



How We Move To Soccer 7s

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Agenda



- Transition Stages
- Player Pathway
- Soccer 7s – What Changes, Leagues
- Our Values
- Team Selection – How we Review
- How we Play - How we Develop
- Avoiding Common Difficulties
- Learning from Others
- Supportive Parents
- Next Steps



Transition Stages

SEPTEMBER

PLANNING MEETING

- CDO & Head Coach/ Coaches meet to discuss the process of moving to 7aside
- Coaches & Team Secretary planning meeting

OCTOBER

COACH/PARENT MEETINGS

- Parents meeting to explain 7 aside process
- Coaches meeting to start the discuss how the squad will be split, may require more that one meeting
- Coaches attend SFA CPD course on move to 7 aside

DECEMBER

TEAM FORMATION

- Agree division of teams to be entered, Pele, Maradona etc
- Agreement on how players will be reviewed and rotated between teams

JANUARY

NO OUTDOOR FOOTBALL

- On pitch training and coaching
- Coaching support from Coach Development Officer
- Opportunities to play trial matches in-house
- Team Secretary does team registrations with SYFA and ESSDA

FEBRUARY

FRIENDLIES

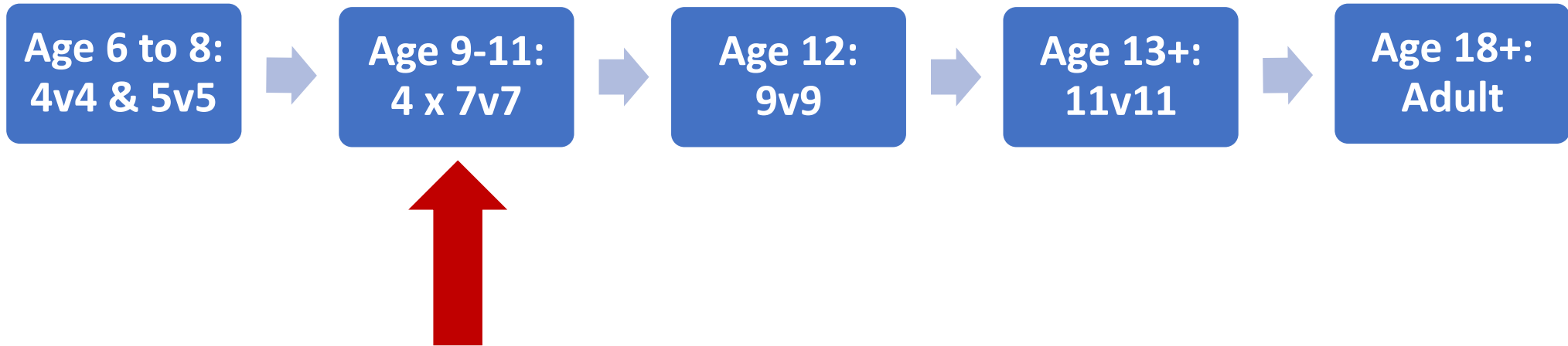
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MARCH

LEAGUE STARTS

- 7 aside matches commence
- Review teams and keep player movement flowing
- Adjust teams in leagues as appropriate in the second have of the season (August)

Player Pathway



Soccer 7s – What Changes



- Larger pitches, larger goals
- 40-minute matches (2 x 20 minutes)
- Playing home & away matches across Edinburgh and the Lothians
- No choice of kick off times, generally early Sunday morning
- Non-competitive
 - No scores recorded, no league tables or cup competitions
 - No scores allowed on social media posts
- Commitment to your team at training & matches – 75% attendance key
- ESSDA Season: First half – 5th March 2023 to 11th June 2023
- ESSDA Season: Second half – end August 2023 to end November 2023

Soccer 7s – Leagues



- Teams are streamed by development level for Sunday Matches
 - Pele (strongest)
 - Iniesta
 - Maradona
 - Zidane
 - Beckham (least strong)
- Players are grouped into teams with others of same ability, so they get more touches of the ball = better for their development
- Teams are continually reviewed and there is regular player rotation
- Aim high – more than one Pele team where possible, challenge and develop more players
- Teams can move up and down leagues between (half) seasons
- Training sessions are still mixed



Our Values

- Teamwork – share the responsibilities, coaches and players supporting other teams, work together
- Respect – listen to the views of others and consider the whole team
- Brave – make decisions that benefit development over winning matches
- Passion – share your love of the game, inspire, (it's their game don't spoil it)
- Enjoyment – football should be an enjoyable experience for everyone





Team Selection – Our Approach

- To get the correct balance for each team, including keepers
- Players will adapt differently, so regular team rotation is key:
 - Larger pitches - more running, longer passes
 - Longer matches
 - More to think about - tracking back, marking, position, next move decisions
 - Age and maturation stage
- Getting the right coaching team:
 - SFA Children's Qualification: 1.3 + 1.2 (minimum)
 - First Aider
 - Who takes on the weekly match communication
- Coaches will not just coach their own children – get to know everyone

How We Review Players



SPEED

Being able to change direction with **stops and starts with the ball & without the ball** is a massive part of the game today, the game is quicker today & the modern player will require **Speed** to get to the top of the game (**all Spartans sessions will include speed work**)

CHARACTER

At Spartans we look to put the person before the player with lessons that will last a life time, we will look to reinforce messages on **Hard work, Bounce - backability, Respect, Teamwork & Desire to always give 100%**

GAME AWARENESS

Understanding the game & the different areas of the pitch, giving the players the freedom to be brave & creative on the ball, we also want to create players who understand & can **dominate** in the **1 v 1** situations, all players **will play in all positions**

TECHNICAL

This is the **Building Block** that all players work on, right foot, left foot all parts of the foot, becoming an expert with the ball with a tool box of moves to beat players or create space, all sessions with including **Thousands of touches of the ball, 1 v 1 situations & Tool Box moves**

How We Review Players



Description - Player Skills					
Technical	Game Awareness	Creativity	Speed	Character	Teamwork
Passing Control Dribbling Stay on the ball Hide it / Keep it 1 v 1 skills Tackling	Positional sense When to pass or dribble Support off the ball Where/when to run Escape in the 1 v 1	Tries new things Uses a variety of skills Adapts play Sees possibilities	With the ball Without the ball Change of direction Reaction time	Open to learning Bounces back Respect Desire Love of the game Brave	Contributes to team Listens Encourages Helpful Friendly

Level	Description	Score
A - Player	Player is of advanced standard and could succeed at a higher level	3
B - Player	Player is of a good standard and has potential to develop further	2
C - Player	Player is still developing and struggles at times	1

Points to remember:

- (1) The 'overall contribution' score is a guide NOT the answer *
- (2) Physical size & strength is not a measure of talent

Age & Maturation



“For the first year I was basically the waterboy, sitting on the ice box on the park, I was thinking ‘Where am I going?’”



Personal information			
Full name	John McGinn ^[1]		
Date of birth	18 October 1994 (age 27) ^[2]		
Place of birth	Glasgow, Scotland		
Height	5 ft 10 in (1.78 m) ^[2]		
Position(s)	Midfielder ^[3]		
Club information			
Current team	Aston Villa		
Number	7		
Youth career			
	St Mirren		
Senior career*			
Years	Team	Apps	(Gls)
2012–2015	St Mirren	87	(4)
2015–2018	Hibernian	101	(12)
2018–	Aston Villa	148	(15)
National team [‡]			
2013–2014	Scotland U19	4	(0)
2014–2016	Scotland U21	9	(0)
2016–	Scotland	49	(14)

Soccer 7s – How we Play

Attacking minded players



Attackers

Creates 1v1
Moves to receive the ball
Strong in keeping the ball
Combines with teammates

Defenders

1 can go and support, 1 stays to defend
Plays the ball out of trouble, doesn't kick the ball away
Receives the ball from the keeper
Competes in 1v1

Sweeper Keeper

Will pass the ball on the ground
Confident to receive a pass
Start the play
Can organise their defenders

Centre Midfielders

Support the player on the ball
Be creative
Use skills, beat players
Drops to take ball from defenders

Wide Midfielders

Creates 1v1
Takes on players
Links with attackers
Doesn't play in straight lines

Positions are not set inc. Keeper



Soccer 7s – How we Develop



- Equal playing time...*even if it costs us a match*
- Position rotation...*even if it costs us a match*
- Player rotation between teams
- Coaches seeing other teams and players play
- People/Players (all 40)then teams
- Developing Ball Mastery / Technical Skills / Game Understanding / Speed
- Developing resilience
- Some teams will play to win at all costs, that's not our philosophy
- PLAYER DEVELOPMENT IS THE FOCUS – NOT RESULTS
- Your resolve will be tested!

Guaranteed...we'll get some things wrong, but we'll always do our best.

Movement Between Teams

The benefits: up and down



More touches of the ball

Gain confidence

Improve skills

More of a challenge

A faster pace

Rewarding improvement



Be a leader on the pitch

Working harder

Testing skills

Building friendships

Avoiding silos

Taking account of age & maturation

Team Rotation



“When a player with talent couldn’t defend, I put him in defence so that he could learn. That could cost a point, but I didn’t care, **I was busy developing the player”**

Avoiding Common Difficulties



- Good communication
- Working together – Quarterly Lead Coaches Meetings
- Sticking to the programme – team rotation, player movement
- Understanding the importance of mixed training sessions
- Get to know all the players – what’s their story – more than meets the eye?
- Being fair to everyone
- Thinking ahead – long term development, developing the many not the few
- Don’t confuse winning matches with successful player development

Learning from Others

Advice from coaches who have already been through the process



Keep training in mixed groups, rotate players between squads

Ensure you rotate positions, players find they like a different position better

Explain more clearly to parents that, even though it looks like 'grown up' football, the players are still learning

Players know if you are not being fair, i.e., game time (inc. your child)

Encourage communication on the pitch from the beginning

If you can leave a match not knowing what the score was, you know you were focusing on the right things

Coaches keep talking, meet regularly. Have enough support

Build good relationships with other clubs

Acknowledge parents care more about what team their child is in than the player, focus on the benefits of playing at every level

Practise matches, find the right level, take your time.

Don't underestimate the importance of Patience / Regular attendance at training / Team building events / Being cool about things

It's a Long Journey

This is the journey of our 2006 squad



From Fun 4s to U17s players will regularly change teams to support their development. Others will leave/return, go pro youth /return. Embrace the learning opportunities.



Winning or being in the top team is not what the players will remember. It's friendships and the fun experiences that do.

So, don't get hung up on what team your player is in.

Supportive Parents & Coaches



Everyone

Be on time
& prepared



ENCOURAGE



DON'T
PRESSURE



BE PROUD OF
YOUR CHILD



BE AWARE OF
YOUR LANGUAGE



SUPPORT



PRAISE



RESPECT THE
COACH



LISTEN TO YOUR
CHILD



DEVELOP
AUTONOMY



DEVELOP
COMPETENCY



RESPECT THE
OFFICIALS



DON'T SHOUT
INSTRUCTIONS



TEACH LIFE
SKILLS



STAY POSITIVE



LEARN FROM
FAILURE



HAVE FUN



CONTROL YOUR
EMOTIONS



SHOW
INTEREST



BE FRIENDLY



BE
UNDERSTANDING

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THE SPARTANS WAY

We provide players & coaches with the best facilities, support & opportunities to develop, **this is how we will behave to ensure we succeed:**

Walk the talk!
DO what we say
we'll do, explain
why not if it
does not happen

EMPOWER
one another
share responsibility

SHOW RESPECT for
one another and the team

LEAD by **ROLE**
EXAMPLE **MODELS**
everywhere

Ask for **HELP**, and welcome
one another's involvement

Be true to our **TEAM MATES**
READY TO LEARN, WORK HARD, NEVER GIVE UP,
LISTEN TO EACH OTHER, COMMITTED, ENGAGED

BE STRONG IN OUR LEADERSHIP
Our professionalism means we praise or correct as needed

Say thanks and
enjoy someone
else's **SUCCESS**

DON'T
BLAME
OR CRITICISE

Display pride &
passion but do
not let emotion
damage
relationships

AVOID | **CONSULT**
hot headed | ask the team what is working
emails | and what is not

BE FLEXIBLE, ACCEPT FEEDBACK
& **BE PREPARED to CHANGE**

SPEAK to people
in the way we wish
to be **SPOKEN** to | Demonstrate **WE ARE**
honest, well organised
& **COMPETENT**

Meet face-to-face where
possible, & share information regularly

BE
KIND

PLAYER
BEFORE
TEAM

ENJOY THE
JOURNEY



The Right Fit?

It's our way, it's not the only way

Questions?