

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 18 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 5 (maximum 16)

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 45 minute halves (interval 5 minutes)

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 18 Youth Player Development

THE ELITE PHASE: THE FULL BLOOM

Development of individual skills

Fulfilment of a player's potential depends on his or her own efforts, the support of team-mates and the unselfish guidance of her coach. He or she must be exposed to a playing and training environment, which extends her mental, physical, tactical and technical capabilities to the limit. He or she must have a sound understanding of the game's principles and concepts. Players should show emotional stability when confronted with pressure situations. Demanding and challenging training sessions and matches are a must.

Coach

Charismatic, well informed, up to date, experienced, knowledgeable, articulate, a disciplinarian.

License: Youth Licence Certificate or higher.

Technique/Skill

➤ Mastered skills leading to artistry. All at speed under match conditions, demanding excellence. Individual skill covered during warm-up and competitive situations.

Tactics = Decisions

➤ Increase tactical speed (decision-making) with increased pressure and competition. Having the ability to change and adapt to game dynamics, up or down a goal, management of the clock and flow of the game.

➤ Individual:

- **In attack:** A good deal of time spent in functional training environments
 - Decisions based on thirds of the field
 - Comfort in playing in the different areas of the field/team (back, middle, front, center, and wide).
 - Confidence to hold possession as an individual
 - Solve problems at the individual level.
- **In defence:** Clear understanding of how the quality of pressure affects the ability of the team to defend
 - Decisions based on thirds of the field.
 - Comfort at playing two different positions

➤ Small group:

- **In attack:**
 - Improvisation/deception encouraged
 - Advanced understanding of combination play and how to combine to break down a defence
 - Balance of possession and penetration with a purpose to score goals
 - Recognize opportunities to penetrate by a variety of means
 - Attacking in groups of three (forwards, midfielders and defenders)
- **In defence:**
 - Pressure, cover, balance
 - Control of the game's speed and direction due to defending decisions
 - Recognition of double team opportunities
 - Defending in groups of three (forwards, midfielders and defenders)

➤ **Team:** Understanding of lines and linkage between lines. Understand positional and team needs.

• In attack:

- Comfort with direct and indirect styles of play
- Combination play with tactical implications
- Sustained possession as a means to break down the opponent's defence
- Speed of play; the game is faster and more physical
- Creativity, quality of final ball to beat backs
- Understanding how and when to counterattack
- Serving runners in the box
- Organizing the box with runners (penetration, width and support)
- Decisions based on thirds of the fields
- Set plays (80 percent success rate where we get: 1) goal; 2) shot on goal; or 3) corner kick

• 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
- Pressing (when and where to pressure, channel and dictate defensively)

➤ **Systems:** The recommended system – all. Based on a variety of factors (individual/team abilities, opponent, field conditions, game management etc.).

Note: A great deal of coaching/teaching within 9 v. 9 and 11 v. 11 games.

Physical:

Fitness work 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 • **Endurance** – aerobic and anaerobic • **Strength** – upper and lower body. Core strength/stability • **Balance • Nutrition** – proper diet pre-game, post-game, tournaments • **Prevention and care of injuries • Importance of rest/recovery** – schedule issues relative to the physical demands

Psychological:

- Increased concentration
- Leadership and increased player responsibility
- Discipline
- Accountability
- Goal setting
- Respect for the game
- Self-confidence, self-motivation, goal setting
- Vary program – satisfy players' urge for competition. Will to win.
- Mental toughness/competitive mentality
- Establish pre-practice and pre-game routine (as individuals and teams)