

ENGLAND DNA FOUNDATION PHASE PRIORITIES...

IN POSSESSION

- Stay on the ball, master the ball
- Develop a mastery of the ball and the confidence to try new things
- Excite with the ball and seek creative solutions
- Be exciting and positive in possession, playing with individuality and with elements of disguise and surprise
- Connect and combine creatively with others
- Combine creatively and intelligently with others to create and score goals

OUT OF POSSESSION

- Positive and enthusiastic defending
- Enjoy winning the ball back, be difficult to beat 1v1 and look to start attacks when you get the ball
- Intelligent defending
- Be positive and creative in your positioning and ability to win the ball. Be alert when the opposition have possession
- Master a variety of defensive techniques and roles
- Enjoy defending in a variety of roles and develop a range of techniques to regain possession

TRANSITION

- Instinctive decision making
- React quickly and positively when the ball is won or lost and have a range of individual options and actions
- Positive and intelligent attacking reactions
- Have a positive attitude when possession is regained, travelling quickly with and without the ball. Take every opportunity to attack, create and score goals
- Positive and intelligent defensive reactions
- Try to win the ball back quickly and prevent opponents from starting attacks. Be proactive when the ball is lost and have confidence in your ability to defend



WHO WE ARE/HOW WE PLAY

To develop players technical, tactically, mentally, **IN POSSESSION, OUT OF POSSESSION** and during **TRANSITION**, as individuals and as a team, with a good positive team ethos. To play fair, with respect, encouraging a hard-working and never give up attitude.

The top priority is for the players to enjoy training sessions we do as teams (players and coaches) and during match days, by them expressing themselves with a smile on their face.

FOUNDATION STAGE (UNDER 6 - UNDER 11):

To create a low-pressure environment, with an emphasis on being brave with decisions, whether they are right or wrong, with a target to win football matches but under **NO CIRCUMSTANCES** to the detriment of football development for **EVERY** player.

During the development age groups (Under 6 - Under 11) and potentially beyond, Deeping Rangers FC aim to promote equal game time in every game to develop all players to improve those less developed and to push the more developed players even further.

TECHNICAL / TACTICAL

- Ball control (Dribbling, control)
- Passing/shooting techniques (which part of the foot)
- Basic skills using all parts of foot and both feet
- Trying all positions
- Possession based
- 1 v 1 skills & group practice
- Throwing techniques
- Chest (beginner)
- Tackling safely
- Goalkeeping fundamentals

PSYCHOLOGICAL

- Being brave with decisions
- Using imagination
- Making mistakes and learning from them
- Learning new skills
- Having patience
- Observing other skills

PHYSICAL

- Co-ordination
- Balance
- Agility
- Speed
- Fitness
- Use both feet

SOCIAL

- Teamwork
- Relationships (making friends with new team mates)
- Respect to ALL
- Learning new rules and procedures
- Inclusion for ALL
- Encouraging others
- Good behaviour
- Fair play
- Smiles

Based on the FA 4 Corners Model – go to TheFA.com to find out more

HOW WE COACH/HOW WE SUPPORT

TRAINING Training sessions will try and work alongside the England DNA with 'themed, block learning' to maximise player development. The qualified coaches will use coaching interventions to develop players individually and collectively, using different techniques and styles like command, trial and error, Q&A, Guided Discovery, Observation and Feedback and also using the VARK style of learning (Visual, Audio, Reading/Writing, Kinesthetic learning)

All players will develop using the FA 4 corner model, not just for football, but in life.

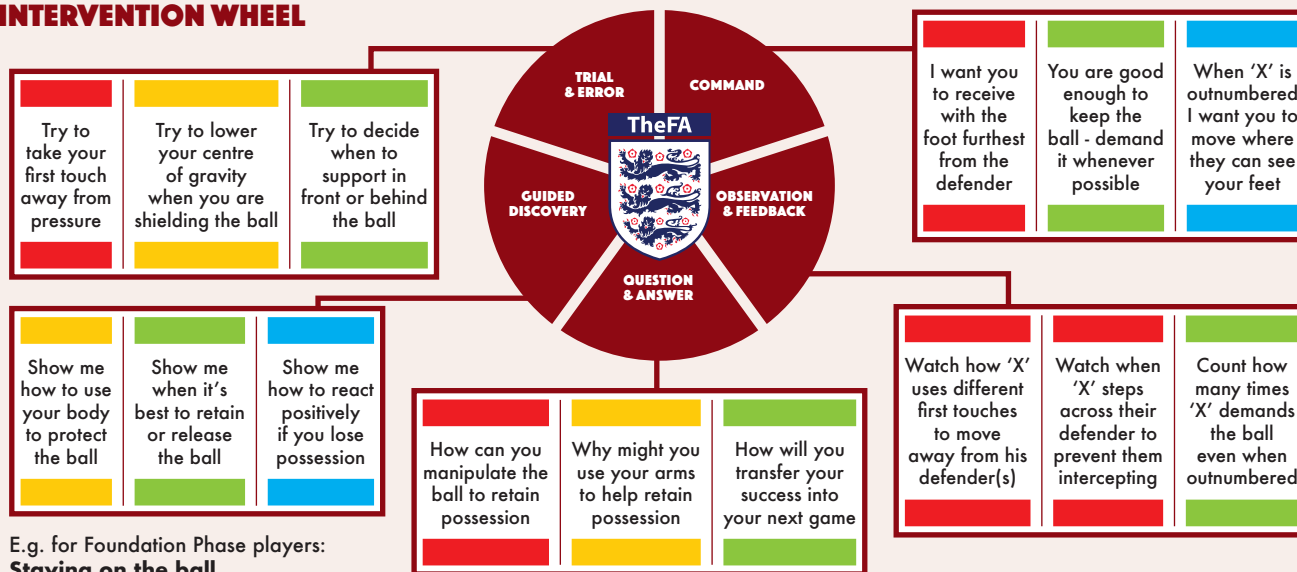
TECHNICAL attributes will test their minds and problem solving skills

PSYCHOLOGICAL attributes that will emphasise behaviour to others and themselves.

PHYSICAL attributes for health.

SOCIAL attributes for friends and to work well in groups.

INTERVENTION WHEEL



GAME TIME

During the foundation age, all children should be given equal playing time wherever and whenever possible to help players develop at an equal rate. It is the responsibility of the coach to try and achieve this mandate as much as possible.

Obviously 'game time' is key to development, but it's important to remember that players can also learn much as substitutes on the sideline observing the game and talking to the coaches.

A key principle of the foundation phase is 'on pitch' positional rotation. This means that ALL children should be playing ALL over the pitch, learning new skills in new areas (including in goal) and getting comfortable with being uncomfortable.

Our ethos and philosophy is an ever changing way and we hope that you and your child enjoy everything there is to enjoy at Deeping Rangers Football Club

**TO INSPIRE - TO DEVELOP - TO PLAY
THE DEEPING RANGERS WAY**