

**EXCEL FC**

**Coaching Philosophy**

## Delight Through Football

To share in the beliefs and philosophies of Excel and to play the Excel way.

## Excellence In Play

1. That we enjoy the game through our philosophy.
2. From the coaches, to parents and to the players it is essential that we create a culture of equality.
3. That we believe in the coaches guiding role in training.
4. That the ball is the main focus.
5. That each player understands they are part of a team.
6. That to win is not essential but that coaching young people is a process.
7. That through commitment to the team we can achieve.
8. For the young players to learn and understand football as a journey, that will enrich their whole life.

## Excel Philosophy

A long term engagement with the sport, the passion to play in all weathers and to delight through football is the Excel way.

Our way of understanding is to see the beautiful game as an art form and not a science. To treat the game of football as a journey, to make it a longer more meaningful narrative that through our comprehensive training model, hard work and commitment of our coaches we can pass through to our players a love of football for their rest of their lives.

## Confidence

Through the Excel way we will inspire our players to become leaders and not to follow the pack. Through engaging drills, with friendly and passionate coaches we can provide the platform that will create fantastic role models.

To give our players the confidence to learn new skills, make new friends and have fun playing the Excel way.

## Training Beliefs and Principles

### I. Individual and Collective Quality

That from the start of a session we give the players constant contact with the ball, to work on their coordination (with and without the ball) and to provide the technical content at the different stages in training development.

To keep the flow of ideas in sessions, to provide the players with age specific key language content (how the players will put action into the coaches words) so to refine their technical and mental skills.

### II. Rational Player Positioning

That the players understand where they are well positioned on the pitch with respect to the ball and who is in control of it. As soon as Excel has the ball, the pitch must become wider. In the possession phase, we all take a step back and when in the recovery phase - we all, as one take a step forward so to reduce the space the opposition has to play with.

### III. Control the Ball, Control the Game

That to protect the ball does not just mean to shield it. The team that has the ball, controls the game. To defend well is to know your well positioned in your team and that you do not lose the ball. If the ball is lost, all the team - every player - has to try their best and recover it for Excel.

### IV. Off the Ball

Far more time is spent off the ball than on it in a game of football, therefore the mobility of the team off the ball has to be just as high and alert as when they're on it.

So, to learn to support the player who has the ball by offering a run to pull away defenders or coming closer to keep possession. To help your teammates to recover the ball when it has been lost, so to learn that we are not just running at full speed to regain the ball but knowing how to run, when and where for the team.

### V. Team Harmony

When Excel has the ball, the whole team plays and enjoys the game. When we do not have the ball, the whole team runs to win it back. To learn to play as a team.

## VI. Understanding a Match

Our overall interpretation and understanding of the game, is to inform our players when to look, see and decide. To perceive the playing area directly around you, to manage the time and control the pace of the game and identify the current status by observing where your opponents are, where your teammates are, where the ball is and intentions.

## VII. Efficient and Effective Action

By monitoring and evaluating the actions of your team and the opponents we can start to understand the concepts of before, during and after. To see a bigger picture and to understand that you make up a piece of it and what you do matters to the overall outcome.

## VIII. Participation

The ball will always travel faster than the player, so therefore at the heart of our belief lies our dedication to these technical aspects: passing, control, dribbling, tackling and shooting. So a player can expect to come away from a training session or match with a firmer grasp of these core foundations.

## IX. Communication with Team (5 W's)

When, Where, Which Way, Why and What Purpose. To ask the players in their decision making progress one or as many of the 5 W's to help the process of outcomes from an action.

Communication with teammates is paramount to the overall success of our process. Therefore, we create leaders who all understand and will help identify potential in game threats and communicate effectively to organise the recovery phase.

## X. To Serve the Team

For every Excel player to know that they are not to be selfish, that they are part of a team and to differentiate individual contributions to the overall service of the team. Individual talent always serves the team from the goalkeeper to the strikers. To win and lose together.