

Middlesex Coaches and Managers Association
Geoff Pike and Richard Horner @ Northolt High School, Monday 07th
September 2009

On Monday 07th September, the MCMA held its third meeting of the year. This time it was Regional Coach Managers for the FA, Geoff Pike and Richard Horner.

The event was attended by over 50 people and from the ideas that were put forward Geoff and Richard did a session on Progression from Coaching 5-11 to 12-16 year olds.

The session started with a warm up by Richard who was encouraging all players to get as many touches on the ball as possible in the early stages. His session then progressed to taking on your opponents and to not be worried about losing the ball. Richard then progressed the session further with introducing the skills they has been doing in the warm up into a small sided game. During the game, players were told in order to score a goal they must go past an opponent first.

Geoff then split the players up into two groups and further developed their understanding of the practices that Richard had previously coached earlier in the session. With less players in both sessions this gave the individual more time and space to develop ideas for taking players on. It also gave Geoff more time to step in to coach where necessary.

After the session, the coaches and managers went inside and had a question and answer session with Geoff and Richard. There were some excellent questions which Geoff and Richard were more than happy to answer.

The turnout and feedback from coaches has been very positive.

We would like to extend a huge thank you to Geoff Pike and Richard Horner for coming down and doing the session.

We would particularly like to thank Larkspur Rovers Youth, as at late notice they stepped in to provide U13's and U14's players to take part in the session. Finally we express our gratitude to Northolt High School for letting us use their excellent facilities.

Make sure you don't miss out on the next Middlesex Coaches and Managers Association (MCMA) meeting which will take place on Monday 16th November 2009 from 6.30pm to 8.30pm in Hillingdon.

Led by the FA Skills Team Leader, Kevin Green with FA Regional Coach Development Manager, Richard Horner this session will provide a fantastic

insight into workings of the MCFA Centre of Excellence for girls. Taking place on a Long-Term Player Development training night coaches will see first hand the methods employed to nurture the best young girls in Middlesex.

This session will take place on the 3G surface where the Centre of Excellence trains at Hillingdon Athletics Stadium, Gattling Way, Uxbridge, Middlesex, UB8 1ES. To enroll onto the session which costs £3 (payable on the night) please contact Andy Perren, through andrew.perren@middlesexfa.com or call 020 8515 1927.

Please remember to bring a pen and paper to take notes, there will also be the opportunity to ask questions afterwards where coaches can discover more about the MCFA Centre of Excellence (Girls).