



EDP

Belgian input from Club Brugge

November 2013

Pascal De Maesschalck

About myself

- Passionate about football since age of 3
- Lower division “development”
- 4th division player
- 21 year: out with an injury
- Coaching (1997)
 - KSC Lokeren: 1st division club
 - Coachcours Netherlands, TC I and TC II
 - Germinal-Beerschot u11, u12, u15
 - conjunction with Ajax Amsterdam
 - Club Brugge: u15 - u19 as ‘visioncoach’
 - Coachcours Belgium, Uefa A youth elite
- Professional (2008)
 - Belgian Federation
 - Teacher at Topsportschool (2008 - 2011)
 - Teacher in coachcourses (2007 - 2011)
 - Club Brugge
 - Head of Academy (2011 - ...)

Today Program

1. Key success factors in Belgian national football



2. Club Brugge development program



Key success factors in Belgian national football

1. Grow of football as an economy in Europe and all over the world
 - National team
 - 1980: EC Italy, lost final against Germany
 - 1986: WC Mexico, semi final against Argentina (Maradonna)
 - Club teams
 - 1978: E cup, Liverpool - Club Brugge final
 - 1982: E cup, Anderlecht - Aston Villa final
 - 2000: EC Belgium & Netherlands
 - 2012: Real Madrid → 450 million EURO budget
 - 2012: Club Brugge → 28 million EURO budget



Key success factors in Belgian national football

2. Mentality - culture - the Belgian context

- Next to the Netherlands, France, Germany and UK
- 2 languages: French - Dutch
- WO I → Flanders, WO II → Ardennes
- Hard working → prosperous region
- Not prepared to take many risks
- Humble → Self awareness. Not arrogant.
 - NL: players and coaches in whole of the world.
- Belgian players start to go abroad since 2000.
 - To Ajax (NL) Vermaelen, Vertongen, Alderweireld
 - To Lille (FR): Hazard
 - = International experience



Key success factors in Belgian national football

3. Belgian federation policy change

- Euro 2000
- Professionalism in youth football
 - A concrete development plan for all youth players in Belgium, divided to all coaches
 - Coach course new style, based on new plan
 - Semi professional youth coaches for national teams
 - Topsportschool



Key success factors in Belgian national football

4. New Belgians



1. Vincent Kompany
2. Moussa Dembele
3. Marouane Fellaini
4. Romelu Lukaku
5. Jan Vertonghen
6. Simon Signolet
7. Kevin Mirallas
8. Toby Alderweireld
9. Kevin Debruyne
10. Steven Defour
11. Thomas Vermaelen
12. Christian Benteke
13. Radja Naingolan
14. Eden Hazard

French national team 1998



Today Program

1. Key success factors in Belgian national football



2. Club Brugge development program

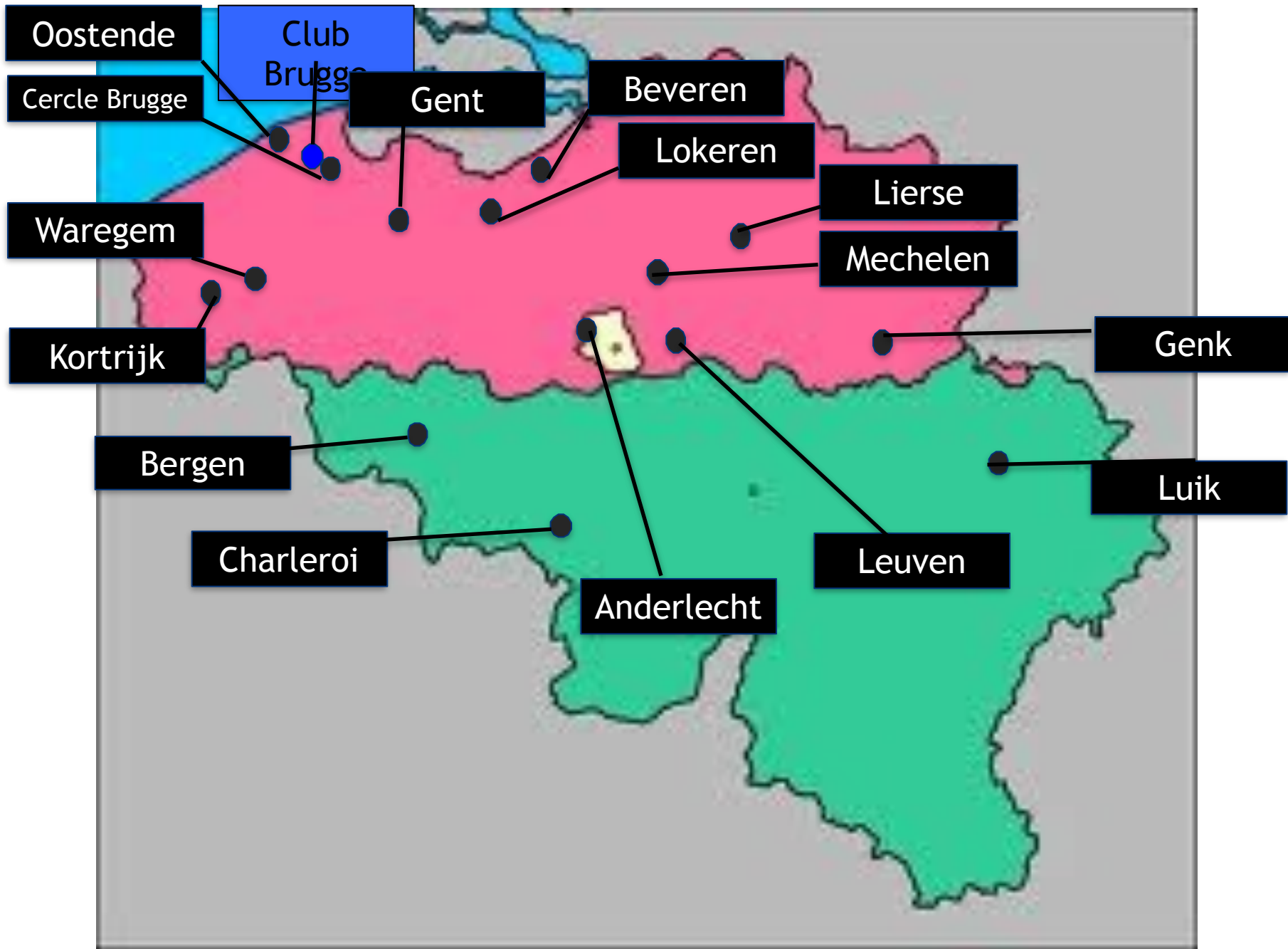


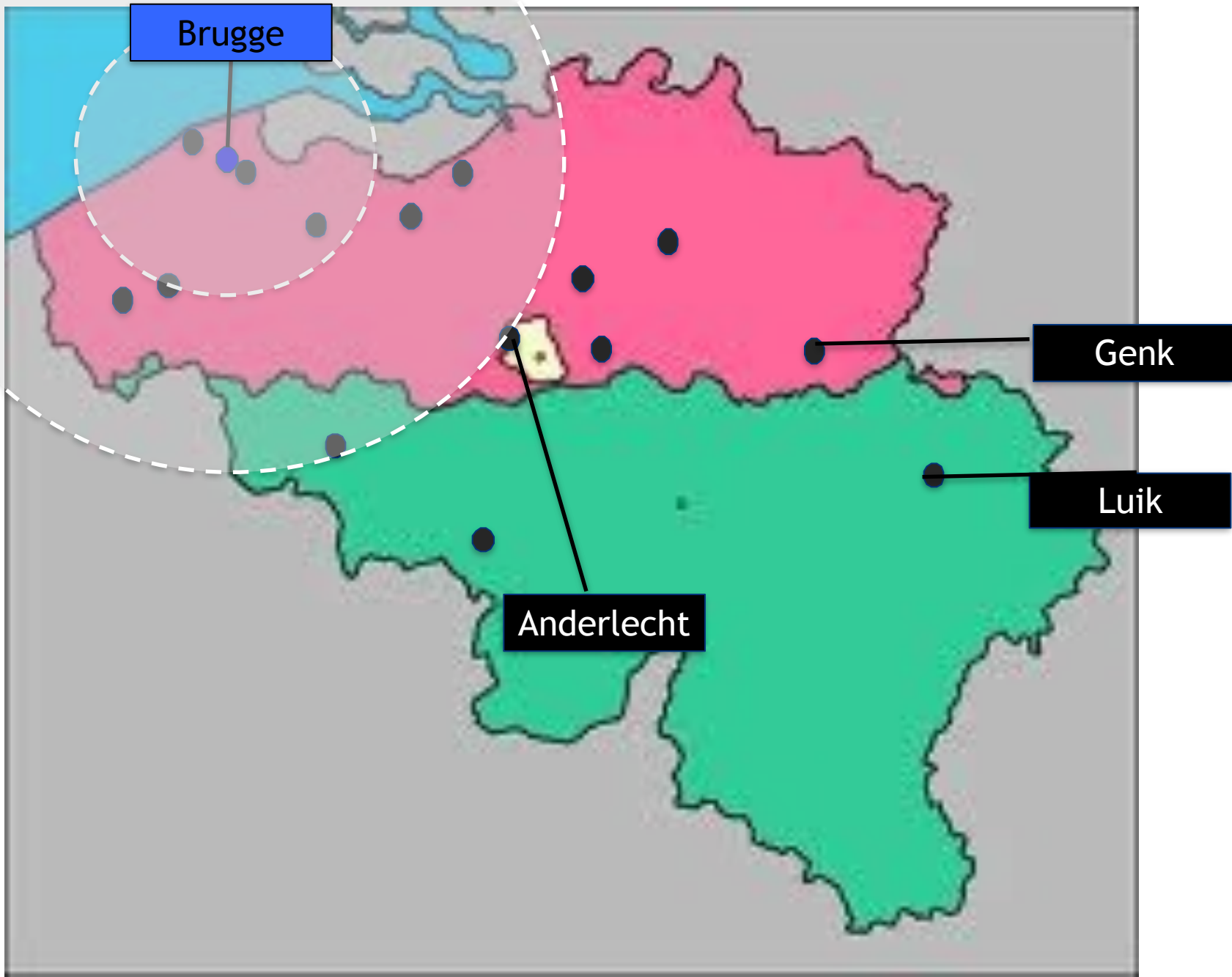


Club Brugge

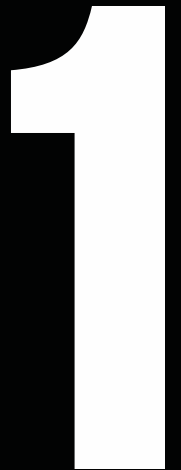
Sports

Football Philosophy – development plan





Mission



1

1.1 Academy

Mission

Organizing a quality Academy where young players can develop within the philosophy of Club Brugge to become lifestyle athletes and professional football players.



1.2 Academy

Vision

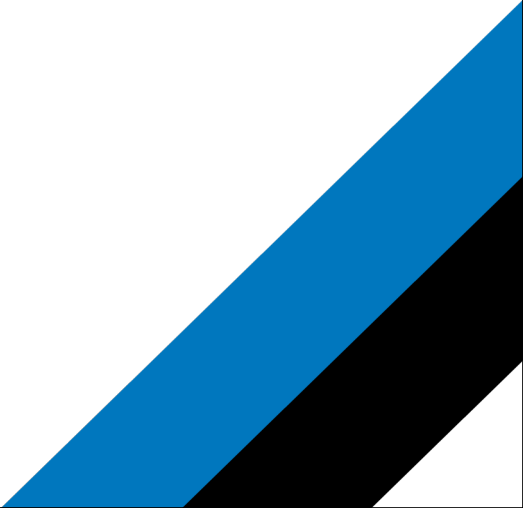
- Skilled and highly motivated players with a 'no sweat no glory'- mentality willing to play as a team.
- A clear way of playing with recognizable patterns.
- Individual attention for every aspect of development: technical, tactical, physical, mental, social.



1.3 Academy

Target

Transition to A-squad

- Decrease gap with and facilitate transition to A-squad
 - Each season, at least 2 youth players promote to A-squad
 - Each season, at least 1 player who is (as a minimum) regularly a substitute in the first team
 - Deliver two regular first team players for each four-year period
- 

1.4 Academy

Strategy

Step 1: detecting talent

- u7 – u10: players 20 km around Brugge
- u11 – u15: players 50 km around Brugge
- U16 – u19: players all over Belgium

Step 2: formation of talents

- 220 players
- 28 coaches
- Minimum 4 training sessions a week for every player.
- Cooperation with topsportschools. 40 players train 6 to 8 times a week.

Step 3: contract for best young talents

- When player shows exceptional talent (technical, tactical, physical, mentality), Club Brugge gives 3 year contract to these players to express confidence.
- 9 players formed in Academy are part of A-squad.

Football Philosophy

2

2.1 Values & Culture

11 values of Club Brugge

Respect

- Yourself – Others – Property of all

Trust

- Our belief and faith will lead to success

Open communication

- Open in and for communication

Engagement

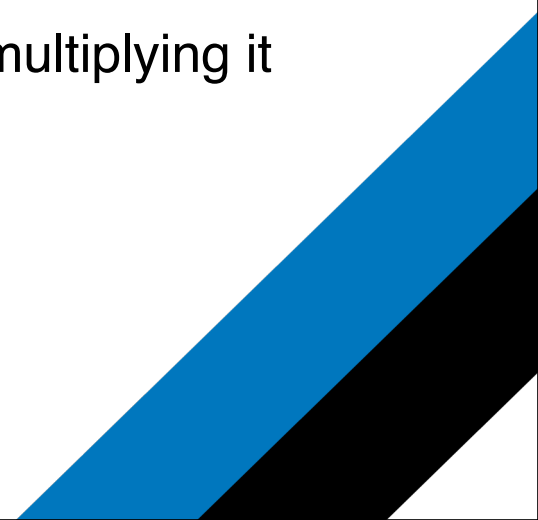
- Sharing a responsibility is not dividing it, but multiplying it

Positive

- Think – Act – Be positive

Honesty

- In words – acts – feelings – thoughts



2.1 Values & Culture

11 values of Club Brugge

Pride

- The engine and fuel for everyday's life

Self-awareness

- Know your strengths and weaknesses

Learning attitude

- Living is learning

Passion

- For achievement – detail – knowledge – life – play

Team

- No single individual is bigger than the team as a whole



2.2 Style of Play

Academy vision

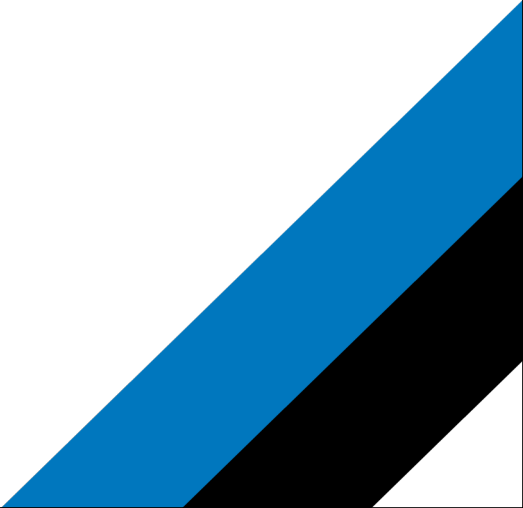
- A clear way of play
- Learned in the Academy
- Intrinsic motivation
- No Sweat No Glory
- Team



2.2 Style of Play

Modern “movement” football

Characteristics

- 1-4-3-3
 - Play the ball out from defense in a systematic way
 - Offensive
 - On the half of the opponent
 - Dominant in 1v1 situations
 - Creativity & initiative in all positions
 - Quick passing tempo
 - Playing forward whenever possible
 - Passionate with fighting spirit - never give up
 - Playing in 1-2 touches
 - Variation in passing
 - Collective block
- 

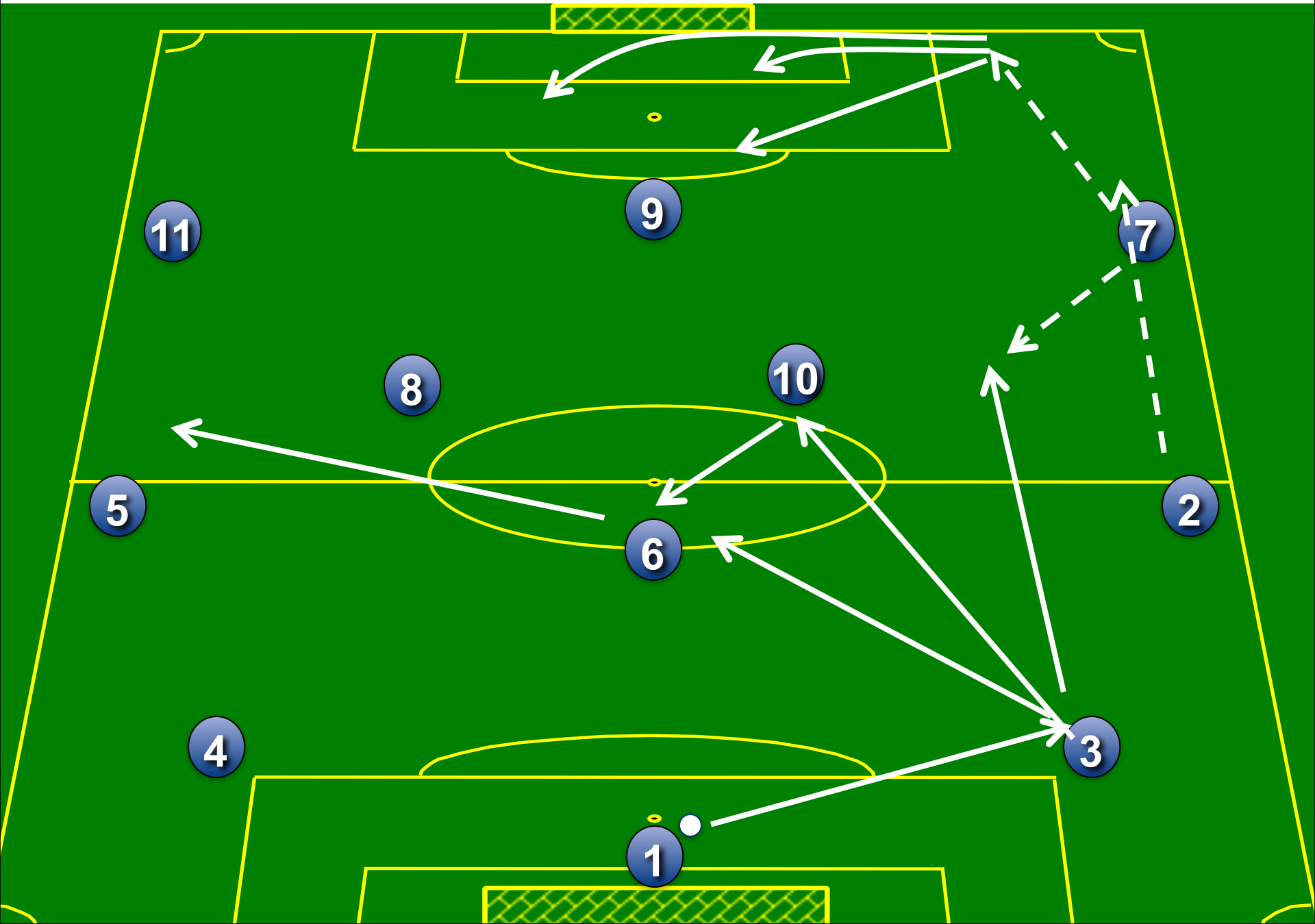
2.2 Style of play

Recognizable patterns

Offensive

- Playing in 1-2 touches
 - Let the ball do the work – don't run with the ball
 - Players that don't have the ball are running
- No turning with the ball
 - Play the ball where you see possibilities
 - Other players will offer solutions
- Change sides quickly
- Running into the space, between the lines
- Fullbacks play high on the field
- Defensive midfielder comes under the ball
- Clear options in front of the goal when crosses are possible

Style of play- Ball possession



Style of play

Ball possession



Style of play

Ball possession



Style of play

Ball possession



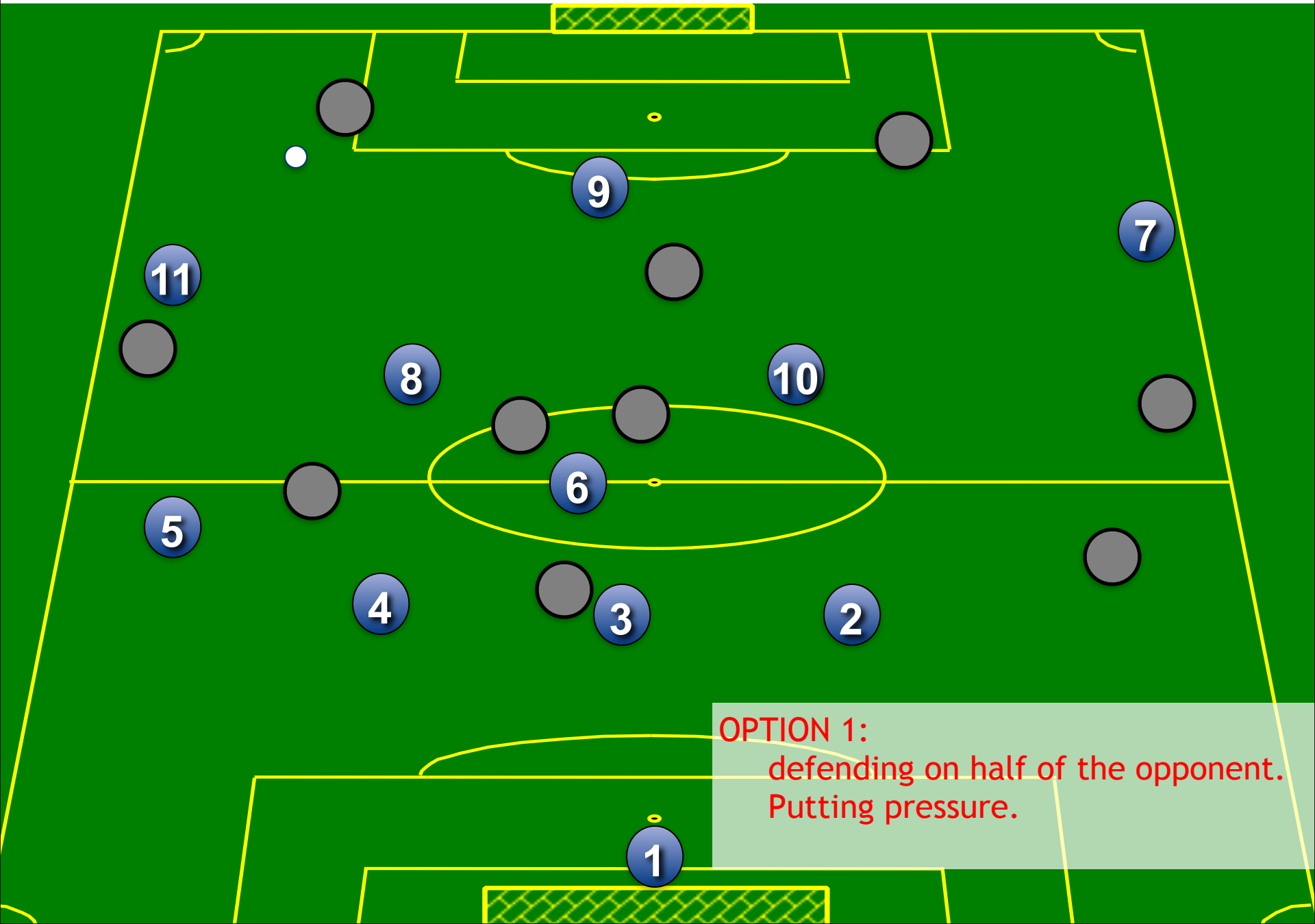
2.2 Style of play

Recognizable patterns

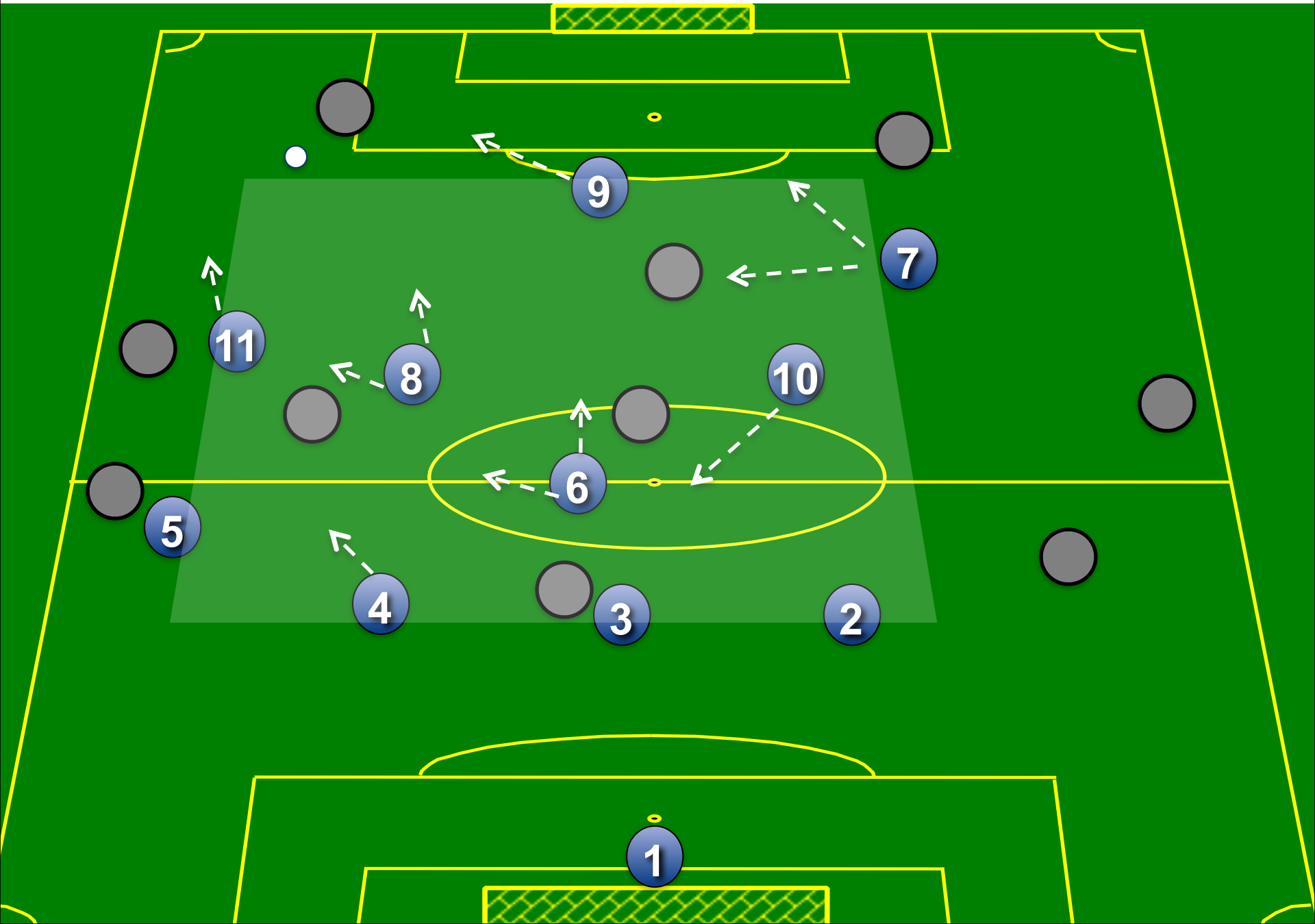
Defensive

- Fast transition
- Play as a block
 - Communication
 - 8-12m distance between players
- Think!
- Taking position in lines of passes
- Limit opponent's options to that we want
- Forward pressure on opponent

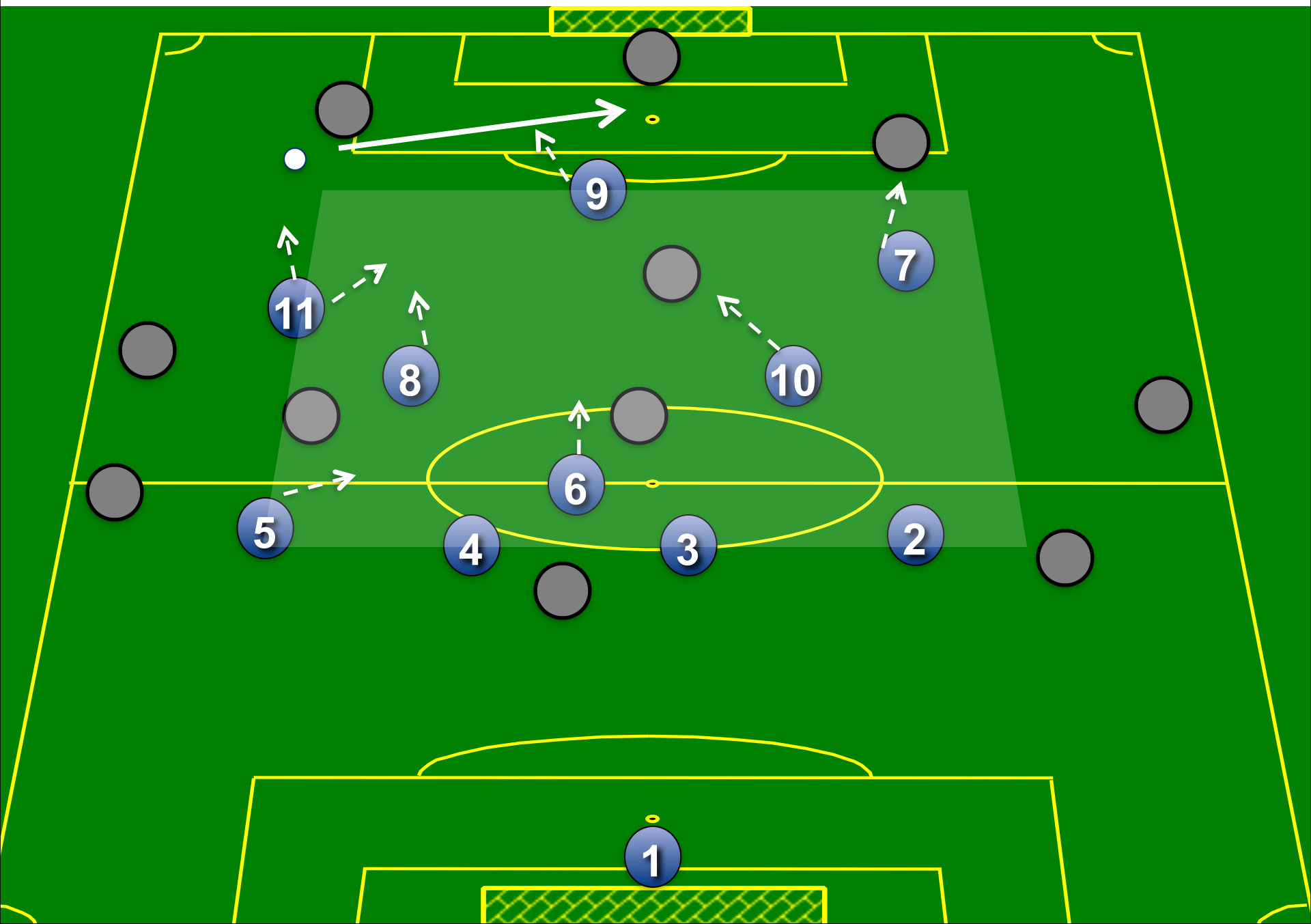
Style of play - Ball possession



Style of play - Ball possession



Style of play - Ball possession



Style of play - Ball possession



10 - 12m distance

2.3 Players

General football profile

Athletic

- Position-specific criteria for endurance (VO_2 max) and explosivity (sprint, jump power)

Technical-Tactical

- See players profile

Mental-Lifestyle

- Personality profile - Leadership qualities
- Attention points for coaching
- Winning mentality

Medical

- Injury risk factors

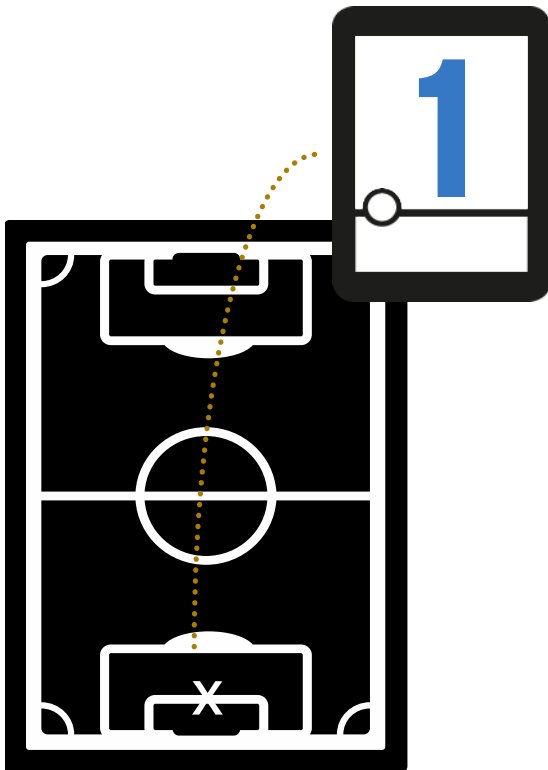


2.3 Players

Profile – Positions

Goalkeeper

- Minimum 1m85
- Good on crosses
- Good reflexes/reactions
- Good with the feet (build-up of the game)
- Able to play high (16m)
- Good coaching capacities
- Personality and presence

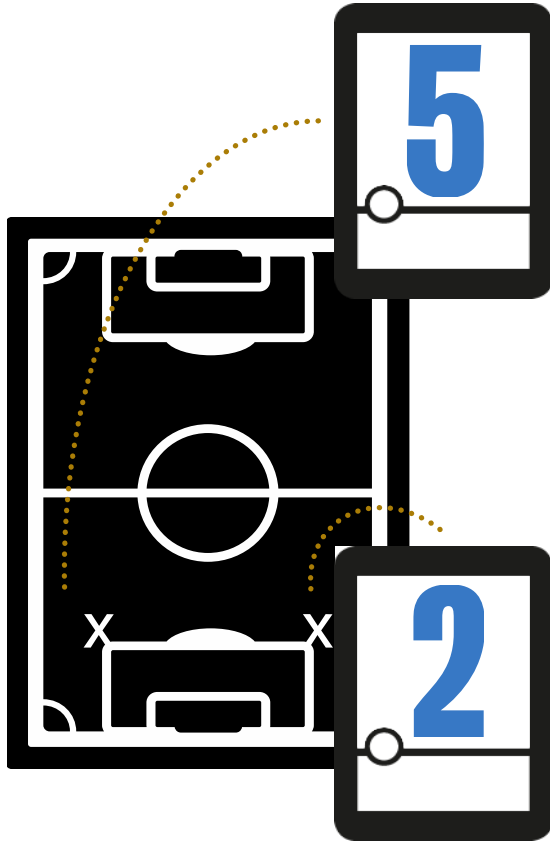


2.3 Players

Profile - Positions

Fullback

- Minimum 1m75
- Strong in 1v1 duels
- Good speed & agility
- Good positioning with other defenders
- Easy on the ball, also when under pressure
- Participation in offensive actions: frequent infiltrations in offensive 1/3
- Good cross

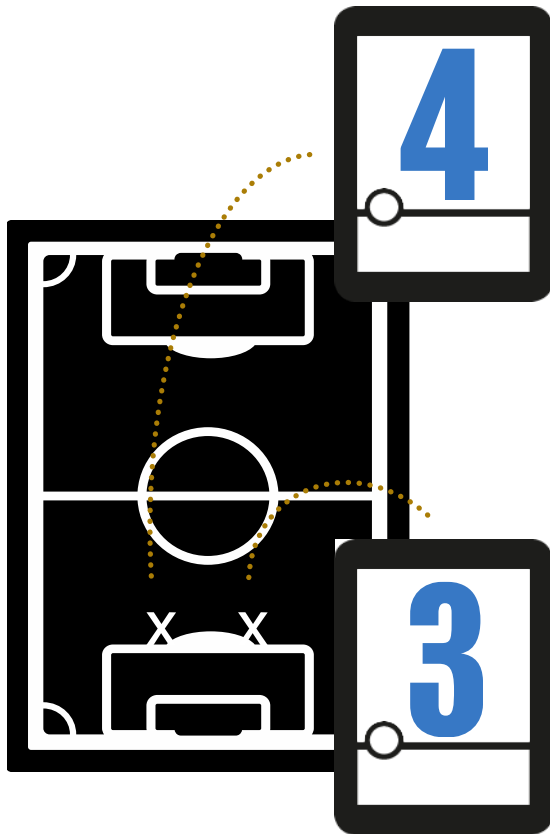


2.3 Players

Profile - Positions

Central defender

- Minimum 1m85
- Strong in 1v1 duels
- Good aerial ability
- Good speed & agility
- Good positioning with other defenders
- Easy on the ball, also when under pressure
- Good in build-up of attacks & long passes
- Good coaching capacities

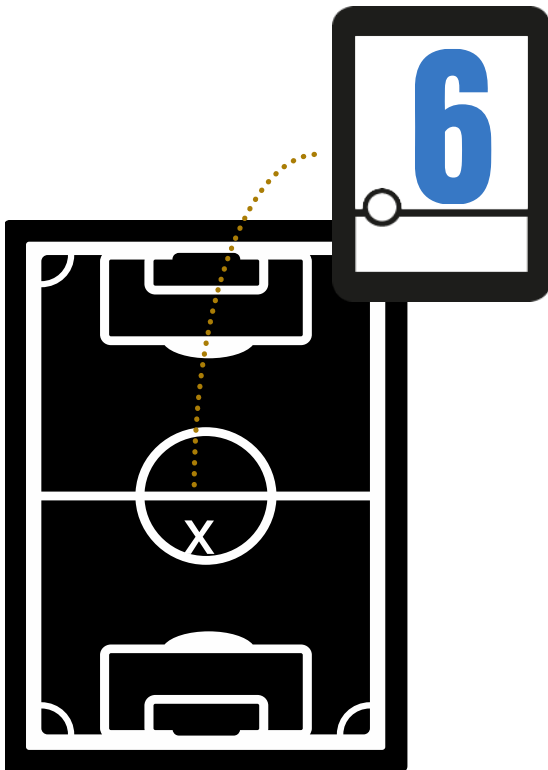


2.3 Players

Profile – Positions

Defensive midfielder

- Good positioning in function of team balance
- Easy on the ball, also when under pressure
- Quick thinking
- Initiate build-up of attacks
- Good aerial ability
- Good coaching capacities

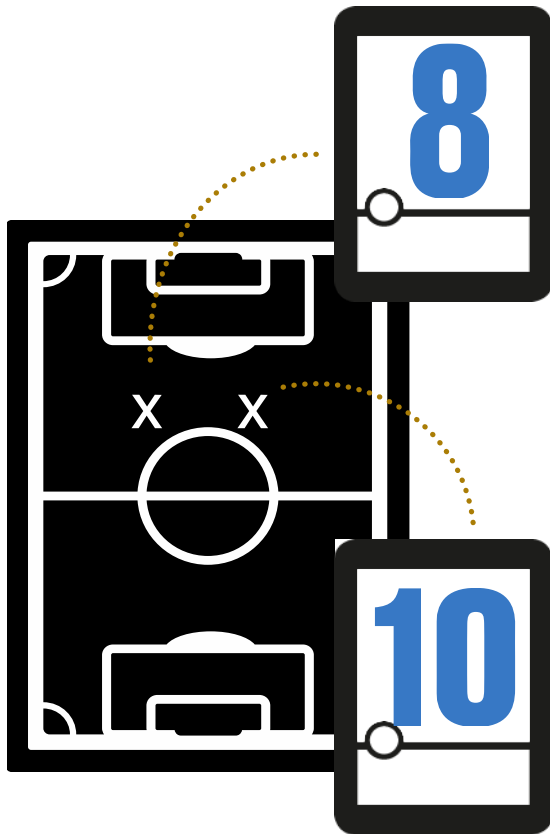


2.3 Players

Profile - Positions

Central (offensive) midfielder

- Good (football-specific) endurance
- Frequent infiltrations in 16m
- Good technical & tactical skills
- Delivery of key passes
- Individual action
- Scoring ability

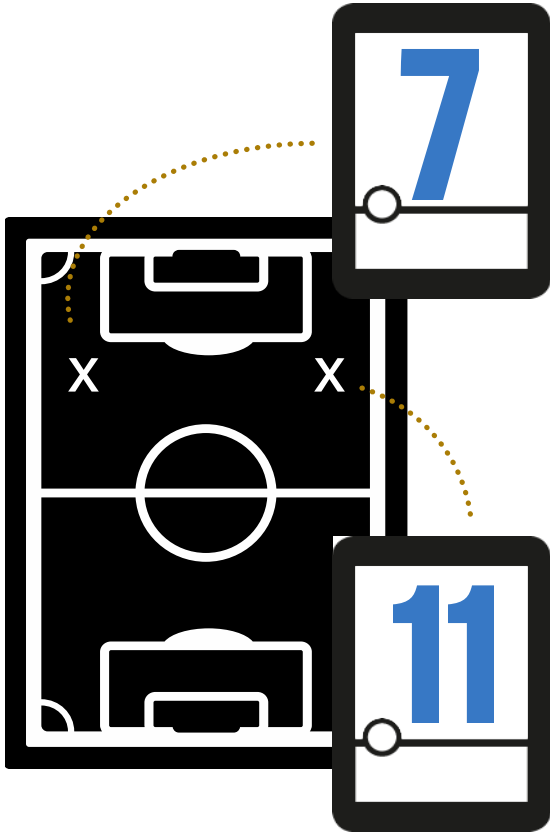


2.3 Players

Profile - Positions

Winger

- Good football-specific endurance: frequent high-intensity actions
- Good speed
- Good technical & tactical skills
- Delivery of key passes
- Individual action
- Scoring ability

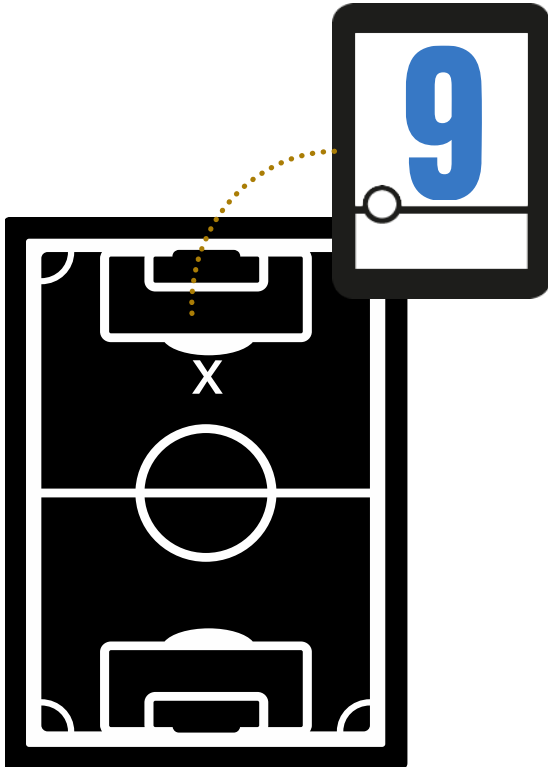


2.3 Players

Profile – Positions

Striker

- Minimum 1m80
- Scoring ability
- Good technical & tactical skills
- Running actions behind opponent's defense
- Good aerial ability
- Individual action



Training Methodology

2

Club Brugge coaching framework

“From the 10 coaches I had when I was a youth player, 1 made me a better player. 3 didn’t do me any harm. And if I’ve listened to the 6 others I never became a professional footballplayer.”

Marco Van Basten



Club Brugge coaching framework

- The coach is not the most important (wo)man in a team.
- The most important is always the team.
- But the coach is important.



Club Brugge coaching framework

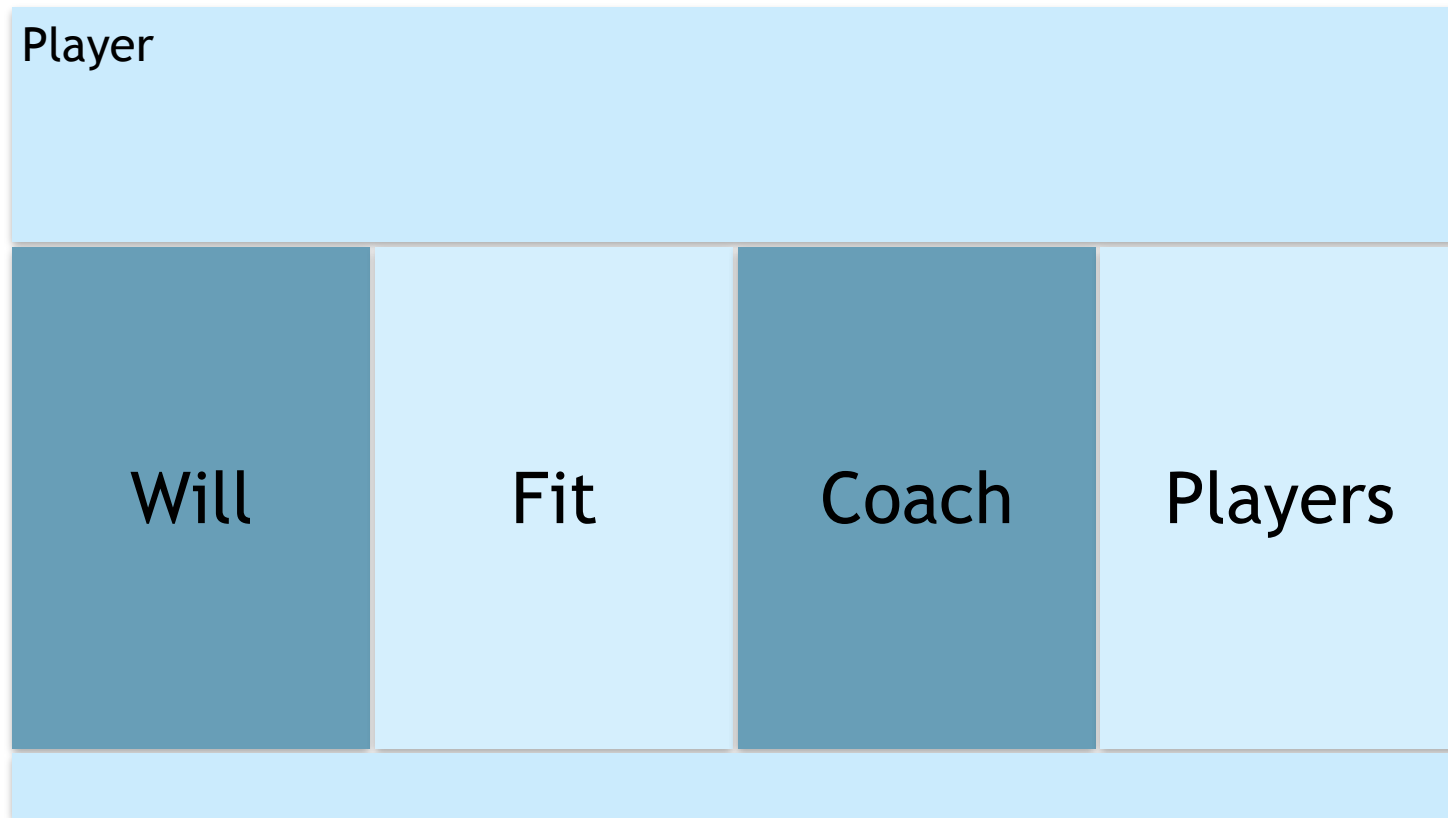
Target

- Players are coach independent
- Players enjoy every training ...
- ... and learn every session
- Players are coach independent

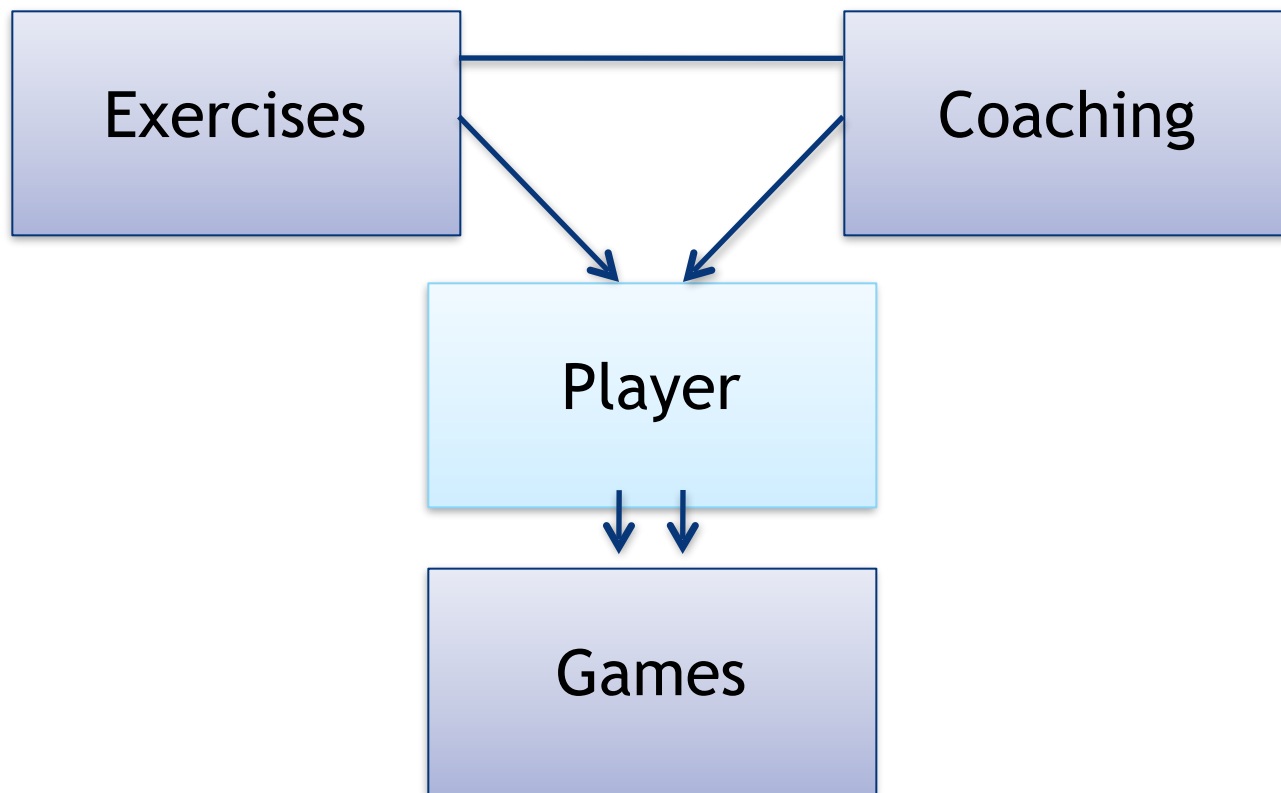


Club Brugge coaching framework

The player



Club Brugge coaching framework Methodology



Club Brugge coaching framework methodology

- 1) Tactical: every decision is the right decision
- 2) Technical: execution of the right decision, every time accurate
- 3) Physical: making right decisions and executing them 90'
- 4) Mental: doing this every day, season after season with a smile.



Club Brugge coaching framework

the coach: personality

OPEN

POSITIVE

ENTHUSIASTIC

TEAM



Club Brugge coaching framework

the coach: competence

On football

- Understands 11v11, 8v8, 5v5
- Knows what to coach during exercises
- Can organize a training session

Pedagogical

- Commitment: to the player(s), the club, the other coaches
- Rewarding instead of punishment
- Problemsolving instead of escalating
- Discipline
- Keeps overview



Club Brugge coaching framework methodology: development plan

1) Learning PLAN

✓ Ball possession

- Construction of the game from the back players
- Attacking down the wing
- Attacking through the center

✓ Defending

- Defending on half of the opponent
- Defending on our own half

2) Exercises

3) Coaching



Club Brugge coaching framework methodology: exercises

CLUB EXERCISES

- Passing - Scoring
- Automatism/Concept
- Position exercises
- Games

= 65%

COACH EXERCISES

= 35%

EXTRA

- Technical leveltraining
- Powertraining / injury prevention
- Homework



Training methodology
CLUB EXERCISES
Passing & scoring



EXERCISES: Passing - Scoring

CONDITIONS

- Direction on goal opponent
- Few 'stations', max. 4
- Choices in one exercise
- Players giving support 'from behind' the ball.
- Technical performance after making the right decision. Bring in opponents (very easily). Step up to positional exercises, games.



EXERCISES: Passing - Scoring

COACHING

Passing - Scoring = technical training

- How are you going to create space?
 - ✓ Action before the action
 - ✓ Timing moving
- How are you going to create opportunities to play forward?
 - ✓ Turn in
 - ✓ Taking position under the ball.
- Left and right = open body stance
 - ✓ passing
 - ✓ receiving
- Pace of the ball



Passen / Trappen

Ontwikkelingsdoel: het inspelen en aannemen van de bal met beide voeten

Organisatie

Mogelijkheid 1:

- De centrale speler wordt ingespeeld, draait door en speelt de buitenspeler in.
- De buitenspeler neemt de bal aan en dribbelt naar de andere kant

Coaching



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Coaching



Training methodology
CLUB EXERCISES
Automatisms



Club concept

CONDITIONS

- Players in their position
- Everybody moving starting from their position
- Game relates distances.
- Ending by scoring



ATTACKING Automatizms

Learning goals: awareness of taking position regarding teammates and position of the ball. Learning basic tactical plan. Tasks in position

Organisatie

Coaching:

- Timing movement
- pace of the ball



ATTACKING Automatizms

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Organisatie

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- pace of the ball



Training philosophy
CLUB EXERCISES
Position exercises



Position exercises

CONDITIONS

- Related with position on the field, Players must be able to make the transfer to the game
- Related with module
- Always a direction
- Taking care of the distances. Ideal?
- Moments to win!
- Attention on conversion.



Position exercises

COACHING

- Always free.
 - ✓ Create solutions to play forward
- Receiving offensive. All options open.
- Receiving while moving.
 - ✓ Both feet
 - ✓ Ready to continu
 - ✓ 1 - 2 touches



OPBOUWEN

Positiespelen 7 v 4

Ontwikkelingsdoel: balbezit houden door het maken van juiste keuzes en het technisch goed uitvoeren van de juiste keuzes

Organisatie

winmomenten

- 5 keer overkant bereiken = punt (3&4 → 8&10)
- verdedigers veroveren bal en scoren op vast doel = wisselen van positie

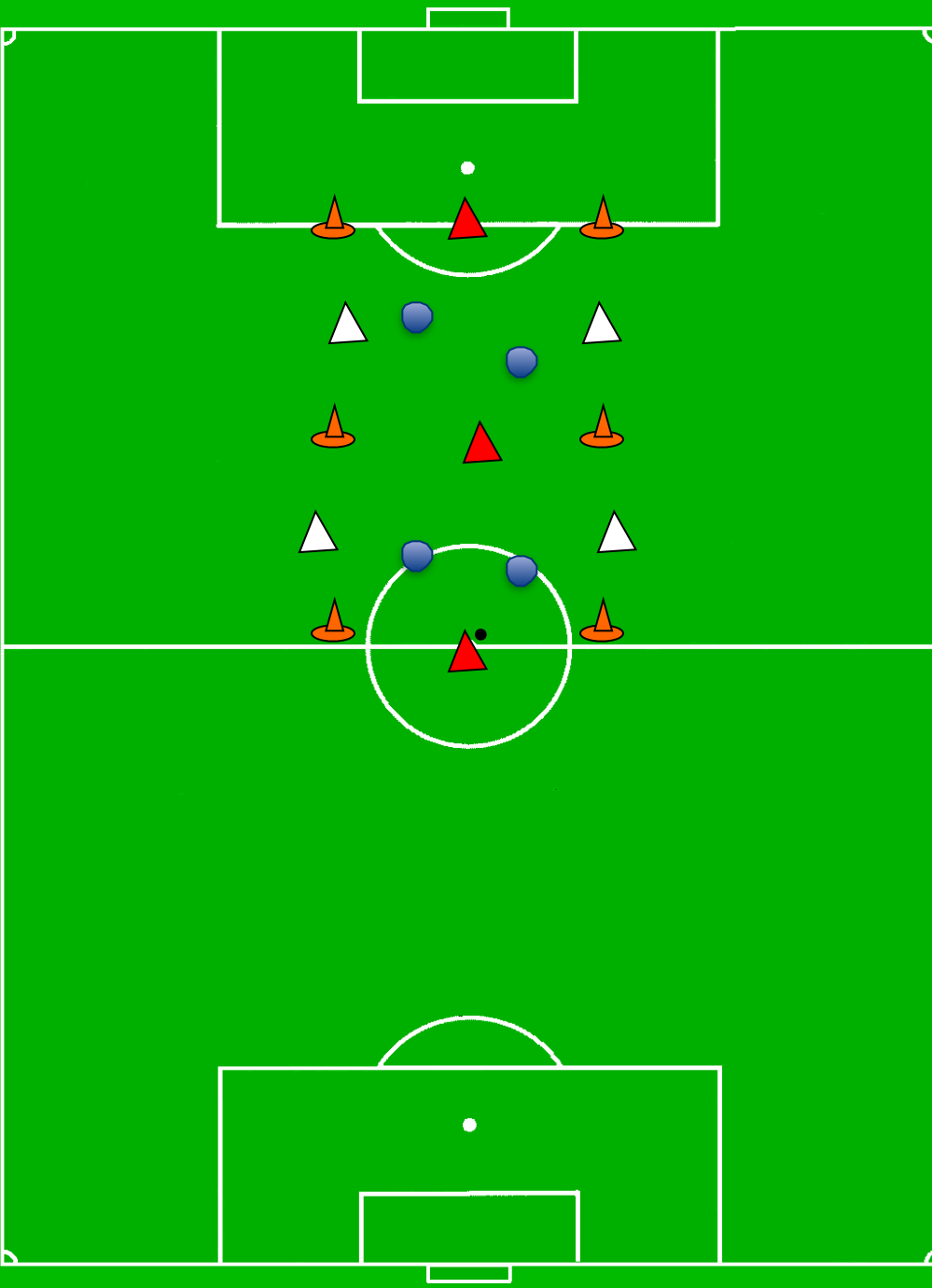
Coaching:

- Zorg steeds dat je aanspeelbaar bent.
 - ✓ Creëer oplossingen in de diepte
- Aannames buitenste voet. Hou alle opties open.
- Aannee in beweging.
 - ✓ Beide voeten
 - ✓ Speelklaar in functie van vervolg
 - ✓ 1 - 2 tijden



AANVALLEN DOOR CENTRUM

Positiespelen 7 v 4



Ontwikkelingsdoel: balbezit houden door het maken van juiste keuzes en het technisch goed uitvoeren van de juiste keuzes

Organisatie

winmomenten

- overkant bereiken van 3 / 4 → 9, zonder dat tegenstand bal raakt = punt. 3 punten scoren is winnen
- bal veroveren = zelf in balbezit spelen

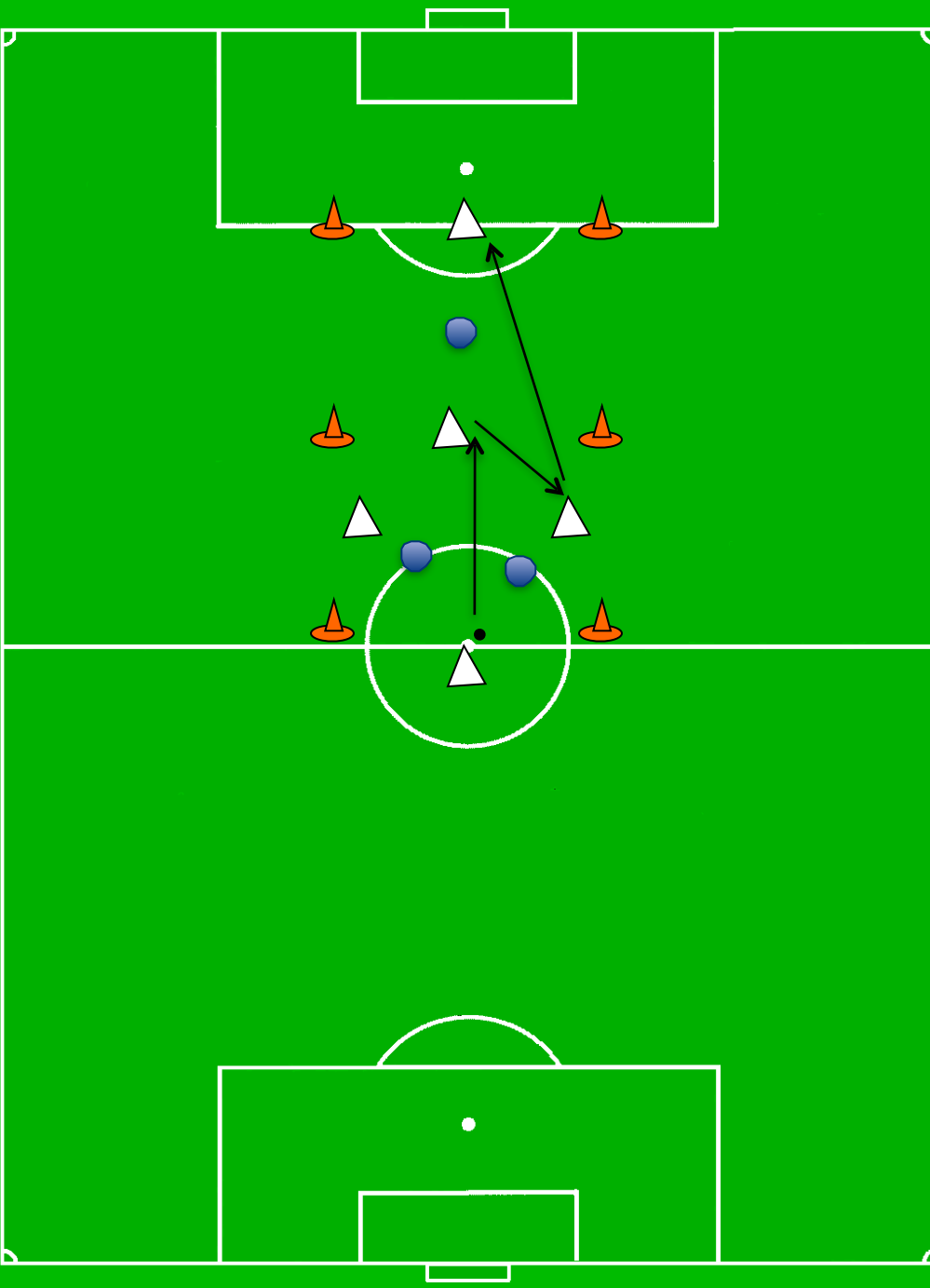
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- Zorg steeds dat je aanspeelbaar bent.
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- Aanname in beweging.
 - ✓ Beide voeten
 - ✓ Speelklaar in functie van vervolg
 - ✓ 1 - 2 tijden
- Bal enkel spelen in richting die je ziet.



AANVALLEN DOOR CENTRUM

Positiespelen 5 v 3



Ontwikkelingsdoel: balbezit houden door het maken van juiste keuzes en het technisch goed uitvoeren van de juiste keuzes

Organisatie

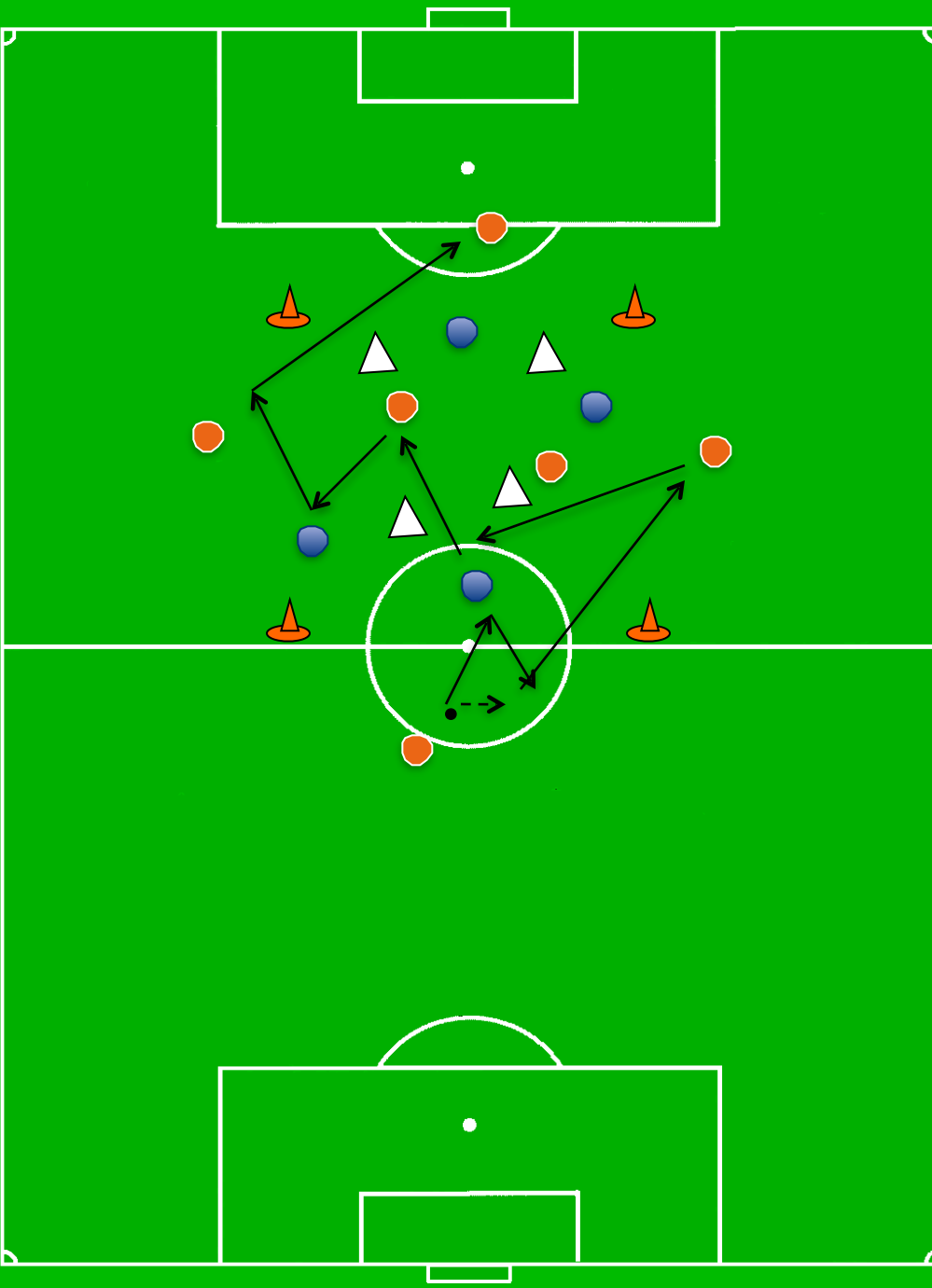
winmomenten

- 3-hoekje maken = punt
- 3 x bal veroveren binnen 1' = 10 x opdrukken

Coaching:

- Zorg steeds dat je aanspeelbaar bent.
 - ✓ Creëer oplossingen in de diepte
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 - ✓ 1 - 2 tijden
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Learning goals: Keeping ballpossession

Organisatie

Winning moments

- 3-hoekje maken = punt
- 3 x bal veroveren binnen 1' = 10 x opdrukken

Coaching:

- Make sure that they can pass you the ball
- Try to have as many options as possible in 2 touches. (turn)
- Ball is constantly moving
 - ✓ Use both feet
- Play ball ONLY in direction you can see. You have to be sure that you keep the bal.

Passing

+

Position

=

Possession



Training methodology
CLUB EXERCISES
Games

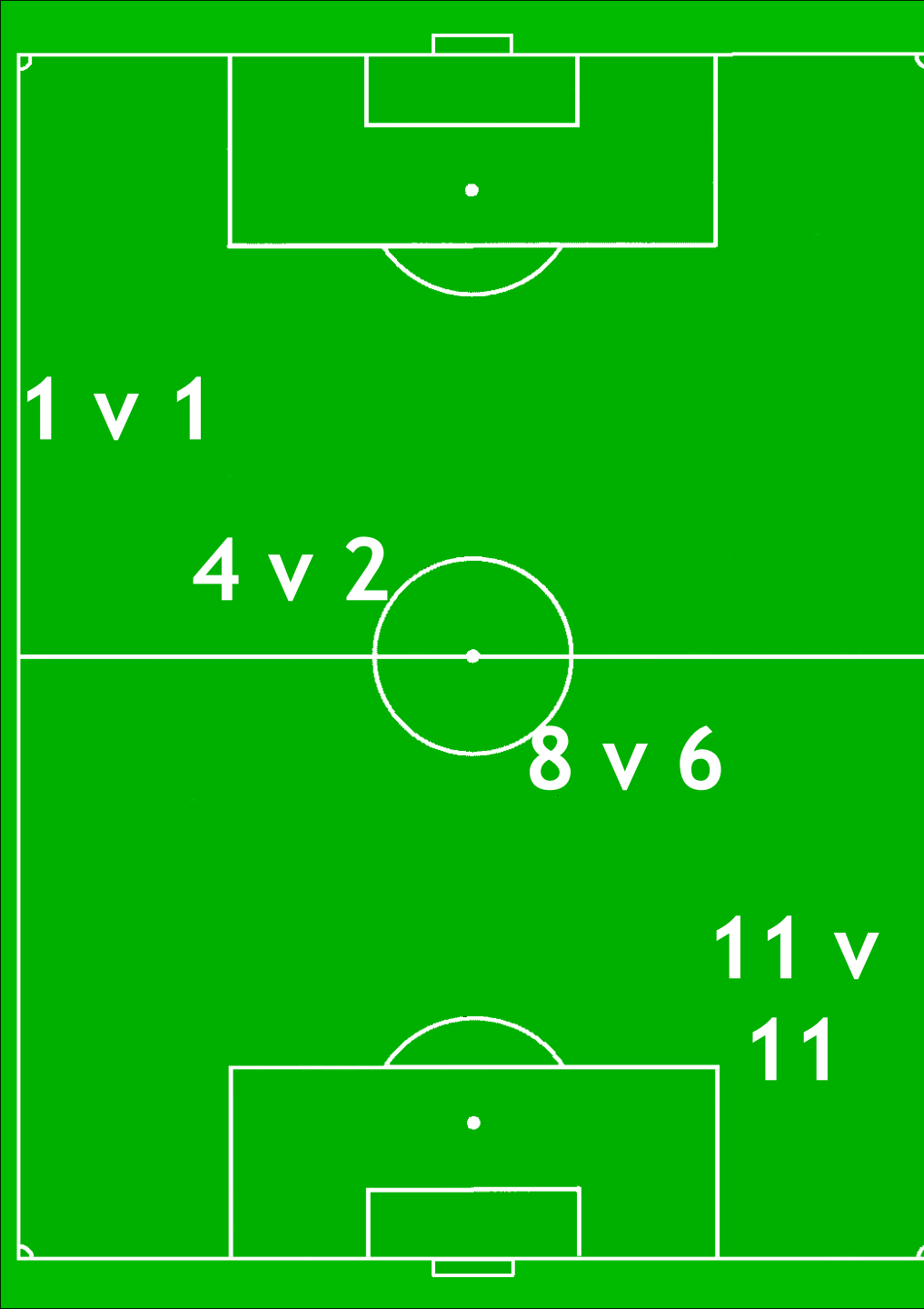


Recognizable

Maximum learning
moments

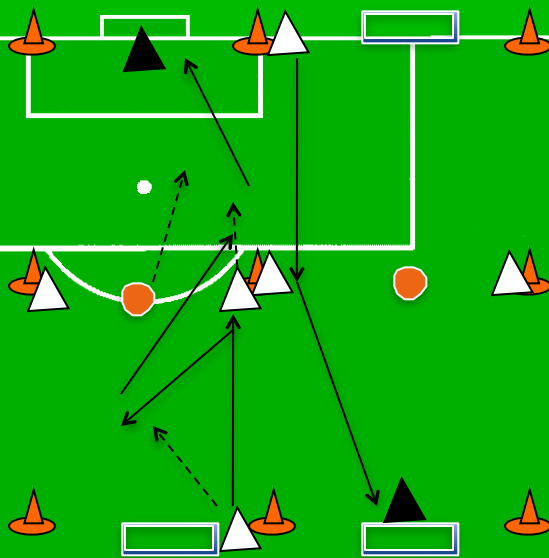
Do not overcoach / Do
not ask too much !!!

Taking position
→ task on every position
Possesion of the ball
Lost of the ball



MODULE ATTACKING CENTRAL

Game exercise 3 v 1+GK



Learning goal: Making right decision in scoring position: shoot, 1 touch back, turn.

Organisatie

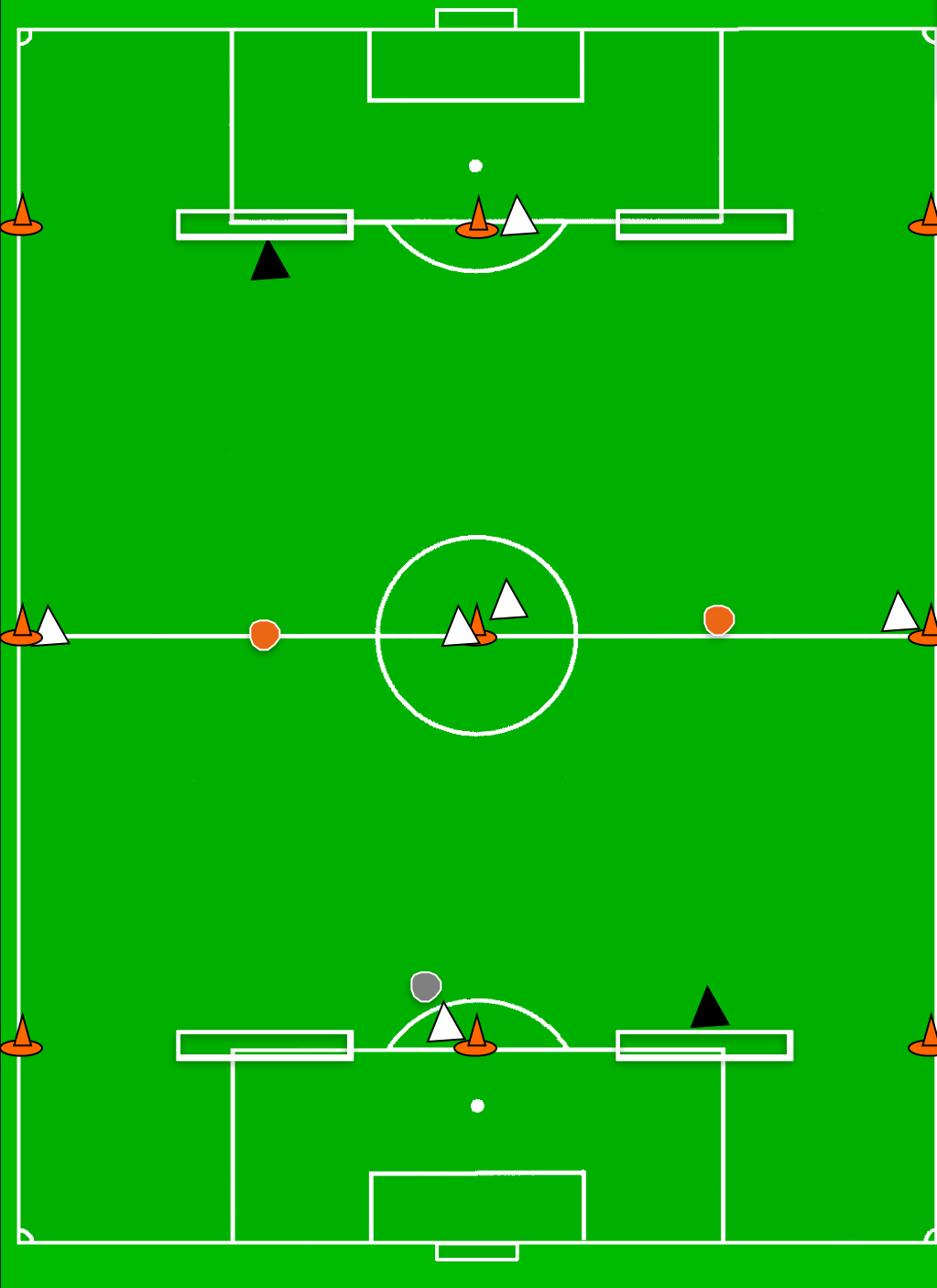
Coaching

- turn open
- movement player that touched the ball
- accuracy of the pass
- 2nd player takes position to score (difficult for goalkeeper)



MODULE ATTACKING CENTRAL

Game exercise 3 v 1+GK



Learning goal: Making right decision in scoring position: shoot, 1 touch back, turn.

Organisatie

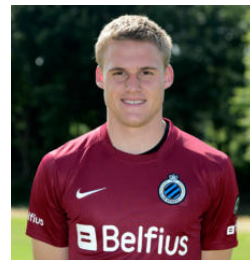
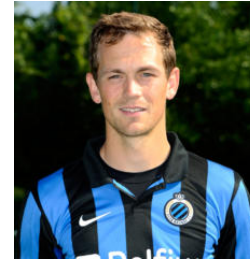
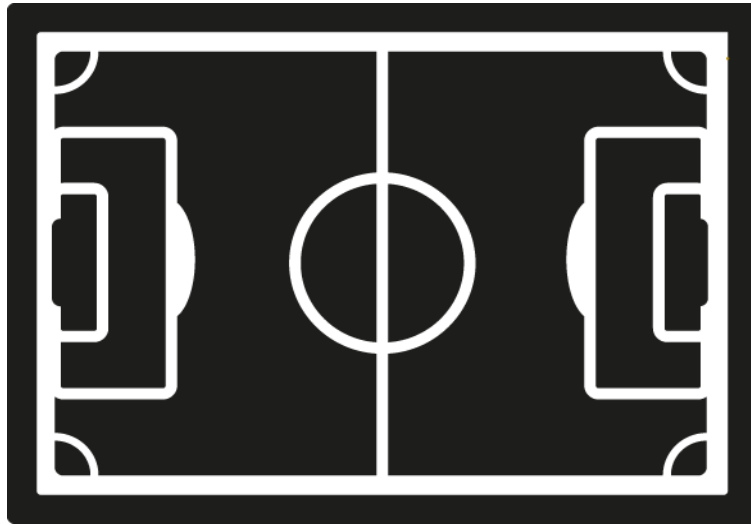
Coaching

- turn open
- movement player that touched the ball
- accuracy of the pass
- 2nd player takes position to score (difficult for goalkeeper)

	Teamcoach	Clubcoach	Specialisten	
Beloften	Bart Wilmssen		Dirk Laleman (physical)	Willy Loose (goalkeepers) Mario Ballegeer (video)
U19	Cedric Vlaminck	Jef Vanthournout		
U17	Bjorn De Neve			
U16	Carlo Van Grimberghe	Gino Pauwels	Sam Kamal (technical)	Peter Rutjens (goalkeepers) Giovanni Vanneste (video)
U15	Stijn Claeys			
U14	Birger Van de Velde	Ives Faelens	Thomas Vlaminck (technical)	
U13	Rik Van den Bergh			
U12	Pieter Legein Tim Lerouge	Paul Vergote	Bruno Tailleu (technical)	Nick Swinnen (goalkeepers)
U11	Jacko Vanaelst Dimi Wellens			
U10	Kristoff Harri Dries Coene			
U9	Kenny Ullin Thomas Schauvlieghe Pedro Jodts	Ivo Van den Bergh		
U8	Jan Van den Bergh Thomas Van den Bussche			
u7	Stijn De Vos			

Club Brugge Academy players

2013 - 2014



Weekly schedule u19

maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	zondag
10u45 - 12u15 Facultatieve training / topsport Recuperatie DL - BV	10u45 - 12u15 Facultatieve training / topsport CV		10u45 - 12u15 Facultatieve training / topsport CV	10u45 - 12u15 Topsport		
		15u00 - 17u00 Teamtactisch CV			14u00 - 15u45 Wedstrijd CV	
18u00 - 19u30 Positietraining CV - BBN - JVT	18u00 - 19u30 Voetbalconditie CV - DL		18u00 - 19u30 Teamtactisch CV			

201
3 -
201
4



Weekly schedule u17

maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	zondag
10u45 - 12u15 Facultatieve training / topsport Recuperatie BN - BV	10u45 - 12u15 Facultatieve training / topsport CV		10u45 - 12u15 Facultatieve training / topsport CV	10u45 - 12u15 Topsport		
		15u00 - 17u00 Teamtactisch BDN			14u00 - 15u45 Wedstrijd BDN	
18u00 - 19u30 Positietraining BDN - BV - CV	18u00 - 19u30 Voetbalconditie BDN - BV		18u00 - 19u30 Teamtactisch BDN			

201
3 -
201
4



Weekly schedule u16

maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	zondag
10u45 - 12u15 Facultatieve training / topsport Recuperatie	10u45 - 12u15 Facultatieve training / topsport		10u45 - 12u15 Facultatieve training / topsport	10u45 - 12u15 Topsport		
		15u00 - 16u00 Keepertrainer PR			14u00 - 15u45 Wedstrijd CVG	
		15u30 - 17u00 Voetbalconditie CVG - GP				
18u00 - 19u30 Teamtactisch	18u00 - 19u30 Positietraining		18u00 - 19u30 Teamtactisch			

201
3 -
201
4



Weekly schedule u15

maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	zondag
10u45 - 12u15 TOPSPORT Recuperatie	10u45 - 12u15 TOPSPORT		10u45 - 12u15 TOPSPORT	10u45 - 12u15 TOPSPORT		
		15u00 - 16u00 Keepertraining PR			14u00 - 15u45 Wedstrijd SC	
		15u30 - 17u00 Voetbalconditie SC - GP				
18u00 - 19u30 Teamtactisch	18u00 - 19u30 Positietraining		18u00 - 19u30 Teamtactisch			

201
3 -
201
4



Weekly schedule u14

maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	zondag
10u45 - 12u15 TOPSPORT	10u45 - 12u15 TOPSPORT Sint- Lodewijkscol. TV		10u45 - 12u15 TOPSPORT	10u45 - 12u15 TOPSPORT		
		15u00 - 16u15 Techniektraining TV			14u00 - 15u45 Wedstrijd BVDV	
18u00 - 19u30 Techniektraining TV		18u00 - 19u30 Teamtactisch BVDV - BVDB	18u00 - 19u30 Teamtactisch BVDV			

201
3 -
201
4



Weekly schedule u13

maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	zondag
10u45 - 12u15 TOPSPORT	10u45 - 12u15 TOPSPORT Sint- Lodewijkscol. TV		10u45 - 12u15 TOPSPORT	10u45 - 12u15 TOPSPORT		
		15u00 - 16u15 Techniektraining TV			14u00 - 15u45 Wedstrijd RVDV	
18u00 - 19u30 Teamtactisch RVDB - RVDV		18u00 - 19u30 TV RVDB	18u00 - 19u30 Teamtactisch RVDB			

201
3 -
201
4



Training 8 v 8

	maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	Zondag
u12						10u00 WEDSTRIJD	
	18u00 - 19u30 TECHNICAL	18u00 - 19u30 TEAM		18u00 - 19u30 TEAM			

	maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	Zondag
u11						10u00 WEDSTRIJD	
	18u00 - 19u30	18u00 - 19u30 TECHNICAL		18u00 - 19u30 TEAM			201 3 - 201 4



Training 8 v 8

	maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	Zondag
u10							10u00 WEDSTRIJD
		18u00 - 19u30 TEAM	18u00 - 19u30 TECHNICAL		18u00 - 19u30 TEAM		

201
3 -
201
4



Training 5 v 5

	maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	Zondag
u9							10u00 WEDSTRIJD
		18u00 - 19u30 INDIVIDUAL	16u00 - 17u30 INDIVIDUAL		18u00 - 19u30 INDIVIDUAL		

	maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	Zondag
u8							10u00 WEDSTRIJD
		18u00 - 19u30 INDIVIDUAL	16u00 - 17u30 INDIVIDUAL		18u00 - 19u30 INDIVIDUAL		201 3 - 201 4



Trainen 5 v 5

	maandag	dinsdag	woensdag	donderdag	vrijdag	zaterdag	Zondag
u7							10u00 WEDSTRIJD
			16u00 - 17u30 INDIVIDUAL		18u00 - 19u30 INDIVIDUAL		

201
3 -
201
4

