



# **NORTH RYDE SOCCER CLUB**

## **2010 COACHING REPORT**

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### **COACHING AT NRSC IN 2010**

Season 2010 saw the continuance of Cooperative training for the Minis through Sports Kickstart and saw the introduction of the Junior Development Program for all players in the U9 – U16 age bracket. In addition to this, I ran a Grass Roots Coaching Course at the beginning of the season for around 16 of our NRSC coaches.

#### **Cooperative Training**

Wednesday afternoon Cooperative training with the Minis was again seen as a success from most reports. All minis coaches were emailed a Cooperative Feedback Form to rate different factors of the session so we can develop the program for 2011. There was one setback with the organisation of teams and players at the beginning of the 4pm session taking too long and therefore eating into coaching time. Apart from that, the majority of feedback from the forms and talking to coaches was that the kids experienced good development and enjoyed the sessions each week. In addition to this, most coaches stated they developed their skills through expert tuition from Diego and enjoyed the variety of the program. This program is a great initiative for the club and the benefits of it can be seen in some of our Junior teams.

#### **Junior Development Program**

Monday nights I ran a Junior development program which was aimed at developing the skills and football knowledge of our Junior players. The early response from the players was excellent with around 30-40 players attending the first few weeks of the program. Unfortunately this dropped off as the season wore on and the rain came. With the 10-20 players who regularly attended the sessions their development and increased confidence was very evident and this was portrayed by their team's weekend results. For this program to be more of a success there needs to be a larger commitment made by the player and parent before signing up. This may be a larger financial commitment or through the form of a contract. I also believe a second part to his program would be to have coaches attend the session to gain ideas and develop their skills. Only one coach took this on this season.

#### **Grass Roots Training Course**

At the beginning of the season I ran a Grass Roots course for a lot of the coaches for the Mini and Junior teams. At the Coaches and Managers meeting at the conclusion of the season I will be asking coaches for their feedback about this course and any further courses/programs the club can do to develop their skills and subsequently improve the quality of training sessions being ran across the club.

Finally season 2010 will be my last as NRSC Director of Coaching. Next season I will be looking to pursue other opportunities. I would like to thank Mark and the club for the opportunity and look forward to hearing of future NRSC success.

Josh Hallam