



LINHILL TECHNICAL MANAGER REPORT

GRASSROOTS DEVELOPMENT

INTRODUCTION

Linhill Celtic Football Club is an amateur football club within the Southern Part of Johannesburg and has been around for over 50 years. The club was started in 1973. There is a lot of history around the club and currently we have an opportunity to take the club to greater heights.

VISION STATEMENT

The Linhill Celtic Football Club aspires to be an outstanding educational-athletic organization that provides a high-quality experience for every athlete.

A high-quality experience is one in which every athlete is coached using the principals of Positive Coaching, has fun playing the game, feels like an important part of the team regardless of performance, learns "life lessons" that have value beyond the playing field, and learns the skills, tactics and strategies of the game and improves as a player.

MISSION STATEMENT

Linhill Celtic Football Club is committed to:

- Promoting and facilitating the development of football through our infrastructure and training programmes.
- Pro-active engagement and dialogue with players, parents, coaches and associations.

- The creation of an innovative, progressive and professional image, which is stable and well managed.
- Contribute to the ascendancy of football in the area, and greater SLFA region, and strive to be the leader in the district.
- Provide well-organized soccer recreation appropriately structured to accommodate any level of play equivalent with our players individual ability, potential, and interest.
- Promote a positive youth sports culture that teaches life lessons and “Honour’s the Game” for all players in the areas local to Linmeyer and The Hill.

OUR MISSION

Provide youth with organized competition in a safe environment

Bring our youth closer together through common interest in sportsmanship and competition

Instil the values of education

Acquaint the players with the fundamentals of the game rules

Teach sportsmanship, discipline and love of the game

Encourage the players to maintain satisfactory grades in school and to emphasise the importance of keeping a proper relationship and balance between scholastic and athletic endeavours.

SHORT TERM FOOTBALLING GOALS

As a grassroots football club our goal is develop the fundamentals of soccer in the players who join our football club. Hoping that our players get into National Teams, whether it be under 13, under 15, under 17, under 19 and hopefully one day our National Squad (Bafana Bafana)

The following are the soccer structures in Gauteng.

- Local football association (LFA)
- Regional team entry (SAFA Jhb)
- Matsepa League (SAFA Jhb)
- PSL (SAFA)

We are affiliated to the “The Southern Local Football Association” (SLFA). Our teams play in the NS league which is made up of various Southern and North Rand LFA clubs.

STRATEGY

Linhill Celtic FC currently accommodates the following age groups:

Mini mites – 5 to 6 years old

At this age group, it’s all about play and fun. On this age group we focus mainly on learning what soccer is about. This should be done in a fun way as this age group kids generally have a short attention span. Basics must be taught here:

- What is the aim of the game
- how to pass
- how to shoot
- scoring
- Defending
- Building relationships and having fun

Under 7, 8, 9

At this age group players have got a grasp of what soccer is, this is golden period. Each training session the focus is on more touches on the ball between 1000 – 2000 touches on the ball on average. Time is imperative, so therefore coaches need to ensure that explanations, change over (Drill progression) and water breaks need to be timed. Session plans are important, they need to be concise, easy to grasp and most importantly it needs to be planned. Sessions must be themed, weekly, monthly or quarterly. E.g. (April – passing and receiving). Players must be monitored throughout this programme to see their progress. During matches is where the coaches can assess whether or not players are grasping what is being done in training session. Training overrides matches. This age group players must always be positively encouraged, their progress might not be as fast as the coach would like however the player is improving. It is the coach’s job to pace their development.

The following aspects must be done at this level.

- Passing and receiving
This aspect of the game is very important as players, now learn about opening up the body, scanning and decision making.
- Ball control
In a game situation it is very important that; as a player you need to have the ball under your control, however the ball may come at you, in the air, on the ground. Players must learn how to use both feet. At this age players need to learn this, so drills

must incorporate both feet all the time. Kids are like sponges they soak up information and its better for them to learn this at a young age

- **Ball mastery**
Ball mastery must be done at the beginning of every training session. This helps with their balance and coordination. 15-20 minutes must be dedicated to this. This is individual brilliance so allow players to explore.
- **Shooting and finishing**
This aspect of the game combines all other aspects of the game, soccer is a team sport therefore all plays start from the keeper and ends up in the opposition goal. So sometimes it needs a player to just shoot the ball or sometimes it needs a finesse to finish of the play.
- **Protection of the ball**
Protection of the ball is key a player must know that the opposing player may not have the ball from, so they need keep that from happening.
- **Keeping possession**
This aspect of the game is important. Firstly, we need to understand, why we are keeping possession of the ball. Is it to relieve pressure or to find an opening for an attack, or just to wear out the opposition. This is very important and needs the player to be comfortable on the ball. Therefore, all aspects are important.

Small, sided games for this age group is encouraged, with overloads. 1v1, 2v1, 3v1, 3v3 etc...

SESSION PLANNING

This must be done weekly and submitted to the technical director. A session bank will be created where coaches can access these sessions including drills.

Weekly progress briefs must be given to the Technical Director.

A committee will be formed that will monitor the performance of Coaches and players. This committee will also be responsible promotions and demotions of players as well. Also provide assistance to Coaches where required.

Under 10, 11, 12

This age group is similar to the 7, 8 and 9 group, however this group now has added rules, like offside. The training sessions are similar; however, they are more advanced and the intensity must increase.

At this level, the player must understand the role of the various positions in the game. Coaches must ensure that players are rotated in all those positions. Creating versatile players.

Under 13 – 19 (known as Junior league)

At this level of the game, is where the Coach brings in style of play. If players have the technique, it is easier for the coach to have a style of play. There can be no tactics if players do not have the technique.

- Fitness and strength and conditioning
Coaches need to ensure that a day in the training week needs to be dedicated to this. Many successful professional clubs, do 60% of their fitness training with the ball, these can be explored.
- High intensity drills
All training sessions need to be high intensity and highly pressurized. Many different Rondos can be used for this. The coaching points here are to ensure that the intensity is high throughout the session.

YOUTH PLAYERS

In Possession

Coaches need to monitor what a player does when in possession of the ball. Is the player comfortable on the ball. Can he read the game. Is he able to receive the ball and release positively.

Out of Possession

Is the player trying to win back the ball. What is the level of intensity trying to win back the ball.

In Transition

After winning back the ball, can the player see the outlet. Are the players, moving the ball positively to create the transition into chances that can create goal scoring opportunities.