

# WVFC U8 Warriors 2021-2022

Player/Parent Handbook

Have fun.  
Do your best.  
Behave.

# Goal

Be a player of great cognition, competence and character.

“3C Footballer”

# Cognition

The brain is the most important part of your body in playing football. It is a game of decision-making and communication.



Cognition refers to our thinking process and ability to understand

- Perceive - to recognize and understand
- Conceive - to form an idea
- Decide - choose an idea based on the situation
- Deceive - to mislead
- Execute - to perform or carry out
- Assess - to evaluate

“Scan. Choose. Do.”

# Character

**Adaptable**

**Always Improving**

**Resilient**

**Respectful**

**Kind**

**An AARRK of traits and values that will help you succeed on and off the pitch**

**Adaptable** - accepting and embracing change with confidence; optimistic, positive

**Always Improving** - getting a little better every day; improving with each touch, training session or match

**Resilient** - ability to bounce back from difficult situations, mistakes and challenges

**Respectful** - having concern and high regard; of yourself, teammates, opponents, coaches, parents, officials

**Kind** - a sympathetic and helpful nature; be nice and behave

# Competence



Competencies are the skills required to play the game with an appreciation of its complexity.

- Ball Control
- Movement
- Position Play
- Principles of Play
- System of Play

# Movement & Breathing

Move with coordination, balance and speed. Control breathing to recover quickly (mentally and physically).



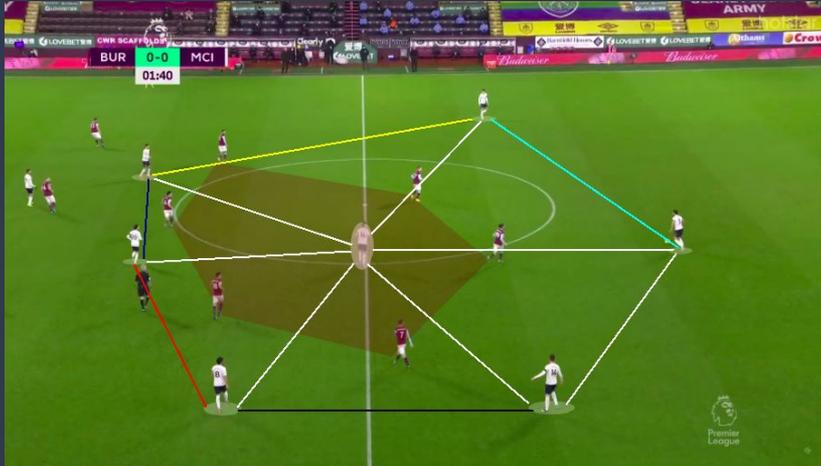
- Explosiveness & Stamina
- Accelerates quickly and can jump high
- Reacts quickly and can recover a ball after losing it
- Demonstrates sharp changes of direction
- Can beat an opponent with quick movement
- Maintains balance in a tackle
- Can avoid a challenge
- Utilizes box breathing technique to recover and to calm mind



Breathing technique: box breathing

# Principles of Play

10 Principles of play applicable to any training session or match.



- Manage Oneself
- Manage Space
- Manage the Ball

# Principles of Play

1. Scan. Choose. Do.
2. Create & Close Space
3. Attack 1,2,3 & Shapes
4. Pressure Quickly on Transition
5. Organize Defense on Offense
6. Defend 1,2,3
7. Keep it Simple
8. Receive with Intent
9. Pass with Purpose
10. Possession to Penetrate

# Position Play

Position play is a search for superiority

- Positional - superiority of space
- Numerical - superiority of numbers
- Qualitative - superior skill



## 5 Elements of Position Play

- Angles
- Distance
- Timing
- Lines
- Situation

# Style of Play

Football is an invasion game. To win, a team must breach the opposition's defensive lines and score more goals than the opposing team. We'll play an attack-focused, possession-based style.



Some teams will focus on winning or playing a system, but we will strive to support individual creativity within a collective spirit. In this context, playing the Beautiful Game is like living. In a world of constant change, and some say chaos, you must try to be present in each moment, accept opportunities/challenges as they arise, and search for solutions with creativity and equanimity.

Having fun is still the most important part of the game





Parent's Role: Watching children playing a game

# Parent's role



The most powerful thing you can say to your son or daughter after the match is "I love watching you play."

Prior to a match, tell them you love them. If you want to say more, remind them to have fun, do your best and behave.

Be on time. Assuming they aren't taking public transportation, you have a great deal of influence on their ability to be on time.

Please review the player guide and help your son or daughter access it.

During the season, we will focus on development within a team environment.. If players need help with individual skills (first touch, weaker leg, etc), coaches will encourage them to work on those skills at home.

Help with field setup or take down from time to time as asked by the team manager.

# Parent's role



Read more

<https://www.parentsinsport.co.uk/2018/05/13/sports-parenting-doing-your-job-is-the-key-to-success/>

Do's

<https://www.drjimtaylor.com/4.0/parenting-dos-for-sport-parents/>

Do nots

<https://www.drjimtaylor.com/4.0/donts-sport-parents/>

# If players do not make their own decisions, they cannot be self-reliant



# When players make their own decisions, they improve



# What can I expect from training and matches?

Training will be dynamic, engaging and fun.

Training will explore the joy of competition.

Training will consist of learner centered activities.

Training will develop individuals within the team context.

Training will encourage taking risks and honor failure as a step to success.

Training will develop cognition, competence and character.

Matches are just training games in fancier uniforms.

Credit to [TOVO Institute](#) for their training mandate for the majority of these views

# How we will measure success

Success is not measured in wins and losses at this age (and should not be until they are playing professionally and/or for the senior national team). Success is individual improvement and continued joy in playing soccer.

Do they have more fun each match?

Are they more confident in their abilities?

Do they innovate/try things you haven't seen before?

Is communication (verbal and non-verbal) improving between players?

Do their boots stay tied the entire match?

Do they maintain effort even when things are not going their way?

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