

**C**ollege **T**echnique du **C**lub



October 26th

*Lakeshore*  
*Soccer*



# **CTC Meeting**

The background of the slide is a photograph of soccer players in red jerseys celebrating on a green field. One player in the center has his arms raised high, and others around him are also celebrating. A coach in a dark jacket is visible on the right side of the field, looking towards the players. The stadium seating is visible in the background.

- . Schedule for IC teams**
- . Rosters for IC teams**
- . March Brake Camp for IC teams**
- . Youth Coaching Course Nov. 25-26**
- . Other concerns and issues**
- . Lakeshore Method of training**
  - The coach
  - Components of soccer coaching
  - Economical Training
  - Specificity of training
- . Field Sessions ( Examples)**

# WHAT IS COACHING ?

“At it’s heart ,coaching is an art of deceptive simplicity and power. We all have within us the ability to engage with others in ways that promote real connection, clarity, freedom and action. If we are lucky, we have known people in who’s presence we’ve felt affirmed ,extended, liberated, energised and stimulated to grow.

**Coaching is about developing people.”**

**Engage, Connect, Clarity, Freedom, Action, Presence, Liberated, Energised.**



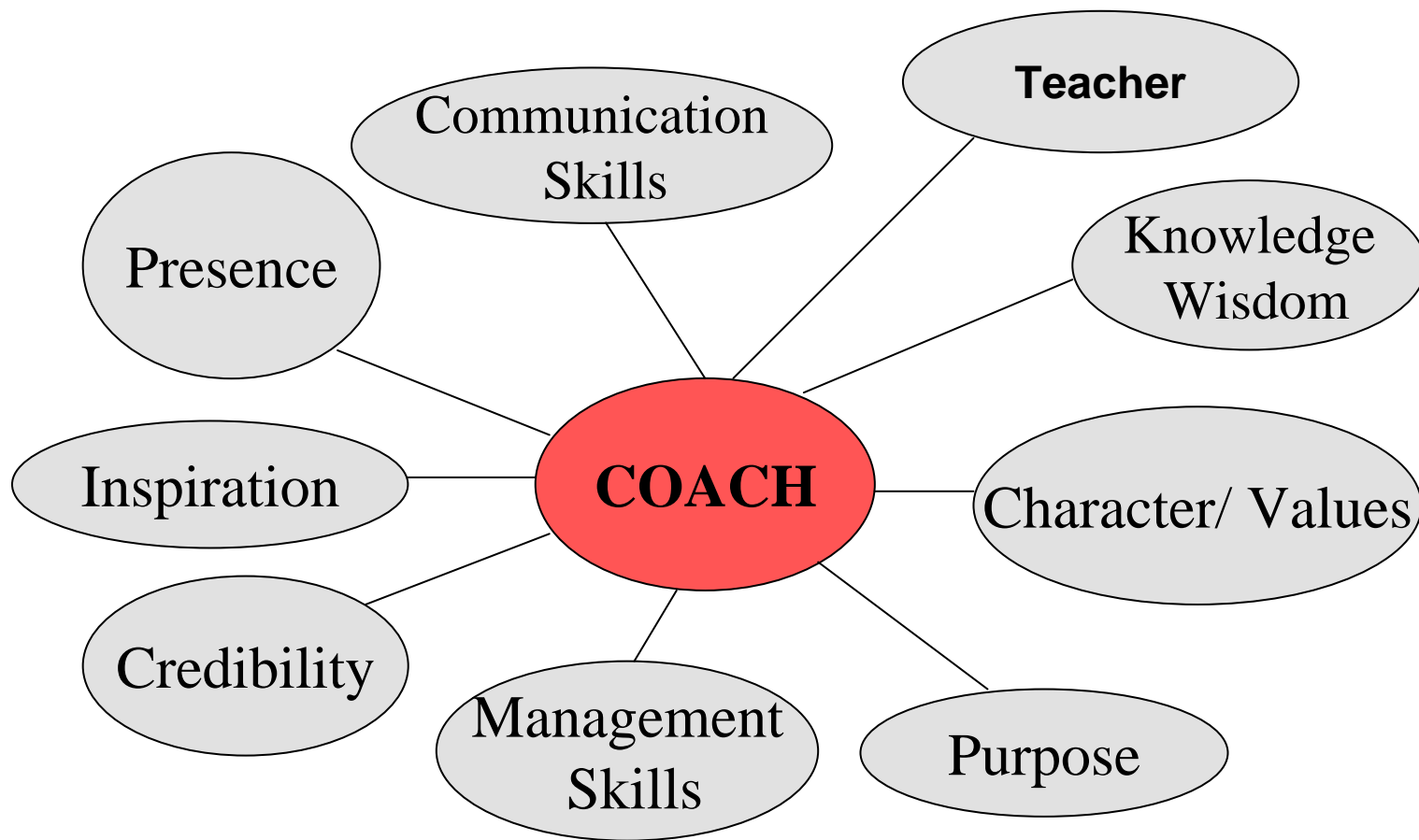
‘A child’s life is like a piece of paper on which everyone who passes, leaves an impression’.

**Chinese Proverb**

*Lakeshore*  
*Soccer*



# The Lakeshore Coach



# Method of training

***“ The more closely training replicates the real game, the easier players will be able to transfer what they do in training to the real game.”***

*regardless of whether the training is general or functional , coaches must address soccer issues in a real soccer environment .*

1) *Identify the Problem – Individual, Group ( line) or team*

2) *Solve the problem - Why & How*

*. End a practice knowing your players learned or understood what you tried to teach*

*. Be specific ( one thing at the time*

# *Technical sessions*

## **Fundamental stage**

*(could be your warm-up)*

- . No pressure from opponent
- . Towards execution at top speed

## **Game Related**

- . Introduce pressure from opponent
- . Incrementally add pressure

## **Game Condition**

*( could be your game)*

- . All restrictions taken off defender
- . Does not have to be full field game or even number exercises

## **Technical Functional training**

- . Training that is specific to a position or role



# *Tactical sessions*

*Will Have a **Fundamental, game related** and **game conditioned** organization*

*. Individual (1v1)*

*. Group ( 2v1; 2v2; 3v2 etc....)*

*-Soccer game is a series of group tactical situations in the immediate area of the ball  
-the key elements are visual cues and transition*

*Coach's role is to show players there role in different phases of the game*

## *Tactical functional training*

The tactical training of groups of groups of players in the areas of the field where they function

*e.g. - The back four , identify and teach the role of each defender facing different situations*



# General & Functional training



**Technical General** - *the ability of receiving the ball on the ground or in the air.*

**Technical Functional** - *The ability of a forward to receive the ball facing away from the opponents goal being heavily marked by an opponent.*

**Tactical General** - *Isolation of a specific specialized skill, e.g., the service to the near post. Repeat trials during exercises.*

**Tactical Functional** - *to imprint a style of attack, ask one team to play directly (vertically to target players) and other indirectly ( possession)*

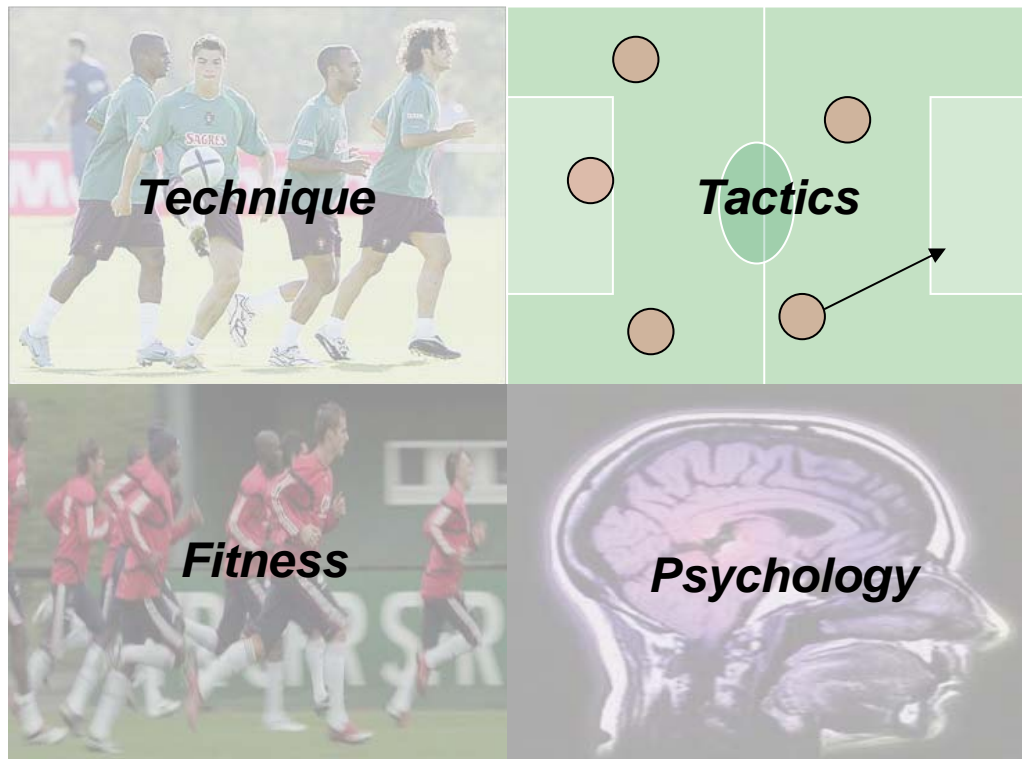
**Match Analysis General** - *“We are to cluttered in the middle of the field ”*

**Match analysis Functional** - *“ Gerry when the ball is on is way to Darko from Frank, you need to get wide against the line to give us some width.*

# *ECONOMICAL TRAINING*

- The combining of as many components of coaching as possible into one exercise
- Necessary for Lakeshore players because of limited training time and limited soccer environment.

## **Components of soccer training**



# Specificity of training

- Soccer training must replicate the game. What is done in training must be like what happens in the game .
- The get fit to play soccer must be specific for the needs of soccer .
- The **S.A.I.D** principal : **Specific Adaptation to Imposed Demand** .

**“To be Specific in training a coach needs a vision for is team, A style of play. He needs to know what he wants from is team in every phases of the game.”**

*Phillip dos Santos*

**“Do not expect your team to do what you have never showed them.”**

*Phillip dos Santos*

# Field Session

