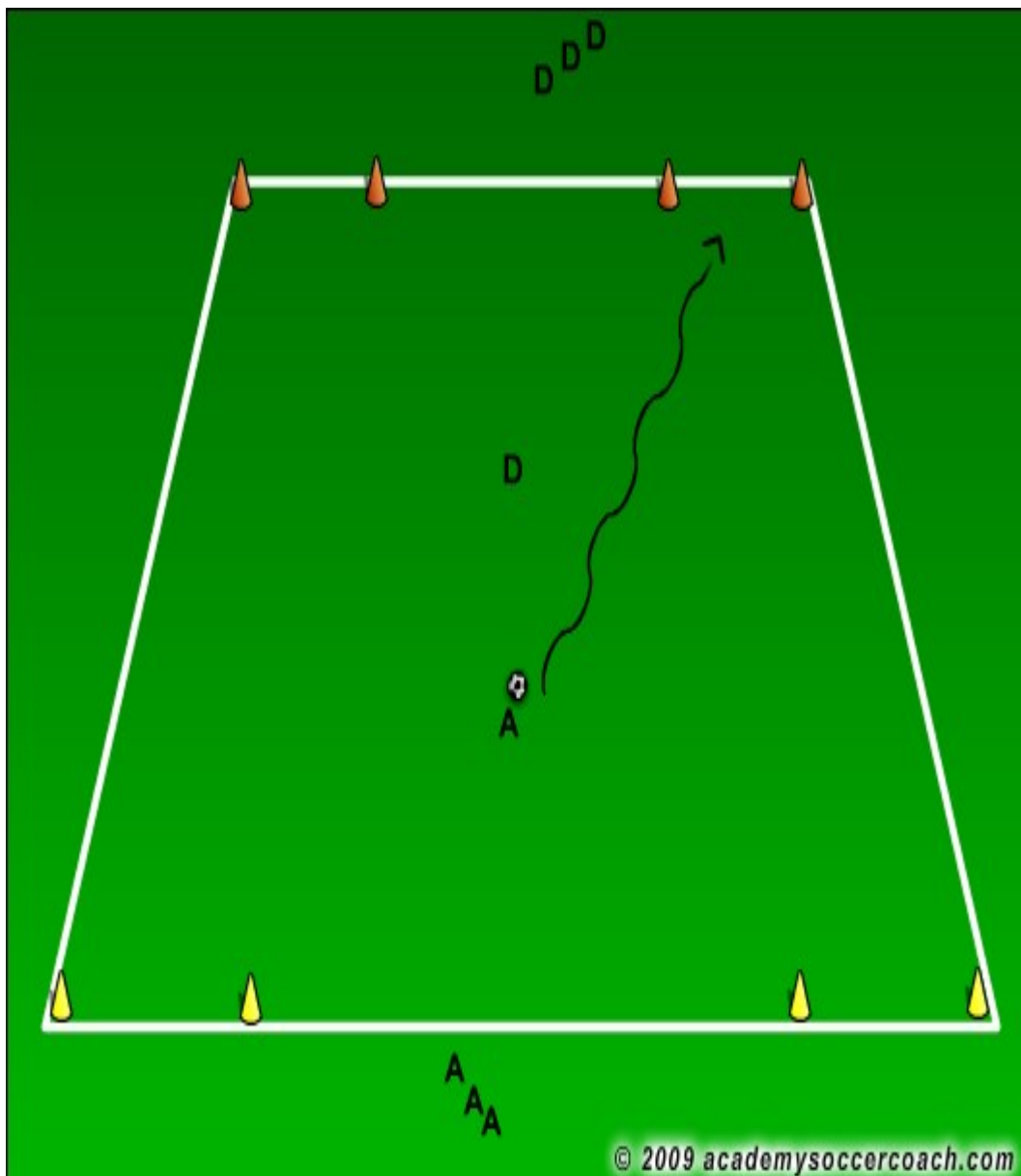


Players dribble around freely inside the area using all the different parts of the feet (inside, outside, soles)

Coaching points: Call out which part of the foot to use, when to make sprints, when to make turns. To make it harder you can appoint defenders to try and steal balls.



Drill 2 (20 minute drill)



15 x 20 area with corner goals. Attackers line up on one end and defenders on the other. A defender passes the ball to an attacker who tries to dribble past the defender and in between either of the two corner goals. If the defender steals the ball he then tries to dribble to ball into either of the two opposite corner goals.

Coaching points: Focus on the correct dribbling technique and also different fakes you can use. You can also progress this to a 2 vs 1, 2 vs 2, etc. situation.

Drill 3 (20 minute drill)



50 x 40 ft area. Play a normal 6 vs 6 game with both teams trying to score goals. Emphasize dribbling though by having the possibility to also score a goal by dribbling through any of the four cone goals placed on the field.

Coaching points: Encourage aggressive dribbling whenever possible.

## ***Striking the Ball Drills***

Purpose: The purpose of these drills is to focus on the correct technique of striking the ball in a game-like situation. Both the instep drive and the swerve can be used in these drills. Remember to keep in mind the following key points:

The following are important key points to remember when performing the instep drive:

- Place your non-kicking foot next to the ball for a low drive and slightly behind the ball for it to lift off the ground
- Lock your kicking foot ankle and point your toes down
- Lean forward and strike the middle part of the ball using your laces
- Follow through with your kicking foot

The following are important key points to remember when performing the swerve kick:

- Place your non-kicking foot next to the ball or slightly behind it
- Use the inside of your foot and strike the ball slightly to the right of the center
- If you want height on your kick strike the ball slightly to the right and below the midline
- Follow through away from the body with your kicking foot

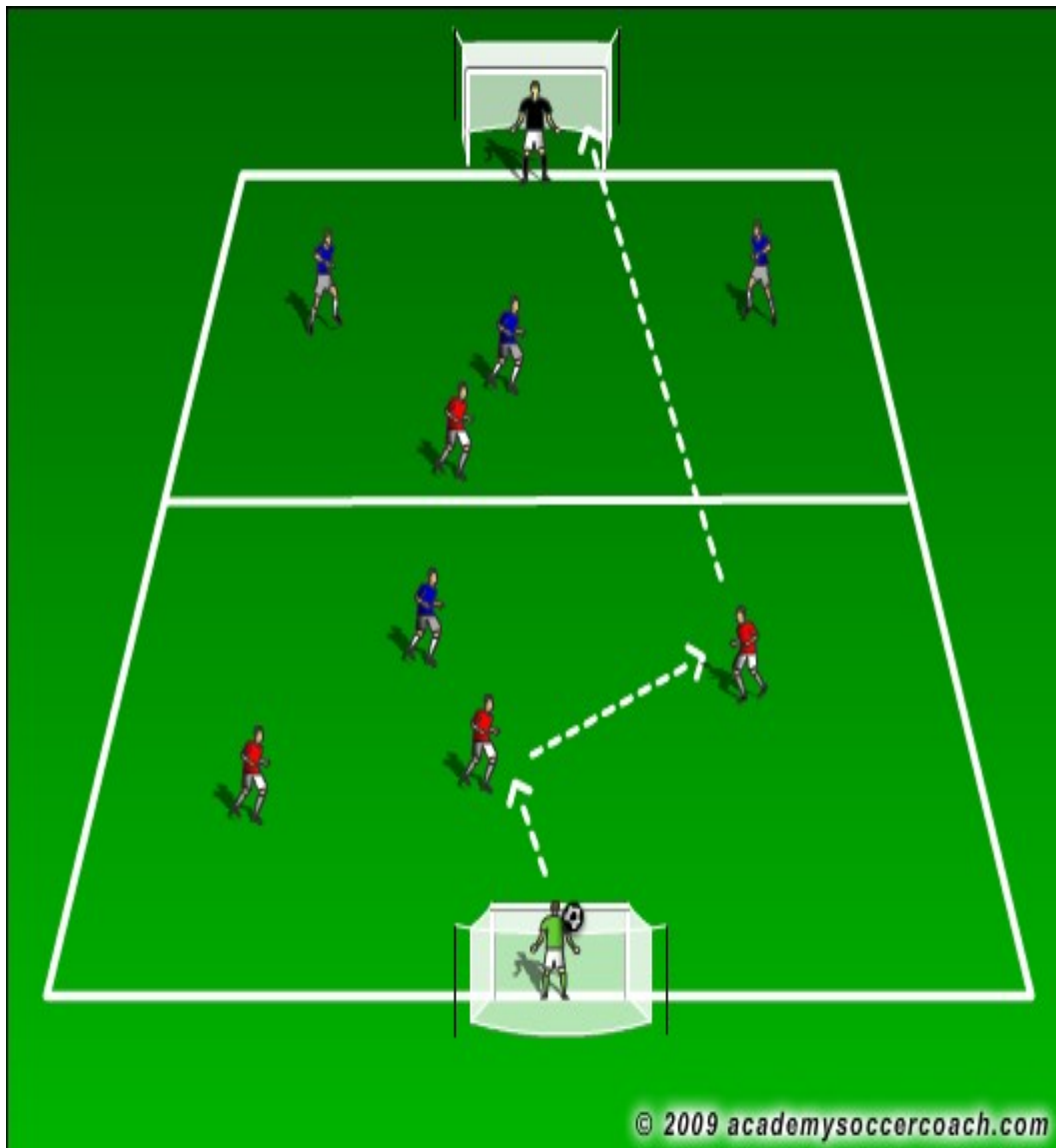
Drill 1 (15-20 minute drill)



Players line up evenly behind the two yellow cones. One side at a time the first player in line passes to the defender standing in between the cones. The defender passes the ball back and immediately has to run and touch either of the two cones which he is standing in between. The attacker dribbles and has a shot on goal with the defender trying to steal the ball. After this the other side goes. Rotation goes so that the player who has taken a shot becomes a defender and the defender goes to the end of an attacking line. After a while you switch sides.

Coaching points: Practice using both the instep drive and the swerve kicks.

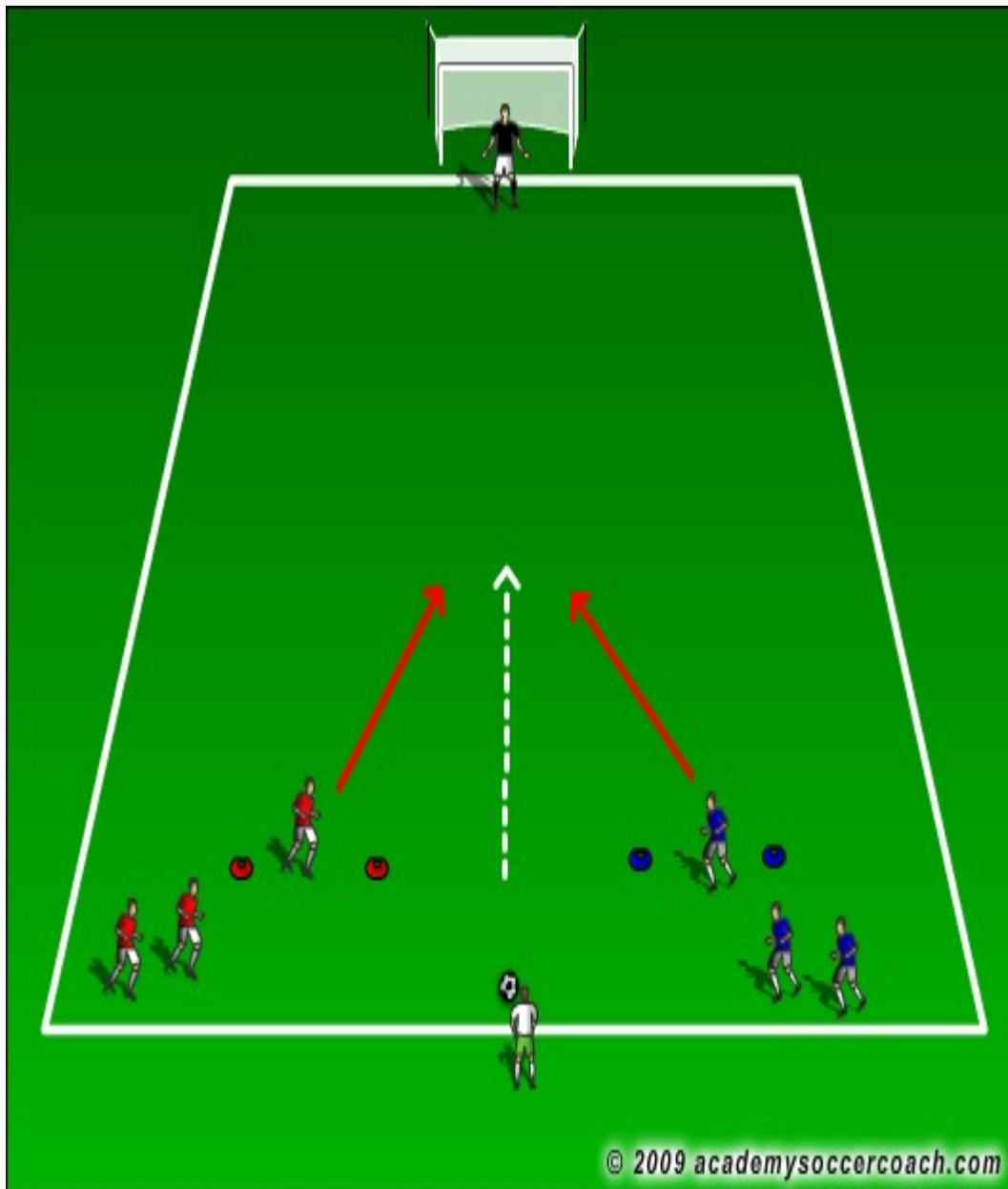
Drill 2 (20 minute drill)



20 x 15 ft. area, Both sides have a 3 vs 1 situation. No one is allowed to cross the half way line. Players on the same team pass the ball amongst themselves in their own half, or they can pass the ball to their player on the other half, with the emphasis on trying to take shots and score goals.

Coaching points: Tell players to take shots whenever possible. You can progress the drill by allowing one player at a time to cross the half way line making it a 3 vs 2 situation. Practice using the instep drive and the swerve kick.

Drill 3 (10-15 minute drill)



Two players at a time go against each other. The coach passes a ball into the middle and the two players race to get there first and take a shot on goal.

Coaching points: Have the players start from different positions (knees, lying on back, etc.) To allow both players to have a shot have another coach stand next to the goal and pass a ball to the player who didn't get to shoot to have a shot on goal as well.

## ***Controlling the Ball Drills***

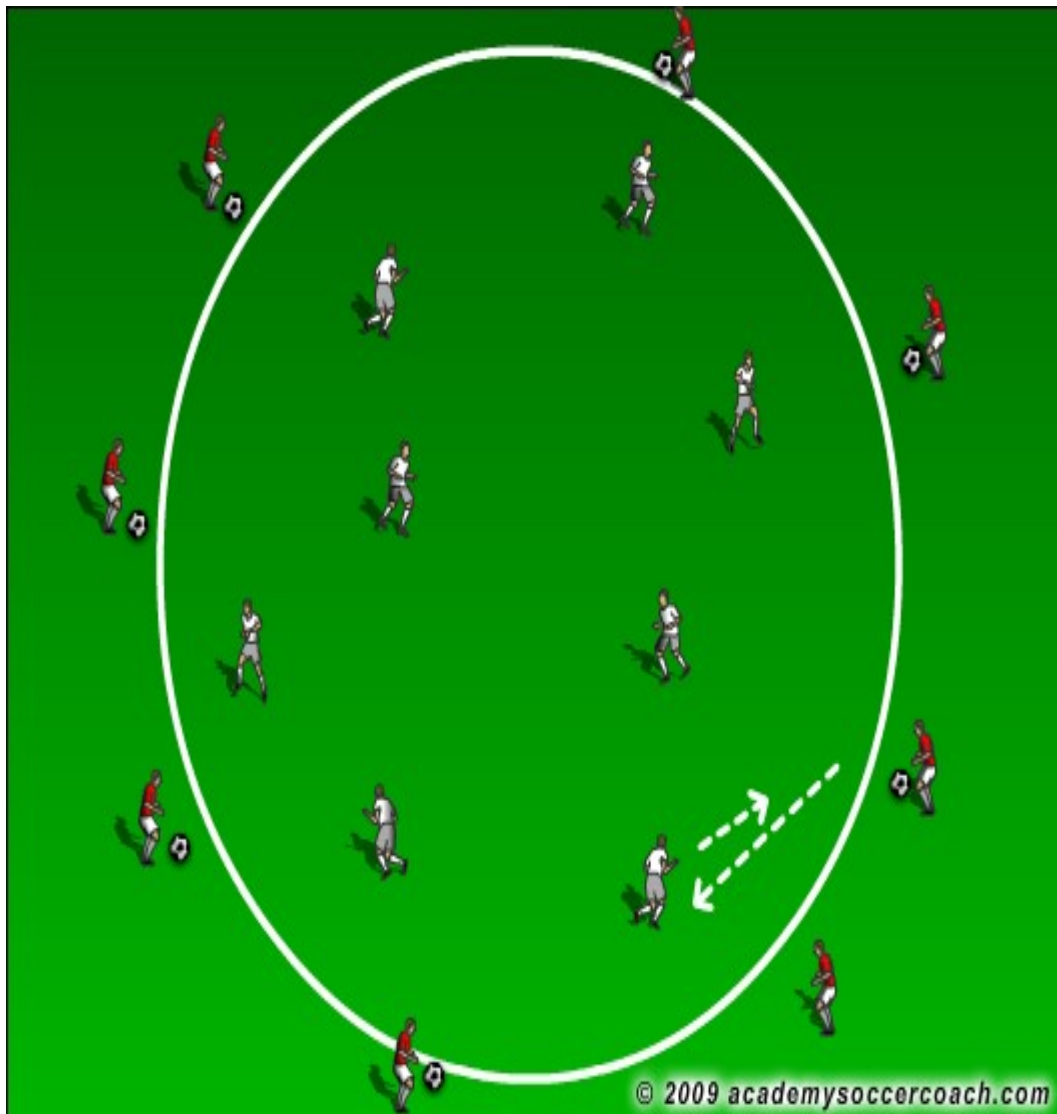
Purpose: The purpose of these drills to practice controlling the ball in a game-like situation. Remember to keep in mind the following key points:

The following are important key points to remember when controlling the ball:

- Move the controlling surface into line of the flight of the ball
- Select early how you will control the ball (feet, thigh, or chest)
- Good first touch control – protect the ball if needed
- Make direct play possible by controlling the ball in the direction where you want it to go



Drill 1 (15 minute drill)

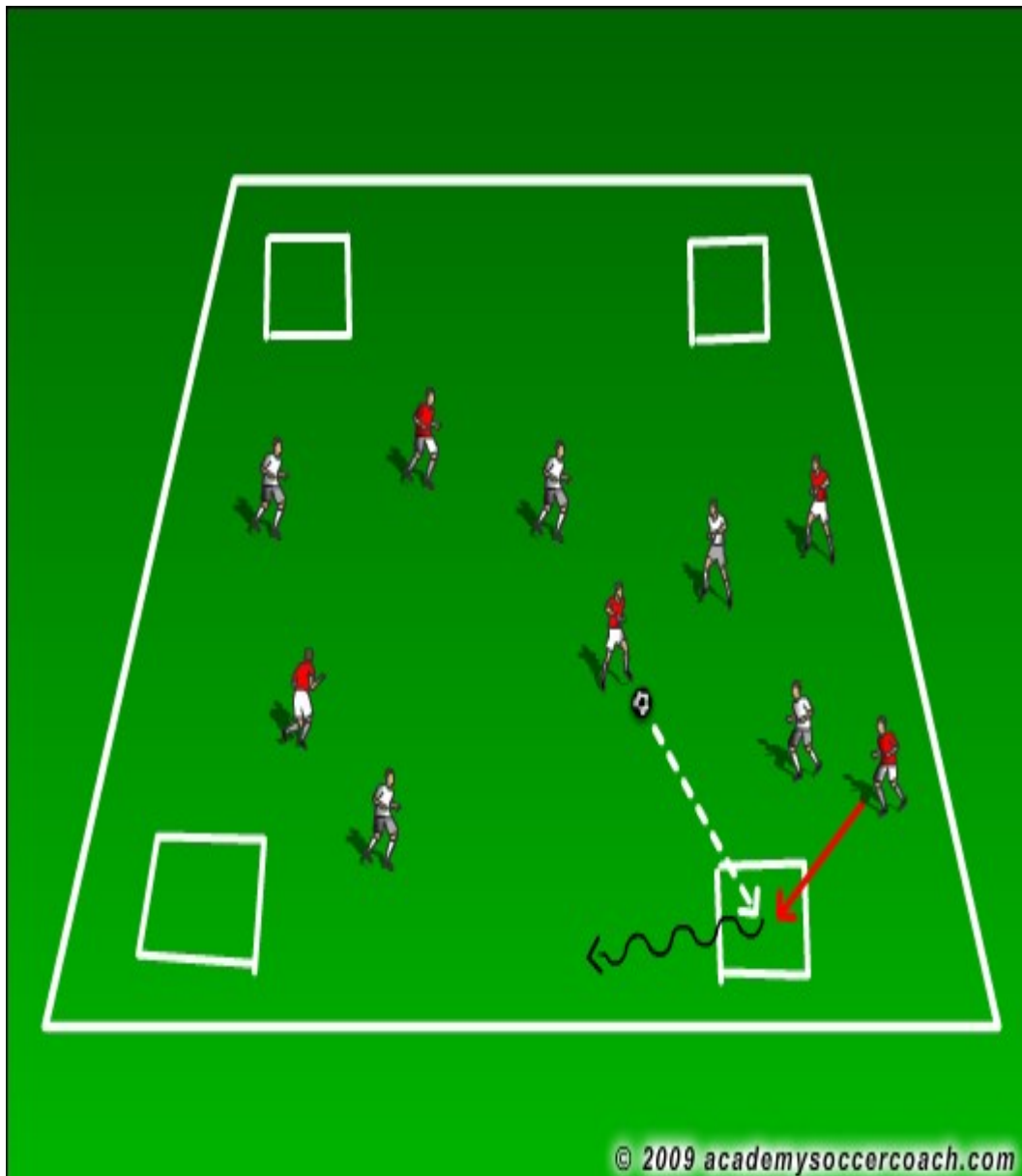


Half the players are inside the circle running around freely asking for a pass from the players standing on the sides. The players in the middle control the ball using different parts of the body (feet, thighs, chest, head) and then pass the ball back to the player on the side after which they move onto to receiving a pass from another player standing on the side.

Coaching points: Make sure players practice using all the different parts of the body to control the ball. To make this more challenging you can add defenders into the middle to pressure the players who are trying to control the ball.



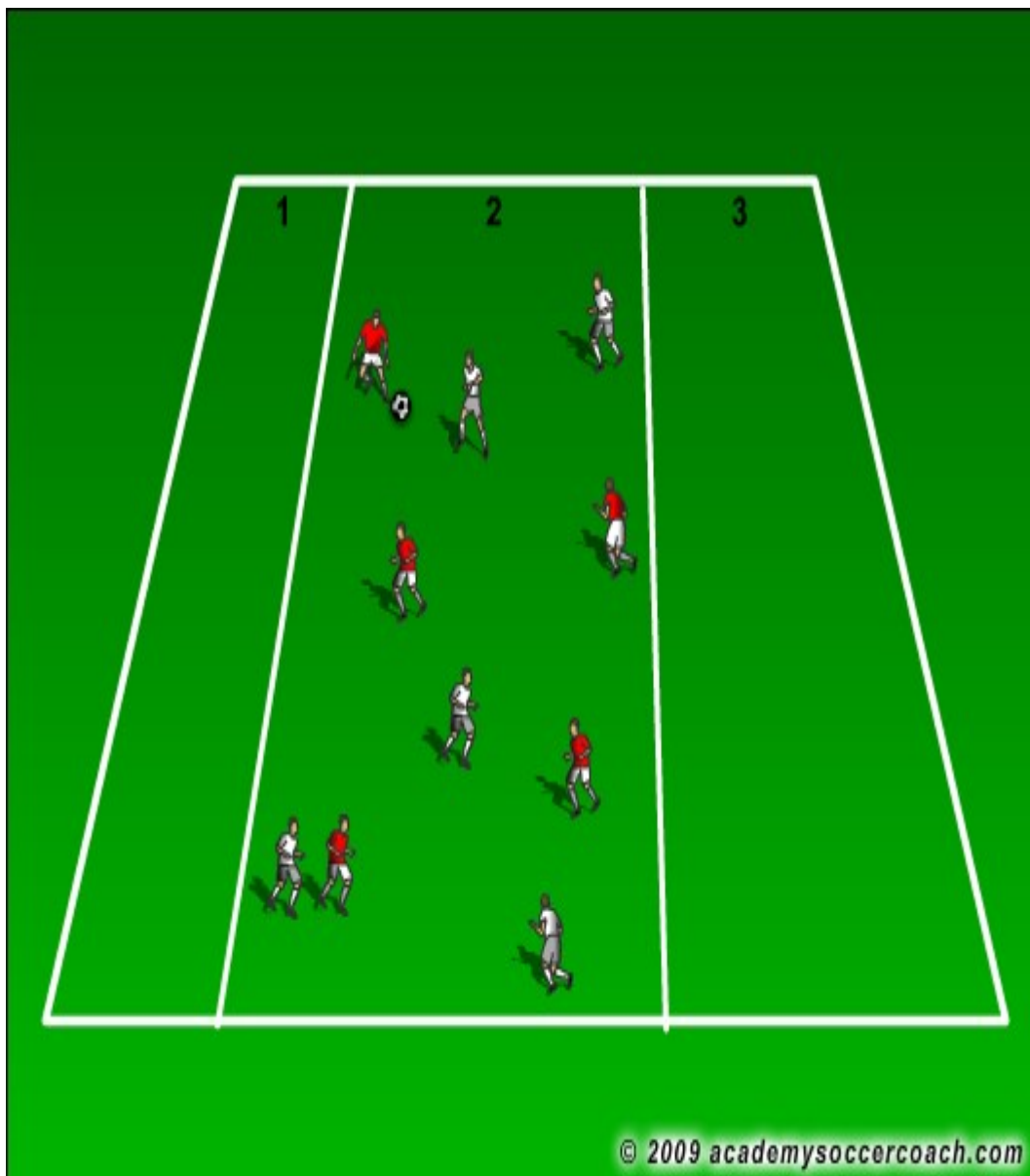
Drill 2 (20 minute drill)



Two team play a and try to keep possession inside the area which has four marked out squares on each corner. To score a goal a player must pass to one of his teammates who controls the ball inside one of the squares and then dribbles out of it. Players are not allowed to stand inside the squares to defend. To win the game your team must control the ball in each of the squares.

Coaching points: Focus on the players controlling the ball effectively inside the squares and also so that they are able to quickly dribble out of the square.

Drill 3 (20 minute drill)



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Two teams play a game where they try to keep possession of the ball. The playing area is divided into three different zones. The coach call out which playing zones are to be used (for example zones 1 & 2, 2 & 3, or 1 & 3). This changes they types of passes that are made and also the types of passes players receive and have to control.

Coaching points: Change the playing zones so that players are forced to either play short passes or long passes. This then changes how they also control the balls they receive.

## ***Heading Drills***

Purpose: The purpose of these drills is to practice both defensive and attacking headers in a game-like situation. Remember to keep in mind the following key points:

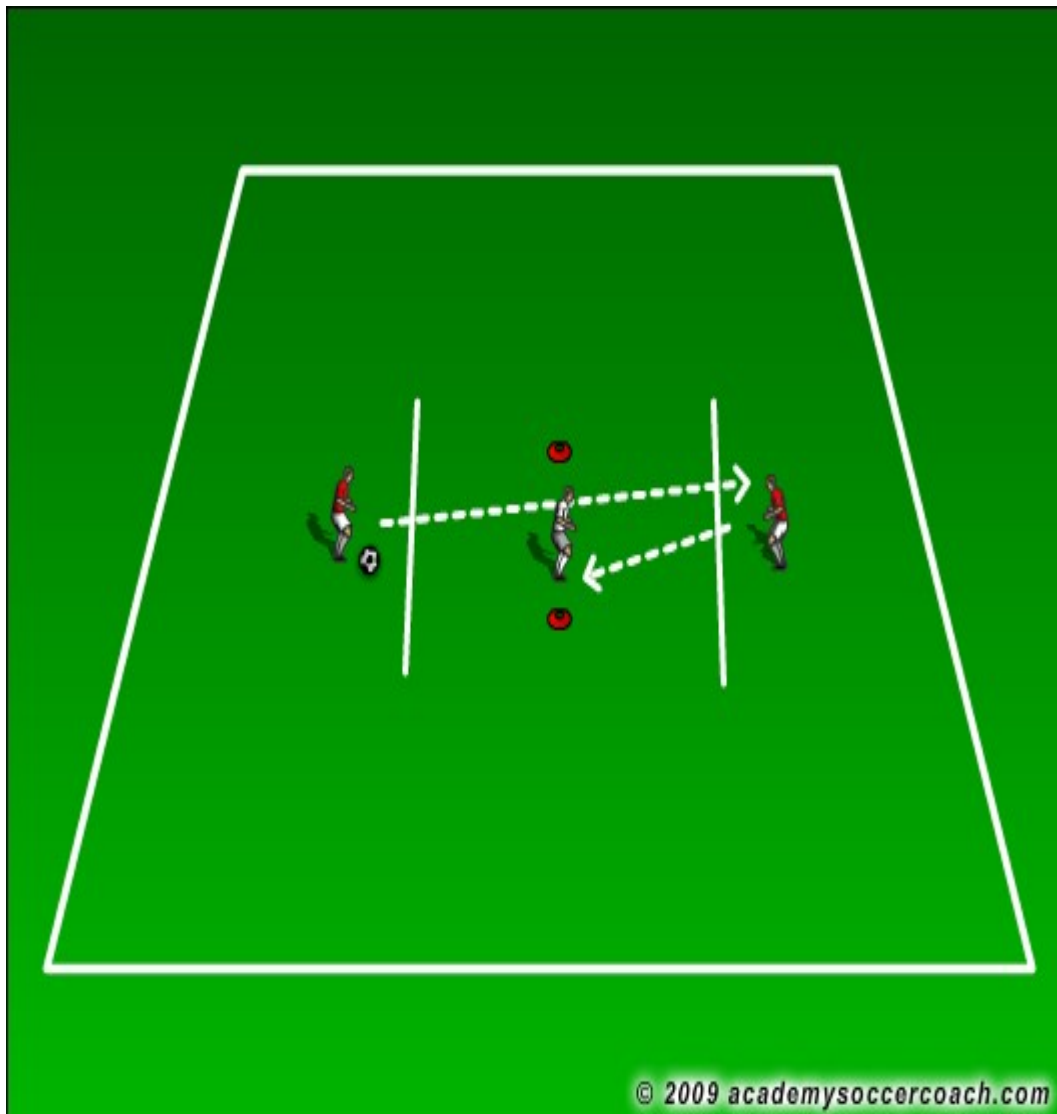
The following are important key points to remember when performing the defensive header:

- Head up through the bottom half of the ball and upwards to get the ball to go high and far
- Keep your eyes open
- Body stance should be balanced on both feet
- Attack the ball; don't let the ball hit you

The following are important key points to remember when performing the attacking header:

- Head the top-middle part of the ball to get the ball to go downwards
- Head the ball using your full forehead, just above the nose and below the hairline
- Generate power by using your back, upper body and neck muscles
- Keep your eyes open

Drill 1 (10-15 minute drill)



The two players behind the lines practice both the defensive and attacking headers. The player with the ball throws the ball to his teammate who can either practice the attacking header by trying to score in between the cones with the player in between trying to save it, or he can practice the defensive header by heading the ball back to his partner over the player standing in the middle.

Coaching points: Make sure players practice both types of headers and remember to rotate the player in the middle once about every two minutes.

Drill 2 (15-20 minute drill)



20 x 20 ft area. Players are split into two teams. The goal of this game is to keep possession and to score a goal by heading. Instead of using feet, players hold the ball in their hands and when in possession are not allowed to move. The player with the ball must throw it to his teammate who then must head it on to another one of his teammates. After a header has been performed the next player receiving the ball can catch it (throw-head-catch).

Coaching points: When players are heading the ball to their teammates tell them to practice the defensive header. When players are trying to score a goal tell them to practice the attacking header.

## ***Goalkeeping Drills***

Purpose: The purpose of these drills is for the goalkeeper to work on his positioning, footwork, catching, diving and punching. Remember to keep in mind the following key points:

### **Positioning**

- Always know where the goalposts are located
- Move away far enough from the goal line to cover the angle to each post
- When the angle is sharp, always play outside of the near post

### **Footwork**

- Always stay square to the ball and get your body behind the ball
- Move forwards in the direction of the ball
- Recover as fast as you can keeping your hands free

### **Catching**

- Always get your hands to the ball first keeping them soft and cushioned
- Use the 'W' catching position formed by your thumbs behind the ball
- When catching high balls, catch them at the highest point in the air

### **Diving**

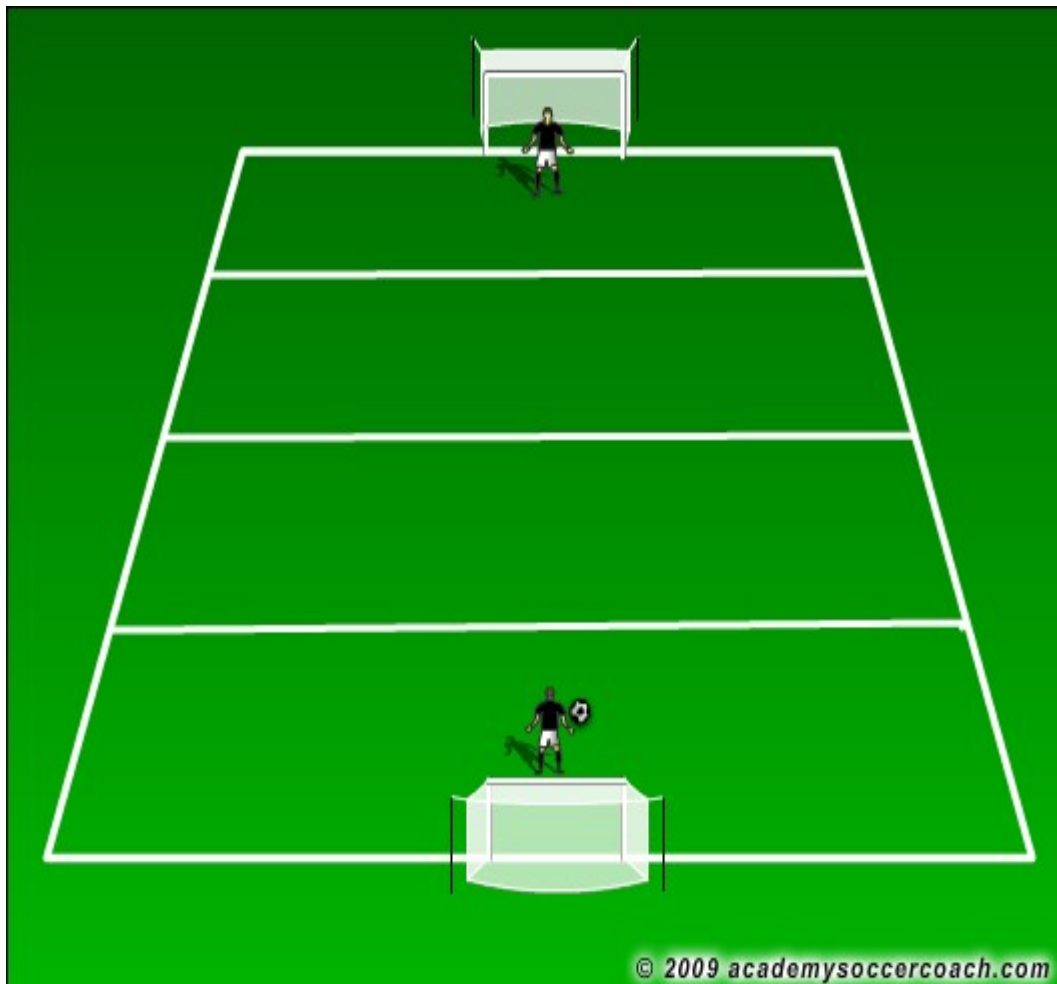
- Use quick footwork to get into position to dive
- Move forwards towards the ball at a 30 degree angle
- Stay square to the ball when diving and landing on the ground
- Use your near leg to get power on your dive
- Land on your side (hip and shoulder)

### **Punching**

- Always try to punch the ball as wide, far and high as possible
- Your fingers should form a flat surface and your thumbs should be kept behind your fist
- Two hands should be used to punch the ball in the opposite direction and one hand should be used to have the ball continue in the same direction (clearing it over the goalpost)
- Start the punching motion with your hands in and elbows out and then drive through the ball



Drill 1 (15 minute drill)



The game starts when one goalkeeper takes a dead ball (stationary) kick or throw from the 6 yard line (first line in front of keeper) and tries to score past his opponent. This kick also restarts the game whenever a shot misses the goal and the ball goes out of play. The receiving goalkeeper catches his opponent's shot and can then shoot back by using a volley or a half volley from the point from which he has made the catch. If the receiving goalkeeper parries the shot but fails to catch it, then he takes a 6 yard kick. If the ball rebounds over the center line, the goalkeeper loses possession ( this encourages the goalkeepers to pounce on any ball they cannot hold). If a ball rebounds from the goalposts, the goalkeeper takes a 6 yard kick. The player can set any number of goals as the target or play for a predetermined time.

Coaching points: In this drill the goalkeepers can practice catching the ball, positioning, footwork, diving and punching.

Drill 2 (20 minute drill)



Two neutral players are the only players allowed in the channels. Two teams play in the central channel. The neutral player plays to whichever team plays them the ball. They might have limited time or touches. To encourage crossing, additional points may be awarded for scoring off a crossed ball from the neutral player.

Coaching points: Focus on goalkeepers correctly positioning themselves not only for shots but crosses as well. In this drill goalkeepers also have the chance to practice their footwork, catching, diving and punching.



## **Basic Team Play Drills**

Purpose: The purpose of these drills is for the players to work together as a team. In all of the drills the players will be in both attacking and defensive roles. Focus on letting the players play freely with their own creativity while always working together both when attacking and defending.

Drill 1 (15-20 minute drill)



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Play a game inside a set area (size depending on amount of players) with the aim of the game being to keep possession. To make it easier for the team with the ball you can add additional players who always play on the team with the ball. Whenever you lose the ball you try to win the ball back.

Coaching points: In this game you can bring across basic defensive principles such as staying compact together and defending as a unit. You can also bring out a basic attacking principle which is spreading wide to create more space. You can also have players play in accordance to their playing positions (midfielders in the middle and wingers on the sides).

Drill 2 (15-20 minute drill)



In this drill players are divided into three different teams, each starting off in their own area. The team in the middle starts off by attacking towards either end, where the team placed there will act as defenders. To score a goal the attacking team must dribble the ball past the end line, or pass the ball past the end line with a player receiving it on the other side. If the defending team wins possession of the ball they proceed to attack towards the opposite end where the third team is waiting as defenders. The team which lost possession of the ball stays in the end where they lost the ball and waits there for the next attack to come to that side.

Coaching points: In this drill make sure that players learn to transition from defense to offense quickly while bringing out key points for defending and attacking (defenders stay pact together and attackers have players spread wide to create space)

Drill 3 (15-20 minute drill)



In this drill create a 6 vs 4 attacking situation with all of the players playing in the positions they would normally play in. Defenders try and stop the midfielder, wingers and forwards from scoring a goal. If the defenders steal the ball they must try to either pass or dribble the ball in between the two cone goals on the sides of the midline.

Coaching points: Carefully go over these player position roles:

Defenders: Stay pact and rotate from one side to the other in the direction where the ball is at that moment. Also be quick to transition to offense when gaining possession of the ball.

Forwards: Play the ball around your players using the full width where the wingers are and also playing the ball to the forwards. Also be prepared to transition quickly to defense when the defenders gain possession of the ball.

## **Psychological Skills**

## ***Teaching the use of Imagery***

Purpose: Imagery (visualization) is a mental training technique that involves using all your senses including thoughts, feelings, emotions, and sensations such as sight, sound, and feelings to create or recreate an experience in your own mind. Using imagery improves your concentration, builds your confidence and helps you learn and practice new skills and tactics. It improves your concentration because when you visualize what you want to do and how you want to do it as well as how you want to react to specific situations, this prevents your mind from wandering. Imagery enhances your confidence because when you visualize in your mind performing well it gives you the feeling of confidence that you can perform the same way in real life. Finally, imagery is best known for practicing a skill. In your mind you can practice performing perfectly as well as pointing out your weaknesses and then correcting them.

If a new psychological skill is to be learned, 10- to 15-minute training sessions three to five days a week should be used. When the athletes learn to use the psychological skills training on their own, they will be able to start doing it on their own in addition to their physical training and less special training sessions will be needed. Psychological skills training is an ongoing process but an athlete's first exposure to a PST program should last three to six months. This is usually the amount of time it takes to learn, practice and integrate new mental skills. Ultimately the key is to make psychological skills training as part of your daily practice schedule.

### Inside or outside perspective

If you want to know which is your natural visualization approach is, close your eyes and have someone draw a clock-face on your forehead and then get them to draw a time on the clock-face. Let's imagine that your friend draws 3 o'clock. If you say 3 o'clock, chances are that your preference is for the outside perspective. If you say 9 o'clock it suggest that you use an inside perspective.

### Practice exercise

1. Identify a specific situation in which you want to perform better.
2. Visualize the situation in as much detail as possible including – weather, pitch, crowd noise, state of the game, etc.
3. Visualize how you want to be feeling, what you want to be thinking and the body language you wish to portray.
4. Visualize successful performances – pay attention to what it feels like to execute with confidence.

### Different uses of visualization for football

Style of Use	Example in action
Practicing specific skills in the mind	Rehearsing a Cryuff-turn with your weaker foot
Improving confidence and positive thinking	Replaying career highlight moments in you mind.
Rehearsing tactics or problem-solving	Running through free-kick routines. Rehearsing in your mind how to break down a defense.
Controlling pre-match nerves	Focusing on images of playing well and playing positively. Replacing potentially negative images of what might happen, with positive images of what 'will' happen

Match review and analysis	Replaying elements of match performances to help identify positive and negative points
Match preparation	Visualization of playing at the ground you are going to be playing at. Immersing yourself in the environment of the ground. Seeing yourself playing there in different conditions, in match situation.
Part of skill execution routines	As part of a penalty or free-kick-taking routine- visualizing confidently and positively striking the ball into the area of the goal that's been selected.
Maintaining mental freshness during injury	Imaging skills and tactics while out injured to keep the mind focused on match-related thinking.

### *Tips for effective visualization*

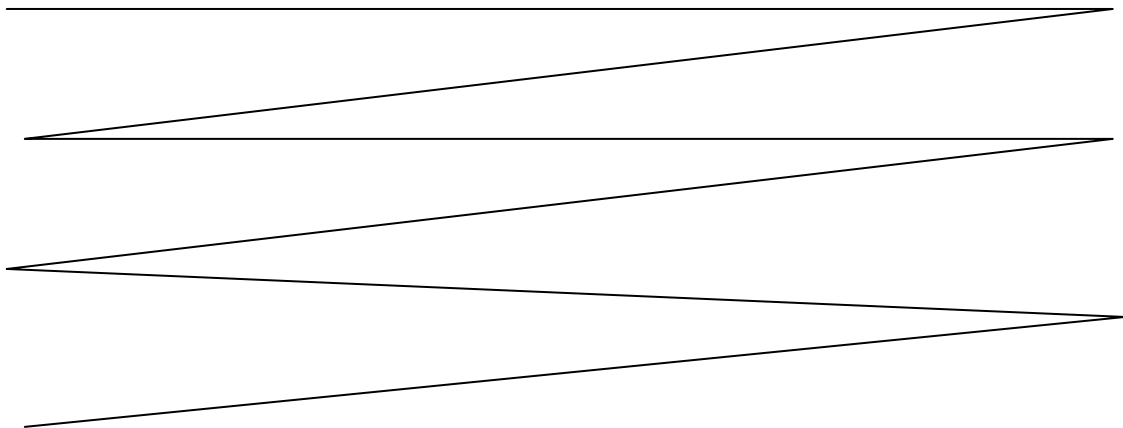
1. Visualize your ABCs (all of the simple things you know how to perform well).
2. Relax and then use imagery.
3. Stay positive.
4. Go easy at first – start with simple parts of your game moving up to the more complex aspects.
5. Be dynamic- use both the inside and outside perspectives.
6. Be brief.
7. Use all your senses.



## ***Teaching Arousal Regulation***

Purpose: The reason why athletes need to learn how to regulate their arousal levels is because not dealing with stress leads to a decrease in performance as well as mental and physical distress. Regulating your arousal levels helps you stay focused and in control of the situation. How athletes actually cope with anxiety is more important than the amount of anxiety they actually have. Controlling your arousal levels by breathing not only helps you perform to the best of your abilities but it also helps you to concentrate and get better visualization sessions, which also help you to perform better.

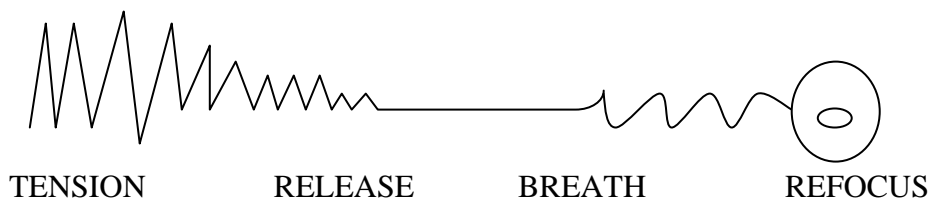
Effective breathing will help you control your arousal regulation. Learn to feel your breathing rhythm moving across the following lines. Feel your inspiration move across one end of the line and respiration continuing to the other end of the next line and so forth.



FEEL THE RHYTHM OF YOUR BREATHE

Releasing tension is also important to learn when regulating arousal levels. Follow these instructions to learn this skill:

1. Hands – Create tension in your hands by making fists. As you do, feel the tension in the central part of the hand and fingers. Now turn your wrists inward so you feel additional tension in the back of your hands. Hold that position for four seconds. Feel the tension. Now let it go, and after you release it, take a breath.
2. Neck and shoulders – Raise your shoulders two or three inches. Hold that position for four seconds. Feel the tension. Now let go, release, and breathe. It's always release and breathe. Notice as you tense, you cut down your breathing rate. Breath is power.
3. Crotch – Tighten the sphincter muscle as you would when holding back from going to the toilet. As you tighten the muscle, notice once again how your breathing is cut down. Hold the tension for four seconds, then release and take a breath.
4. Toes – Curl your toes. Make fists with your feet, like a bird holding onto a perch. As you do, feel the tension in your feet. Hold for four seconds, then release and take a breath.



*Tension areas: Fists, shoulders, crotch, toes*

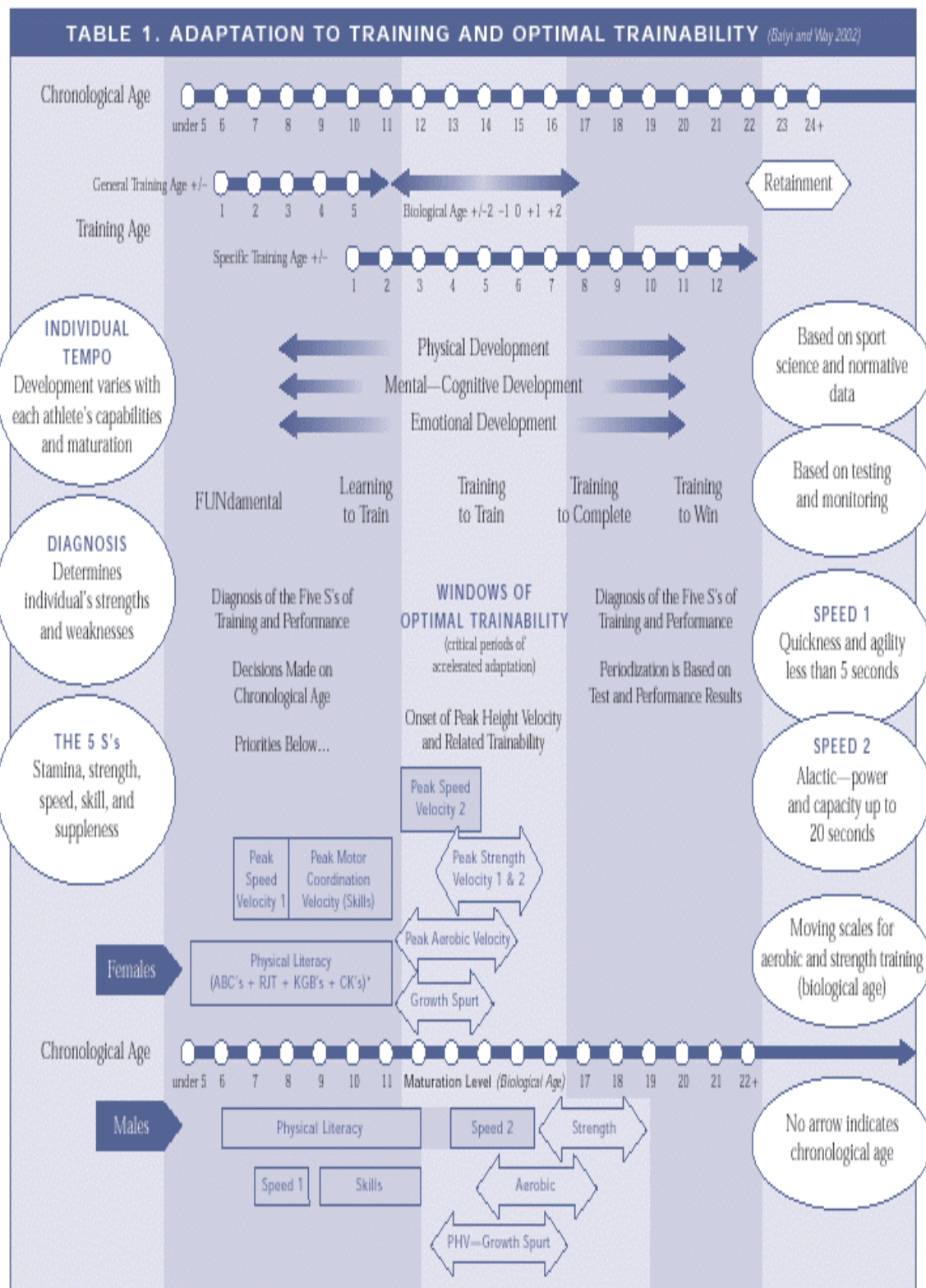
### Coaching Implications for Controlling High Arousal Levels

- Put sport in perspective for (It's only a game)
- Change negative thinking to positive thoughts with a focus
- Teach players to use imagery
- Use relaxation training

### *Coaching Implications for Controlling Low Arousal Levels*

- Give a “pep talk” that appeals to players’ pride, responsibility and commitment to the team
- Select a captain who performs consistently
- Serve as a model of competitive readiness for the players you coach
- Encourage players to use strategies to get themselves ready
- Use positive slogans to stir up enthusiasm and intensity

## Appendix 1.



\*ABC's = Agility Balance Coordination Speed + RJT = Run Jump Throw + KGB's = Kinesthesia Gliding Bouyance Striking with objec + CK's = Catching Kicking Striking with body

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