

# How To Become A Soccer Coach!



## Task Report

⚽ Exam Number: 471476

⚽ Name: Chris Sheridan

⚽ Name Of Task Report: How 2 Become A Soccer Coach!!!

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FOR	31.1.05



# IT TASK DIARY



Exam Number:

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6 <sup>th</sup> Sept 04:	In our first class we had a meeting at what our Task assignment should be consisted of and what was expected of us. We discussed the plan and time value of the Task and that each student should come up with there own individual idea. Our IT teacher told us of past examples and how much credits they each got which told us the level of work expected. The teacher, who is Mr. O' Neill, told us that the Task idea should integrate with our other subjects like, Religion, Maths and Art.
7 <sup>th</sup> Sept:	I came up with the idea of producing a Booklet with a guide to first time coaches/managers for soccer. This will involve safety measures, coaching tips, training sessions, diagrams, cost sufficient of coaching and the way the kids should be treated which will involve sportsman ship plus fair play.
9 <sup>th</sup> Sept:	I started on my Front page design which I found out to be quite good. I used the internet to go on the FAI website for a logo which I then put on to my front page. I also used text and Clip Art to fill up the Front Page in a cartoon frame. I then made a file for the Contents page but did nothing to it . I also then made a start on my Introduction Page.
10 <sup>th</sup> Sept:	I completed a page of writing on Expectations of Coaches/ Managers. I also inserted pictures and bullet points involved in my page long text. I finished off the page with safety by including pictures.
13 <sup>th</sup> Sept:	I wrote a page of writing about Training Sessions for the Coach/ Manager which involves bullet points in a step by step guide to a training session. I also started on Diagrams for training session which will involve skill and fun all rolled in 1.
14 <sup>th</sup> Sept:	I added in a couple more diagrams for the training session and wrote a text about a final word on warming up. I just was adding text to various part of the booklet to enhance it.



15 <sup>th</sup> Sept:	Today I started a new page on the cost of coaching/management. I wrote a paragraph of text and also inserted a Table to illustrate the estimate cost.
16 <sup>th</sup> Sept:	I helped the coach/manager by giving him tips for the training session. I gave another bullet point form presentation and used Times New Roman text script. I learned how to merge several documents into a single document.
17 <sup>th</sup> Sept:	I wrote about where a coach/manager could go to get professional coaching. I inserted a logo (FAS) into the page and inserted a picture of a past pupil (LIAM MILLER) into the page as well.
20 <sup>th</sup> Sept:	I used Headers and Footers which I inserted into each page of my Booklet to put a Top and Bottom border on the page. I used this by going into the view icon and going to the Header and Footer button. Then I inserted a image and a thick border at the top of the page for the Header and then just a small border line at the end of the each page.
21 <sup>st</sup> Sept:	The website which I used to get the diagrams and some pointers for my writing was <a href="http://www.footy4kids.com">www.footy4kids.com</a> . I was just fixing the paragraph in line and general cleaning up of the booklet. I used <a href="http://www.fas.ie">www.fas.ie</a> for the coaching credentials idea.
22 <sup>nd</sup> Sept:	I inserted a soccer ball into the Header which is with the fai logo. I finished off my contents page as well by inserting clip art and making the text all in a row with the numbers on the right hand side of the page.
23 <sup>rd</sup> Sept:	I changed all the headings into a nicer way by using the FORMAT PAINTER button on each of the headings on every page.
24 <sup>th</sup> Sept:	I finished my booklet by writing a page about the booklet and who the booklet may concern.
29 <sup>th</sup> Sept:	I did a back cover for my booklet with some cartoon features and logos to give it a finishing effect.
1 <sup>st</sup> Oct:	I started to do the finish effect for my Task Report. I printed out my pages in A5 size to make it small and compact. I printed it on yellow paper and in colour as well.
4 <sup>th</sup> Oct:	I brought my pages down to the office and cut them with a "Guillotine" to give it a crisp effect. I also cut out plastic for the front cover to give it protection.
6 <sup>th</sup> Oct:	I punched some holes in the side of the pages so that then I could bind it all together.



# TASK REPORT

Name of student: **CHRIS SHERIDAN**

Exam Number: 471476

## Name of task-

The name of my task is "How to Become a Soccer Coach".

## Is this a product, a service, an investigation or an event?

This is a product for individuals who are interested in taking up the role of a coach or a manager and who have a genuine interest in soccer. I designed this as well for the FAI (Football Association of Ireland) and they could buy this from me to be distributed to schoolboy clubs all over Ireland in a way to promote a better level of play and an another dimension for children in the way they would see football. I have a couple of sections about FAS and they could buy it from me so they can promote there courses.

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**My aims:**

My aims for this product would be quite high as I put a lot of work and thought into the way the product should be designed and what people could get out of it as well. My main aim at first would be just get the booklet finished and to get it done in time. To do the booklet really well and printed off in colour to make it look nice too. My aim would be to become a Coach/Manager later on in my future as I could be too old to play the game but as a coach/manager I would be still involved in the sport.

I also have an IT aim and that is to get better at researching various sites and my overall performance and knowledge on the computers. I would want people to appreciate the way the finishing products looks and they can go forward if they want to be a coach/manger. I really hope that the future of the game, which I mean the children, can progress to a better level and maybe in the years to come they can bring success to the country by winning the World Cup with Ireland. I would hope as well that the game is safer for children and those parents would know that their kids are in safe hands with the manager.

**Plan:**

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My plan at the very start was always going to involve soccer and it is the sport which I love to play and be involved in. I am doing soccer coaching on Saturdays at my local club St.Kevins Boys so I said that I should incorporate this into my TASK. I was going to do a TASK about Irish Schoolboy Clubs or about Ireland Under Age Youths and there future but my final decision was about Caching/Managing. I started to get ideas in my head in what way I should do the TASK and what it would look like as well as what would be in it. I decided to do the TASK in a small A5 size booklet. This could be easily given out to people and wouldn't take up any space at all at home or were ever it will be. I had a sheet at home about coaching and what it should involve. I then started the TASK and I started off with an idea of a 10 page booklet but at the end it ended up to 15 pages. The plan was to get the writing of the booklet finished first then starts to put in pictures, headings, tables etc.... I did that and it was well better to make the booklet better looking then to write paragraphs about it. I then did it in a booklet form with a cover and everything. I liked the way the end result turned out and was pleased with its overall look.

### **How I collected information**

I collected information by asking my Soccer Manager how he got started in Coaching/Managing. He told me how he got involved in the club and what courses he went to. I also had sheets on the subject as I did a day course a few months ago. I got shown a slide-show presentation on

coaching/ managing and then shown in actually real life terms what style of training sessions should be performed which I then remembered to write in. I went onto various websites on the internet to check out first aid, training sessions, and safety procedures. I went onto a few websites for example.... [www.footy4kids.com](http://www.footy4kids.com), [www.fas.ie](http://www.fas.ie) and [www.fai.ie](http://www.fai.ie).

### How I did my task

At the start I had a few possibilities in my head which I thought about doing. After a meeting which the class had together, I finally made my decision which was to write about "How To Be A Football Coach". I then started to do some research on the topic and I had sheets of paper from the FAI about how to become a coach and lot of other various information for example, safety, training session, what way to approach a young child and just general safe practice for the child. The name of the sheet was "Small Sided Game" and was published from the FAI of Ireland. This got me good information. I then opened up Microsoft Word and started to write a bit of text on the subject in hand. I went onto various sites on the internet as well which gave me vast knowledge of coaching and managing. I went onto three websites which were [www.footy4kids.com](http://www.footy4kids.com), [www.fas.ie](http://www.fas.ie) and [www.fai.ie](http://www.fai.ie). There is a page from each site at the bottom of the report. I also went on to [www.google.ie](http://www.google.ie) to get some pictures for my booklet too. I also kept a TASK Diary on each of the days that I done research or typing on my booklet. I wrote all of my

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text first for my booklet then I inserted images and made the headings a nicer script and made the booklet in general a lot nicer to look at and read. I then printed out my pages for my booklet which was in an A5 size out of a colour printer which looked deadly with the different colours and logos. I then went to the office and used there "guillotine" to cut my pages into size. I went back over to the computer room and used the binder to fix all my pages in order and to give its finished affect.

### What I found out

I found out that managing and coaching is very hard to learn and is a process not to be taken lightly. It involves a lot of hard work from preparing training sessions to washing the football gear. The FAI have given a great website about coaching and were to go and get coaching badges and courses which help you to become a Manager/ Coach. I found out that I have a vast range of IT skills which helped me do the Booklet for example; inserting tables, images, font, and clip-art and so on.. There was a website which showed me how to do training sessions and that was [www.footy4kids.com](http://www.footy4kids.com). They gave me diagrams which I use on a Saturday for the young players of St. Kevin's to help them make progress in football. I have learned a lot from these experiences.

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## **Courses that helped me do the task**

There were a couple of courses in my L.C.A course which helped me to do my Task. IT (computers) was a very big help for me as I did my whole Task on a computer in my school. I got different images from the internet, I stored my work in Microsoft Word, I used the tools at the top of page to help me for example clip art and also inserted a table. Maths was also included in my Task as I made an estimate guide table of the cost amount of running a team without any funds. I used multiplication and adding in my table. P.E was a help because I learn from my P.E. teacher some drills and what discipline is expected from the group of kids. I was also playing soccer in P.E which showed me how soccer is played and what rules there is in the sport. The final course which helped me was English because I wrote the whole Task in English I used English grammar and English spelling and communication as well.

## **Evaluation**

- **What was good about the task**

First it was good to get the Booklet finished, as it took a long time but at the end I was very happy with it. The booklet looks really well with the plastic at the front and the presentation was really well done I thought and a few people around me also said it was well presented. It



was good to help the soccer association because the booklet could get more people involved in managing and a higher level of coaching for the kids which is the biggest reason why I done it which in the biggest picture could bring the Ireland International Team success. I also learned more about soccer.

- **What could I have done better**

There isn't much that I would change except for doing an extra couple of pages of text and some more diagrams for coaches so that they could create there own ideas. I was pleased with it and I think it could be good for managers. I also would like to interview a manager who has good experience managing/coaching a football team so they could give a few guidelines how they done it, but that's it, that's all that I would do better.

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- **What I would do differently if was to do it again**

I wished that I had more time doing the whole Task and that maybe I would have done a website to go with it so people could access it any time they want. I would have done extra pages with more information and maybe do it with another person so that I could get there ideas too. I

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would make lots of copies for different age groups for example 7Aside game and a 11Aside game to so managers could have a choice because both of them are very different from each other.

### How I will use what I have learned.

I have got better IT skills, doing this Task. I now know that I have a lot of IT skills that I will use this in the future to put on my C.V to say that I have basic knowledge of Microsoft to help me get a job. It would be very good for getting into a IT(Computer) Course because I will be able to tell them what I have done on the computers for example my Task Report and what I used to help me create it for example looking on the internet and inserting pitchers to the Task. This Task has made me better at soccer because I would be able to set up a training session on my own with drills but before that I wouldn't be able to do. As a person it self I would be more confident of speaking to young children cause I will know what I am talking about and that will help me portray my message to the children.





Soccer drills, games and training tips plus first aid for football coaches, managing parents, what to do on match days and lots more

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[The ideal soccer coach](#)

[How to run a coaching session](#)

[A lesson plan](#)

[Discipline](#)

[Basic first aid](#)



[Establishing Behaviour Boundaries](#)

[more.....](#)

## On-line soccer coaching advice

[Join a soccer coaching community.](#)

[Check out the Tip of the Day](#)

## Fun, games and footy drills

[Attack and protect](#)

[Speed dribbling](#)

[Pressure passing](#)

[Arc shooting](#)

[Continuous 2v2](#)

[4 goal game](#)

[Dribble across a square](#)

[more.....](#)

## Teaching basic soccer skills

[Ball control](#)

[Shooting](#)

[Heading](#)

[Overhead kick](#)

[Passing into space](#)

[123 defending](#)

[more.....](#)

## Pre-school children

[Coaching rationale](#)

[Practice structure](#)

[Pre-school fun and games](#)

[more.....](#)

## Useful information

[Why children play football](#)

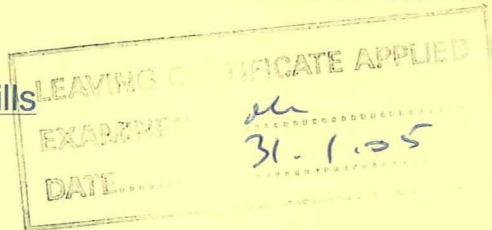
[How your children think](#)

[How to manage parents](#)

Once upon a time.....there was a 40 something play footy quite well when he was (a lot) young and slim!

He had a seven year old son who was keen on especially 'the beautiful game', so when the mums under 10s said he could join in with their practice used to let his son tag along.

The boy thought this was great and was quick to get at school that he was training with the local team there was about ten of them at every session.



So many seven year olds began to come to the disorganised kickabouts that one day the under asked Dad if he wanted to set up and run an unaided said "OK" and before he knew it he was present with balls, some cones and an invite to a local league.

He now had to learn how to coach kids properly

- How did he do it?

He talked to other football coaches, read books on coaching and trawled through loads of soccer websites.

He tried out many, many ideas and loads of different but only about 10% of them actually worked.

The best of these have been saved and brought under one 'roof' - footy4kids - so you don't have to struggle to find them.

If you can't find what you need, (or you have an idea) please e-mail [mailto:stevewatson41@hotmail.com](mailto:mailto:stevewatson41@hotmail.com) for help. You could also try our on-line soccer coaching.

Support footy4kids (and do yourself a favour at the same time) by doing your Christmas shopping the quick and easy way.





# Ireland's National Training and Employment Authority

Foras Áiseanna Saothair  
Training & Employment Authority

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- Improve employability, job skills and mobility
- Meet labour market needs
- Promote competitiveness and social inclusion

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Ability In The Workplace

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Check Career Choices

Apprenticeships

Services to Jobseekers



### EMPLOYERS

Search For Staff

List a Vacancy

Apprenticeships

About Work Permits

Services to Businesses

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FÁS - Training and Employment Authority  
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**Kildare County**  
**3 Kilkenny City**  
 1 - 08 Nov 04

**Finn Harps 6**  
**Athlone Town**  
 0 - 08 Nov 04

**Rovers 0 Bohs**  
 1 - 06 Nov 04

**Ticket**  
**Information for**  
**games against**  
**Croatia and**  
**Portugal - 08**  
 Nov 04

**Cork 1 Derry 1**  
 - 06 Nov 04

**Waterford 0 St**  
**Pat's 2 - 06 Nov**  
 04

**Galway 1**  
**Monaghan 1 -**  
 06 Nov 04

Division

**P W D L Pts**

 Shelbourne	34	18	10	6	64
 Cork	34	17	10	7	61
 Bohemians	34	14	14	6	56
 Drogheda	34	15	7	12	52
<b>Utd</b>					
 Waterford	33	13	7	13	46
 Derry City	34	11	10	13	43
 Longford	33	10	11	12	41
<b>Town</b>					
 St Patricks	34	11	8	15	41
 Shamrock	34	8	8	18	32
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