

# The Philosophy and Expectations – Richmond & Kew Football Club (Youth Section)



Our philosophy is based entirely around the development of the player, not only in terms of skills, but also how they should behave towards each other, the referee and the opposition. Youth football has changed dramatically over the past 10 years, and Richmond & Kew Football Club (“RKFC”) has embraced the changes by providing dedicated mini pitches and ensuring all coaches involved in youth football have a minimum of an FA Level 1 coaching badge.

In addition, RKFC have installed Be Sports, a local specialised coaching company, to be our head of Football and drive the philosophy and development of all our members.

RKFC are coaching and developing our teams to have a style of play that embodies the following factors:

<b>Energy</b> <ul style="list-style-type: none"> <li>•Play with an intensity and energy</li> <li>•Attack and defend in numbers</li> </ul>	<b>Press</b> <ul style="list-style-type: none"> <li>•Press high and regain possession quickly</li> </ul>	<b>Tempo</b> <ul style="list-style-type: none"> <li>•Move the ball quickly</li> <li>•Quick restarts</li> </ul>	<b>Positive</b> <ul style="list-style-type: none"> <li>•Pass the ball forward and break lines when possible</li> </ul>
<b>Purpose</b> <ul style="list-style-type: none"> <li>•Encourage to play through the thirds but be direct if it's on</li> </ul>	<b>Creative</b> <ul style="list-style-type: none"> <li>•Encourage players to express themselves and to affect the game as an individual</li> </ul>	<b>Fluidity</b> <ul style="list-style-type: none"> <li>•Rotations and freedom in possession</li> </ul>	<b>Desire</b> <ul style="list-style-type: none"> <li>•Play with a controlled passion and desire</li> </ul>

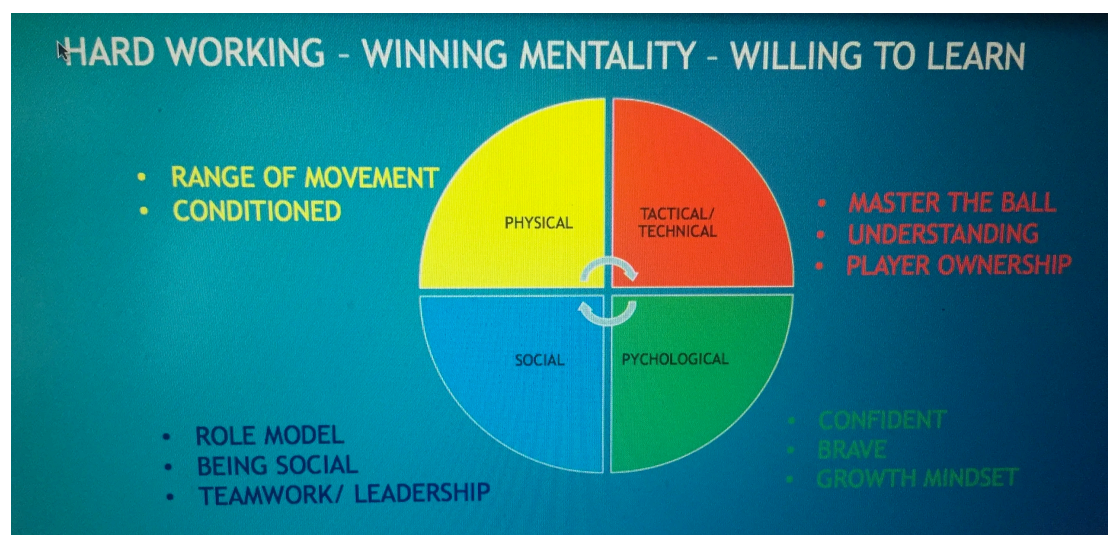
In a 90 minute game with 22 players on the pitch, on average each player will only be in possession of the ball for 4 minutes. Although those 4 minutes in possession are very important, RKFC also focus on the significance of transition and when players are out of possession.

In Possession	In Transition	Out of possession
<ul style="list-style-type: none"> <li>•Play with purpose break lines when possible</li> <li>•Try to break lines with passes or carrying the ball as much as possible</li> <li>•Be brave and positive in general play</li> <li>•Confident on the ball as a team and as individuals</li> <li>•Movement off the ball to be fluid and have rotations in place that are specific to area of play</li> <li>•Play through middle as much as possible</li> <li>•Encourage to play through the thirds but be direct if it's on.</li> <li>•Work ball into box or shoot from distance Create overloads (on corners of the opponents box)</li> <li>•Attack in numbers</li> <li>•High Tempo and intensity</li> <li>•Play with width - Wide players bring the ball inside or get 1v1 with fullbacks as much as possible</li> <li>•Less crosses</li> </ul>	<ul style="list-style-type: none"> <li>•Counter press</li> <li>•On opponents 3<sup>rd</sup>/4<sup>th</sup> pass regroup into shape</li> <li>•Recover to shape not position</li> <li>•Win the ball back quickly</li> <li>•High defensive line and goalkeeper need to anticipate long ball</li> <li>•Provide cover and balance behind press</li> <li>•Narrow shape be compact and cover central areas</li> <li>•Surrender the wide areas (show opposition out wide)</li> </ul>	<ul style="list-style-type: none"> <li>•Narrow defensive width</li> <li>•Compact</li> <li>•Defend in numbers</li> <li>•High press win the ball back as quickly as possible</li> <li>•Set trap from opponents goal kicks let them play out before locking on with press.</li> <li>•High defensive line (goalkeeper anticipating long ball)</li> <li>•Physical in tackling</li> <li>•Engage as early as possible don't stand off.</li> <li>•Tight man marking</li> </ul>

RKFC have high expectation of all our players and training is an integral part of a team's ability to perform on match days.

Expectations at training	Match Day
<ul style="list-style-type: none"> <li>• Arrive 10 minutes before scheduled start time</li> <li>• Have appropriate kit i.e. shin pads, wet weather kit or sun cream / water depending on conditions</li> <li>• High intensity</li> <li>• Physically challenging</li> <li>• Keep the ball involved as much as possible and try and maximize touches within the Session (70% on the ball at least)</li> <li>• Link/ purpose between training and matches</li> <li>• Engaging and enjoyable for players</li> <li>• Discipline and respect of group</li> <li>• Safe environment</li> </ul>	<ul style="list-style-type: none"> <li>• Make sure there is a purpose in training that links to match days.</li> <li>• Have a focus for the group and set individual challenges for players.</li> <li>• Pre Match- reiterate what the focus is. Refer to previous training/ match days</li> <li>• During the game – motivate, encourage and give information</li> <li>• Allow players to make their own decisions but educate during the game also.</li> <li>• Make players aware of game management</li> <li>• Don't measure the performance on the result</li> <li>• Debrief- Focus on positives of performance and highlight areas of improvement</li> <li>• Urge parents to give support and encouragement to provide an enjoyable atmosphere whilst playing.</li> </ul>

### DNA of a RKFC Player



The four pillars are an essential part of a well-rounded player as well as the ability to learn from our mistakes. The following quote emphasises this point very well.

*"I've missed more than 9,000 shots in my career: I've lost almost 300 games. 26 times I've been trusted to take the game-winning shot and missed. I've failed over and over again in my life. And that is why I succeed."*

Michael Jordan (Chicago Bulls 1984 – 1998) – arguably the best basketball player of all time.