



The Giffnock Soccer Centre Handbook

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About the Club

The Giffnock Soccer Centre was founded in 1995 by a group of dads who thought that there was a better way to coach young footballers. It is now the largest youth football club in Scotland and was awarded the 'Community Club of the Year 2013' at the Scottish FA Grassroots Awards. The club is also a Scottish FA Quality Mark Community Club.

The club has always placed an emphasis on developing young players as both players and people. Our club follows guidelines laid out by Positive Coaching Scotland and the Scottish FA on how best to develop our young people. As players we encourage our young people to develop their technical, tactical, mental and physical capacities and as players, we encourage our young people to respect their opponents, team-mates and themselves and to compete to the best of their ability while respecting the laws of the game.

Our club is run solely by volunteers and we now have over 150 registered coaches plus a number of 'parent-helpers'. Our coaches ensure there is someone to train our young players and give up a lot of their time to do so. Likewise, our parent-helpers also dedicate their time to fund-raising, administration tasks and assisting coaches with match-day duties.

Some facts and figures

Giffnock SC has:

- over 900 players
- over 150 coaches

Giffnock SC has its own pitches at:

- St Ninian's High School (January 2014)
- Woodfarm
- And Norwood Playing Fields

- We provide every player with new Umbro kit every two years
- We send all our old kit to children in Kenya
- In 2013, we raised £12,000 for the Johari Foundation in Kenya

At Giffnock SC our aim is to:

- Involve as many players as possible
- For as long as possible
- To be as good as possible

Being a PLAYER

At Giffnock SC we think that YOU, the player, are the MOST IMPORTANT PERSON at the club. All of the adults are here to help you get better at football but even more than that, we're here to help you have FUN.

But, if you're going to have fun, you need to have rules. Here are some rules for our players:

- Listen to the coach- you need to be really quiet when the coach is speaking
- Help your team-mates- give them encouragement and don't get upset with them
- Remember you are a Giffnock SC player- if you misbehave, how does that make our club look?
- Play hard but play fair- football is a tough game and you need to be a hard tackler but you should never set out to hurt or upset an opponent
- Respect the referee- even if you see or hear grown-ups shouting at the referee or anyone else, you should not do this
- Take care of your kit- make sure it's clean and that your boots are too
- Always try your hardest- this is the only way you will get better at football

- ENJOY YOURSELF!

Here's a link to how a good footballer behaves:
<http://www.scottishfa.co.uk/positivecoaching>

Being a COACH

On becoming a coach at Giffnock SC you are entering a fantastic group of over 150 volunteers who also love the game. You will become a role model for all the young people you work with and have a real opportunity to make their footballing experience the best!

As a coach at Giffnock SC you will be supported by our committee and Football Development team, provided with free Scottish FA coaching courses and free Umbro training kit.

Here's what should be expected of a *good coach*:
<http://www.scottishfa.co.uk/positivecoaching>

As a coach you should always try to:

Make training and playing FUN

Keep all players active- avoid queues for drills

Praise and encourage all players

Allow them to play- sometimes you have to just stop coaching

Remain patient

Allow players to make decisions- practices and games should always be structured to allow players to make a decision

Set realistic SMART(ER) targets: *specific, measurable, attainable, relevant and time-bound (evaluate and re-evaluate)*

Make explanations and instructions as clear and simple as possible

Demonstrate or have a player demonstrate- a picture paints a thousand words!

**REMEMBER- YOU ARE HERE TO SUPPORT THE YOUNG PLAYERS IN OUR CLUB,
IT SHOULD NEVER BE ABOUT THE COACH OR THE RESULT!**

Training Explained

A training session should include all of the following:

- Making the player's movements faster and better **SAQ**
- Linking movements efficiently and wisely. Coaches constantly ask the player why they use a certain move in a certain situation **DECISIONS**
- Using the weakest foot. Coaches will develop specific sessions to work on weaknesses in the player's game **SECOND FOOT**
- Technical exercises with high reoccurrences **DRILLS**
- Games with the possibility of many choices and reflections **GAME-RELATED**
- Simple tactical exercises forcing the player to make a quick decision **SHAPING**
- Realistic activities which make the player feel as if he were in a real game **CONDITIONED GAMES**

Training therefore is done with this context in mind:

- Quantity
- Quality
- Consistency
- Demands of the game
- Simplicity **Johan Cruyff**, while at Barcelona, stated that the coach who gave his player more than two options does not understand the game of soccer.

Session Timings

A Training Session should be 1 hour for 4s, 1.5hours for 7s and 2hours for 11s.

A 1 hour (4s) session should be:

- 15 - warmup (always with the ball)
- 15 - drill/skill practice
- 15 - game-related practice
- 15 - small-sided games (10 minutes coached and 5 minutes free)

A 1.5 hour (7s) session should be:

- 15 - warmup (always with the ball)
- 15 - passing practice
- 15 - SAQ (physical training)
- 15 - drill/skill practice
- 15 - game-related practice
- 15 - small-sided games (conditioned to the session's theme)

Our website has a long-term planning schedule and a bank of drills and game-related practices which can be used and adapted.

Being a PARENT

As a parent you are the single biggest role model for your child(ren). At Giffnock SC we value the support of our parents and appreciate the contribution that they make to our club and its young players. However, at the club you are also a role model to all the children around you and your child(ren) and we ask that you also consider them.

As a parent we ask that you:

- Drop your child off early (about 5-10 minutes before session start)
- Dress your child appropriately- shinguards, suitable footwear and a waterproof jacket at all times (even in the summer!)
- Provide your child with a bottle of drinking water/still juice every session
- Bring your child to the session - make sure to register them with the coach
- Ask your child what they enjoyed or learned today - don't make it about the result or whether they scored any goals
- Trust your child's coach and do engage with the coach(es) - they're there to help
- **DO NOT SHOUT or COACH FROM THE SIDELINES** - football is hard enough for young people without having people they care about shouting at them, you may think that you are helping but you are in actual fact inhibiting and discouraging them from learning through their own mistakes.

Here are some useful weblinks:

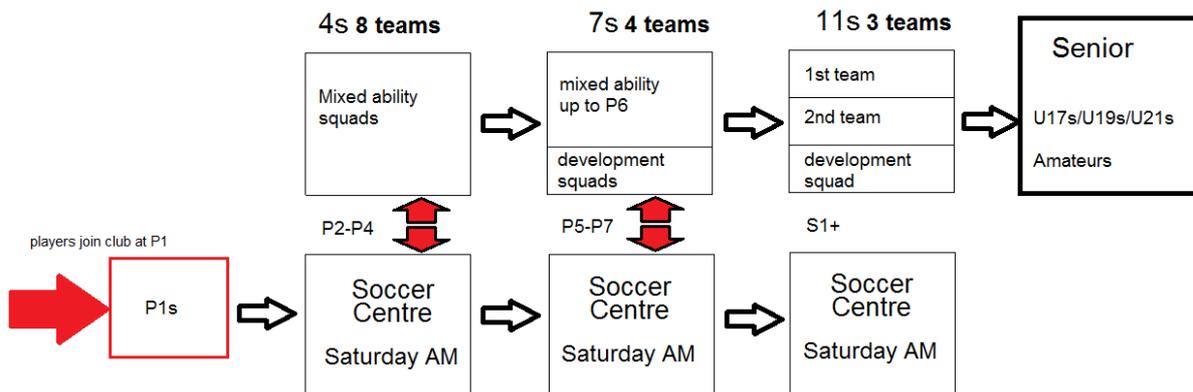
www.scottishfa.co.uk/positivecoaching
www.facebook.com/giffnocksoccercentre
www.giffnocksoccercentre.com

As a parent you can be involved with the club/team as a coach or parent-helper- perhaps you can do some admin for your team, be the first-aider, help with fundraising or perhaps you have a particular skill/expertise that would benefit the club committee, if so, please speak with your coach or get in touch with the Giffnock SC Secretary: secretary@giffnocksoccercentre.com

Committee Structure

GSC COMMITTEE STRUCTURE				
CLUB ADMINISTRATION	FOOTBALL DEVELOPMENT	FINANCE & FUNDRAISING	LETS & FACILITIES	FESTIVAL / EVENTS / MARKETING
Club Chair Club Secretary Player Protection / PVG Website Kit Club Development	Players Development Coach Coordinator Soccer Centre lead Disability Section Girls Section Women's Team	Treasurer Grants Coordinators Festival Finance	Lets Coordinator Norwood Woodfarm Grass 3G Pitch Clubhouse	Festival Organiser Event's organiser Media Social events
Club Constitution Health and Safety Player Protection Town Twinning teams	Coach Development Player Development Club Academy Soccer Centre format	Clubhouse Funding Norwood Woodfarm Grass Coach Development Officer	Norwood pitch repairs Woodfarm grass pitch repairs Let requirements	Club Brochure Friday Football

Club Pathway



OVERVIEW OF PLAYER DEVELOPMENT

This Giffnock SC player development plan has been designed around the SFA Developing Talent Plan. It outlines the main themes of training that are required for player development at each age group.

4-a-side 'Desire to Play' - Male 6-9, Female 6-8

Learning to love the game, learning to move

- Develop **physical literacy** and basic skills
- Players need to develop **speed, agility, balance and co-ordination**
- Coaches should develop players' ability to run, jump, throw, kick, catch and control
- Games-based learning

7-a-side 'Learning to Play' - Male 9-12, Female 8-11

Learning the basic skills of the game

- Players need to develop basic kicking and game-play skills (**technical**)
- Coaches must ensure equal playing time for all, through small-sided games, this will develop necessary **endurance fitness** in children
- **Speed and agility** should be trained in every session (fast-twitch muscle fibres are still malleable at this stage)
- Coaches must develop players' confidence through fostering and reinforcing success in achieving basic goals for each player
- **Parents and players need to be educated on lifestyle factors (nutrition, hydration, recovery and support)**
- Players should be given 'homework' and independent practice

11-a-side 'Developing the Player' - Male 12-16, Female 11-15

Learning the game

- Coaches will have to differentiate between early, normal and late maturing players
- **Technical-tactical** development must be more emphasised
- Players also need to develop **physical** qualities (strength, power, anaerobic speed and endurance) through individual programs
- Coaches should be able to identify players who are committed athletes and who are self-motivated and able to work towards goals
- **Training should not be focused on preparing a team to win but on developing individual players**

Player Capacities

Similar to Curriculum for Excellence in schools, and in line with the Scottish FA's player pathway, Giffnock SC has identified Four Capacities for players to develop in.

Players must work on developing across all areas of Technical, Tactical, Physical and Mental skills.

- Technical skills include passing, dribbling, shooting, control, heading, tackling, turning and use of two feet
- Tactical skills include awareness of, their own and others': movements, position on the field, use of space
- Physical skills include jumping for height, running for speed, running for endurance, balance, physical strength, strength endurance, power
- Mental skills include positive attitude before, during and after a game and training, applying what they learn to the game, understanding the role of sport in their life, ability to reflect and evaluate on their development as a player

Football, like any sport is a game of opinion, and is almost always subjective rather than objective which is all part of the enjoyment. Unfortunately this makes grading or analysing players very difficult. In this regard, players must work hard to ensure they develop all parts of their game and as coaches we make every effort to notice development in players. As parents, I must ask that you then have patience, objectivity and trust in our judgement as coaches.