

# Contents

<b>Acknowledgements</b>	<b>7</b>
<b>Foreword</b>	<b>9</b>
<b>Introduction</b>	<b>11</b>
<b>About the World Football Academy</b>	<b>12</b>
<b>About Bert van Lingen</b>	<b>13</b>
<b>1 Football, what is that?</b>	<b>15</b>
1.1 Introduction .....	16
1.2 Football: a game of actions and words! .....	16
1.3 An action theoretical vision concerning football .....	18
1.4 The logical structure of the game of football .....	19
1.5 Actions with and without the ball, insight, communication and football fitness .....	26
<b>2 Coaching football, what is that?</b>	<b>31</b>
2.1 Introduction .....	32
2.2 Team building, or in other words coaching football .....	32
2.3 Increasing pressure requires higher demands .....	33
2.4 Coaching the teamfunction attacking .....	34
2.5 Coaching on defending .....	36
2.6 Coaching transitioning .....	37
2.7 The football performance in action terminology .....	38
<b>3 Coaching football, how do you do that?</b>	<b>41</b>
3.1 Introduction .....	42
3.2 Coaching football needs action terminology .....	42
3.3 The coaching of the (unpredictable) game of football .....	46
3.4 Coaching football players, how do you do that? .....	48
3.5 Coaching football players, where do you do that? .....	49
<b>4 Coaching football players, how do you do that?</b>	<b>55</b>
4.1 Introduction .....	56
4.2 The different target groups .....	56
4.3 Coaching the actions of the individual player .....	57
4.4 The coach keeps the 'learning circle' in motion .....	57
4.5 The resources of the coach .....	60
<b>5 Coaching youth football players - developmental characteristics -</b>	<b>83</b>
5.1 Introduction .....	84
5.2 Youth football players, who are they? .....	84
5.3 Pupils .....	86
5.4 Juniors .....	87
5.5 One football player is not like another .....	89

5.6	Early and late bloomers .....	90
5.7	Developmental characteristics and the consequences for the youth football learning process .....	90
5.8	The theory of learning in foot ball, what does that entail?.....	91
5.9	Talented football players, who are they, and how and where are they recognized? .....	91
<b>6</b>	<b>Coaching youth football players, where do you do that?</b>	<b>93</b>
6.1	Introduction .....	94
6.2	Coaching before, during and after the game.....	95
6.3	The coaching during the training .....	101
6.4	The coaching outside the match and training sessions (counselling/mentoring) .....	105
<b>7</b>	<b>Objectives and building blocks of the youth football learning process</b>	<b>109</b>
7.1	Introduction .....	110
7.3	Objectives by age category .....	110
<b>8</b>	<b>From theory to practice</b>	<b>153</b>
8.1	Introduction .....	154
8.2	The systematic approach as a means .....	154
8.3	Three examples: F-pupils, D-pupils and B-juniors.....	155
<b>9</b>	<b>The goalkeeper - a task to focus on</b>	<b>227</b>
9.1	Introduction; The goalkeeper as one of the eleven.....	228
9.2	The contribution of the goal keeper when defending .....	229
9.3	The contribution of the goalkeeper when attacking.....	235
9.4	The contribution of the goalkeeper during transitioning.....	238
9.5	Youth goalkeeper training .....	238
<b>10</b>	<b>Coed youth football</b>	<b>241</b>
10.1	Introduction .....	242
10.2	Coed football, what is that? .....	242
10.3	Background and research of coed football .....	243
10.4	Coed football: to which level? .....	245
<b>11</b>	<b>The football club</b>	<b>247</b>
11.1	Introduction .....	248
11.2	The youth football learning process and growing to become co-responsible for the team and the club (the why of rules) .....	248
11.3	Conditions which the club must offer .....	248
11.4	Fair Play .....	252
	<b>Literature</b>	<b>253</b>
	<b>Schematic Overview Youth Football Learning Process</b>	<b>254</b>