



PDP 2 - U10 - U12 Course

PDP 1 Course Review



Philosophy on Best Practice & the FAI Player Development Plan



Football Action Language



Role of the coach at Grassroots Football



The Characteristics of Children between the ages of 6 to 9



Plan and Implement Coaching Practices for U6 to U9 football players



Self Reflection



Profile of a PDP 2 Grassroots Football Coach

The PDP 1 Coach is able to provide a Positive Learning Environment that implements an...

Age-Appropriate Curriculum

and

Best Practice when coaching players
U10 – U12



PDP 2 Course Outline



Best Practice



Player Development Plan
10 - 12



Coaching Process



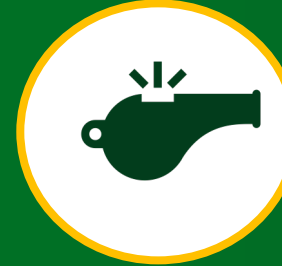
Role of the coach



Characteristics of
players



Planning Coaching
Practices



Coaching Methods

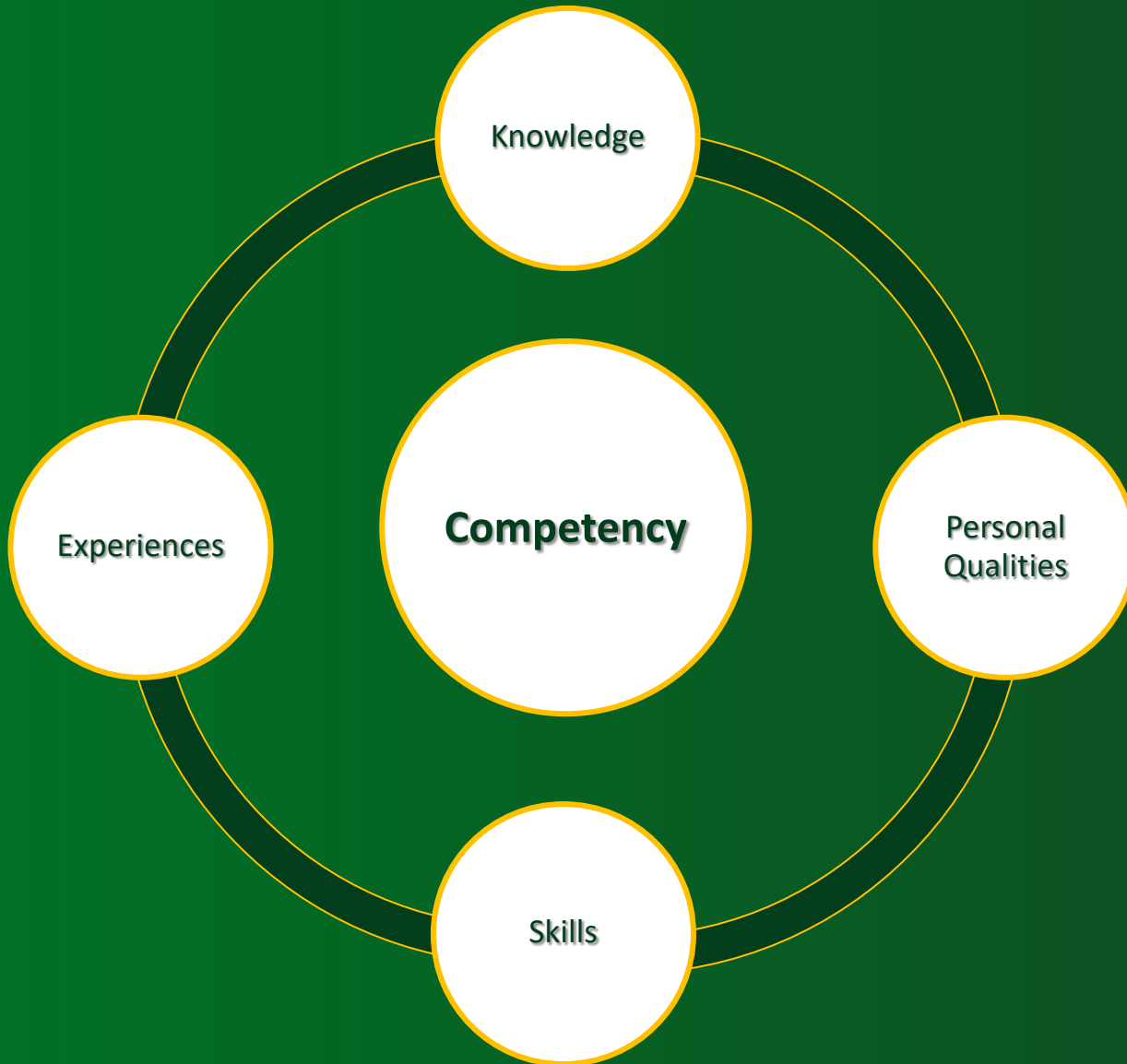


Principles of Play



Self Reflection

PDP 2 Grassroots Football Coach



Competency is a combination of *knowledge*, *experience*, *skills* and *personal qualities*



An Roinn Leanaí
agus Gnóthaí Óige
Department of
Children and Youth Affairs

TUSLA



The Children First Act

National Guidance for the Protection & Welfare of Children

**The Children First Act was signed into law in November
2015**

Who does Children First apply to?

Everyone working with children, in a voluntary or paid
capacity

<https://www.tusla.ie/children-first/children-first-guidance-and-legislation/>

FAI Child Welfare and Safeguarding Policy



FAI Child Welfare & Safeguarding Policy	
	
	
2 nd edition March 2019	
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FAI Player Development Plan (PDP)

What is a Player-Focused Philosophy?

Focus on individual player development, less emphasis on winning at all costs

Builds Confidence, Motivation and allows Freedom of Expression

Creating a positive learning environment

To facilitate the players, to help them learn, play and enjoy the game

It is consistency of playing styles

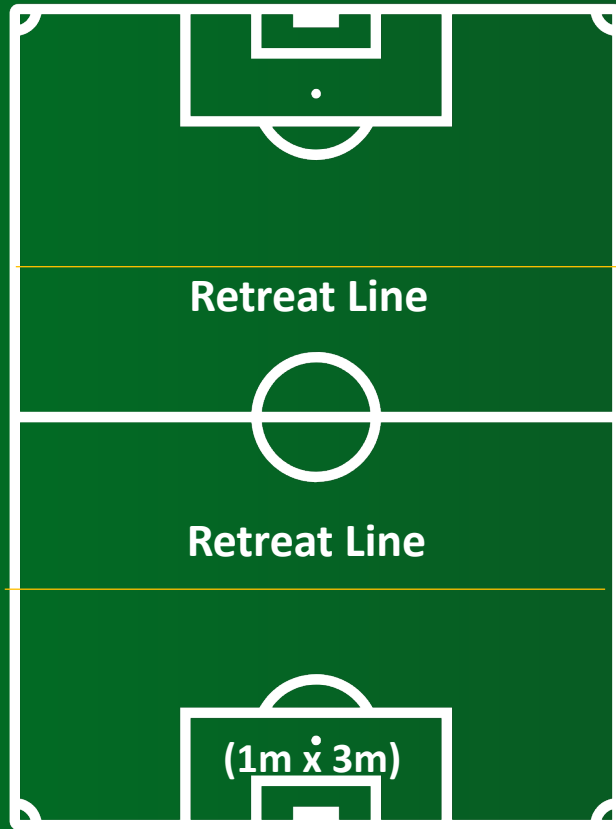
FAI (PDP) Outline - U10 / U11 - 7 aside



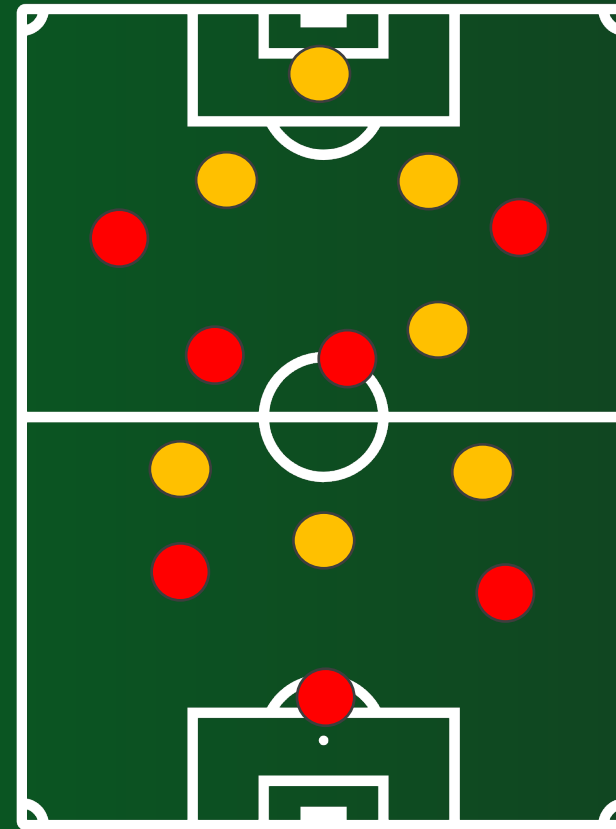
Size 5 Ball
(320gms weight)



No Referees



Twin Games



65 m

40m



Minimum playing
Time - 50%

FAI

Player
development
plan

7v7

Under 10 / Under 11



FAI (PDP) Outline - U12 - 9 aside

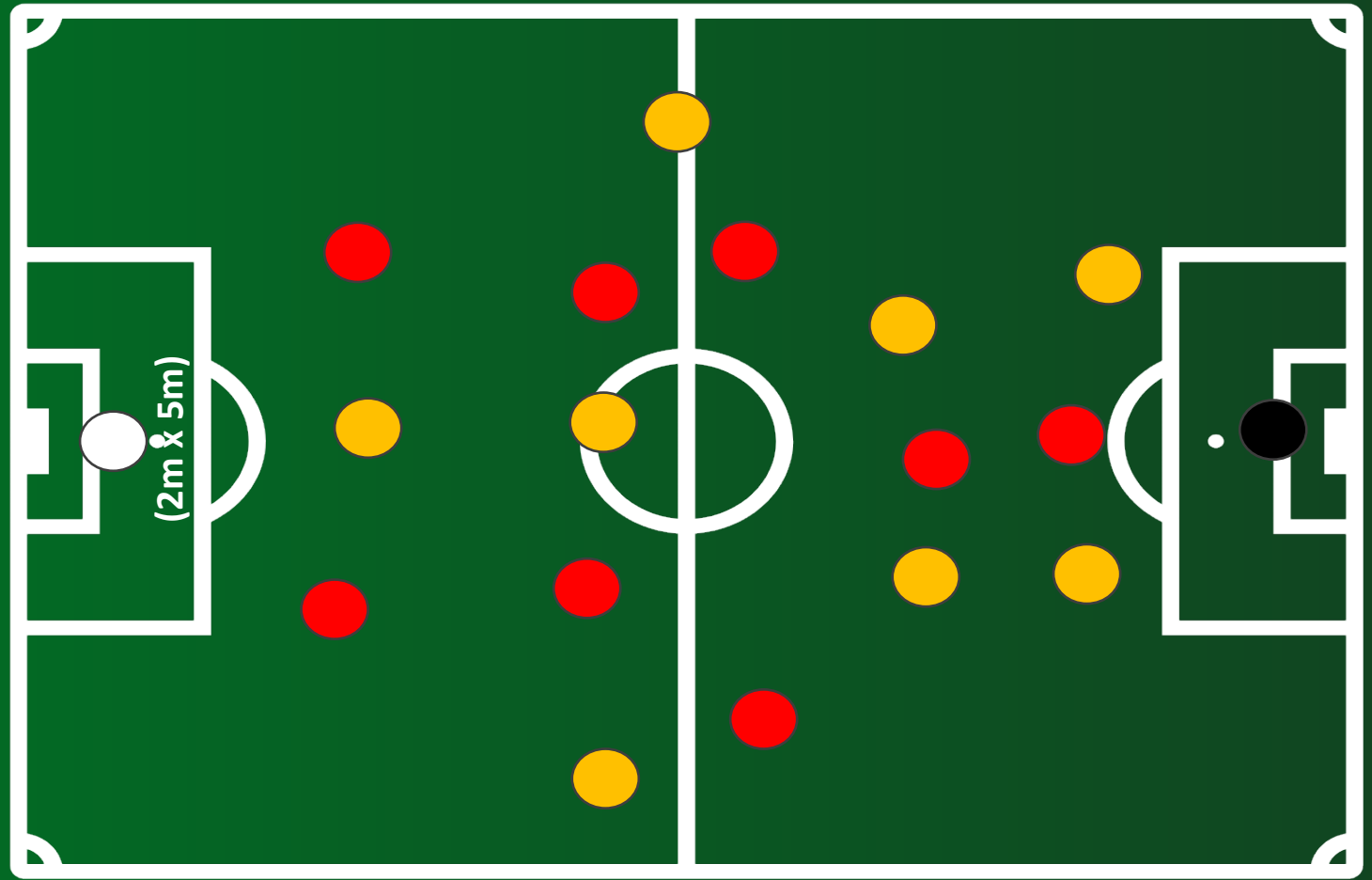


Size 5 Ball
(370gms weight)



Offside Rules

50m



(2m x 5m)

75m

Roll on Roll off
Substitutions

Minimum playing
Time - 25%



FAI



FAI

Player
development
plan

9v9
Under 12



Playing Format Summary

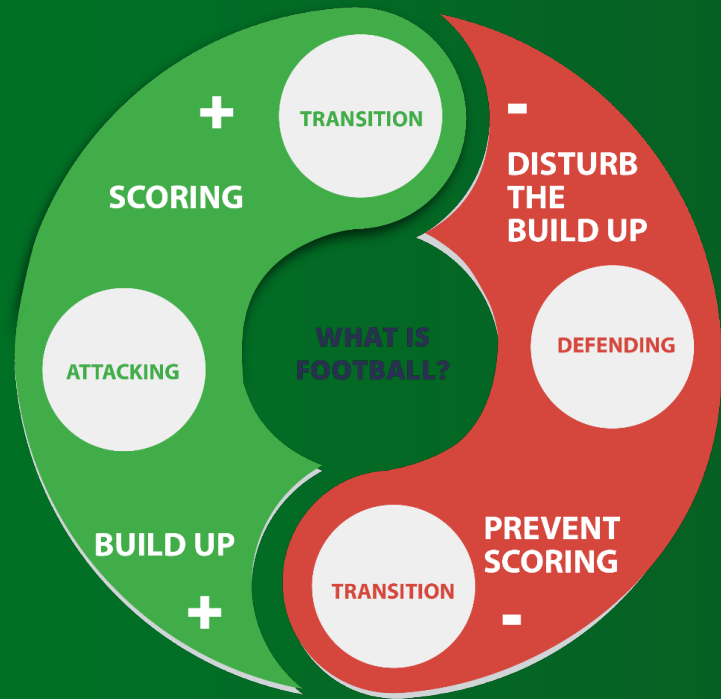
Age Group	Squad Size	Team Size	Match Format	Match Duration	Referees	Playing Time	League Tables	Pitch Size (m) Min/Max	Goal Size	Ball Size & Weight
U6	10	4 v 4 (no GK)	Twin	4 x 10 mins	No	75%	No	35m x 20m max * 30m x 20m min	1m x 3m	5 (290 gms)
U7	10	4 v 4 (no GK)	Twin	4 x 10 mins	No	75%	No	35m x 20m max * 30m x 20m min	1m x 3m	5 (290 gms)
U8	12	5 v 5	Twin	4 x 12 mins	No	75%	No	45m x 25m max * 40m x 25m min	2m x 5m	5 (290 gms)
U9	12	5 v 5	Twin	4 x 12 mins	No	75%	No	45m x 25m max * 40m x 25m min	2m x 5m	5 (320 gms)
U10	16	7 v 7	Twin	2 x 25 mins	Yes	50%	No	65m x 40m max * 60m x 35m min	2m x 5m	5 (320 gms)
U11	16	7 v 7	Twin	2 x 25 mins	Yes	50%	No*	65m x 40m max * 60m x 35m min	2m x 5m	5 (320 gms)
U12	16	9 v 9	Normal	2 x 30 mins	Yes	25% to 50%	Yes	Box to Box, see page 24	2m x 5m	5 (370 gms)
U13	16	11 v 11	Normal	2 x 30 mins	Yes	25% to 50%	Yes	Full	Full	5 (370 gms)
U14	16	11 v 11	Normal	2 x 35 mins	Yes	25% to 50%	Yes	Full	Full	5 (370 gms)
U15	16	11 v 11	Normal	2 x 35 mins	Yes	25% to 50%	Yes	Full	Full	5 (450 gms)
U16	16	11 v 11	Normal	2 x 40 mins	Yes	25% to 50%	Yes	Full	Full	5 (450 gms)

Roll on/Roll of Substitutions apply at all ages

**What are the characteristics of U10 – U12
year olds?**

DISCUSS 

What is Football?



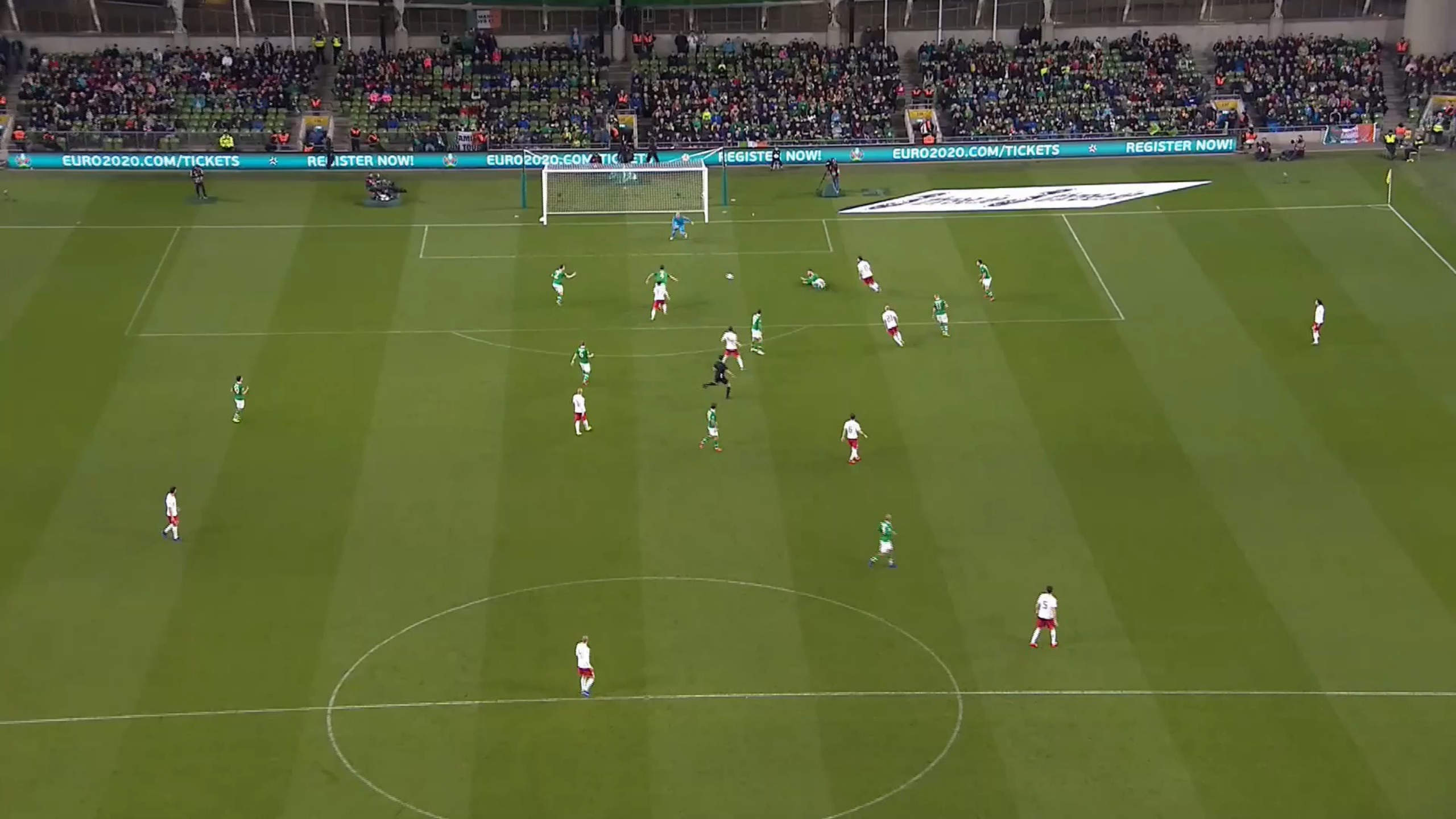
Attacking - Build up to score goals

Transition to Defend – That moment you lose the ball – quickly restructure

Defending – Disturb build up and prevent goals

Transition to Attack – That moment you win the ball back – quickly exploit





Introduction to Principles of Play

Attacking

- Create width and depth
- Good quality/selection of passes
- Establish good possession
- Angles and distances of Support
- Coordination of runs to receive the ball

Transitioning

Transition to Defend (After losing the ball):

- React as quick as possible to regain possession
- Nearest player presses the ball
- Other players quickly regain cover & balance

Transition to Attack (After winning the ball):

- Attack as quick as possible
- If getting forward not possible, establish good possession

Defending

- Pressure (who, when, where, how)
- Cover & Balance
- Compact
- Communication
- Controlled aggression



Football Action Theory



Football Action



Communication



Decision



Execution





47:57

GIB

0-0

IRL



Coaching Process

Involve the Players

I.D.E.A.L. is a Learning Principle that involves players throughout the coaching process.

I.D.E.A.L. involves a process of guided discovery and demonstration before tasks are carried out by the players themselves

“I hear and I forget, I see and I remember,

I do and I understand” - Confucius



I

Introduce

Introduce the theme of the practice
(Make sure players are fully aware of the practice goals)

D

Demonstrate

Demonstrate the actions and organisation
(Demonstrations give clarity)
Let Players See It

E

Explain

Explain all factors in a logical sequence
(Explanation & Demonstration is best used together)
Let Players Hear It

A

Action

Let the players play from the coaching point
Let Players Do It

L

Look

Look at the play & observe key moments to help achieve the outcomes
Let Players Understand It



Coaching Methods

FAI

Coaching in the flow

FAI

Individual Coaching

FAI

Use of natural stoppages

FAI

Manipulation of the activity

FAI

Video Analysis

FAI

Freeze

FAI

Self Education



How to Plan and Implement Coaching Practices

Coaching Practice Considerations

FAI

Age

FAI

Abilities / Developmental Level

FAI

Maintaining Engagement

FAI

Appropriate Training Equipment

FAI

Age Specific Content

FAI

Session Plan

FAI

Timing

FAI

Is It Fun?

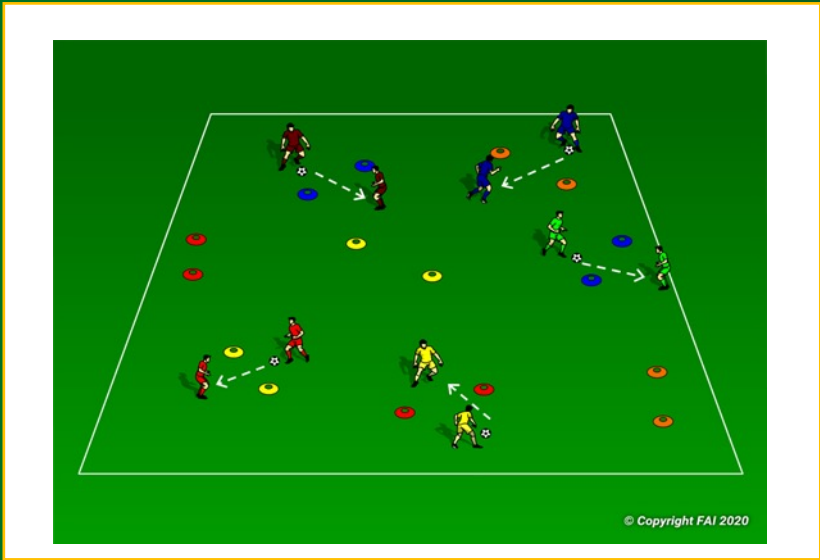
FAI

Always include a Game

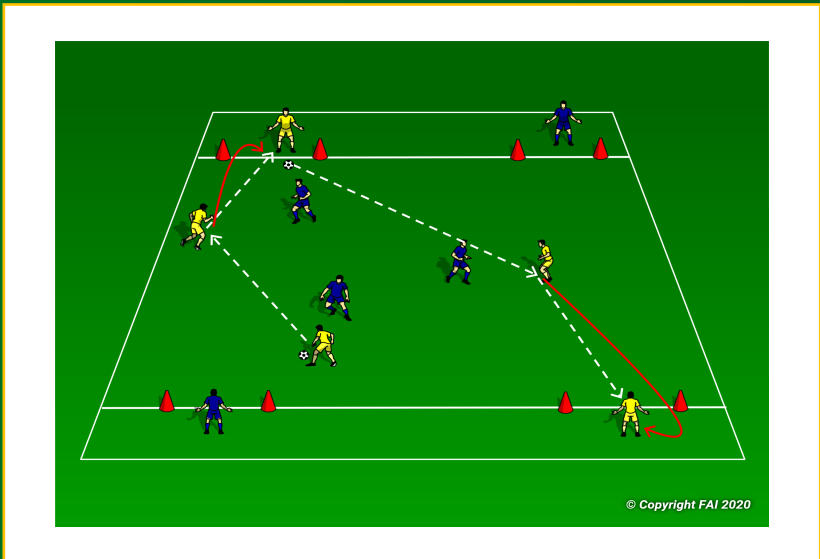


Session Plans - Theme (Passing)

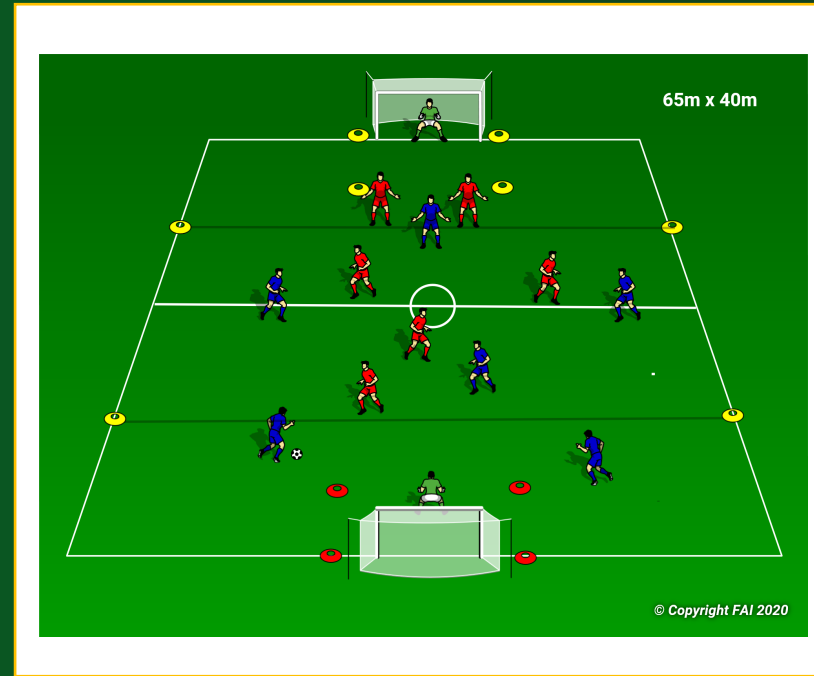
Warm Up - Passing



Coaching Practice



Finish with a Game (7 v 7)





Coaching Practice Design



Breakout groups



Plan a session for 10 - 12-year-olds



12 players



Use the presentation template that was emailed to you to design the coaching practice



Coaching practice plan must include a Warm-up, practice, game. Make sure to include Football Actions

Key Principles in Coaching

- ➔ Motivate your players
- ➔ Coach in a positive way
- ➔ Praise and encourage
- ➔ Let players make their own decisions
- ➔ Focus on quality of play rather than winning
- ➔ Engage with your players by asking open questions
- ➔ Use language that is simple and age appropriate
- ➔ Encourage your players to show respect to everyone



Player Centered Approach

- Act as Role Models to the players
- Plan and prepare each session, ensure proper levels of supervision
- All activities are inclusive
- Allow players participate in enjoyable way
- Welfare and enjoyment of players comes first
- Enforce fair play
- Cater for the different learning styles
- Be aware of the development stages and needs of players
- Involve parents in what you do



PDP 2 Grassroots Football Coach Reflection

**What was the objective
of the session?**

**Was the objective
achieved?**

**Did your organisation
allow for football actions
to take place?**

Did the players learn?

How do you know?

**What could you do to
improve?**

Methods of Reflection

Reflection



Methods

Self

Group

Tutor

Peer to Peer

PDP 2 Course Recap



Best Practice



Player Development Plan
10 - 12



Coaching Process



Role of the coach



Characteristics of
players



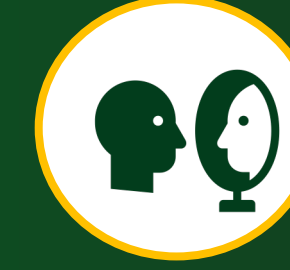
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Coaching Methods



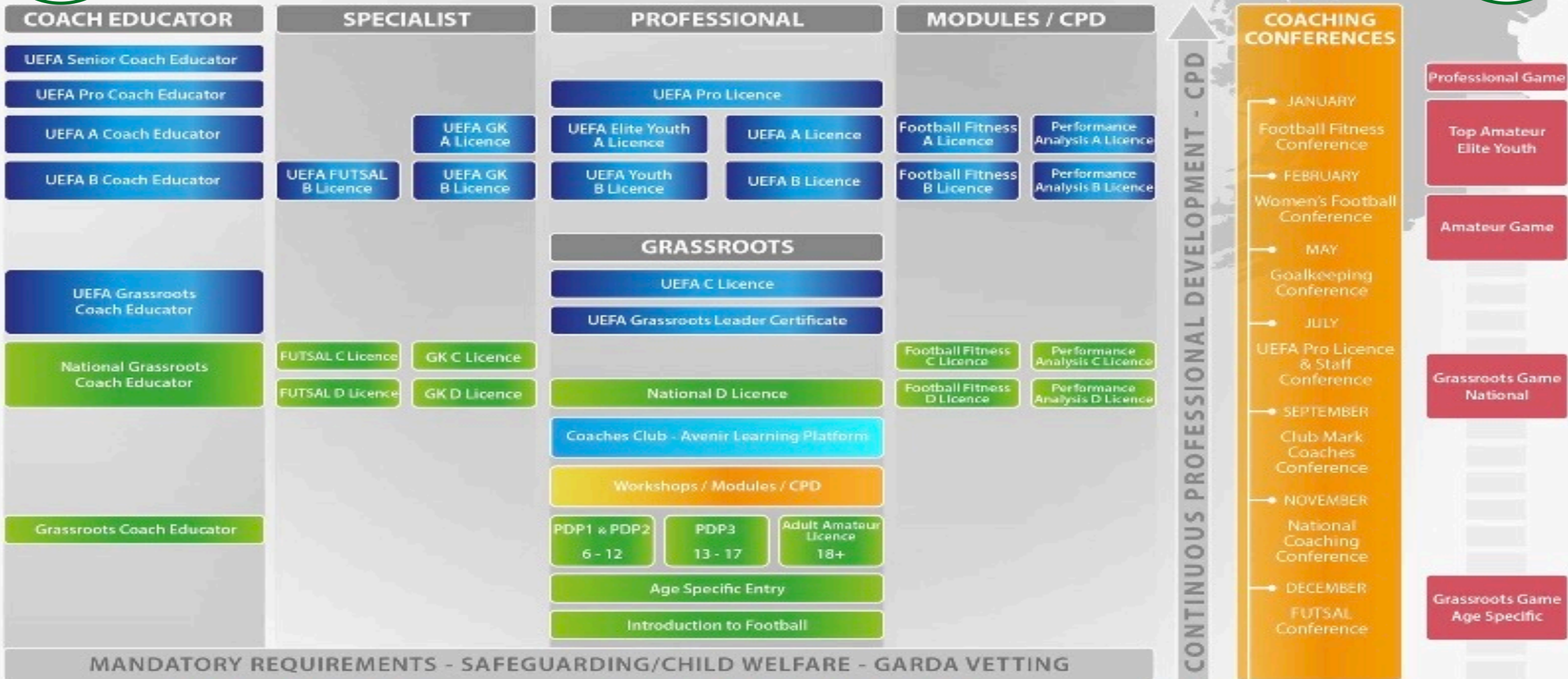
Principles of Play



Self Reflection



Coach Education Pathway 2023 - 2025



#lifelonglearning

#realitybasedlearning

#UEFAcoaching

www.fai.ie

#faicoached

@FAICoachEd

@FAICoachEducation



“You inspire others by showing them how powerful they are”

Thank you.

