

ABILITY BASED COACHING

LAYTOWN UNITED SFC



WHAT IS ABILITY BASED COACHING

Grouping players based on their ability should only be done after a performance assessment, the manner in which players are grouped may differ.

- GROUPING PLAYERS **WITHIN A TEAM OR GROUP**
- GROUP PLAYERS **WITHIN AN AGE GROUP**
- GROUPING PLAYERS **BETWEEN AGE GROUPS**

WHAT IS ABILITY BASED COACHING

All players develop at a different rate no matter what the age group, it is thought that at under 8 level there is a 2 year +/- for some players meaning that a 7 year old could be playing at the ability level from 5-9 years of age.

It is important to understand quickly at what level each child is at so that training sessions can be both fun and challenging at the same time. Within age groups we would target particular drills to those who will benefit the most. There is quite often a fear that with ability based grouping some children may get left behind but studies have found the opposite, the lower and middle tier players progress at a much faster rate through ability based coaching when correctly implemented.

HOW WILL IT WORK?

Changing the way we think!

CHILDREN

- We need to instil the understanding that they are not on an Under 8's A, B or C team but rather they are all just Laytown Under 8's players who don't always get to play together at the weekends

COACHES

- Coaches need to approach this process by grasping the concept that "This is my team!" will no longer be the way, coaches need to be flexible and interchangeable between teams just as players will need to be so that they and the players will benefit from different experiences and interactions.

PARENTS

- Although it's natural that a parent should be anxious about their child's participation in sport those anxieties should never be passed on. At a young age Small Sided Games are NOT designed with the aim of scoring goals or winning football matches it is to allow the children to participate in a game where they will get plenty of opportunity to touch the football and to try things in a game that they have been practicing at tailored training sessions.

HOW WILL IT WORK?

Training Sessions (For Players)

MIXED GROUPINGS

WARM-UP SESSIONS – These sessions should be a fun way for all the children to interact with other players and coaches while having constant contact with a football.

CHALLENGING ACTIVITIES – Some activities may be challenging for all players and where possible it is important to bring players together as much as possible.

ABILITY GROUPINGS

TECHNICAL SESSIONS – These sessions may be focusing on targeted drills and therefore may require groups to be broken out by ability.

PRACTICE GAMES – When concluding some training sessions we often look at 3v3 or 4v4 practice, to challenge players adequately we may look to break out groups based on ability.

HOW WILL IT WORK?

Training Sessions (For Players)

PLAYER BENEFITS

- More structured training sessions
- Multiple coaching contact points
- Wider integration with peers
- More on the ball contact

HOW WILL IT WORK?

Training Sessions (For Coaches)

WORKING TOGETHER COACHES WILL

- Devise a training curriculum.
- Work with mixed and ability based groups on appropriate technical drills.
- Share administration responsibilities.
- Collectively keep parents informed
- Alternate match day roles where feasible

Most Importantly, make your Training Sessions **FUN** otherwise children will lose interest fast!

HOW WILL IT WORK?

Training Sessions (For Coaches)

A LOT OF THIS IS WHAT WE SAY TO THE CHILDREN 😊

- Listen, to players, Parents and other Coaches
- Open to learning new things, just like players we promote continuous learning and development
- Be respectful of other coaches
- Behave like a Coach
- Mix up responsibilities

Most Importantly, make your Training Sessions **FUN** otherwise children will lose interest fast!

HOW WILL IT WORK?

Notes for Parents

Sometimes as parents we often let our interpretation of things cloud our judgement as to how our children might perceive things. When coaches talk about ability based coaching quite often the kids understand it but parents hear something different (A versus B team, good players versus bad players, privileged versus non-privileged etc...).

As parents we need to look beyond that and understand that children do progress at different levels but they will all get there in the end, if we try to force them to play at a level they are not comfortable with they lose heart and want to quit, if we don't challenge some players they will move on to other clubs.

"We feel that based on best advice as a club we have identified a coaching strategy at non competitive level that will bring about affective development throughout our youth teams."

The Committee

HOW WILL IT WORK?

Notes for Parents

LOOKING AT THE SWIMMING ANALOGY

If you put your child in for swimming classes you would find that they all have a grading system from beginners through intermediate on to advanced, your child is only starting off and this is their first time in the pool would you:

Push to have your child in the Advanced class because that's where all the good swimmers are?

Expect to see all the children given the same swimming drills to do leaving the advanced swimmers not improving and the beginners to frightened to go back?

Expect to see all children's swimming ability assessed so that they may be placed at the appropriate swimming level?

SUPPORTING YOUR CLUB

Notes for Parents

PLEASE KEEP IN MIND

Most coaches are parents who stepped in to help out by coaching their child's team.

Running a football is expensive, your support with fundraising events is vital.

Fees and Subs need to be paid for the club to function.

Coaching takes up a lot of time and is done so voluntarily

The Football Clubs committee are volunteers elected by you the members.

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