



HEBDEN BRIDGE SAINTS DNA

WHO WE
ARE

HOW WE
PLAY

THE
PLAYERS

HOW WE
COACH

MATCH
DAYS

HOW WE
SUPPORT

FUTURE
PLANS

WHO WE ARE
Our history
Club philosophy
Our culture

HOW WE PLAY
In possession
Out of possession
In transition

THE PLAYERS
Technically
Physically
Physiologically
Socially
The future player

HOW WE COACH
Player and Coach Pathway
Coaching fundamentals
Coach education

MATCHDAYS
Behaviour
Expectations
Culture
Respect

HOW WE SUPPORT
Mentoring
Education
Young Leaders

FUTURE PLANS
Moving forward
Reflection



WHO WE ARE

CLUB
HISTORY

PHILOSOPHY

CULTURE
AND
VALUES



Hebden Bridge Saints was founded in 1984 by Peter Horne. Peter is an avid Southampton fan and has since moved back to Southampton – hence the name 'Saints'. The club were not allowed to use the red and white stripes of Southampton FC as another local side has these colours, so black and white was chosen and remains in use to this day.

In the club's first season the U12s played at Stubb Playing Field and the U14s at Calder Holmes. Many of the players had not played organised football before but both teams finished near the top of their Leagues; the following season they both won their Leagues! At the end of that first season 1984-85 the Under 12s were invited to go on tour to Aachen, Halifax's twin town in Germany, together with Halifax Town's youth team. They were the first English team to travel to Europe since the Heysel Stadium tragedy a few weeks before.



WHO WE ARE

CLUB
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That was the start of many HB Saints' Tours to Europe, Holland many times, plus visits to Warstein, St Pol, and Strakonice.

The club achieved FA Chartered Standard in 2006 and now has a number of girls teams and boys teams from ages under 7 to under 18 in and around the Hebden Bridge area. The club also runs a successful Saturday Soccer club for children aged 5 to 7.



For quite a few years now, the club has hosted an annual mini soccer tournament for local teams. The club passed its 30th Anniversary in 2014 and we look forward to many more seasons to come!



COACH MENTORS

CLUB PHILOSOPHY



“Developing individuals through football”

We aim to create a **fun, safe and trusting** environment where every child is valued, supported and encouraged.

We will focus on **success through enjoyment and development**, with each player given the opportunity to learn about playing football, make friends and develop skills that will aid them throughout their lives.



OUR CULTURE AND VALUES

TEAMWORK

PRIDE

HONESTY

DEVELOPMENT

At Hebden Bridge Saints.....

- We aim to create a safe and fun environment for all.
- Coaches will ensure child centred training sessions and match day environments.
- Respect will be shown at all times by every member of the club.
- New things are encouraged without fear of failure.
- Children will be helped to reach their maximum potential.
- Everyone works together, for each other, on and off the pitch.
- We help one another to find creative ways of problem solving.
- We know our own roles and other roles of those around us.
- Everyone always tries their best - it's always good enough!
- There are equal opportunities for all.
- We believe that if you help others they will help you.



Be kind to others - it's what we all deserve

HEBDEN BRIDGE SAINTS DNA

THE PLAYERS

AGE
PRIORITIES
5-8

We know that this is the beginning of the child's journey into football. Children will be helped to love the game and love the ball. Players will be encouraged to be confident and make the game exciting.

AGE
PRIORITIES
9-12

Players will be supported to master the ball. They will be creative in ways to keep possession and continue to try new things without fear. Children will be supported to find solutions to game related problems. The progression to 7-a-side and 9-a-side matches provides the opportunity to learn more about positioning for Defenders, Midfielders and Attackers and playing the ball through the thirds of the pitch to build exciting attacking play.

AGE
PRIORITIES
13-18

As the players enter adulthood they will continue to hone and enhance the skills learned in the previous phases. Working on techniques, being competitive and brave will help the transition to adult football.



PLAYER DEVELOPMENT

LOVE THE BALL, LOVE THE GAME

Throughout training sessions and matches we aim to help players develop lots of skills that will help them both in playing football and throughout their lives:

Social

- Communication
- Leadership
- Respect for Others
- Learning from Others
- Teamwork

Physical

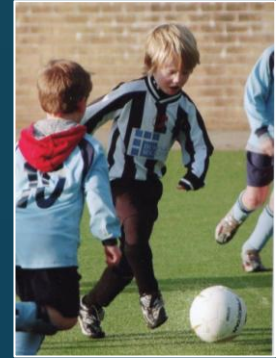
- Running
- Balance
- Kicking
- Heading
- Throwing
- Jumping
- Agility
- Co-ordination

Technical

- Ball Control
- Finishing
- Tackling
- Passing
- Receiving
- Goalkeeping

Psychological

- Determination
- Decision Making
- Spatial Awareness
- Creativity
- Confidence
- Self Esteem



HOW WE COACH

Our coaches will continually challenge players to develop as a whole. We understand that not every player will grow to become a professional footballer but they will grow to become an adult within the community and will require a wide range of life skills.



TECHNICAL/
TACTICAL

PSYCHOLOGICAL

PHYSICAL

SOCIAL

Coaches will use a combination of the **FA 4 Corner Model** and the **Plan, Do, Review Training Strategy** to ensure holistic development. Mentors will be on hand to help with all coaching.

HOW WE COACH

We will use practices that are **game related** in differing formats and environments but, whenever possible, will be based around the game.

We will put players at the centre of practice design, considering what interventions are required to meet players needs.

Session Planning Approaches:

Whole - Part - Whole

Start with a game as an arrival activity while players are arriving at different times, then hone in on a skill. Finish with a game.

Carousel

Players experience a variety of activities within one session, and move round from one activity to another swiftly and easily.

Repetition

Repeating activity – Myelination / Muscle Memory

Relevance

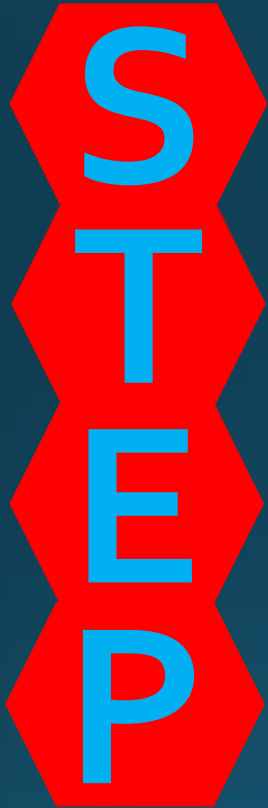
Is it relevant to the game?
Is it relevant to players needs?

Realism

Does it look like a football game relevant to each age category ?
(e.g. offside)

HOW WE COACH

Coaches will use **The STEP Principle** to adapt practices to gain the outcomes that they and the players desire.



- Space**

Size and type of area

- Task**

What do the players have to do

- Equipment**

Balls-Bibs-Cones-Goals

- People**

Players-Targets-Floater-GK

Each session will be designed, executed and reflected upon using the **Coaching Fundamentals** of Hebden Bridge Saints. Every coach will be supported through **The Pathway**.



Coaching Fundamentals



USE A POSITIVE
AND ENTHUSIASTIC
MANNER WITH
PLAYERS AT
ALL TIMES

DELIVER REALISTIC
GAME-RELATED
PRACTICES

USE GAMES
WHENEVER POSSIBLE
IN TRAINING

DEVELOP PRACTICES
THAT ENABLE THE
PLAYERS TO MAKE
LOTS OF DECISIONS

CONNECT WITH THE
GROUP BEFORE THE
SESSION OUTLINING
THE AIMS AND
OBJECTIVES

CONNECT, ACTIVATE,
DEMONSTRATE AND
CONSOLIDATE IN
EVERY SESSION

VALUE AND WORK
EQUALLY ACROSS
THE FA FOUR
CORNER MODEL

SPEND EQUAL
TIME DELIVERING,
PLANNING AND
REVIEWING

INCLUDE ELEMENTS
OF TRANSITION IN
ALL PRACTICES AND
SESSIONS WHERE
POSSIBLE

USE A CAROUSEL
APPROACH TO
PRACTICE DESIGN
AND AIM TO
MAXIMISE PLAYING
TIME

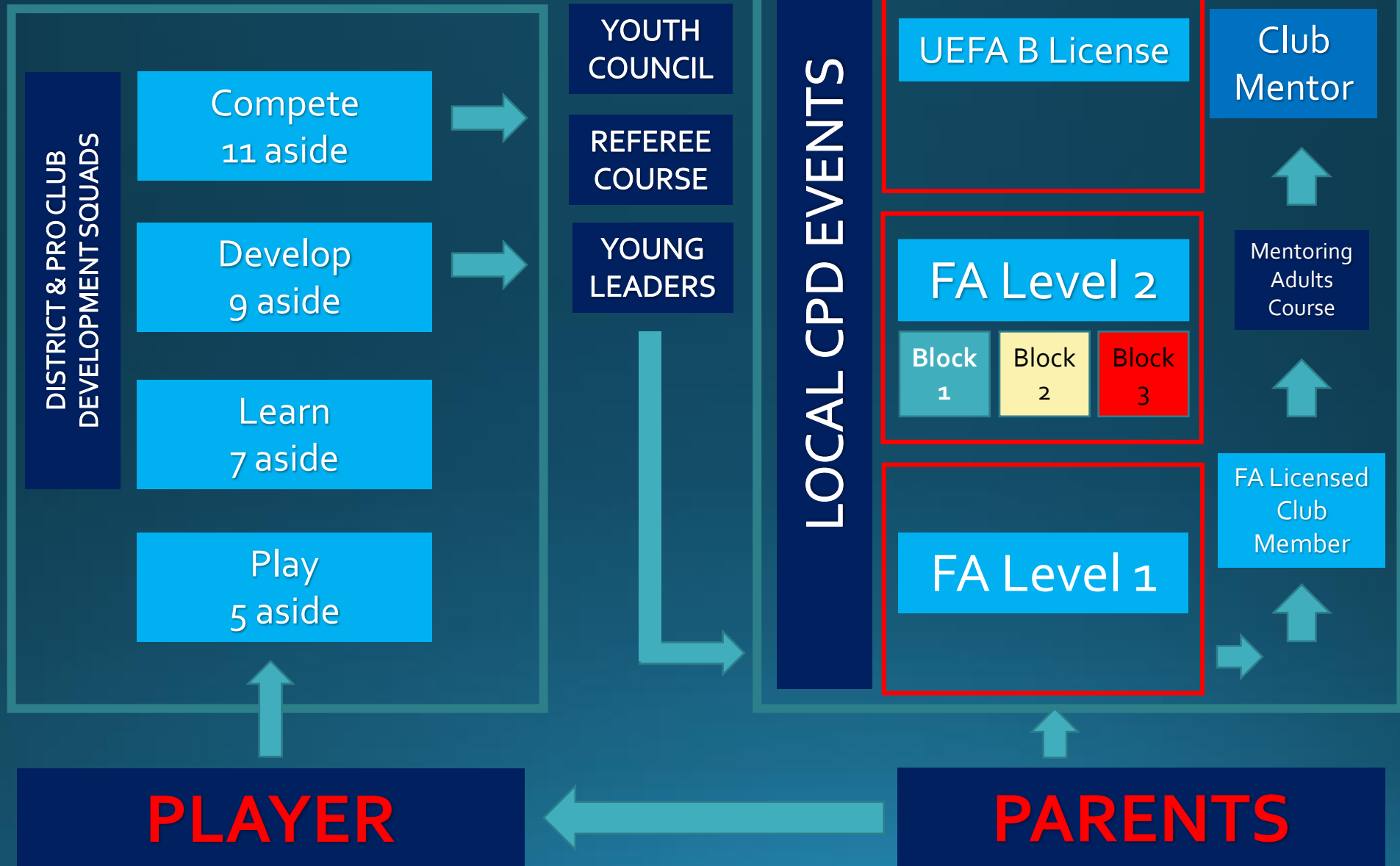
USE VARIED
COACHING STYLES
BASED ON THE
NEEDS OF THE
GROUP

AIM FOR A MINIMUM
OF 70% BALL
ROLLING TIME IN
ALL SESSIONS

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THE PATHWAY

HEBDEN BRIDGE SAINTS DNA



MATCHDAYS

Our children are strongly influenced by our own attitudes and behaviour.



At Hebden Bridge Saints we believe that.....

- A Childs matchday is a time for them to develop their technical, physical, tactical and social skills.
- We shouldn't take it too seriously. Even if the child is talented, at this Club their enjoyment is still the main goal.
- Children need positive feedback to feel that they can improve their game. It doesn't help to tell them what they are doing wrong.
- Children learn from their own mistakes by encouraging them to think about what they could have done instead.
- Children should feel confident, enjoy themselves and feel like they 'belong'.
- Football is a passionate game but we shouldn't let disappointment at a misplaced pass or a poor touch get in the way.

Quick Quiz: Who said What?



“As a kid they teach you not to play to win, but to grow in ability as a player. At Barca, we trained every day with the ball, I hardly ever ran without a ball at my feet. It was a form of training aimed very clearly at developing your skills.”

“kids should be allowed to play. They learn most from their own mistakes, so give them space to make mistakes.”

“ In England you teach your kids how to win. In Spain and Portugal they teach their children how to play.”

ON MATCHDAYS



ENGLAND DNA

Be
Respectful To
Others

Stay Positive
And Encourage

Be
Constructive

Respect Every
Refereeing
Decision

Applaud Good Play
From Both Teams

Spectators WILL..

Not Coach Or
Commentate

Allow The Coach To
Make The Decisions

Stay Behind The
Respect Barriers

Let The Players
Play

Understand
That This Is
The Childs
Game

HEBDEN BRIDGE SAINTS DNA

ON MATCHDAYS



Be
Respectful To
Others

Stay Positive

Be
Committed

Respect Every
Refereeing
Decision

Be The Best
They
Can Be

PLAYERS WILL..

Help Their
Team Mates

Enjoy Playing
And Have Fun

Have An Equal
Chance To Play

Always Be
Honest

Be Heard

HEBDEN BRIDGE SAINTS DNA

ON MATCHDAYS



ENGLAND DNA

Be
Respectful To
Others

Stay Positive
And Encourage

Be
Constructive
not
Criticising

Respect Every
Refereeing
Decision

Give Everyone
The Same
Opportunity

COACHES WILL..

Not
Commentate

Rotate Positions
To Aid
Development

Stay In The
Correct Area

Let The Players
Play

Ensure The
Players
Make
Decisions

HEBDEN BRIDGE SAINTS DNA

ON MATCHDAYS



Be
Respectful To
Others

Stay Positive
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COACHES WILL..

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HEBDEN BRIDGE SAINTS DNA

The Future Plan



Develop Club
Facilities and
clubhouse at
Stubb Fields

Look to
recruit
more
volunteers

Age Range
Co-ordinators

Embed the
Mentors
into the
club



Social and
Fundraising
committee

Help new and
current
coaches
develop their
skills

More
opportunities
for older
players to get
involved in the
club



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