



Redruth United Youth Club
Ethos and Philosophy

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Introduction

Welcome to the Redruth United Youth Football Club (RUYFC) four-part Ethos and Philosophy.

The RUYFC Philosophy includes sections for coaches, players, and parents, whilst also identifying the clubs approach. This philosophy is written to highlight the aims and objectives of the club, along with the club approach and expectations.

RUYFC's mission statement is to "provide all RUYFC members, and visiting teams, with the opportunity to play football in a safe, controlled and friendly environment under the supervision of FA qualified coaches. Additionally, the club encourages everyone involved – players, coaches, parents and spectators – to support our young players in finding challenges, enjoyment and fun, as well as learning about teamwork as they practice and play football".

The main goal of RUYFC is to allow for players to develop to their full potential, in a positive environment. Keeping this goal in mind, we are looking for all stakeholders to work in cooperation/collaboration with each other by playing football in a comparable way and for all players to be coached in a similar style.

Both the Executive and Main Committee are passionate about raising the standards of this great football club and ensuring that the football is being played to levels that suit all players' abilities. Many other clubs that we come across in the Kernow Youth League and Cornwall Girls League, have taken steps towards creating a brighter future for their club. It is time that we, RUYFC, take control of our future to ensure our club is progressive, competitive and attractive to potential new members. Over the past couple of seasons, we have consolidated from the building phase, which has seen the club grow from one team to eight teams in less than five years. We hope to build on this success.

The RUYFC Philosophy, we believe, is a modern approach and embraces the Football Associations approach to the grassroots game.

Coaching Philosophy

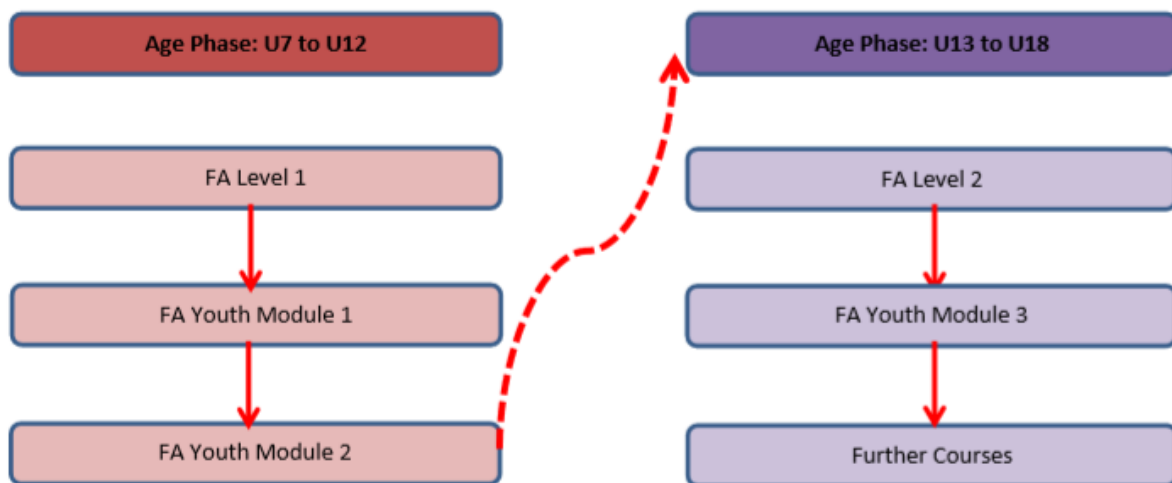
Player Centred Approach:

The player-centred approach is a model that will be implemented to ensure coaches progress each individual at this football club. This approach means that every player is at the heart of everything we do. It is imperative that the environment created is positive.

Within this fun yet challenging environment, the onus is on players taking responsibility for their learning. Some players may find this to be particularly challenging for various reasons. Some players will take longer to develop than others, but it is about being patient as everyone develops at different rates. For this reason, coaches should adopt a number of styles of coaching and not just one style.

Coaching Qualifications:

RUYFC require all coaches to be at least Level 1 qualified, as per the Charter Standard criteria, as the basic entry level before working with teams. In addition to this requirement, coaches should attempt (but are not forced) to complete the FA Youth Module 1 and 2 courses before the change of formats into 11-a-side. Following this, coaches should attempt to complete the FA Level 2 qualification and Youth Module 3 course. This is shown below:



Environment:

RUYFC coaches should create a positive learning environment for players to train and play in. Coaches can create this environment by:

- Allowing practices to flow and not stopping the game too often
- Allow players the opportunity to explore and solve problems during games and practices
- Presenting information for the three different types of learners (visual, verbal and kinaesthetic)
- Not provide a solution instantly
- Allow players to socially interact with one and another during breaks, with the focus on discussing tactics and strategies for problem solving
- Provide constant positive praise for the effort and good play

Team & Player Positions:

RUYFC coaches should encourage players to play in a variety of positions each match and providing each player with fair game time up until the end of the 9 vs 9 format.

Development:

The RUYFC coaches should not aim to win at all costs; players should be coached to be competitive and enjoy football, regardless of the result (win, lose, draw). Coaches should also inspire players and teams to be creative. Players should be developed technically, tactically, physically, socially and morally.

Principles:

RUYFC coaches will follow the five defending and five attacking principles to develop the team. The principles are:

Attacking Principles	
Disperse	<ul style="list-style-type: none">• Playing the ball from side to side and end to end• Spreading out the play• Playing into the gaps
Movement	<ul style="list-style-type: none">• One player moving towards the ball and one player moving away from the ball• 3rd man runs
Support	<ul style="list-style-type: none">• Playing in behind, when?• Playing in front, when?• Creating clear passing angles• Creating good distances
Penetration	<ul style="list-style-type: none">• Penetrating the opposition with either a penetrative pass or run/burst
Innovation / Improvisation	<ul style="list-style-type: none">• When to play to feet and when to play to space

Defending Principles	
Delay	<ul style="list-style-type: none">• Delay the opposition attack for as long as possible
Depth	<ul style="list-style-type: none">• Reducing the opportunity for the opposition to play through, round, or over
Compactness	<ul style="list-style-type: none">• The defending team need to make the pitch small and narrow, make play predictable.• Knowing when to press and who?• Knowing when to drop?• Can the team stop the opposition team from playing forward and if not, can they make the play predictable?• Knowing who and when to support, drop and over.• Having a good balanced, tight team shape.
Balance	<ul style="list-style-type: none">• Cover the areas in behind• Maintaining the balanced, tight team shape.
Control	<ul style="list-style-type: none">• Playing being composed, aware and patient

Coaching Styles:

RUYFC coaches should try to apply different coaching styles to their session. Coaches should aim to work through the different styles that are stated below in the continuum:

Coaching Style Continuum			
Coaching Method	Intervention	Description	Example
Command	Coach tells and shows the required solution	Coach determines the chosen outcome in the practice	"I want you too..."
Question & Answer	Coach leads with questions to gain responses from the players	Coach poses questions and the players offer verbal solution to the challenge	"Can you tell me what to do here?"
Observation & Feedback	Coach and players observe	Both the coaches and players observe and discuss feedback	"Let's watch this"
Guided Discovery	Coach asks a question or issues a challenge to the players	Coach prompts and the players offer visual demonstrations of their personal solution	"Can you show me?"
Trial & Error	Coach and/or the players decide on a challenge	Players are encouraged to find solution with minimal support	"Try for yourself"

During match-days, RUYFC coaches should let the players play freely and not provide an overload of information for players to process.

Planning & Reviewing:

RUYFC coaches should follow the Plan-Do-Review process. Coaches are to plan the session, deliver the session and review the session after. The evaluation phase should inform the next session. Some basic questions that coaches may wish to use when reviewing the practice include:

- What went well in the session?
- Why?
- How?
- Even better if?
- Why?
- What could I change for next session?

Coaches Codes of Conduct:

RUYFC coaches should always follow the codes of conduct, which can be viewed on the RUYFC website at the following link

[Club Code of Conduct - Redruth United Football Club \(redruthunitedfc.co.uk\)](http://redruthunitedfc.co.uk)

Playing Philosophy

Playing Style:

Our philosophy at RUYFC is primarily to allow for all players to develop to their full potential, in a fun, enjoyable, challenging and positive environment. The playing philosophy looks to showcase a positive attitude, hard work, professionalism and honesty into all players at the club.

Players will be given as much freedom to express themselves in training and on match day as possible. Players should be comfortable in possession of the ball, play through the thirds and have a mastery of the main technical aspects required to become the best they can possibly be.

The club promotes flexible playing systems, so that it suits the individual teams' strengths, disposition of players and to outwit and/or manage opponents.

In possession of the ball:

RUYFC teams should be playing with a patient possession approach with the aim of getting the ball into attacking areas, with quality, as and when the situation arises. Wide players should make the pitch as wide as possible, strikers will offer speed and defenders (including GK) will give depth. Players will be encouraged to demonstrate variety, cleverness, audacity and calculated risk taking, having taken into consideration the area of the pitch when in possession of the ball.

When in the attacking final third of the pitch, players will be encouraged to vary the approach, be clever, in order to create goal-scoring opportunities, while playing with high tempo.

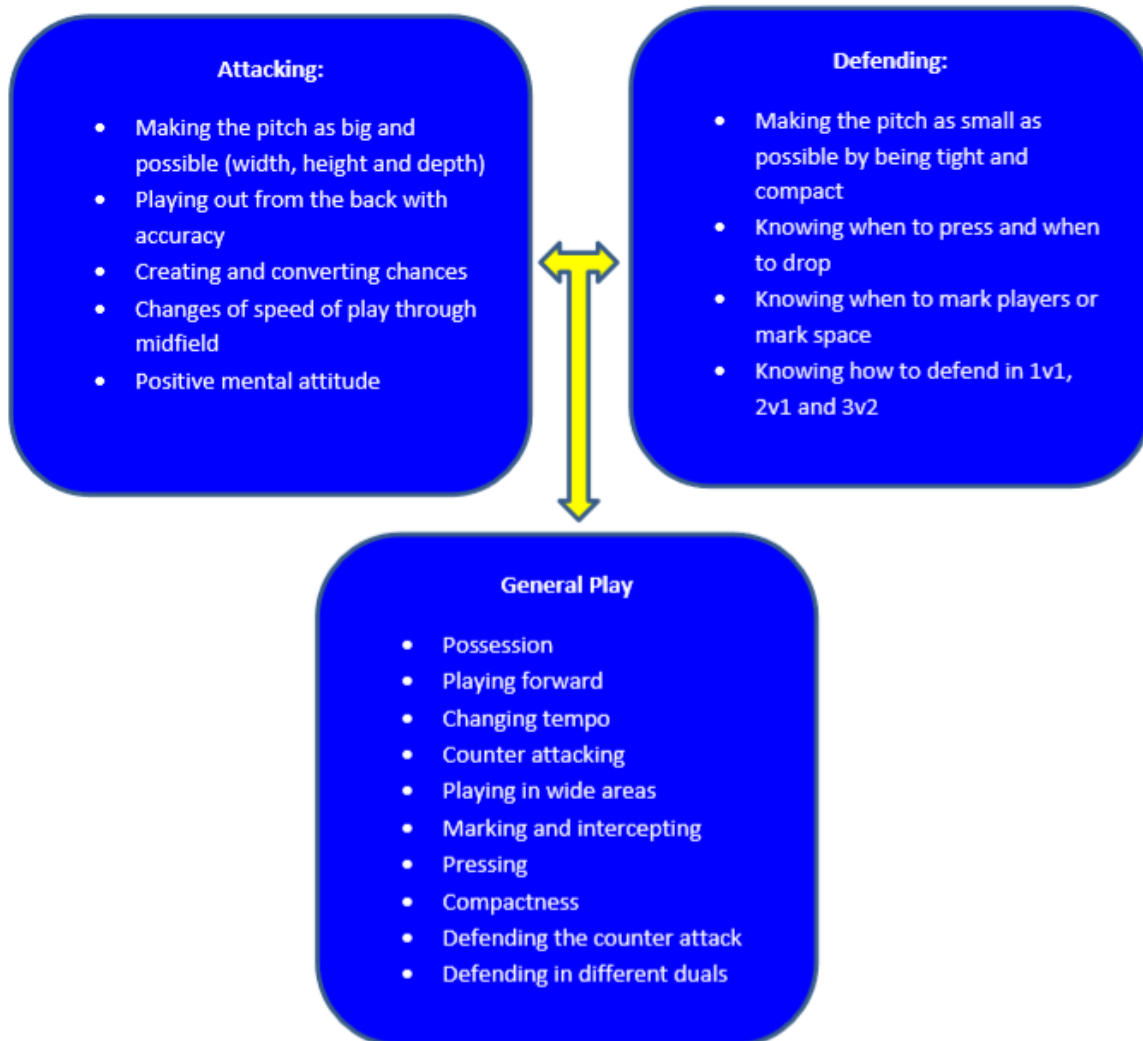
RUYFC teams will also possess the ability to counter attack when the opportunity arises, with pace and incorporate 'quick-play' in order to progress and penetrate effectively through the thirds of the pitch, using both central areas and flank positions.

Out of possession of the ball:

When RUYFC teams are out of possession, players make the pitch as small as possible becoming tight and compact and look to regain the ball as quickly as possible at the earliest possible opportunity then securing the ball to create possession. This, however, doesn't mean players should always "press" the ball, our players will have the discipline and understanding of when to press and when to drop and recognising that our aim is to win the ball back as high up the pitch as possible.

Summary:

We aim to defend as a compact unit to stop the opposition from playing through, around or over us – making the pitch as small as possible. On regaining possession, we will make the pitch as big as possible and have the fitness and intelligence to be able to counter attack with speed and penetration to create goal scoring opportunities. Players must offer width, height and depth.





The above diagram demonstrates one example of player's positions on the football pitch when in possession of the ball.

- The full-backs and wingers should try to offer width by hugging the touch line.
- The striker(s) should offer us height by playing as high up the field as possible.
- The central defenders should offer us depth by dropping.

This can be transferred into the 5v5, 7v7 and 9v9 format.



The diagram above illustrates the importance of positioning on the pitch when not in possession. The shape when defending will be compact as a team to limit the space for the opposition to play in. As the play moves from side to side we will shift across the pitch as a team.

This can be transferred into the 5v5, 7v7 and 9v9 format.

The 7 traits that all Redruth United teams should exhibit:

CONFIDENT

Redruth teams are made up of confident players. This confidence comes from self-belief, hard work, repetition and team camaraderie, all instilled in a positive coaching environment.

GAME INTELLIGENT

Redruth teams are intelligent. Players are students of the game and can make adjustments based on what they see on the field.

POSSESSION BASED

Redruth teams play an indirect style of football but have an awareness of the most appropriate penetrating pass.

BUILD FROM THE BACK

Redruth teams always look to build attacks from the back as opposed to playing kick and run football.

ATTACK MINDED

Redruth teams play the game with flair and creativity.

DEFENSIVE ORGANISATION

Redruth teams understand how and when to apply pressure in order to regain possession of the ball.

PHYSICALITY

Redruth teams excel in the physical element of the game – exhibiting pace and power. Redruth teams are hardworking, strong in the tackle and always play within the Laws of the game.

Player Codes of Conduct:

RUYFC players should always play with respect and follow the codes of conduct, which can be viewed on the RUYFC website at the following link:

[Club Code of Conduct - Redruth United Football Club \(redruthunitedfc.co.uk\)](http://redruthunitedfc.co.uk)

Players should not replicate the poor behaviour of professional footballers.

Parents Philosophy

As a club, we recognise that the relationships between coaches and parents could be stronger. Parents are asked to remember that we must all work together as it's commonly proven that children are usually influenced by their parent's own attitudes and behaviour. The club would also request that parents are involved with the club and stay to spectate games.

Winning vs Development:

We all would love to win each and every single game of football. However, it is vitally important to understand and appreciate that games are an opportunity for players to develop their technical and tactical football skills as well as improving their psychological and social state. This is also combined with players being taught roles and responsibilities within a game and allowing players to fulfil their potential.

Players will be encouraged to be patient, creative and take risks. Parents can help create a fun, positive, learning environment. Remember to focus on this, rather than on exclusively winning matches of football.

Emotions & Feedback:

The RUYFC management team empathise with parents on how difficult it is to control emotions, especially on match day, as your aim is often to encourage players. However, it is important for players and the club, that parents control their emotions on the side of the pitch. There will always be gifted individuals that exist within RUYFC teams, but their enjoyment is still the number one priority. It is also important that in your attempt to provide feedback to players, it is positive as players may be affected by criticism.

Players need positive feedback to feel that they can improve their game and help their team. Instead of highlighting what players have done wrong at practices or in the game, try to phrase your comments constructively and allow the coaches to do their jobs. Players should feel confident that they'll be supported, regardless of the result. Too much pressure to win can have a negative effect and put young players off the game altogether.

Performance Analysis – Having a chat:

Coaches and Players analyse individual and team performances so parents can help players evaluate their own game after the match is over. Parents can ask questions about how players felt about the game/training session and why, as well as asking what the players feel they could have done better and why. Asking these questions will help the players in the future because they will be used to finding solutions on the pitch for themselves and not having to depend on the coach or team mates to tell them.

Give players ownership of their learning and help us mirror the player centred approach.

Encouraging healthy habits:

Parents should promote healthy eating through a balanced diet. It is essential that players are drinking plenty of water every day and especially on the day of practice and match days. Players should be encouraged to get enough sleep, especially before a match as this will allow them to focus and for their brains to be fully functional. Players should also consume a balanced diet from the differing components of the food wheel.

Respect:

RUYFC encourages all parents to support the FA Respect Campaign. The FA Parents and Careers guide can be viewed at the following link: <http://www.thefa.com/respectguide/>. To support this material, parents can watch two videos, clicking [here](#) and [here](#).

Parents/Spectators Code of Conduct:

All parents/spectators are required to read the Code of Conduct. The code can be found at our website at the following link: [Club Code of Conduct - Redruth United Football Club \(redruthunitedfc.co.uk\)](http://redruthunitedfc.co.uk/club-code-of-conduct)

Children will copy their parents and other adult's behaviour. Parents should focus on the team's performance and should never blame officials.

Club Philosophy

RUYFC is a community club and will remain so by providing football for all the members. The club will ensure that the safety of all players is paramount and ensure we make a long-standing commitment to safeguarding and child welfare. RUYFC will encourage opportunities and diversity to all players, coaches and volunteers. The Youth Football club will continue to develop players to enter the Senior Football section of RUFC.

RUYFC aims to produce teams and players who are capable and comfortable at whatever league the club are playing in.

Our Vision

We want to firmly establish Redruth United FC as the flagship football club in Cornwall and to be the most respected community club in the South West.

It might not mean that our development teams win all the trophies but we firmly believe that if we do things in the right way the results will look after themselves.

Our Mission

To provide the best possible football experience for everyone involved with our Club regardless of their age, sexuality, gender, ethnic origin or ability. We want to offer facilities and coaching in an atmosphere that is conducive to the development of every young person in terms of self-discipline, good behaviour and teamwork.

We want to provide all the boys and girls at Redruth United FC an opportunity to develop their football, personal, social, educational and sporting skills to their full potential with the children's welfare and enjoyment a priority in all decisions we make.

Our Purpose

To have a positive impact on the community and develop better people through football. We want to create a lasting legacy for anyone who comes into contact with our club and for them to develop a lifelong association whether as players, coaches, officials or supporters.

Squad Selection:

Squad sizes maximum 3 subs up to 11 aside then coaches discretion up to 5.

Format-

5v5 – Under 7 and 8, 8 players in squad

7v7 – Under 9 and 10, 10 players in squad

9v9 – Under 11,12 and 13, 12 players in squad

11v11 – Under 14, 15 and 16, 16 players in squad.

Squad selection to be made by the coaches of each team plus another coach from within the club (3 in total) following the club ethos.

Development sessions on Saturday mornings for players not in the playing squads, up to the age of 12.

Squads to last for one season only.

Player Selection:

Following the FA four corner model, four key attributes that are vital for any developing young footballer:

- Physical
- Technical
- Psychological
- Social

By providing training sessions with a long term development goal and elements of these four corners a coach will help children to develop more than just their football skills, they will help them to gain confidence, build self-esteem, learn to work as a team and improve their decision making.

We use the below chart for players development on working towards, this helps coaches for selecting squads.

Technical	Psychological
Dribbling Running with the ball Ball control Support play	Engage in competitive play Recognise their own success Attacking Defending Use of Imagination Greater experience of different environments
Physical	Social
Agility Balance Co-ordination Speed of Movement Running Jumping Throwing Range of movement patterns	Communication (verbal /non Verbal) Collaborating Competing Team work Greater experience of different environments

Hardship cases:

The club will review any hardship cases on an individual basis and offer a solution where appropriate.

Social Activities:

The club would like playing members and parents to participate in the social activities that will be offered throughout the season. The social activities will fundraise money for either the club or a local charity.