

Preston North End (APP)

APP05. Academy Philosophy



Academy Football Philosophy

Preston North End Academy strive to develop young footballers who are able to play **attractive attacking football** whilst making **good decisions** whilst the game is in play. We want to encourage our teams to **play out from the back** whenever possible using the goalkeeper as a player who can create good supporting angles. Midfielders are encouraged to create angles to get on the ball and show a bravery to receive the ball in tight areas. They have to be **bright in possession** and look to try and **create** inventive play going forwards when the opportunity is on. Players must show a good **understanding of the game** so that they understand what passes, runs and support should be made on and off the ball. The players must develop a **good work ethic** and understand the importance of being part of a team. Whenever the players are out of possession they must look to **work hard as an individual and as a team** to win the ball back at the earliest opportunity. As the players progress through the phases a **winning mentality** must be developed so that the young players are ready for 1st team football. They must also be **disciplined** on the pitch and conduct themselves in a professional manner when off the pitch always representing themselves and Preston North End in a positive manner.

In summary: PNE - 'What Kind Of Player We Want to Develop'

Disciplined – (on and off the pitch)

Hard working (individually and Team) when looking to retain possession

Bright when in possession

Intelligent on the ball and off the ball (Game Understanding)

Creative

Able & Willing to work for / with the team

Positive

A Desire to succeed / Win

All Coaching / Instructions need to reflect 'The Above'

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APP05. Academy Philosophy cont....



PNE - 'General Playing Style'

Attacking / In Possession Principles

Play realistically from the back (GK has final decision on whether or not he rolls / kicks / volleys ETC out

When defenders (own players) have the ball – need movement from midfield players (Rotation) and Forwards to look to get into spaces to receive The Ball

Try and play at all times, but if the short passes are not on then look to play good balls for Forward players in behind the oppositions defenders

When in possession of the ball, The Player in possession has the final decision on whether to pass short or long.

In Possession try not to have too many touches (can you play the ball early)

Change the direction of the play quickly (i.e. From The left to The Right & Vica-Versa) – We need width / depth & Length for this

Passes have got to be realistic (i.e. Are we winning the game (keep the ball); Are we losing the game (need to create opportunities; Do Not overplay in your own third)

Look to create spaces for yourself to 'get on the ball' / Look get play in-between players

When in The final third (attacking third) players need to be creative and positive to create scoring opportunities sand untimely goals.

In the final third, Players need to understand the need for patience when unable to score goals and to pass the ball in order to create spaces / gaps.

When attacking need to have good / realistic balance in the team (i.e. both Midfield Players can't join in with the attack)

Defending / Out of Possession Principles

'Game Craft' to understand when to pressure the ball and when to sit off and be patience

Win 2nd Balls & when you win The 2nd Balls retain possession

Reaction to play when you lose possession of the ball needs to be positive (Can you win the ball back early)

Transition Principles

Create Space when team in possession of the ball (Width / Depth / Length)

Use the Fast / Physical players to your advantage (i.e. Ball in Behind in Forwards have pace & Power)

Players need to have intelligence to switch from one formation to another and have the intelligence to understand their roles in different formations (i.e. 4-4-2 to a 4-3-3 / 4-3-3 to a 4-5-1 ETC)

Retain possession when the team / you win the ball back

All Coaching / Instructions need to reflect 'The Above'

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PNE – Phase by Phase

Foundation Phase

To deliver a programme of technical **ball mastery** skills which will develop the young players ability to execute the correct technique at the given time. He will have an opportunity within the technical programme to improve his **A,B,Cs** and **Fundamental** movements which will allow the young players movement to enhance his footballing ability. The young players will often receive individual and group challenges which will focus upon certain aspects of play. These will be done in duals and SSGs so that the player is put into many decision making environments which are challenging and fun. The players should be able to learn freely without the fear of failure and this must be supported by the coaching staffs interventions.

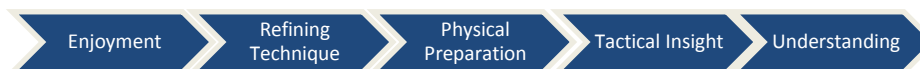
Formations: 7v7 GK-3-2-1, 8v8 GK-3-3-2, 9v9 GK-3-2-1-2



Youth Development Phase

Within this Phase players are introduced into **learning how to play in the team**. They will be given tactical information on the in, out and transition phase of the game working within certain formations which will allow the players education on positional play to be developed. They will still undertake technical development as this will still need close attention so that the player can excel within the team environment. Coaching staff will ask questions to the players so that an understanding of the game is monitored.

Formations: 9v9 GK-3-2-1-2, 11v11 Flexible GK-4-4-2 comprising of GK-4-3-3, GK-4-2-3-1, GK-4-5-1



Professional Development Phase

The Professional Development phase the coaching programme will prepare the players **mentally & physically** so that when they have an opportunity to train/play with the 1st Team that they have all the relevant information from within the 1st teams Philosophy in order to have the best opportunity to succeed. This must include educating the players on **how to Win** Football matches.

Formations: 9v9 GK-3-2-1-2, 11v11 Flexible GK-4-4-2 comprising of GK-4-3-3, GK-4-2-3-1, GK-4-5-1

