

Game Planning

What is a Game Plan?
How detailed should a Game Plan be?
How can a Game Plan evolve?

By the end of this module, the coach should be able to plan a basic game plan, building upon your coaching & playing philosophy & the strength and weaknesses of your players and the team.

Coaches of Children

There is no Game Planning course for coaches of mini players. It is considered that to structure mini games would restrict the long term development of the players. Experimentation and discovery are key elements to developing innovation and individual craft. These are the skills to encourage during these informative years.

Coaches of Youth Players (13-18)

The course will help coaches to:

- Prepare an out-line Game Plan ready to present to players before a period of competitive matches.
- Understand the balance of philosophy in relation to the reality of player ability within the squad.
- Describe the strategy in concise and accurate terms.
- Outline the methods of winning and using the ball.
- Focus on the attack element of the game.
- Out-line the focus of the training and preparation periods before and during the playing programme.
- Plan the intensity to volume ratio of the training programme in accordance to the varying demands of the season.
- Plan evaluation and review periods.

Coaches of Adult Players

The course will help coaches to:

- Prepare an out-line Game Plan ready to present to players before a period of competitive matches.
- Understand the balance of philosophy in relation to the reality of player ability within the squad.
- Describe the strategy in concise and accurate terms.
- Outline the methods of winning and using the ball.
- Focus on the attack element of the game.
- Out-line the focus of the training and preparation periods before and during the playing programme.
- Plan the intensity to volume ratio of the training programme in accordance to the varying demands of the season.
- Plan evaluation and review periods.

