



MOOREBANK SPORTS SOCCER CLUB COACHING PHILOSOPHY

OUR PHILOSOPHY IS: A POSSESSION-BASED ATTACKING SYSTEM

Dedication to the Game. Success in coaching happens by desire and education. One can only build and maintain a positive coaching environment through consistent, intentional effort. MSC coaches are mentored through our Technical Director (TD) and highly encouraged to improve their coaching credentials and professional development. Regardless of which team you join across our club, you will find coaches passionate about developing excellent football players and people.

Decision Making and Personal Responsibility. Players are encouraged to make decisions according to their unique way of reading the game. Conforming players to a rigid process might minimise certain errors, but it would negate the opportunity to learn. MSC coaches provide recommendations and guidance, and then encourages players to make decisions. Our TD analyses results and provides feedback so players can learn to make better choices.

Dedication & Self-Confidence. Our coaches emphasise the value of personal ownership over one's development. Players own their successes and their mistakes. They commit to improving their skills – both during training and in their own time. The best players work hard in training as well as make time to work individually. With greater skill comes greater consistency and performance, which leads to greater confidence. The net result of this commitment and effort is incredible mental strength.

Tactical Performance. All coaches at MSC are encouraged to embrace the club philosophy. Each team's coach decides what system best fits the abilities and style of the players. Formations and tactics vary from team to team, and some teams may deploy different formations depending on the situation. Every player is taught to know their role on the field – attacking, defending, transitioning, etc. Training in areas like reading the game and movement without the ball, individual and team defensive principles, and offensive shape is crucial to proper development.

Technical Performance. As a club, Moorebank Sports Soccer Club is committed to earning and keeping a reputation for development in football. Individual technique will be emphasised in all environments, from training sessions to matches. Our coaches are trained to develop their players for the appropriate next phase of their technical development.

Team Chemistry. Teams that care about each other are far more successful and enjoyable, than teams that simply play with each other. Often, team chemistry is the "X-factor" that propels a team past their competition. Team chemistry is built through a number of factors, and our coaches are well versed in building and protecting team chemistry.



OUR PHILOSOPHY IS BASED ON DEVELOPMENT – AT MSC WE FOCUS ON:

- Long term development over short term winning; winning will follow.
- Follow a clear direction completely and thoroughly.
- Create a continuous chain of players with higher ability year on year.
- Encourage players to make decisions for themselves as this is a key tool for learning, (avoid being a playstation coach who controls the players decisions with constant instructions.
- A possession based, fast, high pressure style of play over *kick and chase* or *longball*. which consists of:
 - Playing out of defense with speed while going forward.
 - Combination play to create better chances, with positional rotation and 1v1 encouraged in attack.
 - Quick transitions from attack to defense and defense to attack.
 - Defending proactively (pressing) as soon as possession is lost to regain it.
 - Players understanding the role of their position in the team
 - Adopting the 4-2-3-1 as the preferred formation as much as possible to support player development and our style of play throughout the club, notwithstanding the flexibility to adapt based on individual team strengths and weaknesses.

HOW WILL WE ACHIEVE THIS STYLE OF PLAY?

- By using a football for most of training, and not wasting precious training time with activities such as: static stretching, laps or running without a ball.
- Using football to become fit not set alone fitness training.
- By fully adopting the approach throughout the club and teaching it from the youngest ages.
- By fully adopting the skill acquisition approach to coaching in the non-competitive age groups (U6 – U11), developing the fundamental skills of:
 - First touch
 - Running with the ball
 - 1v1
 - Striking the ball
- By using the 4-2-3-1 formation and the smaller versions of it in training and matches as much as possible
- By involving players in coaching.
- By providing coaches with adequate equipment, training facilities and support.
- By providing age relevant training.



WHAT DO WE WANT TO SEE FROM EACH AGE GROUP?

- 5-7s - LOVE OF THE GAME:
 - Players having fun
 - Players playing in different positions
 - Trying to ensure all players receive equal game time
 - The 4 core skills at the base of most training
 - Discipline being implemented

- 8-9s - INTRODUCING:
 - Players having fun
 - Players playing in different positions
 - Trying to ensure all players receive equal game time
 - The 4 core skills being introduced
 - Players starting to understand a formation
 - Focus on learning
 - Discipline being implemented

- 10-11s - DEVELOPING:
 - Players having fun
 - Players playing in different positions
 - Trying to ensure all players receive equal game time
 - Players continuing to understand a formation
 - The 4 core skills being developed
 - Pressing starting to be developed
 - Start developing a competitive mindset
 - Focus on development
 - Start to develop our possession-based attacking system.
 - Discipline being developed

- 12-17s - MASTERING:
 - Players understand formations
 - The 4 core skills being used continuously
 - Pressing being used continuously
 - Focus on development
 - Develop the competitive mindset
 - Continue with our possession-based attacking system.
 - Discipline being developed

- 21-PL - WINNING:
 - Players completely understand formations
 - Pressing mastered
 - Focus on results
 - Understand completely our possession attacking system.
 - Winning mindset
 - Discipline mastered



- **HOW DO WE MEASURE THE SUCCESS OF OUR PHILOSOPHY?**

Measuring success will be a long term process. In the short term we should see coaches and players displaying a rising level of technical ability and decision making. Teams being able to play out of defense, keep possession, press, transition quickly and create good scoring chances more regularly, then we are on the right track.

The most important thing is to support the process!