



Arsenal Women Online Coach Development Workshop

Maximising Coaching Sessions
Friday 1st February 2019

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Arsenal Academy Coach

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FA Level 1 & 2 Tutor

UEFA B License

FA Advance Youth Award

Masters in Early Years Development (On-going)

2 years at Arsenal

10 years at The FA

Manchester United, Chicago Fire & Swindon Town



Arsenal Women

30 years of History

58 major trophies

2nd in Women's Super League

Winners of Continental Cup 2017/18

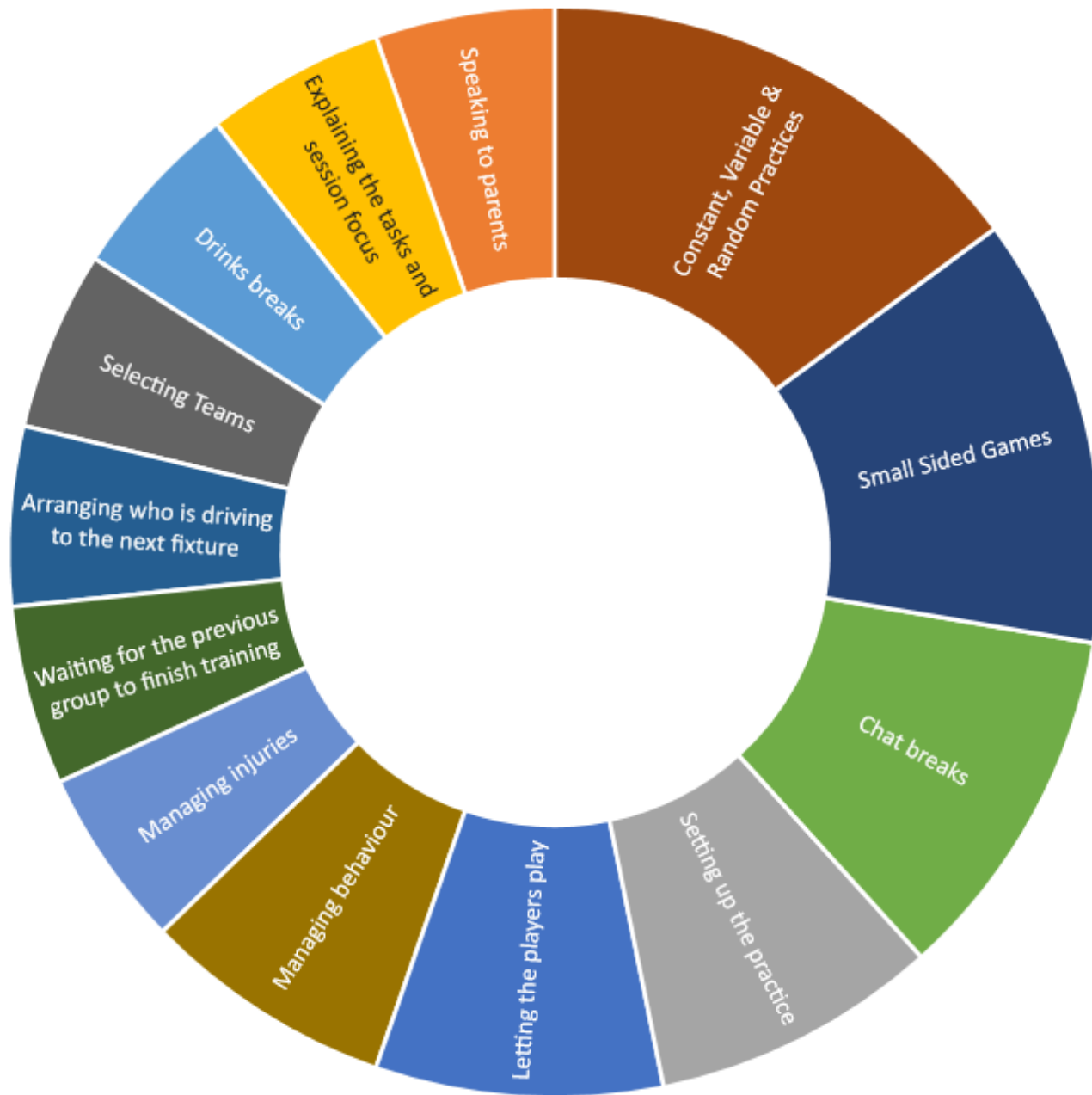
FA Cup Finalists 2017/18



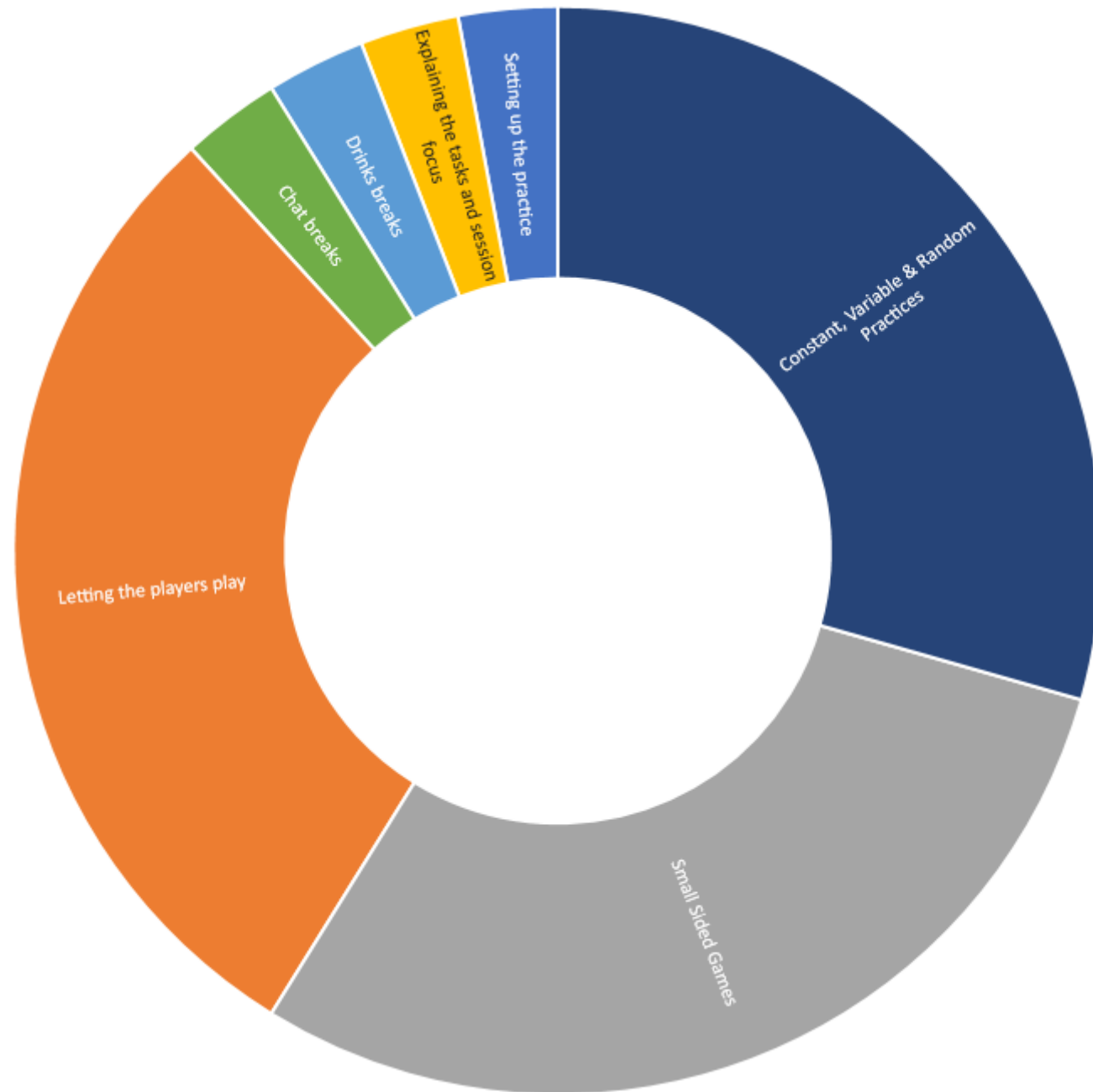


Objectives for the workshop

1. Discuss why it is important to maximise time during your coaching sessions
2. Identify a number of strategies to get the most out of your time
3. Consider changes you could make to your coaching practice



How
you
spend
time





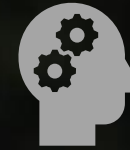
Plan your practice

“Give me six hours to chop down a tree and I will spend the first four sharpening the axe”

Key points when planning your practice



Pick a clear learning
outcome



Design a practice that
links to the game



Design games that are
easy to understand

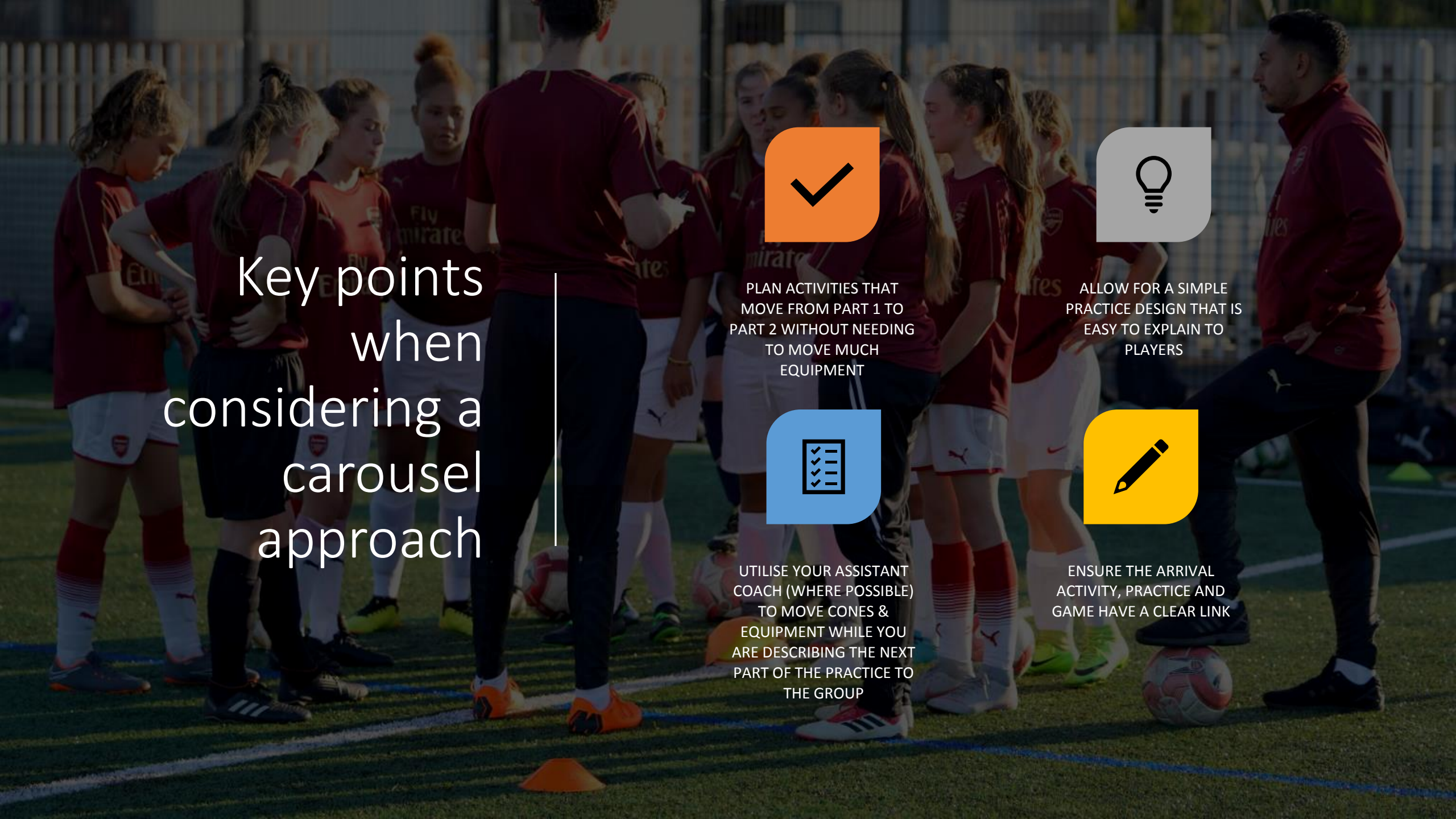


Allow time for the
players to play

A female soccer player in a maroon jersey and green bib is running on a green field during a training session. She is in a dynamic pose, leaning forward with her arms outstretched. In the background, other players and a goal are visible, suggesting a practice environment.

Carousel approach to coaching

Aim for the ball to roll for 70% of your coaching practice



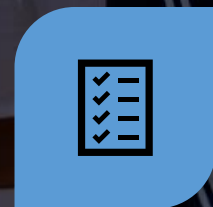
Key points when considering a carousel approach



PLAN ACTIVITIES THAT
MOVE FROM PART 1 TO
PART 2 WITHOUT NEEDING
TO MOVE MUCH
EQUIPMENT



ALLOW FOR A SIMPLE
PRACTICE DESIGN THAT IS
EASY TO EXPLAIN TO
PLAYERS



UTILISE YOUR ASSISTANT
COACH (WHERE POSSIBLE)
TO MOVE CONES &
EQUIPMENT WHILE YOU
ARE DESCRIBING THE NEXT
PART OF THE PRACTICE TO
THE GROUP



ENSURE THE ARRIVAL
ACTIVITY, PRACTICE AND
GAME HAVE A CLEAR LINK

A young boy in a blue soccer uniform is balancing a soccer ball on his knee on a grassy field. The background shows other players and a building, suggesting a school or community sports field. The text is overlaid on the image.

Use games wherever
possible

“Do you know what my favorite part of the game is? The opportunity to play”

Key points when using games



Allow the players to play in games, but try to set specific challenges to develop performance and learning



Create game realistic scenarios that the group can play out in their games



Find ways to restrict, reward and relate the practice back to the game of football



Keep games, fun, simple and relevant



Be creative with your time

“The key is not spending time, but investing it”

Key ideas for being creative with your time



Combine drinks breaks and chat breaks – set challenges and ask key questions



Use a whiteboard or pad to outline the session outcome and arrival activity when the players are arriving



Make sure your footballs are outside of your bag so it is easy for the players to collect



Space footballs around the pitch in game situations to re-start play quickly



Design practices that allow defending, transition and attack

A young girl with a headband, wearing a blue long-sleeved shirt, a bright green soccer bib with a Puma logo and the text 'Fly Emirates', blue shorts, and blue socks, is running on a grassy field. The background shows a blurred soccer goal and some buildings under an overcast sky.

Play

“Computers are useless, they only give you answers”

Key ideas for creating opportunities for play



DESIGN ACTIVITIES THAT
ALLOW PLAYERS TO ENGAGE
WITH EACH OTHER SOCIALLY



FOCUS ON THE EFFORT,
RATHER THAN THE OUTCOME



LET THE PLAYERS PLAY FOR
THE SAKE OF PLAY



ALLOW THE PLAYERS TO
IMAGINE, DREAM AND CREATE
– THIS WILL IMMERSE THEM IN
THE ACTIVITY



Take Away Actions

Consider the group you work with on a regular basis, and how you will maximise your time, and theirs in your future coaching sessions. In particular focus on:

- Planning
- Carousel approach to coaching
- Using Games
- Being creative with your time
- Play