

Spartans FC Youth – Parents Meeting



www.spartansfcyouth.com

@spartans_youth

@SpartansFCYouth

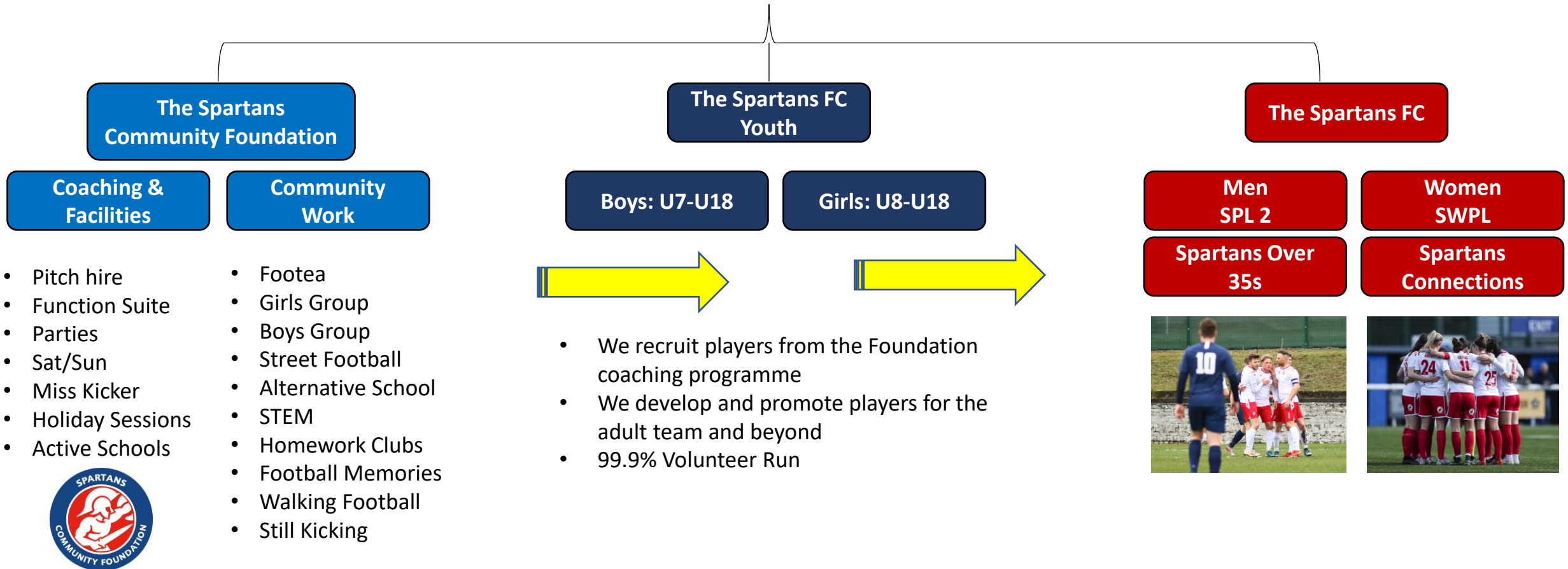
@SpartansFCcoach

Agenda



- The Spartans Family & Who We Are
- Our Values
- The Journey
- Keep It Fun
- Fostering Links to the First Team
- Stay Informed

The Spartans Family



YS Committee



Trustee & Chairman
Les Atkinson

Trustee &
Treasurer
Steve Thurlow

Trustee
Roger Ashworth

Trustee &
Football Dev
James Brydon

Girls Academy
Dev Manager
Jane Bruce

Coach Dev
Officer
Stuart Gray

Club Manager
Carolyn
Embleton

CWPO
Anne Begbie

Club Coach
Lee Ewing

4 & 5s Head
Coach Vacant

Club Admin
Nigel Longden

PVG Support
Phyl Smithson



Set Up for Success



Be Supportive



Be Considerate



Be Encouraging



Be Inspiring



Our Values
Parent & Guardians
**YOU ARE A
ROLE MODEL**

Focus on the fun





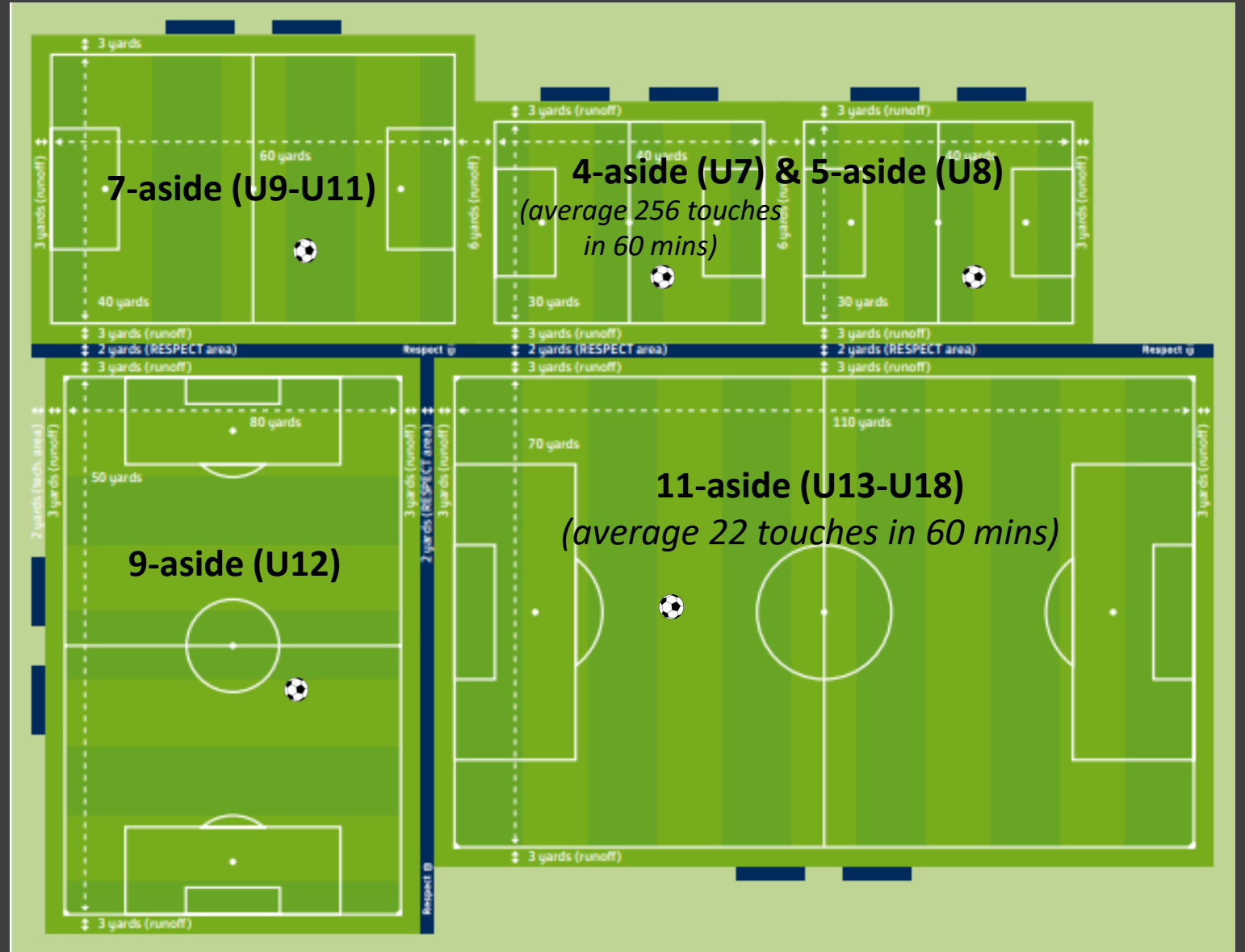
The Journey

SFA Player Development Pathway

Foundation Phases

Smaller pitch + few players
= more touches of the ball
= more decisions to make
= player learns & develops

**Parents stand apart from the coaches
Let the Coaches do the Coaching**



There's a Plan - Our Curriculum



Coaching & Playing The Spartans Way 5 - 12 Year Olds

We look to develop technically excellent, composed, confident, creative, clever & unpredictable players.



"If players miss out on creative technical development, they will continue to play predictable football throughout their lives."

Arsene Wenger, Manager Arsenal Football Club

The Spartans Football Club
Established 1951



Spartans Soccer School Coaching 7, 8 & 9 Year Olds Fun 4, 5's & 7 aside (1st Year)



THEMES FOR SESSION PLANS

• 8 & 9 year olds - ADD PROGRESSIONS

Work theme for 2 weeks

Block
1st Block February - June
2nd Block August - November

Move position each match and training session

THEMES	MORE INFO
1 Running with ball / Staying on the ball	Running with the ball, Changing Direction, Stops n Starts
2 Speed	With & without the ball, Stops n Starts (1000's of Touches of the Ball)
3 Attacking	Spartans Toolbox Moves 1 v 1/ 2 v 2
4 Attacking	Spartans Toolbox Moves 1v 1/ 2 v 2
5 Turning	With ball, without the ball & to receive the ball
6 Passing & Receiving	Moving to receive to play forward
7 Shooting & Finishing	Creating Space to Finish (Be Creative)
8 Defending	Master the 1 v 1 & 2 v 2 situations
9 Players' Choice	Let the players choose the sessions
10 Small Games Festival	Small Games 1 v 1, 2 v 2, 3 v 3 & 4 v 4/Street games

The Foundations

Develop the foundations of the player's game: ball mastery, close control and increase the player's contact time with the ball.

STEP 01



Learn to Keep the Ball

Improve player's confidence on the ball, keeping it from their opponents. Dribbling, shielding the ball and close control.



STEP 02

First Touch

Keep the ball when receiving from your teammates. Positioning your first touch where you want it. .

STEP 03



STEP 04

Passing

Increase range of passing with different areas of the foot. Develop movement off the ball to receive it again.



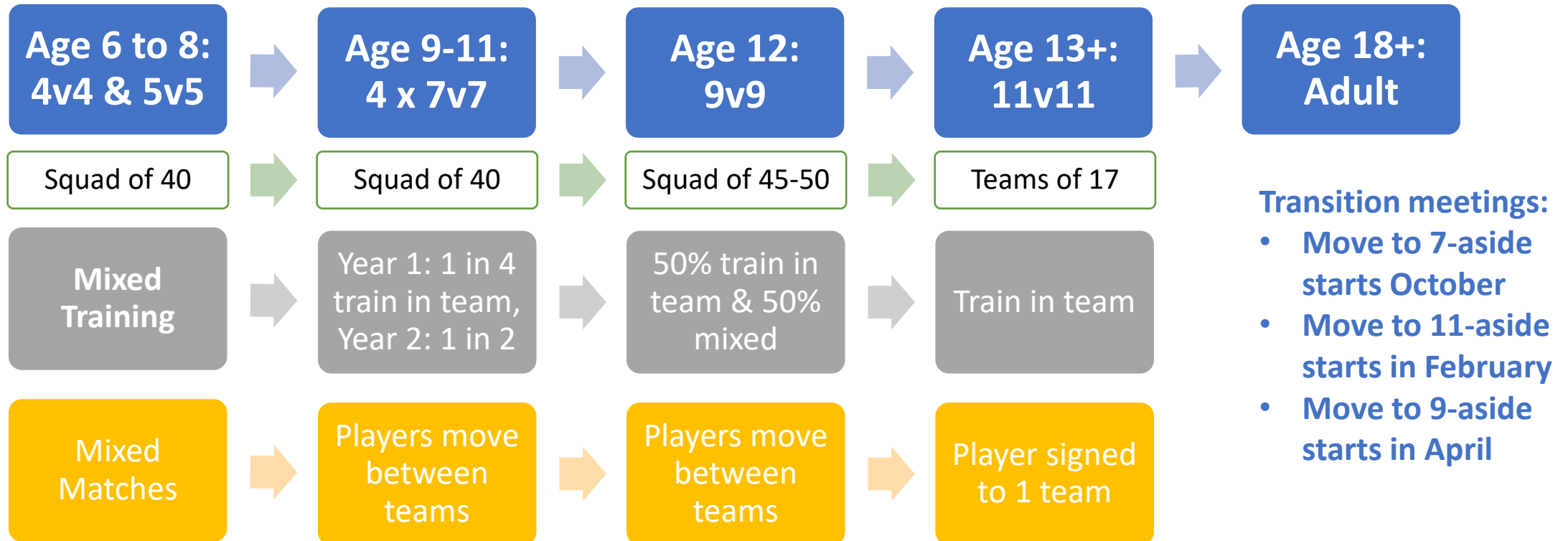
The Finishing Touches

End product: shooting, crossing and position specific practices.

STEP 05



Mixed Training & Team Training



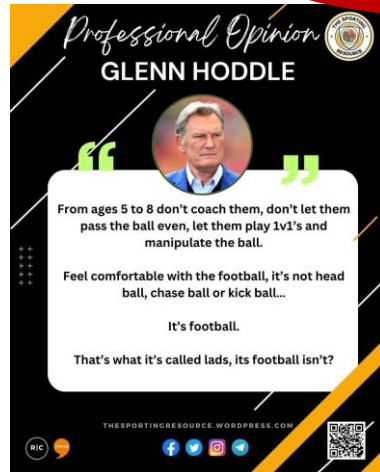
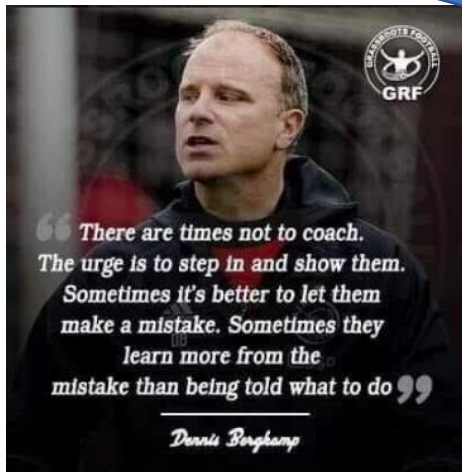
Our Research & Best Practise Key to Developing Footballers



Guiding not
Instructing

Learning ALL the
positions on the pitch

LET THEM PLAY



Adam Davidson @adamgdavidson
I think the flaw here is thinking that we can 'create' anyone. We can create or recreate players no more than a gardener can create tomatoes. Nurture the conditions.

I might be pedantic here, but language is important. Creating a player implies ownership, when there is none.

Jorg van der Breggen @JvanderB78 · 1d
"How are you going to create the next Cristiano Ronaldo or the next Messi if you don't give them the freedom to run at people, take risks and be creative. If you can't do it at nine and ten when can you?" ...



Spartans FC Coach liked
Tom Byer トム・バイヤー @tomsan106

Because, to create a strong pool of Elite players, you need to close the huge gap between the best and the worst players at all age groups which creates top players who are constantly being pressured from the bottom end up to the top end of the pyramid. When you can develop 11-22 top players, the thousands of players below them shouldn't be of vastly different abilities. They should be interchangeable.

gigs @OghieGigs · 2h
So stop rhetorical question like "why it is hard to find eleven people from hundred people in this country" especially if it is said by sport people or coaches



Mixed Training

Pete Sturges, FA Head Coach – Development Stage

benefits of this approach. During this period of development you are right in that the players need lots of different opportunities and challenges. This can include playing against players who are the same, better or not so good as them. From each opportunity the player is likely to benefit in different ways.

Playing against players who are better – a striker might only get one or two shots at goal. Can s/he score with so few attempts? The best strikers will.

Playing against players who are not as good – this same striker may get lots of chances to refine their finishing technique and the confidence that comes from this.

The same goes for all positions so the levels of repetition can help improve a players technique.

Players need to experience ALL parts of the game and all types of games and the role of the coach is to maximise development through these opportunities. It is not just playing 4v4 or 7v7 against lesser or better opponents it is about the learning and development that is possible from each different variation of the game.

Playing against older, younger and the same age is also useful but needs to be carefully thought out to ensure the challenge is right for as many players as possible.

Rangers B & Academy @RFCYouth

A great day for our young talents in the academy!

Differential internal games for the foundation phase where players led the games and half/time talks.

A great Best v Best game against Newcastle with bio-banding.

Another exciting game for our B Team in their Best v Best programme against Manchester City.



Paul McGuinness @Paulmcg8

Mixed age - mixed ability - mixed surface - mixed numbers - 'pick-up' street games have been staple diet in the practice history of great players - coaches who reproduce it for their players now aren't dinosaurs they are students of the game experts in learning



A Spartans Player



Our curriculum & drills develop players to have:

Speed

Fast in transitions, can change direction, stops & starts, with & without the ball.

Character

Foster the person first, then the player. Works hard, has bounce back ability, plays with desire, demonstrates club values

Game Awareness

Understands the game from different areas of the pitch. Is brave & creative on the ball, is able to dominate 1v1. Can play in all positions.

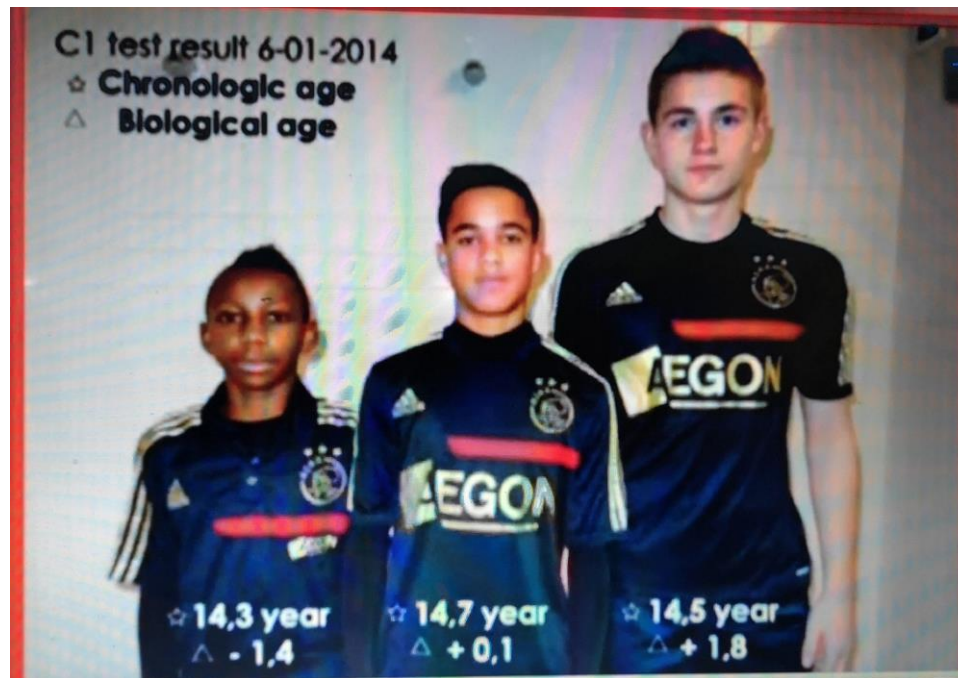
Ball Mastery

Left foot, right foot, all parts of the foot. Is an expert with the ball. Can carry out 'Tool box' moves, can beat players and create space.

Growth & Maturation



Football/Sporting Age



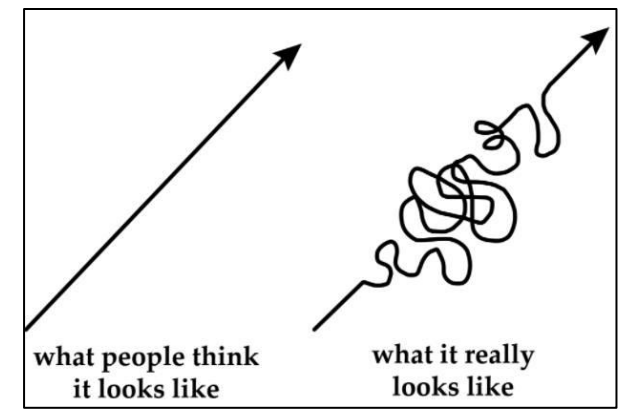
2010s @ U13

Let Them Play



Let them:

- Make their own decisions
- Make mistakes
- Concentrate on the game (they are busy)
- Enjoy themselves
- Play without pressure (no shouting)
- Learn for themselves
- Have fun



Development

Long Term Player Development



Your role is to be there to support & encourage



Don't compare, players are on their own journey



Be patient



Don't talk about other players in front of your own player



It's Their Game not Yours



What puts you off when you are playing a match?

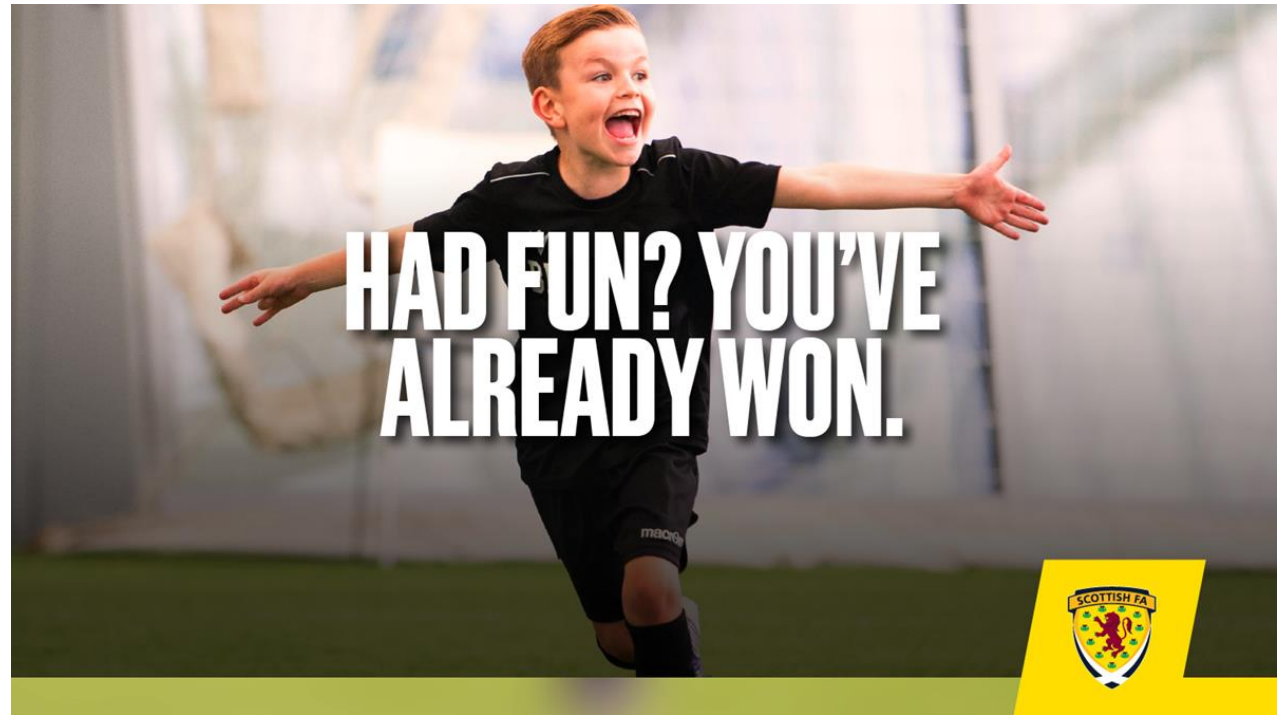
Waiting for responses ...



What Winning Looks Like



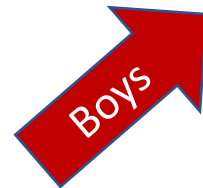
- Did the players work as a team and encourage each other?
- Did they put into action what they learned in training?
- Did they try new things, were they brave?
- Did they show grit & determination until the end?
- Did they show respect?
- Last of all, what was the score?
- Fun - Learning - Challenging



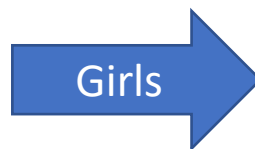
Player Drop Out



Alex Ferguson - "We need players to go out there with a smile on their face and, when you do that, everything else follows"



Season	U13	U14	U15	U16	U17	U18
2021/22	63 teams	57 teams	50 teams	39 teams	27 teams	14 teams
2022/23	67 teams	61 teams	53 teams	47 teams	21 teams	18 teams
2023/24	77 teams	65 teams	58 teams	55 teams	36 teams	16 teams



U14	U16	U18
16 leagues	9 leagues	3 leagues

First Team Ambassadors



16s Brown
Allan Brown
Midfielder



15s Carswell
Blair Carswell
Goalkeeper



14s Dishington
Jamie Dishington
Midfielder



13s Allan
Mike Allan
Midfielder

Creating links and relationships with first team players, to inspire our young players

First Team Ambassadors



**U16 Galbraith, U16 Reilly
U14 Marshall, U14 Beveridge
U12 Clelland, U12 McCafferty
U10 Douglas, U8 Mason**



Creating links and relationships with first team players, to inspire our young players

Player Charter



- Creating an environment where players are respected, their rights are promoted, and they are supported to have fun, learn, and develop.
- Inspiring players to love the game.
- Be inclusive, empowering, approachable and accountable.
- Creating a positive football environment.
- Ensuring football is safe and fun.

THE SPARTANS FC

PLAYER CHARTER

WHAT OUR PLAYERS NEED

 A CHOICE IN WHAT THEY DO	 ASKED FOR THEIR OPINION	 REGULAR FEEDBACK & GUIDANCE
 SUPPORT TO ACHIEVE	 TREATED WITH RESPECT	 SOMEONE TO SPEAK TO

SPARTANS FC YOUTH
TEAMWORK - RESPECT - BRAVE - PASSION - ENJOYMENT

Team Logistics



- Reply to Teamer Invites in a timely manner – avoid last minute cancellations
- Attendance at training and matches should be 75%
- Only request specific times on Sunday's if necessary (Fun 4s & Super 5s)
- Support the team with events and fundraising as needed
- Values awards - to reinforce behaviours in line with our values – Parents too!



Stay Informed



All you need in one place

- Updates & News
- Fixtures & Events
- Contacts
- Links



Questions/Queries



- Ask a coach
- On administration ask
 - Team Secretary
 - Club Manager (Carolyn)
- Coaching or Playing ask
 - Coach Development Officer (Stuart)
 - Team Coach

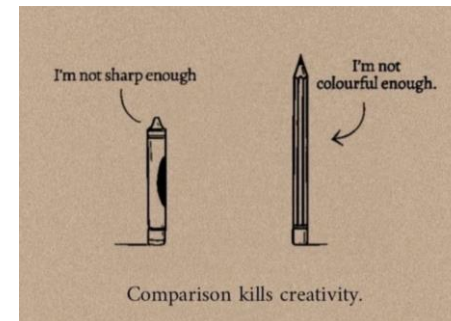
“It took me 17 years & 144 days to become an overnight success.....”



Your Responsibilities



- Parents are as much a part of a team as the players
- Contribute, show your appreciation
- We are all accountable to follow our Values
- Gossip is a culture killer, if you have a query, ask
- Don't compare, the children are all on their own journey
- No room for ego, entitlement or personal agendas
- Successful teams have WE-First parents (not ME-First)
- SUPPORT THE TEAM
- BE YOUR CHILDS BIGGEST FAN



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 be **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

SPEAK to people
in the way we wish
to be **SPOKEN** to

Demonstrate **WE ARE**
honest, well organised
& **COMPETENT**

PLAYER
BEFORE
TEAM

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

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

BE
KIND

ENJOY THE
JOURNEY