



## Coach Profile

	<b>Name</b>	James Gilligan		
	<b>Hometown/Country</b>	United Kingdom		
	<b>Coaching Qualifications</b>	English FA Qualified Professional Soccer Coach USSF Qualified Professional Soccer Coach Strengths-Based Coaching Qualified Coach & Instructor		
	<b>Contact Details</b>	Email: <a href="mailto:jgilligan@challengersports.com">jgilligan@challengersports.com</a> Cell: 310 793 6214		
<b>Coaching Experience</b>	<p>My coaching career started at the age of 16 where I began to coach in local schools and clubs in North Wales. During my time as Captain of Keele University Football Club I coached under Keith Harrison as assistant to all lower University Teams. During this time I observed at Manchester United's Regional Academies in Crewe &amp; Alsager while Rene Mullenstein was in charge of Youth Development. My coaching career in the US has spanned 6 years and 12 states including working for the New York/New Jersey Metrostars, New York Red Bulls and Chicago Fire Regional Development Schools. I coached club teams in IL and CT before moving to California where I am currently the Head Coach of Manhattan Beach Sand &amp; Surf U10 Boys Silver and U11 Boys Silver.</p>			
<b>MB Sand &amp; Surf Coaching Honors</b>	-	Pyramid Cup - Champions	U9 Boys	2008
	-	CSL Spring Cup - Champions	U8 Boys	2009
	-	Crown City Classic - Champions	U10 Boys	2010
	-	OC Kickoff Classic - Champions	U10 Boys	2009
	-	CSL Fall League - Finalist & Promotion	U9 Boys	2009
	-	CSL Fall League - 3 <sup>rd</sup> Place & Promotion	U10 Boys	2009
	-	Pyramid Cup – Champions	U10 Boys	2010
	-	CSL Spring League – Champions	U10 Boys	2010
	-	PCSC Bruin Classic - Champions	U10 Boys	2010
	-	Crown City Classic Champions	U10 Boys	2010
	-	Thousand Oaks Classic - Champions	U11 Boys	2010
<b>Playing Experience</b>	<p>After leaving High School I played for Keele University Football Club's First Team between 2000 and 2004. Upon graduating I was awarded "Half Colors" for "Outstanding Performance in University Sports", "Merit Colors" for "Outstanding Service in University Sports" as well as being the only collegiate athlete awarded the "Sandra Alderton Award" for "Contribution and Dedication to Keele University Athletics Union" in my final year.</p>			
<b>Education &amp; Employment Background</b>	<ul style="list-style-type: none"> <li>- BA Human Geography &amp; Business Administration</li> <li>- Regional Director – Challenger Sports. I currently oversee all aspects of Camps, Training and Skill Development Programs for Challenger British Soccer Camps and Tetra Brazil Academies.</li> </ul>			
<b>Coaching Philosophy</b>	<p>I believe that players must develop a love for the game to be truly skilled in it. I encourage my players to openly enjoy playing soccer through a display of confidence, creativity and freedom of expression during sessions and games. I believe in the core-competency approach to educating children progressing initially through the fundamentals of soccer ensuring technical competence is achieved before advanced tactical instruction. I feel it is equally important to develop people as well as players and my youth teams all learn vital life skills such as communication, organization, dedication, commitment and teamwork. These traits must be demonstrated in games where the players are ultimately in charge of their own performance, not the coach. All children have different learning styles and it is my goal to adapt my sessions and coaching techniques to appeal to all players in my teams in order that they all develop quickly beyond their own vision of capability. I approach coaching kids with a long-term view. It is my responsibility to develop athletes with the future in mind and to help them become all-round players that can compete and be successful at the age when winning starts to play more of an importance. I want my coaching to help players improve, develop a love for the game and enjoy soccer for the rest of their lives.</p>			