

Parental Support The Key to Peak Performance

The role that parents play in the life of a soccer / football player has a tremendous impact on their experience. With this in mind, here are some helpful reminders for all of us.

If you should have any questions about these thoughts, please feel free to discuss them with the coaches.

Support the program:

Get involved. Volunteer. Help out with laundry, oranges, fundraisers, car-pool; anything to support the program.

Support and root for all players on the team:

Foster teamwork. Your child's teammates *are not* the enemy. When they are playing better than your child, your child now has a wonderful opportunity to learn.

Do not bribe or offer incentives:

Your job is *not* to motivate. Leave this to the coaching staff. Bribes will distract your child from properly concentrating in practice and game situations.

If the player hears a lot of people telling him what to do, or yelling at the referee, this diverts their attention away from the task at hand.

Monitor your child's stress level at home:

Keep an eye on the player to make sure that they are handling stress effectively from the various activities in his life.

Monitor eating and sleeping habits:

Be sure your child is eating the proper foods and getting adequate rest.

Help your child keep his priorities straight:

Help your child maintain a focus on schoolwork, relationships and the other things in life beside soccer. Also, if your child has made a commitment to soccer, help them fulfil this obligation to the team.

Reality test:

If your child has come off the field when his team has lost, though they played their best, help them to see this is a "win". Remind them to focus on "process" and not "results". The player's fun and satisfaction should be derived from "striving to win". Conversely, they should be as satisfied from success that occurs despite inadequate preparation and performance.

Incidental Coverage:

At any time that you are not happy that your child may appear in accidental coverage please notify the Club Administration Manager on:

Email info@nedlandsfc.com.au or phone 9284 0090.

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Let the coaches' coach:

Leave the coaching to the coaches. This includes motivating, psyching your child for practice, after game critiquing, setting goals, requiring additional training, etc. You have entrusted the care of your player to these coaches and they need to be free to do their job. If a player has too many coaches, it is confusing for them and their performance usually declines.

Encourage your child to talk with the coaches:

If your child is having difficulties in practice or games, or can't make a practice, etc., encourage *them* to speak directly to the coaches. This "responsibility taking" is a big part of becoming a big-time player. By handling the off-field tasks, your child is claiming ownership of all aspects of the game - preparation for as well as playing the game.

Understand and display appropriate game behaviour:

Remember, your child's self esteem and game performance is at stake. Be supportive, cheer, and be appropriate. To perform to the best of their ability; a player needs to focus on the parts of the game that they can control (his / her fitness, positioning, decision making, skill, and aggressiveness, what the game is presenting them).

If the player starts focusing on what they cannot control (the condition of the field, the referee, the weather, the opponent, even the outcome of the game at times), the player will not play to their ability.

Keep soccer in its proper perspective:

Soccer should not be larger than life for you. If your child's performance produces strong emotions in you, suppress them. Remember your relationship will continue with your children *long after* their competitive soccer days are over. Keep *your* goals and needs separate from your child's experience.

Be your child's best fan:

Support your child unconditionally. Do not withdraw love when your child performs poorly. Your child should *never* have to perform to win your love.

Have fun:

That is what we will be trying to do! We will try to challenge your child to reach past their "*comfort level*" and improve themselves as a player, and thus, a person. We will attempt to do this in environments that are fun, yet challenging. We look forward to this process. We hope you do to!

Information provide in this guideline are from the following references:

Parental Support from Jeff Pill – www.eteamz.com/soccer/pills/jpill

Rules of Game from Football West

Phases of Player Development series are from a report by the staff of the U.S. Women's National Team.

Nedlands Football Club Under 16 Guidelines Youth Player Development



Summary of the Rules of Game

Field Size: Min: 90m x 45m / Max: 120 x 90m

The field of play must be rectangle in shape. The length of the touch line must be greater than the length of the goal line.

Ball Size: Size 5

Number of Players:

11 players on the field, one of whom must be the goalkeeper
Allowable substitutes are: U16 – 5 (max 16); U15 – 3 (max 14)

Minimum of 7 players and one must be a goalkeeper

Players' Equipment: Shin guards are required.

Substitution: Substitutions are allowed at any stoppage of play with referee's permission.

Referees: Should be an Official Football West referee

For unofficial referees, they must be at least 2 years older than the players in the match.

Game Length: 2 x 40 minute halves (interval 5 minutes) (U15 girls 35 minute intervals)

Start/Restart of Play: All opponents must be 10 yards (9.15m) away.

Ball Out of Play: The ball is out of play when it has wholly crossed the goal line or touch line whether on the ground or in the air.

Scoring: A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar.

Offside: Offside **IS** in effect. There is no offside offence if a player receives the ball directly from a goal kick, a throw-in or a corner kick.

Fouls/Misconduct: Direct & Indirect. An indirect free kick is awarded to the opposing team if a goalkeeper touches the ball with his hands after it has been deliberately kicked to him by a team-mate.

Free Kicks: Free kick by the attacker within the Goal Area must be placed on top of the Goal Area Line parallel to the goal line and closest to the point of infraction. All opponents must be 10 yards (9.15m) away unless they are on their own goal line between the goalposts.

Penalty Kick: Taken from a penalty mark 10 yards (9.15m) from the goal line on a perpendicular line equal distant from the goalposts.

Throw-In: The thrower must face the field and with both feet on the ground, delivers the ball from behind and over the head using both hands.

Goal Kick: All opponents must be outside of the penalty area. The ball is in play when it is kicked directly beyond the penalty area.

Corner Kick: All opponents must be 10 yards (9.15m) away.

Jewellery: All items of jewellery (necklaces, rings, bracelets, earrings, leather bands, rubber bands etc.) are strictly forbidden and must be removed. Using tape to cover jewellery is not acceptable.

Under 16 Youth Player Development

THE FERVID PHASE: THE DEDICATION

Development of individual skills – individual and small group tactics:

This is a critical time in the player's development. Many stop playing due to other interests, lack of success, shortage of playing opportunities, poor leadership or other reasons. Players tend to lack mental toughness and self-confidence. They tend to be self-critical and struggle with their desire to be competitive or need to be more competitive. There is a need for attention and security. A great focus should be placed on team spirit, leadership and discipline within the team.

Coach

Charismatic, experienced, knowledgeable, articulate, a disciplinarian, have managerial know-how, a thoughtful persuader.

License: Youth Licence (12s to 18s) Certificate or higher.

Technique/Skill

- Skills should be mastered leading to artistry and improvisation, all under match conditions
- Individual skill covered during the warm-up and/or in competitive situations
- Increase technical speed. It is important that technique is still highly emphasized at this age.
- Strike balls cleanly over distance with accuracy under pressure

Tactics = Decisions

- Increase tactical speed (decision making)
- **Individual:** Decisions based on thirds of the field
 - **In attack:** There must be an application of varied technical abilities in order to increase tactical options. There must be an aggressive attacking mentality in final third. Emphasis should be placed on predicting what the game will need next. Knowing what each player's specific roles and responsibilities are lends to greater understanding of the big picture.
 - **In defence:** There should be a clear understanding of how the quality of pressure affects team defending success. There must be an ability to take options away from the attacker.
- **Small group:** 4 v. 4, 7 v. 7, 9 v. 9
 - **In attack:** Players must understand the balance of needing possession and penetration. Continued work on combination play (wall pass, take over, overlap, double pass, third player running etc.). Playing for penetration and creativity in solving problems becomes important.
 - **Mobility** – movement without the ball
 - **Crossing** – picking out a runner rather than putting it in the box
 - **Box organization** – penetration, width and support for every ball played in the box
 - Attacking as a group of three (forwards, midfielders and defenders)
 - Set plays (80 percent success rate: where we get: 1) goal; 2) shot on goal; or 3) corner kick

- In defence:
 - Compactness
 - Cover, delay, dictate and recover
 - Communication (who, what, when, where)
 - Defending as a group of three (forwards, midfielders and defenders)
 - Enjoy winning possession of the ball and dictating the play
 - Set plays
- **Team:** Clearly defined team tactics, how the team decides to play as a group.
- **In attack:**
 - Comfort with direct and indirect styles
 - Sustained possession as a means to break down the opponent's defence
 - Understanding how to counterattack
 - Decisions based on thirds of the field
- **In defence:**
 - Comfort with "high pressure" and "delayed high pressure" styles
 - Understanding of zonal and man-to-man marking play
 - Goalkeeper as the last defender
 - Keeping good team compactness
 - Stopping the counterattack
 - Decisions based on thirds of the field and different systems of play
- **System:** The recommended system to expose players to various systems using a 3-4-3 and a 4-3-3.
- Note: A great deal of coaching/teaching within 7 v. 7 and 9 v. 9 games

Physical:

Fitness should take place with and without the ball.

- Flexibility – static stretching after training/matches.
- Dynamic flexibility – partner stretching
- Importance of discipline for warm-up and cool-down
- Agility – with and without the ball
- Footwork – keeping the feet active when moving/playing
- Endurance – Aerobic and anaerobic
- Strength – Upper and lower body. Core strength and stability
- Balance
- Nutrition – Proper diet pre-game, post-game, at tournaments
- Prevention and care of injuries
- Importance of rest/recovery – schedule issues relative to the physical demands

Psychological:

- Increased concentration
- Leadership/player responsibilities
- Discipline
- Respect for the game
- Goal setting
- Vary program – satisfy players' urge for competition
- Establish pre-practice and pre-game routine (as individuals and team).
- Encourage players/teams to watch professional and National Team soccer