



Introduction to Dutch Coaching and Training Methods

What has made Dutch soccer so successful for so long? The answer lies in their organization, structure, philosophy, mentality and how they prepare coaches to train young players. The most important element to their success is the proper training of their young players. Every pyramid is built from a strong foundation, and Dutch soccer proves that time and again. We will touch on some of the key elements that are characteristic to the Dutch approach to soccer.

The course will consist of videos, notes, power points, articles, coaches and their philosophies and training techniques. The training of Ajax youth will serve as a model. Ajax is world renowned for their production of talent. We will explore the world of Dutch soccer and try to understand the complexity of their simplicity. Johan Cruyff, the greatest Dutch player ever, says 'the hardest thing to do is to make it simple.'

The class will meet on Tuesdays, June 7 through July 26, at CBC High School --- (classroom B120) from 6:30 to 8:00 pm. We will meet July 6 (Wednesday) due to the 4th of July holiday on Monday. (Enter the school from the rear of the building – by the loading dock - at the northeast corner). Presented by Terry Michler – michlert@cbchs.org – 314 985 6051 -- There is no charge for this course.

Outline of classes:

June 7	Introduction to Dutch Vision
June 14	The Ajax Playing Style
June 21	The Ajax Training Concept
June 28	Soccer Education Ages 7 – 12
July 6	Soccer education Ages 12 – 15
July 12	Soccer Education Ages 15 – 18
July 19	Field session – Observe CBC Dutch Touch International Camp
July 26	The influence of Dutch Soccer

Basic is the Dutch coaching process:

- Observing the game, analysing the game.
- Describing the soccer problems
- Formulating aims. Establish the starting point.
- Making choices, priorities.
- Drawing a plan, day-week- month-year-plan.
- Preparing the training - Practicing the training - Evaluating the training

