



# ANDREW OAKLEY

## COACHING PHILOSOPHY SUMMARY

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### *Building stronger teams and better football*

- Australian coach with over 15 years coaching experience
- A Licence awarded by Football Australia and the AFC.
  - Masters in Sports Coaching focused on the development of players for professional football.
- Worked extensively in Asia including being based in Thailand for 8 years
- Experience in the I-League, Thai League, Laos Premier League and Division1, Australian National Premier League

## OVERVIEW

Over the last 15 years I have worked hard to achieve qualifications from both the AFC and Football Australia achieving an A Licence (and meeting the requirements for ongoing accreditation enough to have it renewed twice) I also have a Masters in Sports Coaching from the University of Queensland (done in conjunction with the Australian Institute of Sport). Achieving and maintaining these qualifications have allowed me to be stay at the cutting edge of coaching, player development and the physical preparation of athletes and teams. I have paired these qualifications with a passion for real world coaching experience which has taken me to clubs across much of Asia and involved both working as a head coach and working under a range of experienced head coaches (from a range of national backgrounds and with very different styles).

My willingness to back my coaching experience and ability has allowed me to become a driven, creative coach with a strong ability to build competitive teams and solve footballing problems. I have a dedication to my coaching, an eye for getting even the small details right and strong leadership skills. My ability to create well organised, motivated and unified teams ensures that whatever challenges they may face my teams work to get ahead and stay ahead of the competition.

## FOOTBALL PHILOSOPHY

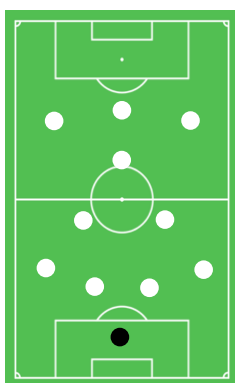
Creating a high intensity playing style built on high levels of fitness, constant attacking threat and the ability to take advantage of transitional moments (moving from attack to defence or defence to attack) to regularly cause the opposition problems. Using structured play and patterns, the team is well organized providing players with the clarity and confidence they need to perform at their best. Building on those patterns with an emphasis on strong individual decision making, taking smart risks and using individual abilities to create opportunities for the team.

Successful teams that in possession cause the opposition problems through fast ball and player movement. This is achieved by maintaining possession of the ball through clever movement off the ball, ensuring the player with the ball always has multiple passing options. It also requires quality passing and strong team shape. This possession is then used to move the opponent around; switching the point of attack to create overloads, 1v1 opportunities or chances to get the ball in behind the opposition defence. Working to get the ball into dangerous areas and then making good decisions to take those dangerous moments and turn them into chances on goal and successful shots. Well-rehearsed set pieces to create pressure on the opponent in dead ball moments.

When not in possession the team is built around solid defence with clear roles for players. Players need to know what they are required to do so that they can develop individual responsibility and maintain focus throughout the full game. A defence built around pressing the player in the possession of the ball (as high up the field as fitness levels and relative team strength allows) and then becoming compact behind the press to provide cover and balance to the team shape. By becoming hard to break down, teams create a platform from which they can attack,

The image displays three football pitch diagrams, each representing a different tactical formation. The pitches are green with white lines for the field boundaries, center circle, and goal areas. White dots represent players, and a black dot represents the goalkeeper.

- Formation 1 (Left): 4 - 3 - 3**
  - Goalkeeper: 1 (black dot in goal)
  - Defence: 4 (white dots in a back four)
  - Midfield: 3 (white dots in a front three)
  - Attack: 3 (white dots in a back three)
- Formation 2 (Middle): 4 - 2 - 3 - 1**
  - Goalkeeper: 1 (black dot in goal)
  - Defence: 4 (white dots in a back four)
  - Midfield: 2 (white dots in a front two)
  - Attack: 3 (white dots in a front three)
  - Striker: 1 (white dot in a front one)
- Formation 3 (Right): 3 - 4 - 1 - 2**
  - Goalkeeper: 1 (black dot in goal)
  - Defence: 3 (white dots in a back three)
  - Midfield: 4 (white dots in a front four)
  - Striker: 1 (white dot in a front one)
  - Attack: 2 (white dots in a front two)



3 - 4 - 1 - 2

## TACTICAL PERIODISATION

Annual Plan																							
Preseason Macro						Competition Macro																	
Micro 1	Micro 2	Micro 3	Micro 4	Micro 5	Micro 6	Micro 1	Micro 2	Micro 3	Micro 4	Micro 5	Micro 6	Micro 7	Micro 8	Micro 9	Micro 10	Micro 11	Micro 12	Micro 13	Micro 14	Micro 15	Micro 16	Micro 17	Micro 18

Each training session is part of the overall year plan and is built to either solve a problem that occurred in a previous game, prepare for the upcoming game and opponent or to develop the foundational tactical system on which everything else is built. Sessions build through the season, with each week developing on the week before, and each year builds as players become more physically, technically, and tactically developed. Training intensity and workload are managed through monitoring (particularly RPE), undulating periodization and tapering when required. Even recovery is taken seriously to decrease the chances of injury to the players and ensure that they are ready to perform at their peak when most required.

## TRAINING METHODOLOGY

Training is designed to replicate and prepare players for the challenges they will face in the game. Therefore, training is short, sharp and built around a balance of repetition and planned variations. A desire to be both smart

and efficient in the planning and conducting of training means that there is a high focus on ball rolling time and active learning time. Whilst training should be enjoyable and is often fun it is important that wasted time is limited.

Throughout all sessions players are exposed to a range of challenges that develop them as footballers and build the team as a group. Training activities require the players to make decisions, working both their physical and mental development. The use of regular feedback to players ensures that they continue to learn, particularly from their mistakes, and develop.

Training sessions are built around combinations of the following activities:

1. Speed training
  - a. Acceleration
  - b. Technique
  - c. Competitive drills
2. Football conditioning
  - a. 3v3, 7v7 and 11v11 conditioning games
3. Agility
  - a. Changes of direction
  - b. Reaction
  - c. Balance
  - d. Game awareness
4. Passing practices
  - a. General (patterns)
  - b. General (game shape)
  - c. Specific (game shape and patterns)
5. Possession games
6. Unit work
7. Game training/Phase play
8. Small-sided games
9. Training games

## LEADERSHIP AND MANAGEMENT

While I am capable of working independently, my background makes me well suited to working and leading coaching teams. I have extensive organizational leadership, management, and mentoring experience having led both coaching teams and multi-disciplinary teams.

I am able to build high performance cultures that reflect values and identity through leadership and holistic development. With my focus on the mental skills required to be successful in elite sport I have developed the ability to create highly motivated teams that work together to achieve club and team goals and are capable of building even through adversity. I also have the financial management skills to manage and work within a budget (no matter the limitations).

I have also developed a range of complementary skills to my coaching which mean that I am able to work with or without a support team. These include video match analysis, player scouting and assessment and talent identification. I am also able to use a range of technologies if they're available to assist with these roles including VEO automated game recording, match analysis software, as well as Microsoft office products for planning, tracking and sharing plans, documents etc.