

## Football Theory with Raymond Verheijen

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Football theory? I prefer a more practical course.

### Universal References

What is a universal reference? The difference between subjectivity and objectivity

Philosophy is...

- Conceptual (principles, rules, etc.)
- Universal (no external factors)
- FActual (no gray areas)
- Objective (no opinions or past experiences)

We play the same sport. Therefore, we have the same philosophy.

Philosophy leads to application.

Application = applying the philosophy in a certain context given specific external factors.

- External factors + application = who we are as a club.
- Choices, decisions, past experiences, opinions, culture, etc.
- Subjectivity → The art of coaching

Not “Dutch philosophy,” but the “Dutch application”

The one universal reference: The Laws of the Game

Traditional football reference: Tech, tac, phys, ment. Replace mental with “brain and thinking”

Dualism por Descartes: Body (physical) and mind (mental) are separate? NO!

Action Theory Football

The moment a player realizes that he is responsible for his own thinking, everything else is a logical consequence. If you are thinking for the player, you are also responsible for his repercussions. If the player thinks for himself, he knows that the consequences--good or bad--are of his doing.

If a player thinks that he cannot do it, tell him that he can! Or, you can tell him, fine, let your thinking control you and deal with the consequences.

Get players to answer the questions before you ask the questions. Expose them to difficult scenarios so that they are forced to ask the questions of themselves. This approach helps us coach strong-headed people who would just say “no” whenever you say “yes.”

**General Non-Contextual Words:** Talking about football without saying anything

Problem: We have been educated about fitness in fitness language--Not football language. I need to learn more about fitness in football language so that I know how to plan for it, teach it, and evaluate it as a coach.

Football language is polluted: Too much non-contextualized language. Too much fitness language, psychology language, mental language, etc. Niche: Learn about these other languages and translate them to football language!

We need Football Action Language

Action Theory approach to football:

- Body (heart, brain, muscles, etc.)
- Body interACTION with surrounding
- Action: Interaction between body and surrounding
- Movement: No interaction with surrounding--Eliminate the term "football movement."
- Football actions (language)
- Interaction between players and surrounding
- PAssing is interaction between player, ball, opponent, and teammate.
- Football actions: Passing, pressing, etc.

Technique is not its own category, but a category of passing < football actions < attacking < football. Technique is a specification of passing, not the other way around.

Philosophy: The subjective application of an objective reference

### **Logical Structure of Football**

- Communication: Decision making, executing decision
- Team Tactics: Game Insight, Football Technique

All of **this** (above) completes a football action

Difference between perception (one-way traffic) and communication (two-way traffic)

The meaning of tactics in football: Improve communication of players and reduce the chance of miscommunication by the players

WE want the quality and quantity of football actions (communication, decision making, execution) to stay as high and frequent as possible. This = football fitness.

Everything we have discussed until now in this section is the "what" (are we doing)--not "how." How we do it and how we emphasize some categories over others depends on external factors--age of players, club, etc.

The "what" is what we coach. We coach football actions.

### **Afternoon session: Communication**

The 11 opponents are unpredictable, so how can we make our 10 teammates more predictable?

- Team formation
- Tactical reference (playing style)

When assessing breakdowns in play, first assess whether there was a breakdown in communication. Then, you can decide whether or not it was an individual error.

Club teams who play together more frequently...

- More predictable teammates
- Higher speed of actions
- Less miscommunication and mistakes
- But still need a good tactical teacher

Pep has won two world cups: Is it Pep implementing a system that forces teammates to communicate more, or is he just coincidentally hired to coach a team that has many national team players who already communicate a lot?

We need to create scenarios in training sessions that requires them to communicate with each other, and work through miscommunications, as much as possible so that their team communication in games is effective.

How can I create environments where kids think and reflect more often and well?

If you don't incorporate position specific training activities, you are teaching nonspecific communication. So, make it position specific as much as possible!

### **Football Theory: Decision Making**

Space-time characteristics of football actions

- Position
- Moment
- Direction
- Speed

We use these things to analyze the quality of each football action.

If you don't know what the player's intent was, ask him.

Execution alone does NOT = action. You need communication and decision making, too.

Notes to self: Things I need to start incorporating more into my training sessions

- Communication of commander's intent
- Creation of activities that create obstacles that they learn to overcome themselves before I have to ask any questions.
- I need to start asking myself, "What obstacles/problems do I want players to learn to overcome/solve without me this training session?"
- Give the players freedom to do it "how" they want, as long as I inform them of "what" needs to be achieved.

Communicate with parents and the outside world so that players, when they do unpopular things per the team's tactical strategy, do not face public backlash/scrutiny.

How to coach players: Decision making training (individual training) within tactical training (team training)

### **Final Part: Coaching Executing Decision (Football Technique Training)**

Functional technique: It doesn't matter how you get the ball from A to B, just that you do. If the ball does not get to B, then and only then, should you address the "technique."

Technique is relevant to communication and decision making! Therefore, I should stop seeing technique as a precursor to tactical improvements. Stop making technique-only coaching points first before coaching tactics. Instead, coach the communication (verbal and non-verbal (movements)) first to get them in place to make decisions, and then lastly, let's see how the technique is.

Communication	Tactics
Decision making	Game insight
Executing decision	Technical
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CDE as frequently as possible	Higher Tempo
CDE as long as possible	90 minutes
Therefore,	
CDE Higher Tempo / 90 min =	Fitness

Fitness → Tactics / game insight / technique → Football (CDE)

Football is a player's sport. We need to prepare them as best as possible in training sessions to make their own decisions on the field.