

**Bund Deutscher Fussball-Lehrer (BDFL)**  
**International Coaches Convention**

July 27<sup>th</sup> – 30<sup>th</sup>, 2008 / Wiesbaden, Germany

*“The passion for football inspires us.”*

- A. Opening Remarks – Horst Zingraf
  - a. European Championships 2008 – The German team was unable to display the same level as the Spaniards in the final, however they were able to play at this level vs. Portugal. The success of the national team demonstrates the common philosophy under which all the DFB coaches and teams currently work.
  - b. Performance and success are not the same. Only performance is something you can plan for, success requires a little luck. The goal of this year’s International Coaches Convention is to identify our deficits and show ways in which they can be improved.
  
- B. Opening Remarks – Minister President of the State of Hessen
  - a. One of the most important parts of the coach’s job is to excite people through the game of football...men, women and children.
  
- C. Opening Remarks – Mayor of Wiesbaden
  - a. The work of our over 50 clubs and their coaches to integrate people of different nationalities, cultures and backgrounds is crucial to our city’s ability to function in a peaceful, productive manner.
  
- D. Opening Remarks – Dr. Moldenauer, DFB Vice-President
  - a. The 1,027 A- and Pro-License coaches present this weekend should be individually named and thanked for their exceptional work. The DFB currently has 6.5 million members. This means we have a lot of money. What do we plan to do with that money? The answer: To develop coaches and players. All of our elite players come from grass-roots football. We must never forget this! Over the past 18 years, the DFB has continued to “turn the screw” a bit at a time in order to further develop football in this country. Yet, we’ve always recognized when things don’t work and have immediately found ways to fix it.
  
- E. Opening Remarks – Lutz Hangartner
  - a. The three main themes of this convention will be:
    - i. Execution in Defense
    - ii. Execution in Offense – building up
    - iii. Execution in Offense – creating goal-scoring opportunities

*“The same level of discipline that we expect from our players must also be demonstrated by us as coaches.”*

# **ANALYSIS OF THE RESULTS OF THE 2008 EUROPEAN CHAMPIONSHIPS**

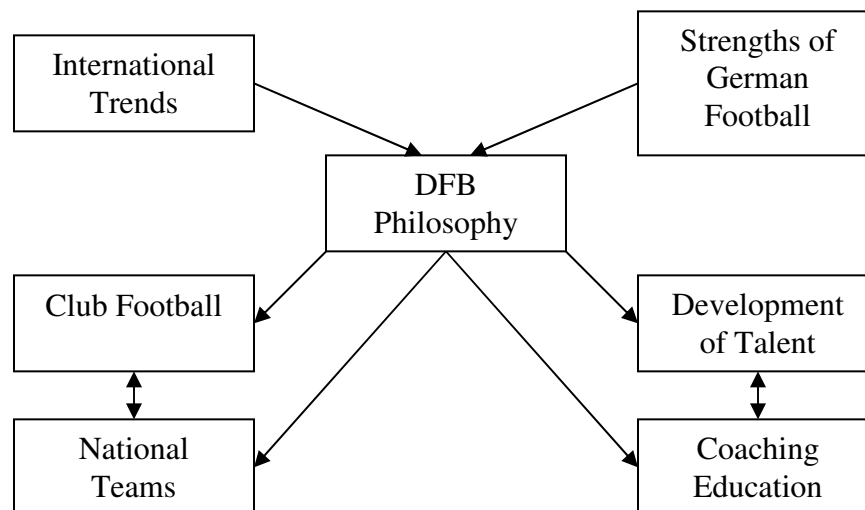
**Bernd Stoiber**

1. Function and Implementation of the Euro Analysis
2. Analysis 1: Systems and Positions
3. Analysis 2: Defense
4. Analysis 3: Offense
5. Summary and Implications

NOTE: - Functions of an analysis of the opponent – national teams do this  
- Functions of a trend analysis – DFB did this at the Euro 08

## **1.**

### **Elements in the game and what makes them successful**



The technical report will come from the data analysis of each of the match analysis forms which were written by each of the DFB coaches at each of the games. This year, in comparison to the 2006 World Cup, the forms also included a section on player personalities.

## **2.**

### **Systems and Positions**

1. 4-2-3-1: Used often – Holland and the Germans as of the Quarterfinals
2. 4-4-2: Spain and the Germans before the Quarterfinals
3. 4-1-4-1: Russia
4. 4-1-2-3: Portugal with a variation using one #6

**Trend:** The flat-back four is now exclusive to all teams at the international level. No more flat 3's or teams which play with a sweeper. Also, the trend of using two #6's has become established. The reasoning for this is to prevent losing the ball early and being caught unorganized in the back. The qualities of the two #6's are typically different. One works to

secure and protect vital spaces in the center of the field while the other acts as the offensive link between the various blocks of players, i.e. backs to the midfielders.

**Trend:** Two attackers playing together wide over the flanks. Who plays there?

- Forwards: Poldowski, Ronaldo, Schneijder
- Playmakers: Iniesta, Rakitić
- Specialists: Robben, Van-Persie

Attacking pairs are defined by two roles: 1) an absolute attacker who plays high 2) a supporting attacker to feed him

*“Systems are not the focus, but rather the framework. The decisive factor is the player and his individual qualities, specifically technical perfection.”*

### 3.

#### Defense

Frank Wormuth – Director of Coaching Education (replaced Erich Rutemoeller)

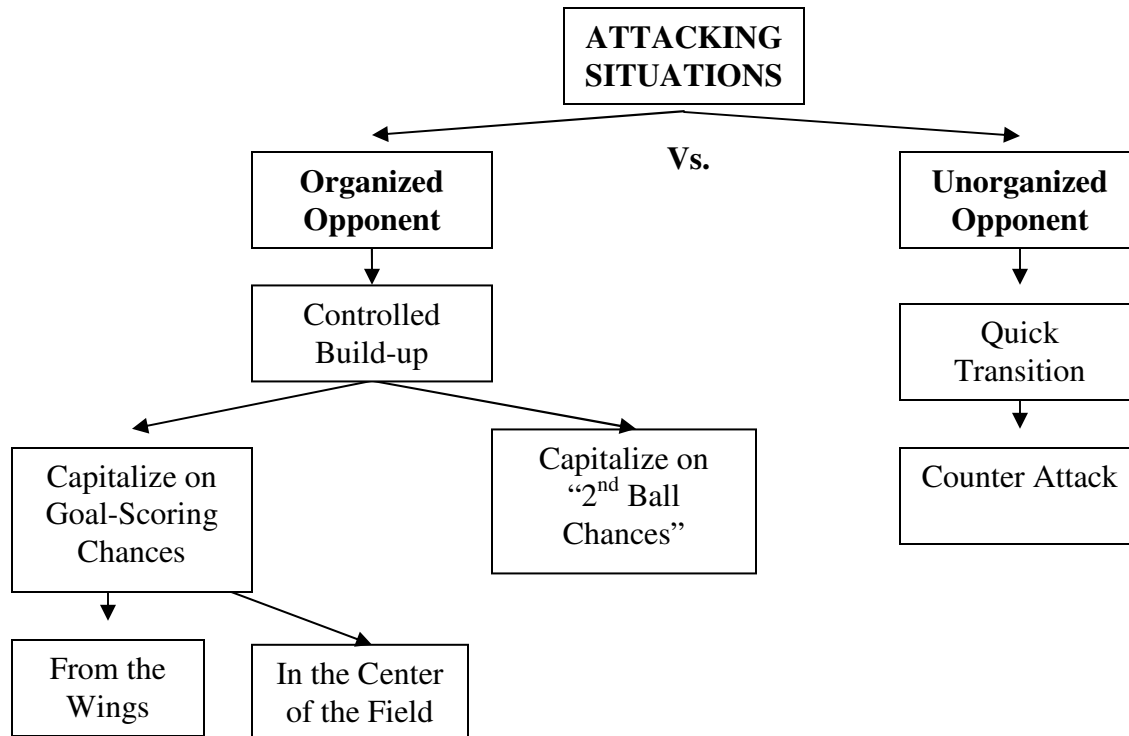
1. “Ball-oriented shifting” (zonal defending), with an emphasis on double teaming is now standard.
2. Defending in a “low pressure” shape, in other words setting the lines of confrontation/restraint deep is standard.
  - a. Defend without fouling
  - b. Protect the goal before looking to win the ball back, similar to handball**Note:** The observation of these tendencies was always made as the score was still 0-0.
3. We seldom witnessed “pressing” (high-pressure defending) over an extended period of time. Reason: The results achieved are minimal compared to the energy expended.
4. The center of the field stays closed
  - a. Central defenders stay home
  - b. One of the #6’s plays defensively on top of the two central defenders
5. Standard situations: Nothing new at all.
6. The 2008 European Championships will be known as the fairest of them all!

### 4.

#### Offense

Erich Rutemoeller (former Director of Coaching Education)

1. Fundamental Question: What does a team do once they’ve won the ball?
  - a. Build-up through gaining controlled possession of the ball
  - b. Take risk and play forward quickly
  - c. A variation of both...toward goal



#### Methods:

1. Use of the wing to control the ball before playing quickly to the target forward
2. Quick changes of team pace
3. Take advantage of the qualities of the playmaker
4. Positional changes between players (overlap)

#### 5.

#### Summary and Implications

#### Frank Engel: DFB National Youth Coach

**Trend:** Many goals were scored through counter-attack situations. The initiation of these counter attacks came from:

1. The normal course of play, originating from various positions
2. Following standard situations
3. From the goalkeeper

#### Trends:

1. Less: Classic wing play (take ball to the end line and cross)
2. More: Flat, diagonal passes from the flanks behind the flat-back-four
3. More: Combination play
4. Less: Single attackers in 1 vs. 1 situations
5. More: Dribbling for possession in the 18-yard box looking to combine with team-mates
6. Important: Diagonal runs by the forwards toward goal

**Precision and Quality:**

1. Midfielders – controlled, accurate play
2. Forwards – controlled, creative play leading to goal-scoring opportunities
3. Flexible positional changes
4. Lots of triangular play

*“Top teams play offensively, fast and flexible”*

(Spain had the best mixture of this, both offensively and defensively)

**Factors for Success:**

1. Individualisation in coaching
2. Basic technique under pressure
3. Fitness as a basis for soccer-related qualities
4. A strong, tactical foundation in offensive play
5. Teams with personality
6. A winning mentality

# **DFB COACHING EDUCATION**

## **Bernd Stoeber and Frank Wormuth**

- The DFB has received lots of negative feedback recently, but mostly from old-fashioned, outdated coaches
- Coaching education is a living process based on development
- Goal: To bring coaching education back into a positive light
- There are too many coaches without proper qualifications being hired by clubs
- Coaching is an occupation

*“Coaching education is only 1/3 of what a top coach truly needs.”*  
(Gerard Houllier)

## **What can I do with a DFB B-LICENSE?**

- Academy work
- Centers of Excellence
- Junior Bundesliga
- Paid coach in the association
- Women’s Bundesliga

**Goal:** Develop coaches for high-level youth teams.

**Criticism:** There are still too many coaches getting the B-License without prior qualifications.

**New Requirements 2009:** 80 units (up from 60) over two weeks.

## **What can I do with a DFB A-LICENSE?**

- Men’s teams up to the fourth league
- Women’s Bundesliga
- Paid coach in the association
- U-16 and U-18 Bundesliga teams

**Goals:** Develop coaches for the highest amateur (semi-pro) level. To change and develop coaching behavior in addition to just knowledge.

**New Requirements 2009:** 100 units (up from 80) over 2 ½ weeks.

## **What can I do with a DFB PRO-LICENSE (Fussball Lehrer)?**

- Men’s teams fourth league and up
- U-16 and U-18 Bundesliga teams
- Co-Trainer in the first, second or third Bundesliga
- Head Coach in the Bundesliga

**New Requirements 2009:** 11 months (up from six months).

# DFB FUSSBALL LEHRER (PRO-LICENSE) REFORM

*“Are we rediscovering football?”*

No, we’re simply looking at it a bit differently...

Goals of the Pro-License:

1. Deliver content
2. Demonstrate content
3. Execute content

} always in connection to training...

*“We need “Querdenkers” in football!”*

(A “Querdenker” in this case is someone who thinks unconventionally, “outside of the box”)

The old pro-license consisted of:

- 6 months
  - a. 18 weeks in Cologne
  - b. 7 weeks practicum at a pro club

The new pro-license consists of

- 11 months
  - a. 28 weeks in Cologne
  - b. 14 weeks practicum at a pro club
  - c. 6 weeks self-study

## **Phases of the new pro-license:**

1. Analysis of top-level football
2. Four practicum phases
  - a. Preseason
  - b. 1<sup>st</sup> Round (through Christmas break)
  - c. 2<sup>nd</sup> Round (after Christmas break through the end)
  - d. Postseason
3. Communication
  - a. This is a portion dedicated to the development of communication skills in all shapes and forms
4. General Education
  - a. This is a portion dedicated to what we would have in physical education. It covers things like basic biomechanics, exercise physiology, psychology, etc. This is due to the fact that many pro-license coaching candidates do not have a college education.
5. Application Theory
  - a. Training for various situations
    - i. i.e. “English week” where three games are played in seven days
6. Profile of a Federation Coach
7. Working at an Academy
8. Examination Period

The new pro-license has a greater staff of experts to choose from, including:  
- pro license coaches, federations instructors, sport psychologists, sport scientists, sport-medicine specialists, university professors, sport administrators, sport management leaders, coaching education specialists, fitness experts, news and media representatives, etc.

The education of the pro-license coach is done through:

- controls and scripts (set unit/lesson plans)
- discussions
- counselling

The continuing-education (a.k.a. refresher courses) requirements are based on:

- marketing research
- situations arising from the daily professional coaching world
- news and events

### **A TYPICAL WEEK**

*“Soccer is always the center point of everything we do.”*

| <u>Monday</u> | <u>Tuesday</u>          | <u>Wednesday</u>     | <u>Thursday</u> |
|---------------|-------------------------|----------------------|-----------------|
| Diverse       | Psychology/<br>Pedagogy | Coaching Methodology | Sport Medicine  |

The weekends are used for the candidates to work in their current clubs, scout teams and perform other pro-license related duties.

New features exclusively to the DFB Pro-License:

- media laboratory with filming, cutting and editing technology
- homepage, newsletter and other publications
- E-learning
- Opportunity to write a thesis for the German Sports University
- The development of evaluation systems
- A networking system for coaches

*“Lifelong learning is the key. The completion of one coaching education opportunity is nothing more than the preparation for the next.”*

## **SCHALKE 04 “TALENT CENTER” (Academy)**

The Schalke 04 academy is a part academy, part school.

### **Goals:**

1. To promote soccer, soccer clubs and to motivate talented players (for their own pro club, where possible).
2. Early and thorough observation and scouting.
3. Optimal development in the individual age-groups.
4. Optimization of the combination school physical education and high-level soccer training.

### **Key Players:**

- German Sport Ministry
- Nord-Rhein Westfalen Sport Council
- Westfalen Soccer Association
- Geselkirchen Local Soccer Association
- PE Committee for Physical Education in the Schools

Schalke-04 works very closely together with a local school named GS Bergerfeld. This partnership is what makes the entire Schalke 04 Academy possible. The goals of the partnership are:

- Optimization of the education for youth professional players
- Training sessions at Schalke which count toward PE credits in the school, thus doubling the number of training hours a player gets
- Specialized school counselling for players
- Scheduling flexibility without consequences for players to be released from school in order to play for the youth regional and national teams
- Special “advanced” physical education classes as of the 5<sup>th</sup> grade
- Transfer into the Schalke Academy as of 9<sup>th</sup> grade

In addition to the daily soccer and school schedule, 90 minutes is dedicated each Monday toward the development of all academy players at the school in the following areas.

- Nutrition
- Soccer History
- Sport Psychology
- Sport Medicine
- Tactics

Key to the Academy’s Success? “A very open and progressive school principal”

**The Ultimate Goal:** A pro-contract for the players PLUS a high-school diploma

Key Players:

- 1) A School Coordinator who manages the educational obligations and expectations for the players.
- 2) A Club Coordinator who represents the Schalke coaching staff to the school.

## **ORGANIZATION OF THE PRESEASON PHASE FOR AMATEUR PLAYERS**

1. Philosophy – Typical Obstacles
2. Planning
3. Discussion – Sharing of Experiences

|  | <u>Traditional Approach</u>  |
|--|------------------------------|
| A. What are the requirements of the game?        | Random, non-linked exercises |
| B. Progressive load increase                     | Basic endurance and overload |
| C. Preseason should motivate to play more soccer | Preseason as punishment      |
| D. Lots of soccer, lots of friendly matches      | Track and Field              |
| E. Positional concepts                           | No team concept              |

*“The best preseason is the one you find good for your team”*

*“Fitness is not a lactate test, but rather an analysis of when, where,  
how and for how long a player takes his breaks”*

**NOTE:** The presenter for this lecture was a former pro-player who was humorous, friendly and a crowd-pleaser but not able to convey his message in a comprehensive, clear and effective manner. The above notes were from the overhead projector.

## **FIELD SESSIONS**

Unfortunately, the three field sessions I observed left a lot to be desired. The three topics were:

1. Attacking in the final third
2. Defending in the final third
3. Building up the attack

The sessions were planned with small-sided, thematic exercises which did indeed create the environment for the players to be able to execute the session’s requirements. What I attempted to focus on was how the coach got this across to the players. All three were youth coaches for Bundesliga clubs. One was a replacement for the coach who was planned but couldn’t make it at the last second. The other two were “forced” to work with adult reserve teams they had never seen before. Any feedback I would give on these sessions would be less than positive. Our NSCAA academy staff’s demonstrations would be the model I would prefer coaches to see in this case.

**NOTE:** The following day’s sessions were conducted by three youth national team coaches. I was unable to attend these sessions, however was told (and certainly believe) that these sessions were outstanding. It could be the fundamental difference between demonstrations by a club team coach and those by a coach educator. It’s obvious the three pro-youth team coaches

are be doing something right in order to be at that level. Perhaps they were just inappropriate selections for this particular assignment.

Submitted by Frank Tschan on 26.09.2008