



Constraints based coaching

Restrict, Relate, Reward



Constraints based coaching

Guiding headers to help structure your practice

Direction - Teams or players attack to score in a particular direction to any type of goal. (This could be an end zone, target player etc). This allows the principles of attack and defence to be fundamental to the practice. This doesn't always need to be opposed – both teams, for example could be in possession, using combinations to play across each other.

Definition - Occurring in the area of the pitch that it would occur on a matchday so the practice has a visible definition for the game of football. For example, if the practice was playing through the midfield, the session would be set up in the midfield area

Decisions - The players have a cognitive challenge (decisions to make, problems to solve) which ensures the execution of any technique is coupled with some type of visual trigger (for example the movement of an opposition player)

Difference - The practice provides the opportunity for players to practice the theme in a range of varying circumstances (distance of pass, type of pass, etc), and/or practice different themes within the same practice – for example, one player practices marking, while another practices forward passes

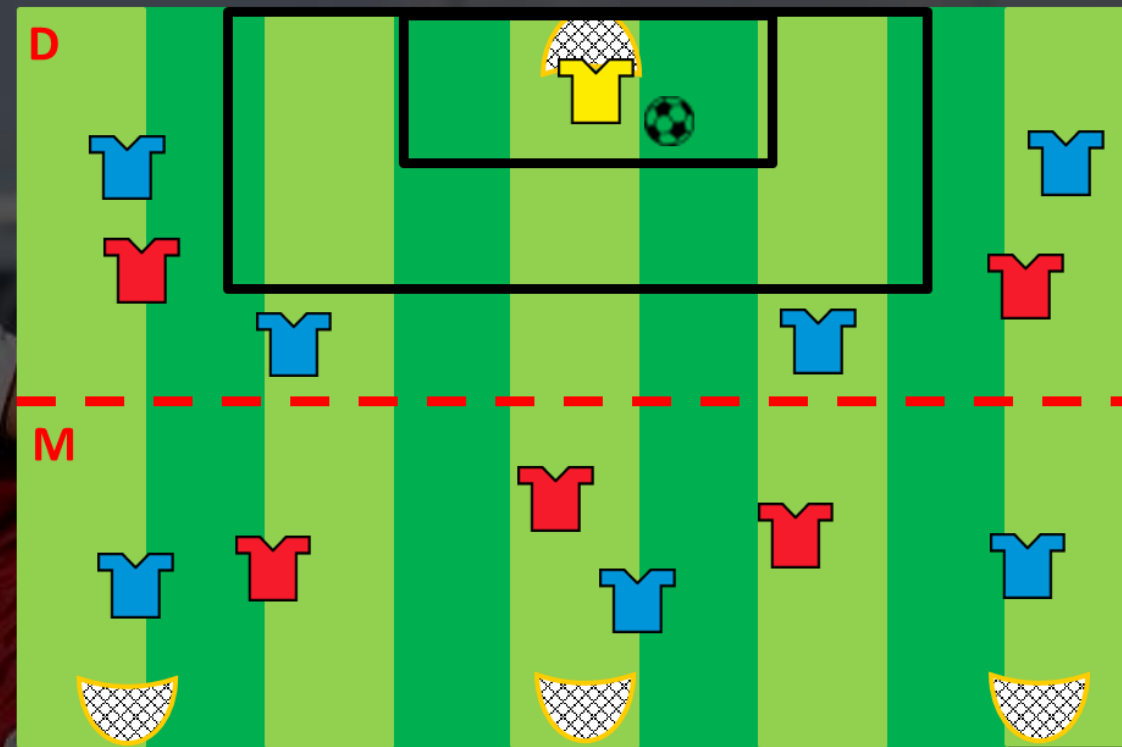
Under 15's

Playing out from the back

The game starts with the goalkeeper, playing in from a goal kick position. The players are locked in to the defending (D) and midfield (M) zones. The aim of the game is for the blues to play through one of the 3 end gates. If the red team win the ball, their challenge is to try and score.

As a development, when playing forwards, players can move in to the next zone to create an overload and support players on the ball to score in the gates or goal.

The practice moves in to a small sided game, with the pitch marked in to thirds. Players are locked in to their third, but are able to chose how many players start in each part of the pitch. When playing forwards, you can move forwards



Restrict

(1) When playing out from the back, players are locked in to the D and M zones (2) When the practice becomes unlocked, the team playing out must maintain at least 3 players + GK in the D zone when the ball is in that area.



Relate

The practice encourages the players to play out from the back and experiment with when to pass short, and when to pass long.



Reward

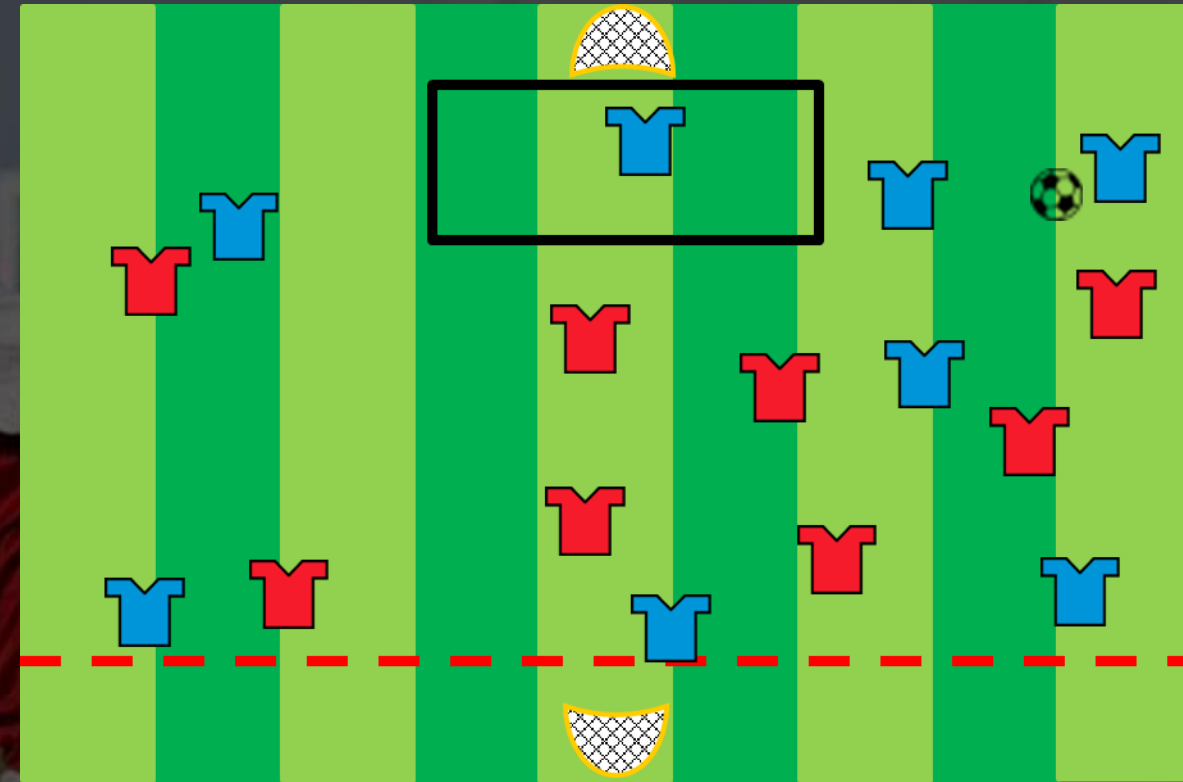
The amount of successful passes in the D zone before scoring in a gate = that number of goals

Under 12's

When to dribble & when to pass

The practice is aimed to encourage players to make their own decisions about when to pass or dribble the football, with the ultimate aim of scoring a goal. The blue team must keep a player inside the box in-front of the goal, and can only score after crossing the red dotted line.

The red team are only allowed in the black box when they have possession of the ball. The practice involves 3 games. Game 1 = blue team score more goals the more passes they complete before finishing. Red team score more goals the more players they dribble past before finishing. Game 2 = reverse of game 1. Game 3 = when playing, players must take 1 or 4 touches.



Restrict

In game 3 the players are restricted to 1 or 4 touches. This will help players recognise when to make a quick pass, or when they need to be more creative to find a solution to playing the ball.



Relate

The practice gives the players to opportunity to make decisions that are relevant to the game. They are faced with a game situation when the amount of available passes, or space to dribble is always different.



Reward

In games 1 and 2, players are rewarded to take on more players or make more passes by increasing their goal tally.



Consider your own practice

What happens next...

Consider your group of players...

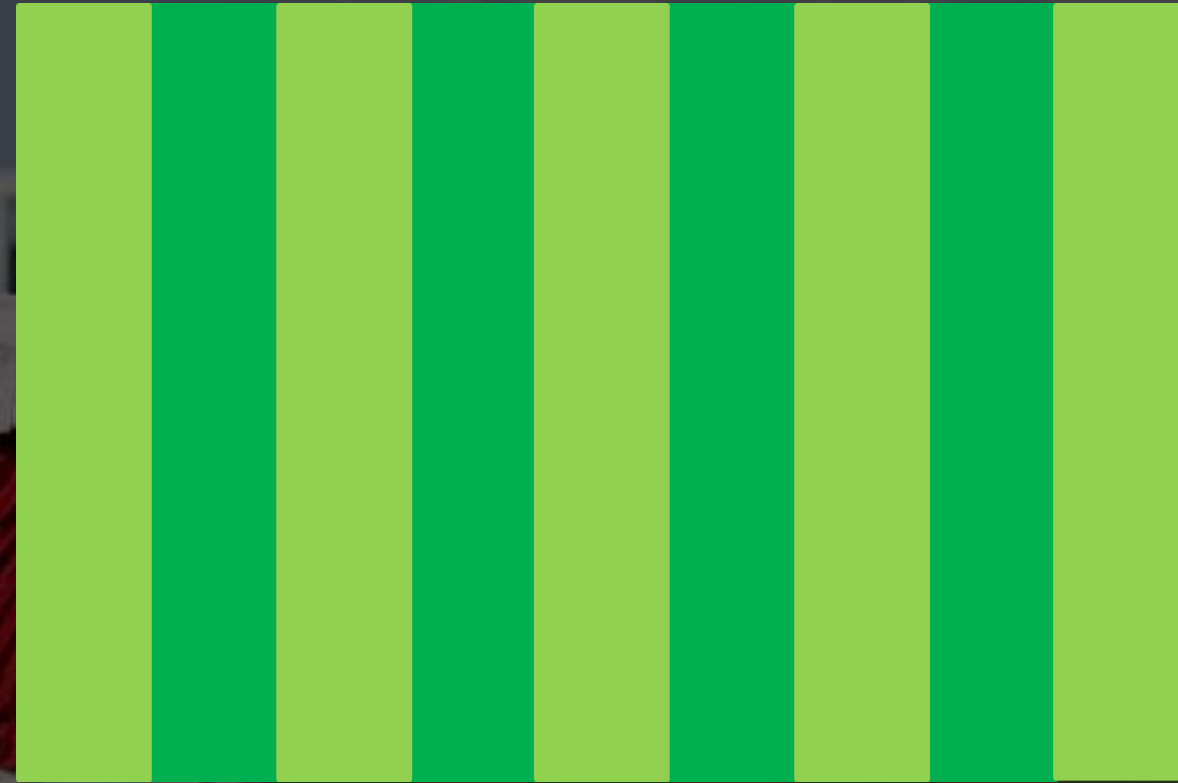
Where you feel the group need to be challenged as a team and individuals?

Are there players who are striving ahead, or need some extra support?

Do the team find solutions to problems in games, or rely on you as the coach?

Do your practices allow the players to make decisions and understand how it relates to the game of football?

Plan a coaching practice with an in-possession or out of possession theme, and then consider how it relates to the game, and ways you can restrict and reward your players



Restrict



Relate



Reward

