

# Coach Education

*Safer Return To Training*



**HIGH  
PERFORMANCE**  
EVOLVE | EXCEL | **INSPIRE**



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# Coach Responsibilities

- All coaches must be familiar with the FAI Safer Return to Training Protocol
- All coaches must ensure that all participants in coaching practices are briefed on the FAI Safer Return to Training Protocol
- Coaches must arrive to the session in their training gear
- Coaches must adhere to the guidelines in the FAI Safer Return to Training Protocol during the sessions
- Coaches must provide a register of attendances at all training sessions to the COVID-19 Compliance Officer
- Coaches must bring their own hand sanitiser
- Coaches must ensure that the coaching area and pitch is clear of all equipment before leaving the facility



# Before You Coach

## **You must stay at home if you :**

- Have been in contact with someone with COVID-19 or a suspected COVID-19 case in the last 14 days
- Have been overseas or exposed to someone with COVID-19 in the last 14 days
- Have flu like symptoms or are feeling unwell
- Have a temperature of 38C or more
- Experience the sudden onset of a cough or a shortness of breath
- Experience a sudden loss of sense of taste and smell

## **You must:**

- Check with your GP if you are in a high-risk health category and ask if you are medically fit to coach
- Familiarise yourself with COVID-19 safety protocols at your club
- Ensure your club has up to date contact details for you
- If you have additional concerns due to underlying medical conditions or are living with people with underlying conditions - please discuss the concerns with your clubs COVID-19 Compliance Officer as part of your clubs risk assessment
- Please ensure you have clarified that it is safe for you to return



# Coaching Practice

- The minimum size of the practice area must be 75 x 50 metres overall
- Access and Egress to and from the practice area must be co-ordinated and subject to social distancing guidelines
- A 15 minute gap between practices must be implemented if consecutive practices are scheduled on the same area
- All activity must take place on the pitch
- Contact in training must be kept to a minimum:

No handling

No throw-ins

No corner kicks

No free kicks

No hand contact (handshakes etc)

No spitting policy

Players & Coaches must practice sneezing & coughing etiquette

- Players & Coaches must adhere to HSE guidelines on hand hygiene at all times
- Any meeting which may need to take place on practice area should be no longer than 10 mins
- All meetings on pitch should adhere to social distancing guidelines



# Football Actions

A soccer player in a black kit is shown in profile, dribbling a white and green soccer ball on a grass field. The player is wearing a black long-sleeved shirt with a crest, black shorts with a New Balance logo, and black socks. The background is a clear blue sky and a blurred soccer field with goalposts and advertising banners. A diagram is overlaid on the image, consisting of three grey rectangular boxes stacked vertically, connected by a thin white vertical line. The top box is labeled 'Communication', the middle box is labeled 'Decision', and the bottom box is labeled 'Execution'. The 'Communication' box is positioned above the player's head, the 'Decision' box is at chest level, and the 'Execution' box is at waist level, directly over the ball.

Communication

Decision

Execution





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# Coaching Practice





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# Practice Design

Coronavirus  
**COVID-19**



**DISTANCE YOURSELF  
AT LEAST 2 METRES  
(6 FEET) AWAY FROM  
OTHER PEOPLE**



**TOGETHER WE CAN STOP COVID-19**



**Can you ensure that your practice design adheres to the 2 metre rule?**

**Outside of minimal contact practices (3v3s/5v5s), enforce the 2 metre social distance protocols**



# Practice Design

| <i>Children</i> | <i>Players</i> | <i>Coaches</i> | <i>Length</i> | <i>Width</i> |
|-----------------|----------------|----------------|---------------|--------------|
|                 | 7              | 2              | 50            | 33           |
|                 | 9              | 2              | 55            | 37           |
|                 | 10             | 2              | 60            | 40           |
|                 | 11             | 2              | 65            | 43           |
|                 | 12             | 2              | 70            | 47           |
|                 | 13             | 2              | 75            | 50           |
|                 |                |                |               |              |
| <i>Adults</i>   | <i>Players</i> | <i>Coaches</i> | <i>Length</i> | <i>Width</i> |
|                 | 8              | 1              | 50            | 33           |
|                 | 10             | 1              | 55            | 37           |
|                 | 11             | 1              | 60            | 40           |
|                 | 12             | 1              | 65            | 43           |
|                 | 13             | 1              | 70            | 47           |
|                 | 14             | 1              | 75            | 50           |

**Pro rata group  
& area size for  
alternative  
group sizes**





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# Practice Design

Coronavirus  
**COVID-19**



**KEEP SURFACES CLEAN**



**TOGETHER WE CAN STOP COVID-19**



**Are you considering  
the transitions  
between practices /  
groups?**

**Can you be creative  
in your practice  
design to use  
minimum equipment?**



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# Practice Design



**How can you be creative enough in practice design due to, in some cases, limited numbers?**

**The maximum numbers are as follows:**

**Adult Training - Group of 15  
(14 players to include minimum  
1 coach)**

**Underage Training - Group of 15  
(13 players to include minimum  
2 coaches)**





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# Practice Design



**Football is an interval sport  
(stop-start)**

Does my practice look like  
that?

**We don't need to overload our players straight away**

**Gradually increase the intensity of the practices**





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# Warm Up Design





## Designing Warm Ups

Some questions to ask yourself when designing your warm up:

- **Is the warm up relating to the overall objective of the practice?**
- **Does the warm up prepare the players for the demands of the practice?**
- **Is there is a fun / stimulating element to the warm up?**



*Planning of the warm up should be given as much attention as the main practice.*



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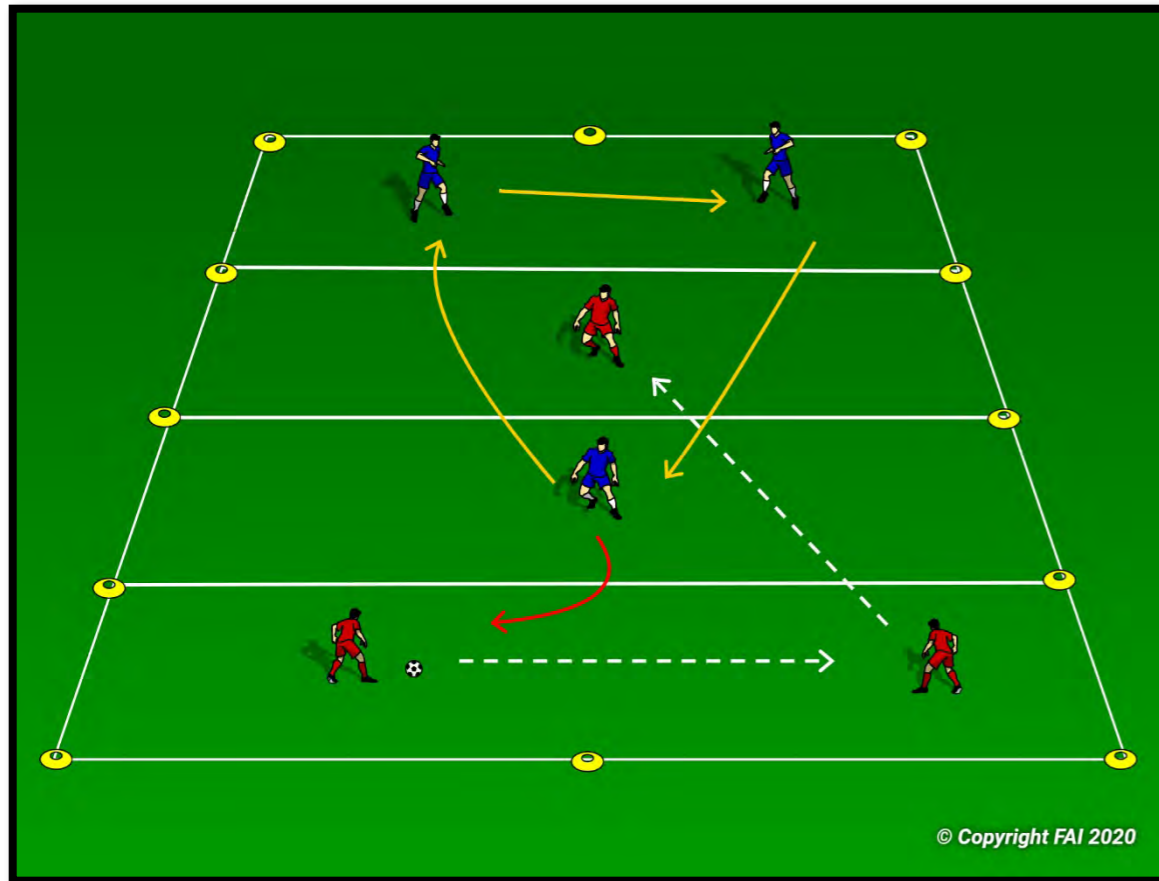


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# Practices



# Coaching Practice Plan



## Objective

To improve attacker's ability to maintain good possession within 3v1 scenarios through quality of passing, control and movement actions, with transition to defend

## Theme

Quality possession

## Organisation

Area: 30 x 30 metres

2 teams (Red and Blue)

## Method

- Red team begin with possession in a 2-1 formation against the blue team in a 2-1 formation creating 3v1
- Red team must establish good quality possession by considering the position, timing, pace and accuracy of their passing, control and movement actions
- When the blue team win possession of the ball they must transition to attack quickly by creating their own 3v1 scenario
- Red team must then transition to defend quickly with the aim of intercepting one of the blue teams passes

## Notes

- Players must always stay within their grids
- Aim is to intercept passes not press
- Focus of quality of actions and transitional reactions

## Communication

Verbal and non verbal - between players while in and out of possession

## Decision

Deciding to pass forward or side ways. Which foot to control with and what direction to move in while considering the position, timing, pace of the pass and control actions

## Execution

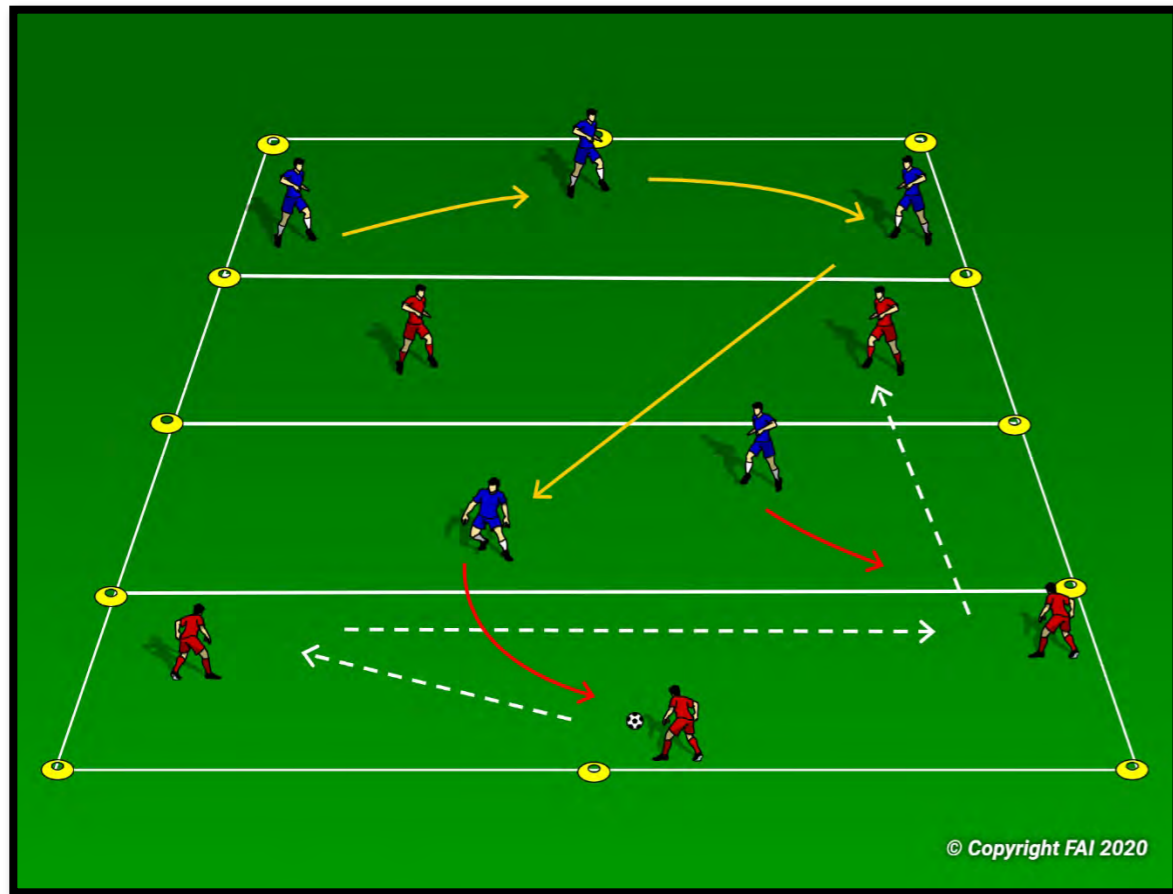
Accuracy of pass, control and movement actions







# Coaching Practice Plan



## Objective

To improve attacker's ability to maintain good possession within 5v3 scenarios through quality of passing, control and movement actions, with transition to defend

## Theme

Quality possession

## Organisation

Area: 30 x 30 metres

2 teams (Red and Blue)

## Method

- Red team begin with possession in a 3-2 formation against the blue team in a 3-2 formation creating 5v3
- Red team must establish good quality possession by considering the position, timing, pace and accuracy of their passing, control and movement actions
- When the blue team win possession of the ball they must transition to attack quickly by creating their own 5v3 scenario
- Red team must then transition to defend quickly with the aim of intercepting one of the blue teams passes

## Notes

- Players must always stay within their grids
- Aim is to intercept passes not press
- Focus of quality of actions and transitional reactions

## Communication

Verbal and non verbal - between players while in and out of possession

## Decision

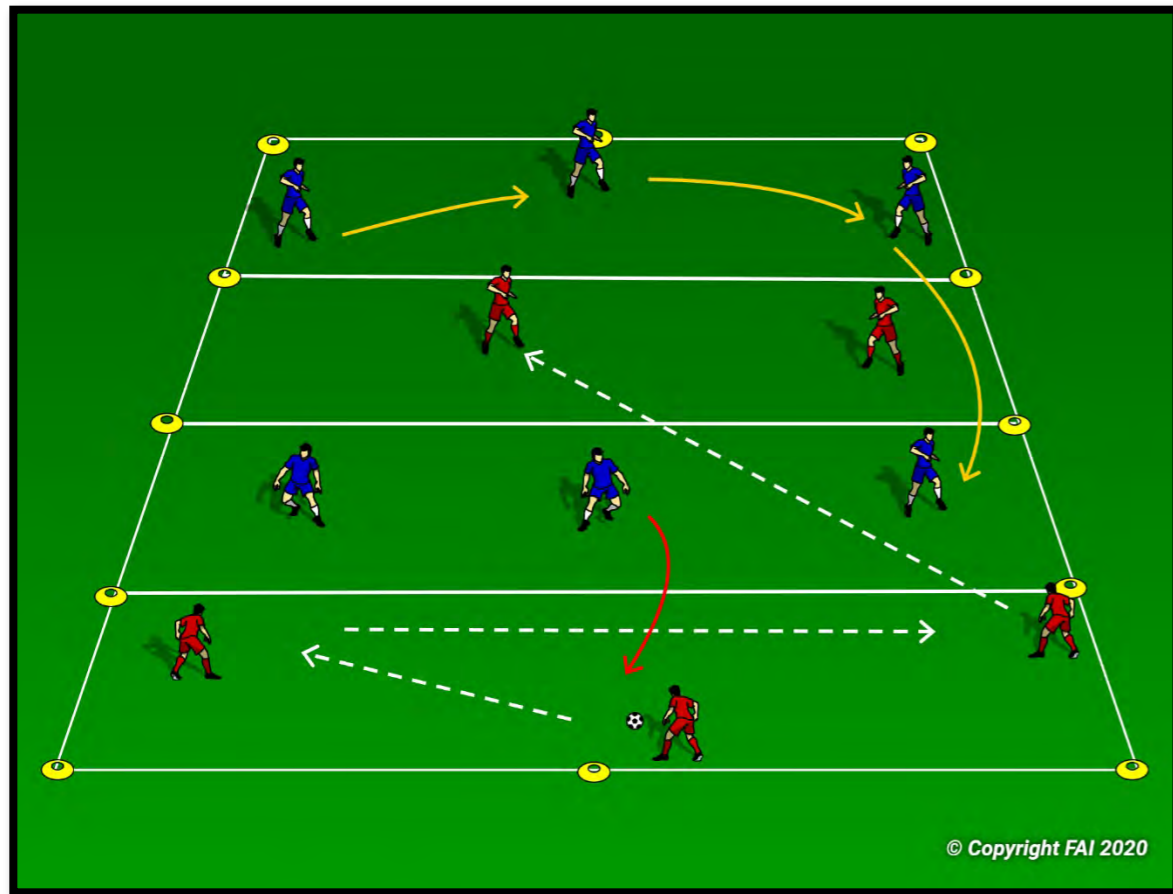
Deciding to pass forward, side ways, through or around. Which foot to control with and what direction to move in while considering the position, timing, pace of the pass and control actions

## Execution

Accuracy of pass, control and movement actions



# Coaching Practice Plan



## Objective

To improve attacker's ability to maintain good possession within 5v3 and 6v2 scenarios through quality of passing, control and movement actions, with transition to defend

## Theme

Quality possession

## Organisation

Area: 30 x 30 metres (adaptable depending on age and ability of players)  
2 teams (Red and Blue)

## Method

- Red team begin with possession in a 3-2 formation against the blue team in a 3-3 formation creating 5v3 or 6v2
- Red team must establish good quality possession by considering the position, timing, pace and accuracy of their passing, control and movement actions
- When the blue team win possession of the ball they must transition to attack quickly by creating their own 6v2 scenario
- Red team must then transition to defend quickly with the aim of intercepting one of the blue teams passes

## Notes

- Players must always stay within their grids
- Aim is to intercept passes not press
- Focus of quality of actions and transitional reactions

## Communication

Verbal and non verbal - between players while in and out of possession

## Decision

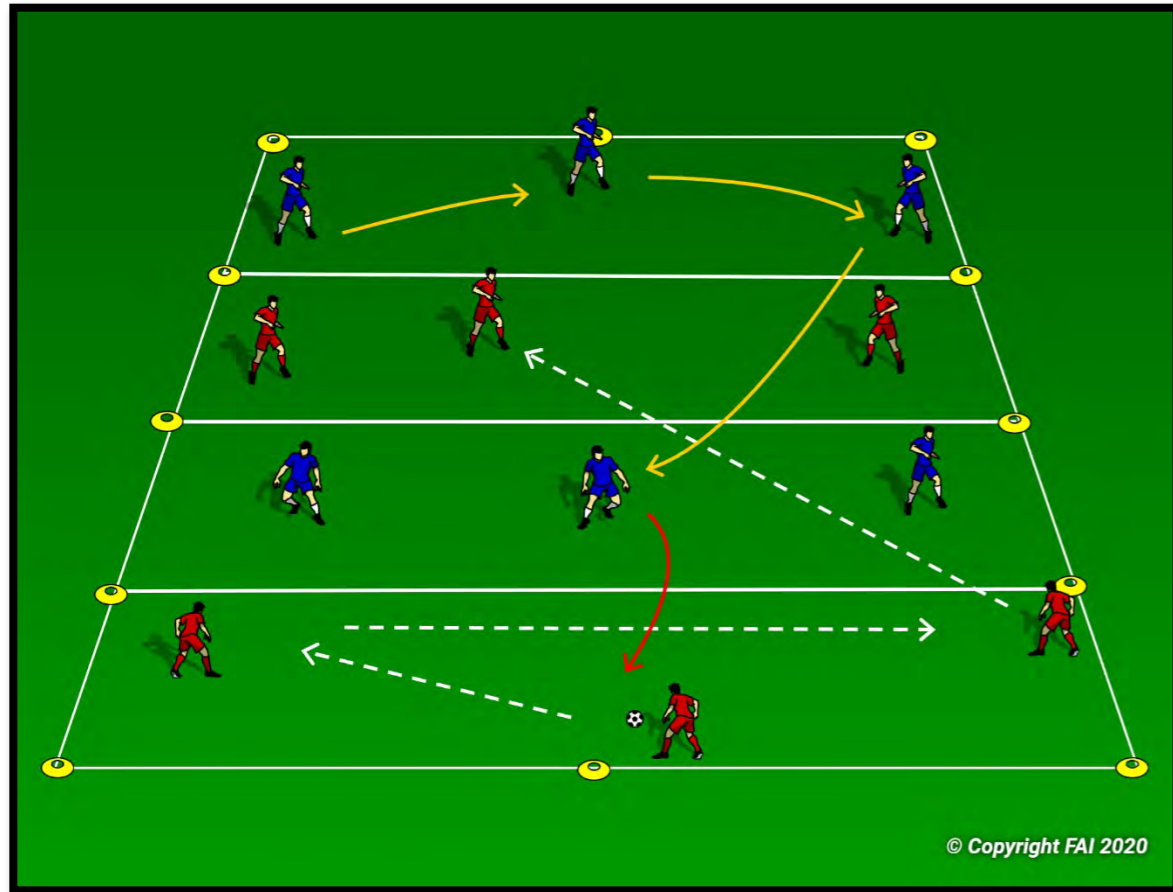
Deciding to pass forward, side ways, through or around. Which foot to control with and what direction to move in while considering the position, timing, pace of the pass and control actions

## Execution

Accuracy of pass, control and movement actions



# Coaching Practice Plan



## Objective

To improve attacker's ability to maintain good possession within 6v3 scenarios through quality of passing, control and movement actions, with transition to defend

## Theme

Quality possession

## Organisation

Area: 30 x 30 metres (adaptable depending on age and ability of players)  
2 teams (Red and Blue)

## Method

- Red team begin with possession in a 3-3 formation against the blue team in a 3-3 formation creating 6v3
- Red team must establish good quality possession by considering the position, timing, pace and accuracy of their passing, control and movement actions
- When the blue team win possession of the ball they must transition to attack quickly by creating their own 6v3 scenario
- Red team must then transition to defend quickly with the aim of intercepting one of the blue teams passes

## Notes

- Players must always stay within their grids
- Aim is to intercept passes not press
- Focus of quality of actions and transitional reactions

## Communication

Verbal and non verbal - between players while in and out of possession

## Decision

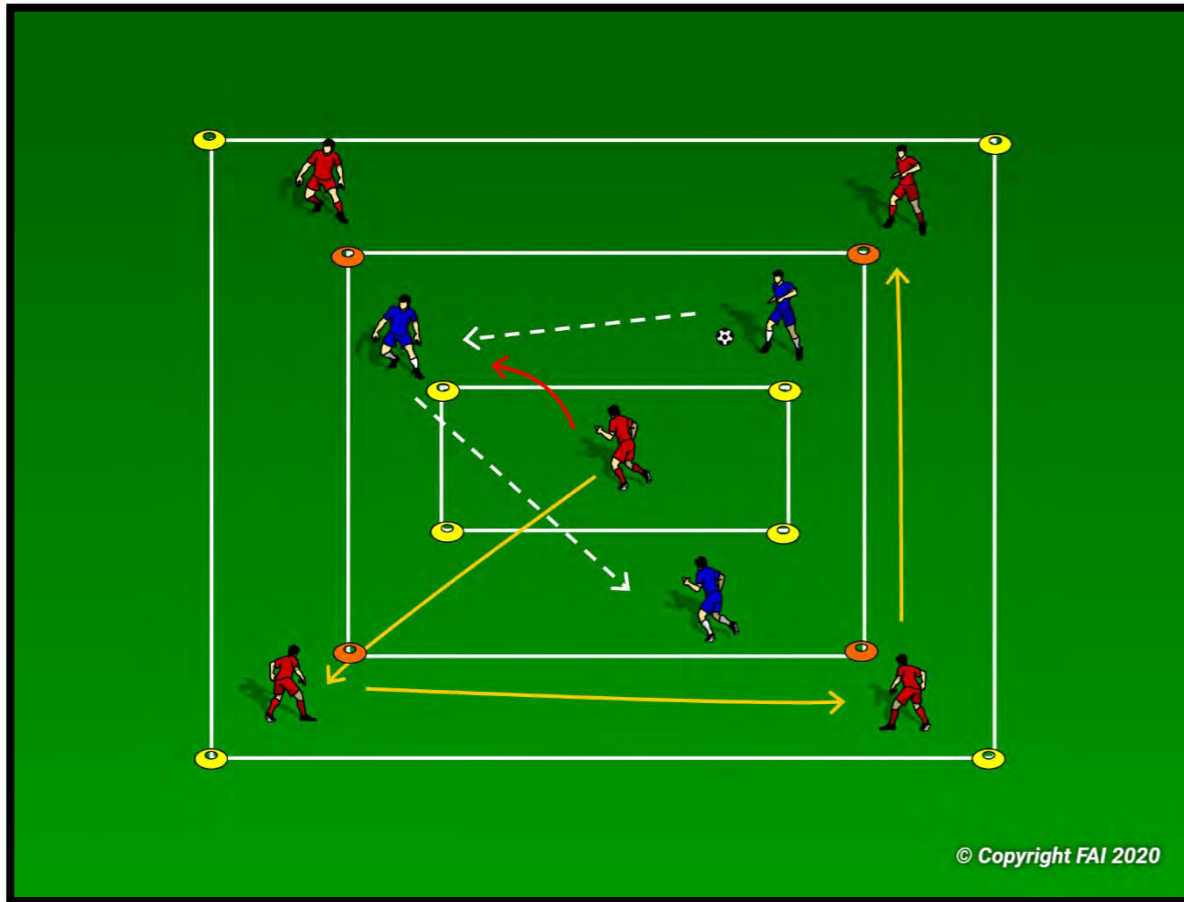
Deciding to pass forward, side ways, through or around. Which foot to control with and what direction to move in while considering the position, timing, pace of the pass and control actions

## Execution

Accuracy of pass, control and movement actions



# Coaching Practice Plan



## Objective

To improve attacker's ability to maintain good possession within 3v1 and 5v3 scenarios through quality of passing, control and movement actions, with a larger emphasis on transition to defend

## Theme

Quality possession

## Organisation

Area: 25x25, 15x15, 10x5 metres (adaptable depending on age and ability of players)

2 teams (Red and Blue)

## Method

- Blue team begin with possession in a 3v1 against the blue team
- Blue team must establish good quality possession by considering the position, timing, pace and accuracy of their passing, control and movement actions
- When the red team win possession of the ball they must transition to attack quickly by creating their own 5v3 scenario
- Blue team must then transition to defend quickly with the aim of intercepting one of the red teams passes

## Notes

- Players must always stay within their grids
- Aim is to intercept passes not press
- Focus of quality of actions and transitional reactions

## Communication

Verbal and non verbal - between players while in and out of possession

## Decision

Deciding to pass forward, side ways, through or around. Which foot to control with and what direction to move in while considering the position, timing, pace of the pass and control actions

## Execution

Accuracy of pass, control and movement actions



# Coaching Practice Plan

## Objective

To improve players passing action, decision making and execution.

## Theme

4v2 possession practice.

## Organisation

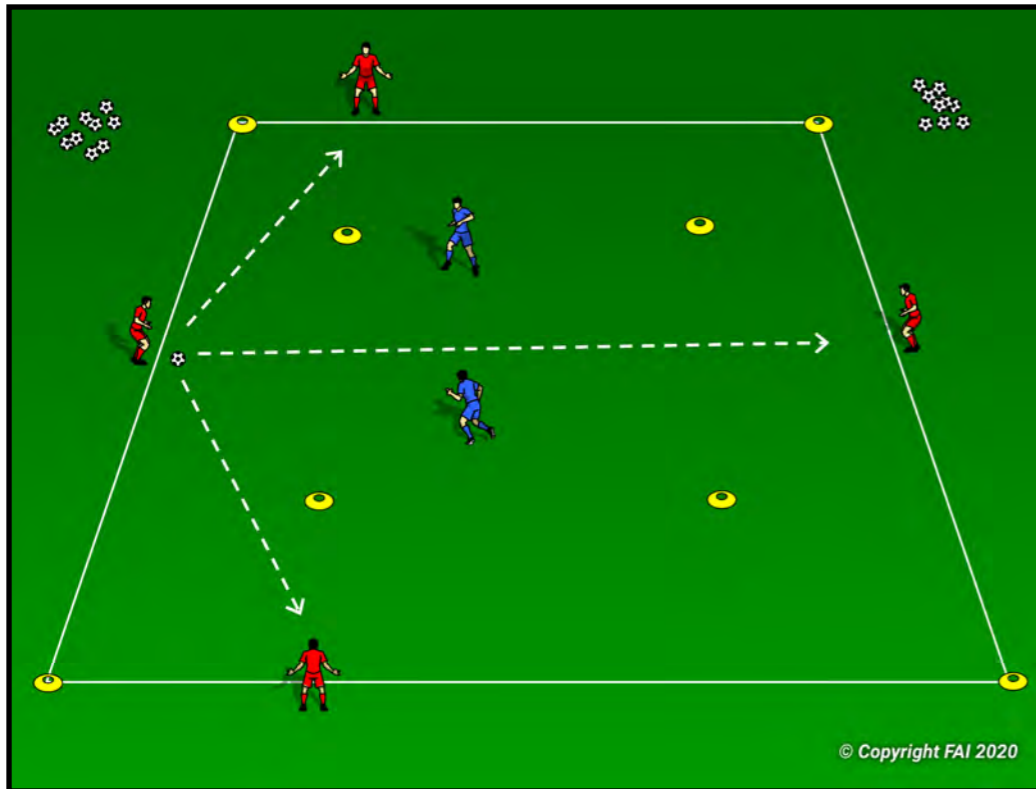
Outside area is approx 12x12 metres with 4 red players situated on each side and the inside area is 8x8 metres and the 2 blue players act as defenders and apply pressure within their area.

## Method

- The 4 red players aim is to keep possession.
- If the reds lose possession they transition to defend and stop the blues breaking out of the area.
- The 2 blue defenders try to win possession.
- If blues win possession they transition to attack and try to break out of the area with possession.

## Notes

Make sure to rotate the 2 defending players after a set amount of time. Encourage penetrating passes with a goal for every pass that splits the 2 defenders. Use whole squad with 3-4 different areas with 6 players in each area.



## Communication

Between attacking players to maintain possession -  
Between defending players to win possession.

## Decision

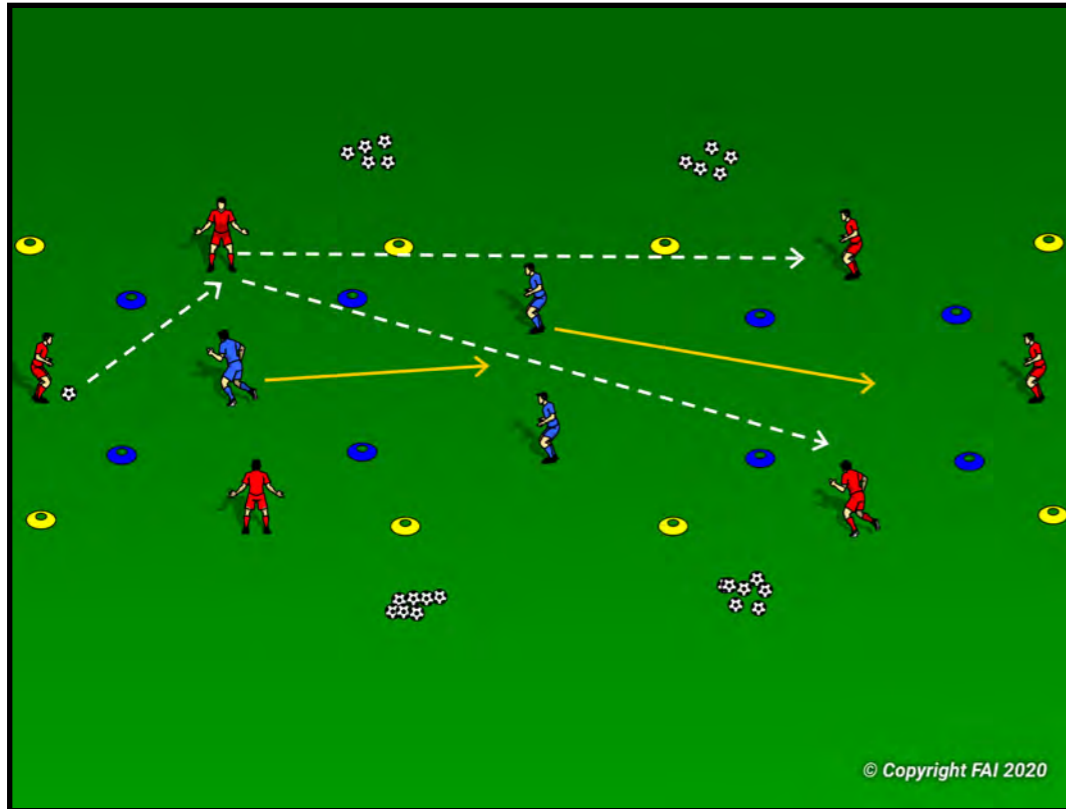
When to penetrate? When to keep possession and move defenders?

## Execution

Execution of passing action: pace, accuracy, disguise.



# Coaching Practice Plan



## Objective

To improve players passing action, decision making and execution.

## Theme

3v1 possession and transfer practice.

## Organisation

Two areas of 12x12 metres with middle zone of 5 metres. 3 red players in each 12x12 and the inside area is 8x8 metres. 1 blue player will act as defender and apply pressure. 2 other blue defenders in the 5 metre zone will act as a double screen to prevent penetrating passes.

## Method

- The 6 red players aim is to keep possession and transfer possession.
- If the reds lose possession they transition to defend and stop the blues breaking out of the area.
- The 1 blue defender will apply pressure in their zone and the other 2 blue defenders try to prevent penetrating passes.
- If blues win possession they transition to attack and try to break out of the area with possession.

## Notes

Make sure to rotate the 3 defending players after a set amount of time. Encourage penetrating passes with a goal for every pass that splits the 2 defenders. Use whole squad with 2 different areas with 9 players in each area.

### Communication

**Between attacking players to maintain and transfer possession -  
Between defending players to win possession.**

### Decision

**When to transfer? When to keep possession and move defenders?**

### Execution

**Execution of passing action:  
pace, accuracy, disguise.**

# Coaching Practice Plan

## Objective

To improve players passing action, decision making and execution.

## Theme

5v2 possession practice.

## Organisation

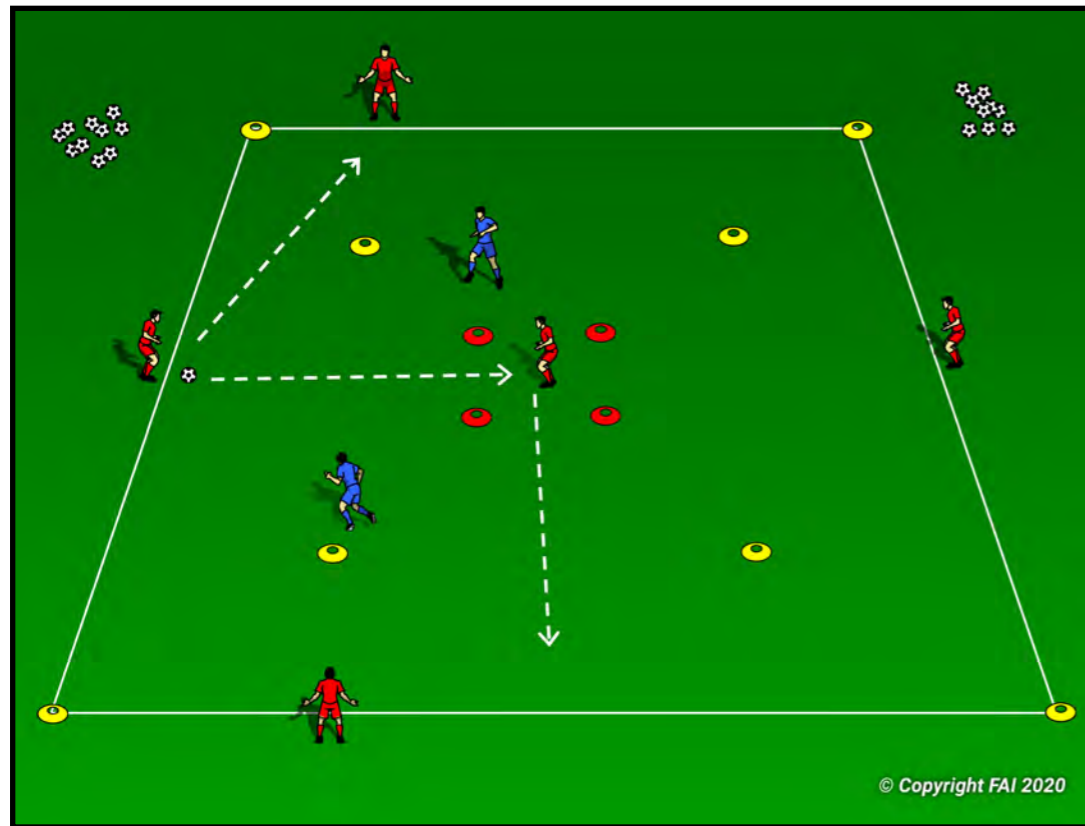
Outside area is approx 12x12 metres with 4 red players situated on each side and 1 red player central in a 3x3 metre red area. The yellow inside area is 8x8 metres and the 2 blue players act as defenders and apply pressure within their area.

## Method

- The 5 red players aim is to keep possession.
- Greater emphasis on penetrating pass through central red player.
- If the reds lose possession they transition to defend and stop the blues breaking out of the area.
- The 2 blue defenders try to win possession.
- If blues win possession they transition to attack and try to break out of the area with possession.

## Notes

Make sure to rotate the 2 defending players after a set amount of time. Encourage penetrating passes with a goal for every first time pass through the central player. Use whole squad with 3-4 different areas with 7 players in each area.



## Communication

Between attacking players to maintain possession -  
Between defending players to win possession.

## Decision

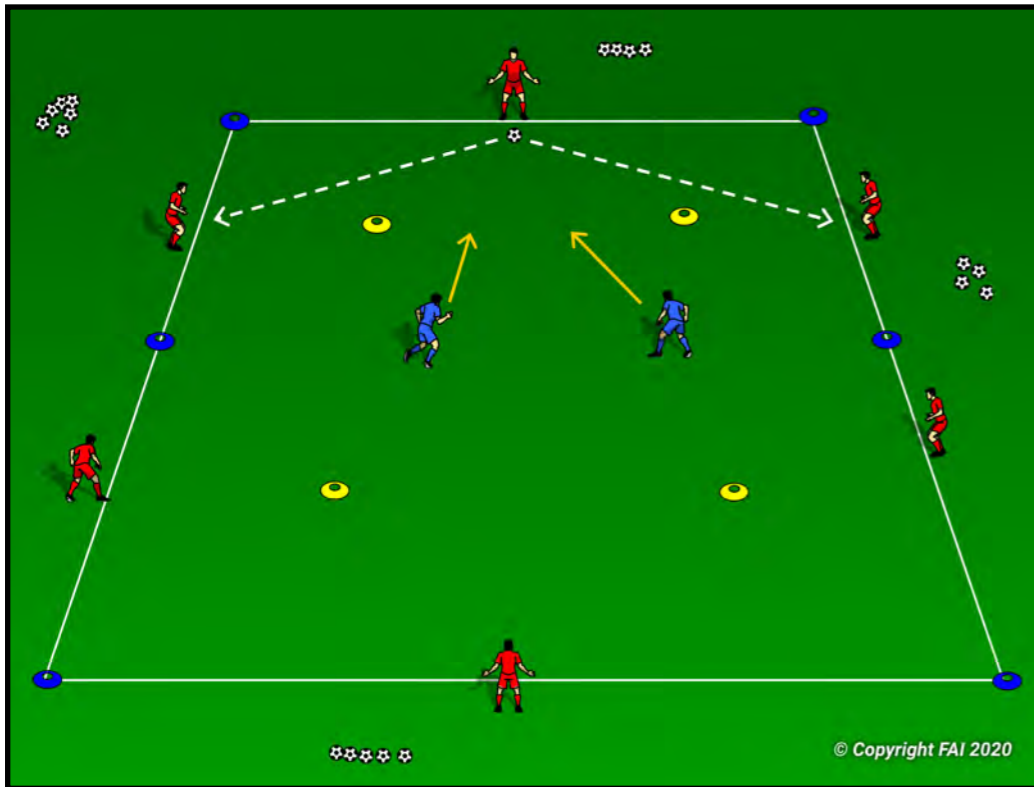
When to use central player?  
When to keep possession and move defenders?

## Execution

Execution of passing action: pace, accuracy, disguise.



# Coaching Practice Plan



## Objective

To improve players passing action, decision making and execution.

## Theme

6v2 possession practice.

## Organisation

Outside area is approx 16x16 metres with 6 red players situated on each side and the inside area is 8x8 metres and the 2 blue players act as defenders and apply pressure within their area.

## Method

- The 6 red players aim is to keep possession.
- If the reds lose possession they transition to defend and stop the blues breaking out of the area.
- The 2 blue defenders try to win possession.
- If blues win possession they transition to attack and try to break out of the area with possession.

## Notes

Make sure to rotate the 2 defending players after a set amount of time. Encourage penetrating passes with a goal for every pass that splits the 2 defenders. Use whole squad with 3-4 different areas with 6 players in each area.

## Communication

Between attacking players to maintain possession -  
Between defending players to win possession.

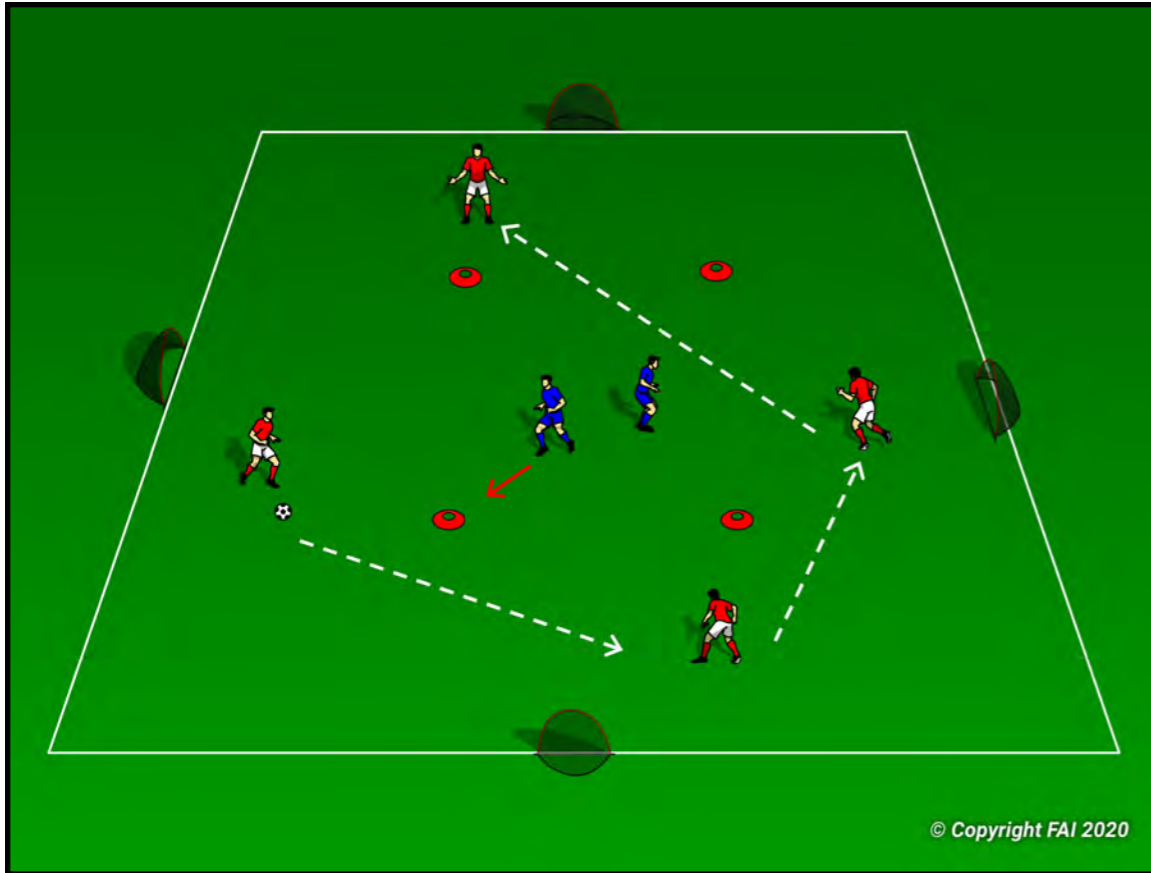
## Decision

When to penetrate? When to keep possession and move defenders?

## Execution

Execution of passing action: pace, accuracy, disguise.

# Coaching Practice Plan



## Objective

To improve players ability to maintain good possession within 4v2 and scenarios through quality of passing, control and movement actions, with a larger emphasis penetrating passes and transition to defend.

## Theme

Quality possession

## Organisation

Area: 25x25,10x5 metres (adaptable depending on age and ability of players)

2 teams (Red and Blue)

## Method

- Red team begin with possession in a 4v2 against the blue team
- Red team must establish good quality possession by considering the position, timing, pace and accuracy of their passing, control and movement actions.
- Red team must penetrate pass through the mini box and gain a point for each successful pass through box
- Blue team must then transition to attack quickly with the aim of intercepting one of the red teams passes and score in mini goals

## Notes

- Players must always stay within their grids
- Aim is to intercept passes not press
- Focus of quality of actions and transitional reactions

## Communication

Verbal and non verbal - between players while in and out of possession

## Decision

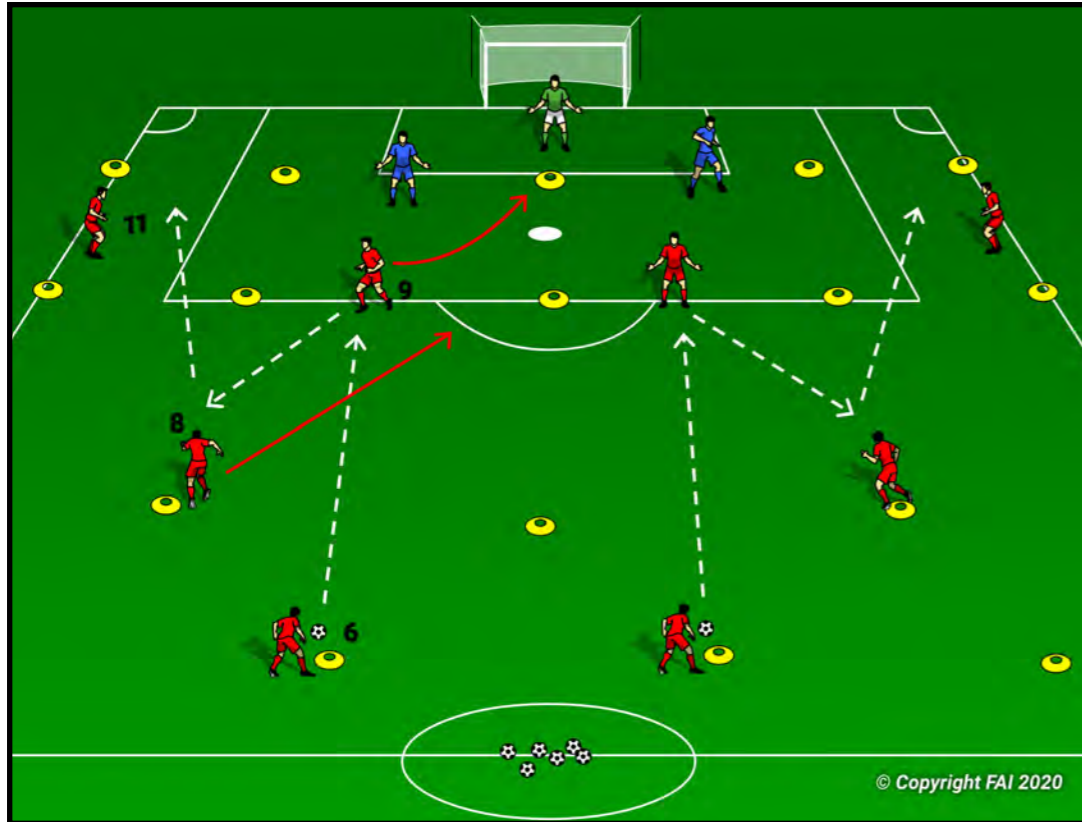
Deciding to pass forward, side ways, through or around. Which foot to control with and what direction to move in while considering the position, timing, pace of the pass and control actions

## Execution

Accuracy of pass, control and movement actions



# Coaching Practice Plan



## Objective

To improve players passing action, decision making and execution.

## Theme

Position specific passing and finishing attacking practice.

## Organisation

Area needed is half a pitch and a goal. Red players are positioned as in diagram with 6,8,9,11 combining to finish. One blue defender will increase the need for attacking players to communicate, decide and execute.

## Method

- The four red players aim is to combine with good passing action to finish with a shot on goal.
- Maintain positive passing action and movement by attacking players.
- Movement of 9 in behind defender and movement of 8/10 for cut back.
- Blue defender will communicate with GK to try and prevent shots on goal.

## Notes

Make sure to rotate and attack both sides. Rotate players in positions (2 and 3 can become 7 and 11). Encourage positive attacking play and maintain quality football actions. Use whole squad with rotation of players and positions.

## Communication

Between attacking players to create shot on goal -  
Between defender and GK to stop shots on goal

## Decision

When/where and weight of passing action? When to cross or when to cut back? First time finish?

## Execution

Execution of football actions: passing, running, shooting.

# Coaching Practice Plan

## Objective

To improve players passing action, decision making and execution.

## Theme

Position specific passing and finishing attacking practice.

## Organisation

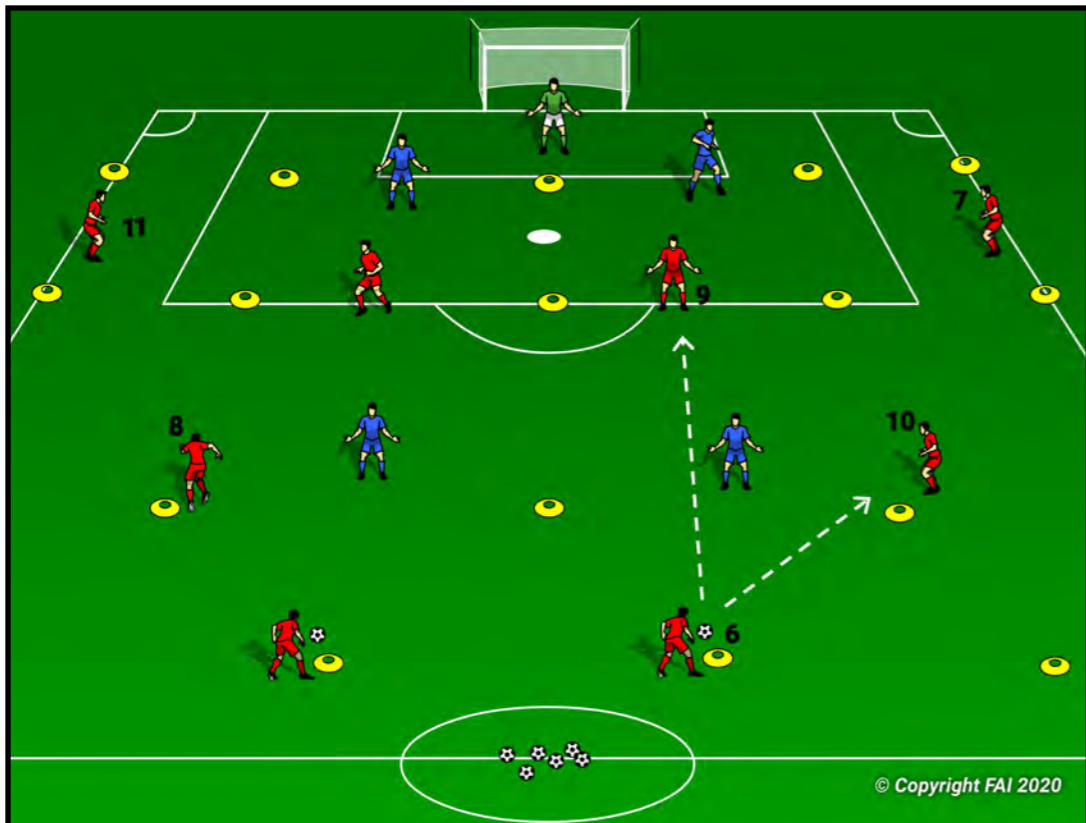
Area needed is half a pitch and a goal. Red players are positioned as in diagram with 6,8,9,11 combining to finish. One extra blue defender is added to increase the need for attacking players to communicate, decide and execute.

## Method

- The four red players aim is to combine with good passing action to finish with a shot on goal.
- An extra blue defender is added in midfield to increase the need for our 6,9,10 to communicate.
- Decision and execution by 6 to pass into 9 or 10.
- Maintain positive passing action and movement by attacking players.
- Movement of 9 in behind defender and movement of 8/10 for cut back.
- Second blue defender will communicate with GK to try and prevent shots on goal.

## Notes

Make sure to rotate and attack both sides. Rotate players in positions (2 and 3 can become 7 and 11). Encourage positive attacking play and maintain quality football actions. Use whole squad with rotation of players and positions.



## Communication

Between attacking players to create shot on goal -  
Between defenders and GK to stop shots on goal

## Decision

When/where and weight of passing action? Pass to 9 or 10?  
When to cross or when to cut back? First time finish?

## Execution

Execution of football actions: passing, running, shooting.





Ensure players are social distanced, as per FAI Protocol

**Ensure transition between practices or sessions are well planned out**

Ensure warm ups are designed for players to meet the demands of the practices

**Ensure players are stimulated and practices are enjoyable**

Ensure football actions are performed for players to improve football actions that have been lost

**Gradually build up intensity of practices**

***The FAI protocol document will constantly update based on  
Government guidelines at [www.FAI.ie](http://www.FAI.ie)***