



# East Grinstead Meads FC

## Club Philosophy



CHARTER STANDARD  
DEVELOPMENT CLUB

### Who We Are

At East Grinstead Meads Football Club, we believe in providing a positive learning environment where players are challenged but allowed to develop at their own rate. This not only covers the traditional physical and technical aspects of football, but also tactically, socially and psychologically.

However, we also want the players to have fun and enjoy football. We are a “football for all” inclusive club and believe the balance of fun and learning is essential to the development of a player.

We do not forget that football is a game, especially for the younger age groups.

Our identity as a club is not only expressed through the way we play football, but also through our coaching methodology and the relationships we have with our players and their parents.

### How We Play

At the Meads we emphasise the necessity of team play and believe “together we are stronger”. The club prides itself on our sporting pedigree and expect all players to be supportive of their teammates and not criticise or mock others. They must show also respect to the officials and the opposition.

We aim to play a style of football which controls the match through possession based, passing football. The main rationale behind this style of football is that if you have the ball, the other team can't score. However, we do not seek possession for the sake of it; we encourage creativity and positive play.

Conventionally people believe that goalkeepers and defenders have less technical ability than other positions. We believe that it is vital for every player on the team, despite their role to have a good level of technique which enables them to be confident keeping the ball and playing. We want our players to be confident on the ball and to always have a positive mentality when playing football.

Although we know superior possession doesn't always lead to a win, it is a style which is more attractive and less objective of a player's physical attributes, so a player's size and build is irrelevant to our style of play. It also allows each individual to develop their technique and understanding so that they play as a team and not as a group of individuals.

At the Meads these are the key principles of play which we try to promote and embed into our teams' style of play:

- Passing and Possession: We want each player to be comfortable on the ball and play a style of football where the tempo and flow of the game is directed by ourselves, in order to penetrate the opposition and create goal-scoring opportunities.
- Playing from the back and through the thirds: We want every player (regardless of position) to have the confidence to play the ball out of the defensive third, through midfield and into the attack.

Using a series of passes where we are always in control of the ball and therefore the game. We encourage movement and mobility from support players – providing width and depth.

- **Ball Control:** We encourage players to want the ball and to use their creative side through dribbling and ball manipulation. This also helps each player to be comfortable on the ball even in high pressure situations.
- **Body Positioning:** When receiving and passing, body positioning can make a vital difference. A correct stance will allow the player to see a large number of options and also the opposition in order to decide whether to retain possession or attempt to penetrate and create chances.
- **Communication:** It is important for a team to communicate so that players are made aware of things they can't see and therefore help each other out. We encourage our players to be vocal and offer assistance to their teammates through various ways of communication.
- **Decision making:** As mentioned before, we want our players to be confident in their abilities, therefore we encourage our players to take responsibility during games and be bold when making decisions.

## **How We Coach**

At the Meads we don't believe that a session just full of instructions and orders from a coach has a positive effect on a player's development, as they are being commanded rather than coached.

Instead we try to allow the players themselves to contribute to their own learning. This is achieved through the use of questions and answers during a session, which allows the players to think for themselves and expedite their own learning process, as this is a form of guided discovery.

In training we allow failure and mistakes, as not only it is a great form of learning, but also to give the players the confidence and belief to try things without pressure.

We encourage the players to express their opinions and ideas and as coaches we try to work with them and create a more collaborative learning environment.

We believe coaching is a two-way process, and that the player-coach relationship is vital in a player's progression.

Guidelines we set for our coaches:

- Use a positive and enthusiastic manner with players at all times.
- Connect with the group before the session and outline the aims and objectives.
- Deliver realistic game related practices.
- Develop practises that enable players to make lots of decisions.
- Spend equal time planning, delivering and reviewing.
- Maximise playing time.
- Use varied coaching styles based on the needs of the group.

## **How We Support (Parents / Spectators)**

At the Meads all Coaches, Management & Administrators are volunteers, they are in it for the benefit of the players and for the fun. All subscription fees go directly into the club for the benefit of all Youth teams and is a not for profit organisation. The older teams are self-financing.

We require all parents and other supporters of players (be they relatives or friends) to be active within the club and not to treat the activities as a kid's club or crèche. There are many jobs which need to be carried out whether on match days or at training sessions. These include:

- Match arrangements contacting Referee and opposition prior to game.
- Match results need to be uploaded to the FA Full-Time website.
- Goals / flags / barriers to be set up & dismantled for home matches.
- Assisting with sessions and matches whether collecting balls and cones or helping out more actively assisting with the sessions themselves as an assistant Coach.
- Maybe offering refreshments at matches (with any profits going to your team).

If you are keen to get more involved in coaching the club will arrange and pay for any courses, including FA Level 1 Coach, First Aid, DBS/CRB certification & Child Protection qualifications.

## **What We Expect (Players)**

All players to come ready to learn, to take an active role in the session.

Players to always try their hardest, whether in a training session or in a match. They may be asked to fulfil a role unfamiliar and / or unpopular but we want to see the same level of commitment at all times.

Time keeping is critical so that sessions and matches run smoothly. Prompt arrival is a courtesy. Matches and sessions will not be delayed for late arrivals.

## **Code of conduct**

The above sections on How We Support and What We Expect are not intended to replace the code of conduct. Please see the full club code of conduct on the website.

<http://www.egmeadsfc.co.uk/code-of-conduct/>