



**BRIGHTON SOCCER CLUB**

# Small Sided Football (SSF) under 5 to Under 7

## Brighton SC Coaching Philosophy

By John Sugunananthan  
u5-7 Head of coaching

# What is important to us

1. Ensure that children have fun
2. Help children to develop football skills and creativity
3. Player development is more important than winning

# Coaching Philosophy (for u5-7)

1. Everything we do is with the ball
  - No fitness/running without the ball..
2. Maximise decision making
  - Have activities where there is perception – decision making and execution.
  - Make the training activities (games) as close as possible to the real game
  - Minimise running around cones without opposition
3. Our coaches need to be qualified in football coaching. Just as children are learning, we the coaches are also on a never ending learning journey.  
For this age group the required certificate is “Grass Roots Coaching Certificate”

## Coaching in more detail

1. Just let the children play a lot of varied fun football related games
  - Session plans will be used (with modifications) from the National curriculum
  - If in doubt let them play a game, not more than 5 per side to ensure they have plenty of contact (touches) with the ball.
2. At this age the children are 'self-centred', do not ask them to pass/team play.
3. Recreate street football environment, so they can 'discover' how the game works in a natural way.
  - Do less "coaching" and be more a facilitator for a street football environment where they can just play and discover football for themselves.
  - Street/park football refers to the way we would have played: freely, trying things out, experimenting and without the judgment of adults.

## For Parents

1. Please let the kids play without instructions. Think of it like a classroom with the coach as the teacher. Would you go into your child's class and yell instructions?
  - If you want to be involved become a coach/assistant-coach. We are always looking for volunteers.
2. Do encourage all (opposition and your child's team) by clapping when they show good football skills and creativity such as taking players on, running with the ball.

A worthwhile article and video of Barcelona FC parents

<http://theworldgame.sbs.com.au/craig-foster/blog/1122269/Junior-lessons-from-Barca-Part-1>



**BRIGHTON SOCCER CLUB**

Thank You