



GÉRARD SCHOOL OF FOOTBALL COACHING CURRICULUM



***Gérard School
of Football^{Ltd}***
Learn To Play The GSF Way

Director's Message

With the widespread popularity and respect football has throughout the world, it is one of the main sports that touches everyone's hearts bringing with it strong values such as desire to succeed, determination, enthusiasm, competitive drive, discipline, organisation, planning and preparation, belief, and more. It is the sport that reaches out to everyone on an equal level regardless of race, sex, religion, political affiliation, etc and allows everyone to enjoy the sport at best.

It's because of these reasons alone why it is important that the sport has a development program from youth players to experienced players in order to maximise the development of technical, physical and mental attributes of its participants in the sport.

In the interests of allowing our players to be able to grow to reach their full potential, it is vital that a Youth Development Program for Long Term Player Development is set for those to not only realise their potential but expand on it and live it to it's full.

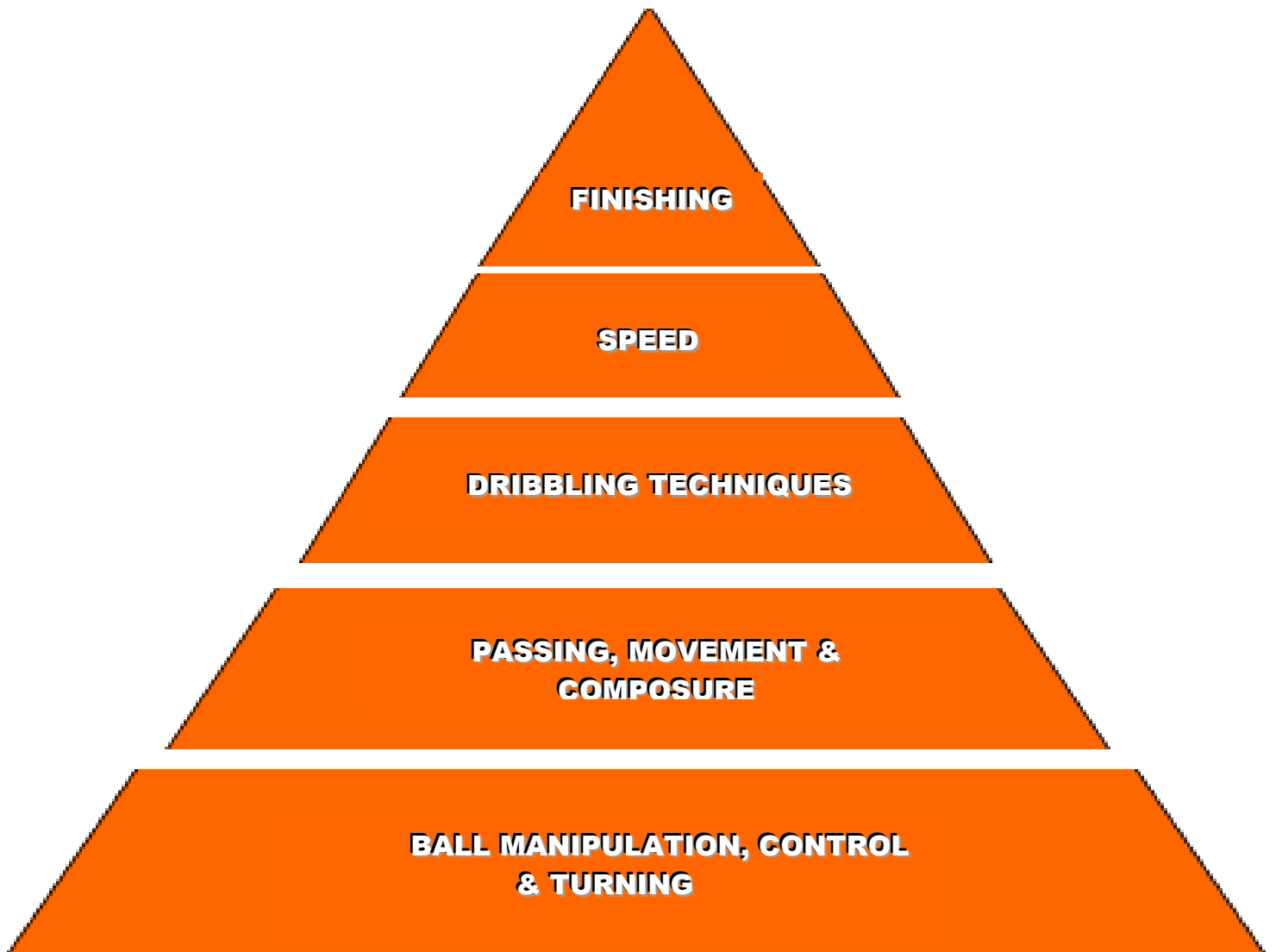
Gérard School of Football wants every footballer to fulfill their potential, for some that could mean playing professional football, for others it could simply be local league football, but the most important element to player development is that everyone is educated how to play the correct way, and to enjoy the sport they play no matter what level they compete at to maintain a good, physically healthy lifestyle.

I hope you enjoy reading a taster of our Coaching Curriculum.

Many Thanks

Gérard Jones
Co-founder and Director of Gérard School of Football Ltd.

GSF CURRICULUM



Each of these five stages is then combined to be used and put into performance patterns during game play.

These exercises and games will improve small-group combination play and transitions with emphasis on winning and keeping possession to launch fast break attacks

Ball Manipulation

Exercises involving each player working alone with a ball, High repetitions using both feet for ball mastery. Each player will be able to manipulate the ball to perform specific turns and moves to change direction and beat players to improve their overall control with the ball.

Passing, Movement and Composure

The stage of development which ties in with Ball Manipulation, allows players to be able to put into practice their ball skills in precise movements. Each player will learn how to move effectively on and off the ball, develop passing and receiving ability which will greatly enhance their composure on the ball. Players will also be involved in exercises to improve a first touch, and encourage players to become more accurate and creative in their passing.

Dribbling Techniques

Here each player will be able to adapt skills learnt at first and second stage into movement patterns that deceive opposition defenders by learning trickery and skills which are effective in both attack and defence. Each player will be involved in exercises and games that encourage game winning individual moves that causes players to play without fear and attack space with speed.

Speed

The next stage in development, players will greatly enhance physical attributes, speed of movement, speed of thought, increasing reaction time which is a key attribute of the greats. Each player will be involved in exercises and games that are designed to improve acceleration, running with and without the ball and changes of pace.

Finishing

At this stage players are able to put everything they have learnt into one elite makeup which allows them to take control of games and finish with the goal in mind. Each player will be involved in exercises and games that encourage and teach technique and instinctive play which are seen in great players. They will use their ability to guide the ball with precision along with composure to effectively take scoring opportunities and maximise on them in both training and game situations.

1. **Desire to Play Phase** – age: Males 6-9/ Females 6-8 (4v4)
2. **Learning to Play phase** – age: Males 9-12/Females 8-11 (4v4 + 7v7 – Development of 11v11)
3. **Developing the Player phase** - Males 12-16/Females 11-15 (7v7 + Development 11v11)
4. **Preparing to Compete** – Males 16-18/Females 15 -17 (11v11)
5. **Preparing to Win** – Males 18+/ Females 17+ (11v11)

Each phase of the Developing Talent Programme has an associated game format that is designed to allow the player to develop in a playing environment that is most suited to their age and stage of development.

G rard Jones
Director of G rard School of Football

The GSF Vision for Youth Football



- ⦿ Football = attacking, defending and transition
- ⦿ Learn the game by playing the game
- ⦿ The several actions should not be separated
- ⦿ Training sessions must be match related
(exercises must include attacking and defending)
- ⦿ Training is to simplify football
- ⦿ Players have to solve football situations
- ⦿ The coach must help the players to...

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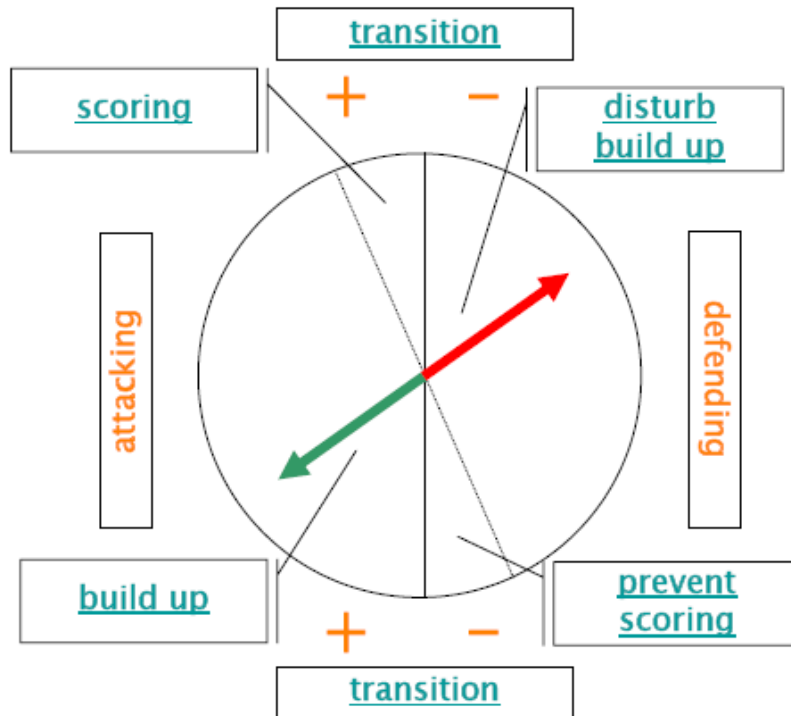
GIVING SENSE IS THE KEY FOR MOTIVATION

Not: running for running
dribbling for dribbling
passing for passing

But: How, When and Why:
to run
to dribble
to pass

- Young Players need to recognize the Game and develop Skills to play together




Football, what is it?



Characteristics coach development



Vision based on

-  **Vision on football:** structure of the game is starting point (aim: winning the game)
-  **Vision on coaching:** players themselves have to become more and more responsible for solving the football problems (dependent – independent)
-  **Vision on education:** learning in a practical way.

Aim of the game:

Winning

Team Functions:

attacking – defending – transition



Team Tasks:

Building up and scoring/ disturbing and preventing scoring

Actions in football			
Supporting (of the core) Insight in the game: - individual player - choices - observing - relation teamtask/ teamfunction	the core Actions of movements		Supporting (of the core) Communication: - tuning of football actions - Cooperation of players on team level
	with ball (technique)	without ball	
	- passing - receiving - dribbling - shooting - heading - sliding	- running into free space - squeezing - giving pressure - marking - cover	

The Gérard School of Football is a new unique educational department of football performance coaching. As a new football school, we are based on developing youth to maximise their potential through tried and tested ways of youth development from methods and philosophies which are used at top professional football clubs and national teams around the world. A lot of our influence in from the KNVB (DUTCH WAY) but we are also based on the Italian, Spanish, Brazilian, French, English and many more. Our football school is for boys and girls of all abilities with the vision to progress all players who are willing to listen; practice and believe that they too can achieve their dreams. This will allow for progression into our Academy which boasts players who have shown the potential or currently have the ability to play at a professional football club centre of excellences/academies.

The Gérard School of Football was founded to concentrate all educational programs for Total Football in one body. The Gérard School of Football operations are focused on the development of coaches, players and parents in order to maximise youth development throughout the UK. The courses, clubs and workshops are all for the benefit of coaches, parents and players who wish to learn more on how to influence, and get the best out of themselves and others.

Gérard School of Football only accepts FA Level 2/UEFA B Licensed coaches, and all coaches who work for Gérard School of Football will receive Gérard School of Football coaching diplomas as acknowledgement of their progression and development of each level. The international department of the Gérard School of Football is of service for coaches and clubs from abroad and we currently run programs worldwide to assist other Football clubs on national, regional or local level.

Quite simply our aim is to change the way football is both coached and played, we desire that the game becomes more skilful, entertaining and enjoyable to watch. In order to do this we have to change the way the game is coached and taught to children.

We have already made a huge start doing this by becoming the North of England Premier Football School. We have also received regular visits from professional football clubs such as Arsenal FC / Arsenal Soccer Schools with regards to potentially becoming an official partner of Arsenal FC, working in association with Arsenal Soccer Schools, as well as forming a partnership "In Principle" with Lillershall National Sports Centre to launch the UK's No1 Premier Residential Football Academy which will revolutionise Football/Academic/Life Development as we know it!

Gérard School of Football is committed to providing an inspiring, dynamic and multi-cultured environment where our students have the potential to flourish, expand their horizons, learn life lessons, and attain their goals. We cultivate talented footballers so they are confident and prepared for the challenges that their sport, and, more importantly, what life has in store. Our students are equipped to handle success as well as adversity and taught the skills to be leaders and positive role models. To accomplish this, it takes a team of well-qualified individuals in multiple areas and disciplines all working together with the best interests of the students as their primary focus.

It is this combined effort that is the difference between Gérard School of Football and our competition throughout the world.

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