

Japan's Way





Prologue

Japan's Way; WHY?

Japan's Way ; WHY?

Around the time the phrase “Japan's Way” started being used, it was associated with Japan's weakness in various contexts, not just in the field of football. We would often hear self-depreciating comments in reference to football such as, “Japan is weak in such and such, so we have to do such and such to do better.”

Such was the atmosphere permeating Japan football when the phrase “Japan's Way” was first used by the JFA Technical Committee in 2006. It was used based on the notion that Japan's strength could perhaps lie in what we identified as our weaknesses. It was a vision to leave behind the loser's philosophy and leverage our strengths to take on the world by focusing on our identity. We were putting “The JFA Declaration, 2005” into action by establishing a path to becoming world champions.

However, “Japan's Way” was a phrase used within the organisation, and because we did not share its meaning in a systematic way, it was often used in an ambiguous fashion. Many people misinterpreted “Japan's Way” to be a reference to the very loser's philosophy we were seeking to leave behind.

Now that we are closer than ever to reaching the target of becoming world champions, we will advocate the clearly-redefined Japan's Way and develop a system that brings together Japan's whole strengths in football.

Metaphorically speaking, this challenge is like combining our strengths and sailing upon a great sea with a compass in our hand. In that boundless sea flows the current of world football, even as we firmly set our direction, we must be ever aware of shifts in the current, and constantly adjust our position and course relative to the current of world football in order to keep moving forward.

In this way, we must continue to update Japan's Way according to shifts in the trends of world football.



D'où venons-nous ? Where Do We Come From?
Que sommes-nous ? What Are We?
Ou allons-nous ? Where Are We Going?
Paul Gauguin (1897)



“Japan's Way” means combining our strengths and sailing upon a great sea with a compass in hand.

The path to achieving our dream

To win the World Cup by 2050

In 1998, 77 years after the founding of the Japan Football Association, Japan achieved its long-cherished goal of appearing in the FIFA World Cup™ for the first time. This was the result of the football family throughout Japan combining their strength and passion. But to win the championship at the fiercely competitive World Cup, the entire football family in Japan will need to join forces and work collectively with further intensity.

On 1 January 2005, JFA announced “The JFA Declaration, 2005” setting forth the following goals: By 2050, the Football Family of Japan will be 10 million strong, we will host the FIFA World Cup™ in Japan, and the Japan National Team will be the Champion.

How will the state of football look in Japan when we win the World Cup?

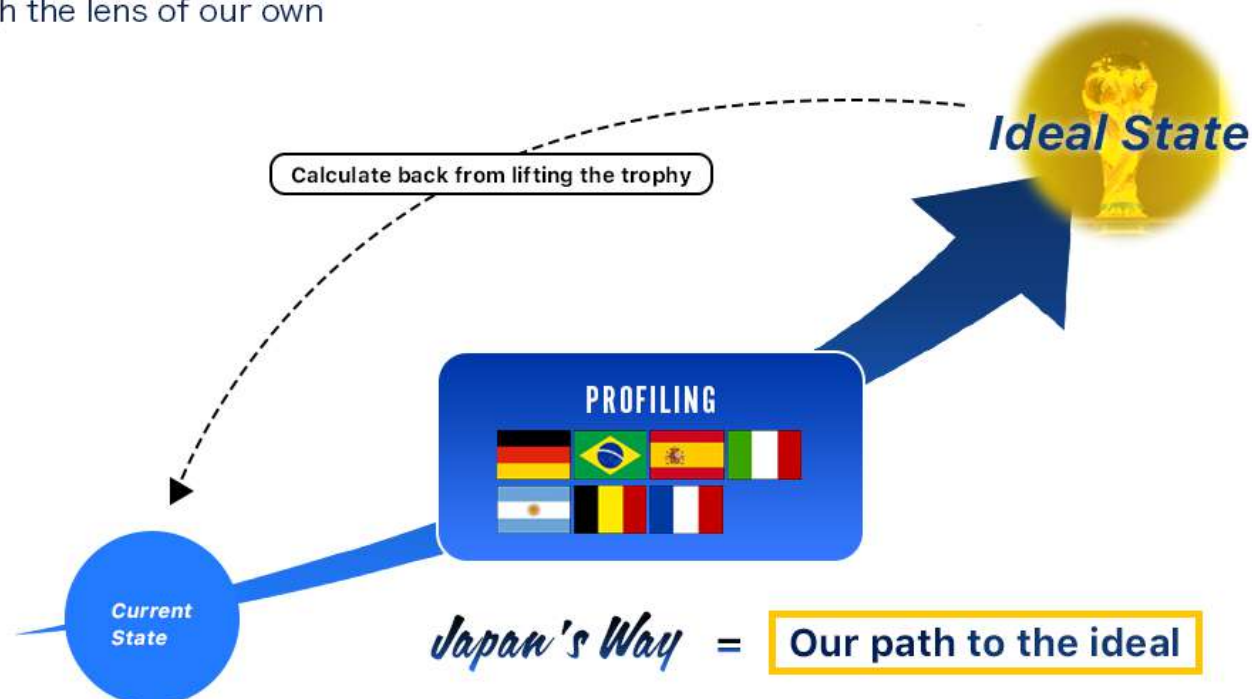
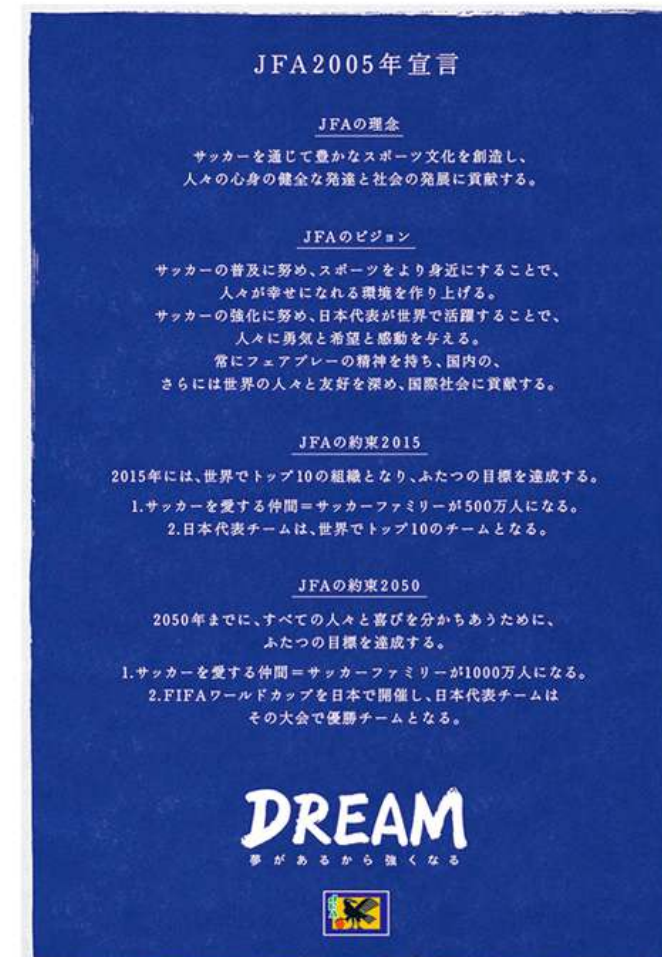
By setting our goals, we can identify how we can bridge the gap from the present state to reach the ideal state. We can create a roadmap to achieve our goals and by sharing our direction with the football community, we can progress one step closer to our dream.

We have profiled the World Cup winning nations, looking at their characteristics and common attributes, and then examined these characteristics through the lens of our own Japan football identity.

A system to be able to join the leading top nations of the world

We finally earned a spot for the first time in the FIFA World Cup France 1998™ at the 1997 Asian Qualifiers. This was the fruit of launching the J.League and investing in youth development and coach education. Winning the World Cup is impossible if we only focus on strengthening the National Team. We must provide bold leadership to strengthen football at every level in Japan to succeed in the 21st century.

OKADA Takeshi (At Johor Bahru)



Profile of Leading Nations

● National Identity

The most common characteristics among the football's powerhouse nations is that they do not “copy & paste” the style of other nations. Each country takes pride in having their own style of football and have its unique development plan. These plans are based upon a national philosophy laid out in a document called the National Syllabus.

Sometimes publishing a National Syllabus may lead to some misunderstanding and criticism, however, it provides even greater value by serving as a foundation for football development in the country.



● Competitive Tough Domestic Competitions in Leading Nations

Leading nations invariably have tough competitive domestic competitions.

Forging and polishing players in a highly intense competitions produces players that can compete globally.

Players are tough rivals when playing against each other in the teams, but they come together as one when facing an opposing team. As teams improve their levels by competing with each other, leagues also improve their competitiveness through tough competitions.

When a country pursues having the most competitive domestic league in the world and improve together, the top of the world will be within reach. The same applies for the youth leagues. High quality competitions like the UEFA Youth League are key in providing opportunities for young players to make their debut early and succeed in the UEFA Champion's League.

Profile of Leading Nations

● National development philosophy and improving the national youth team

When you look at successful national teams, they have all achieved a certain degree of success at global youth competitions. Portugal, consecutive winner of the 1989 and 1991 FIFA U-20 World Cup™ saw its star youth players - Paulo SOUSA, Fernando COUTO, Rui COSTA and Luís FIGO – move on to create a golden age of national football. Spain produced Iker CASILLAS and Xavi. Argentina saw the advent of Sergio AGÜERO and Lionel MESSI. Each of these countries saw their stars lift the U-20 world trophy and go on to create a golden age of football. In other words, the accomplishments and confidence a country's players achieve at the youth level are essential for that country's pursuit in winning the World Cup.

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The success of a country's national youth team is highly correlated with the success of its A-national team. The quality of a country's youth development programme is key to having a strong national team.

Dan ASHWORTH
(Former England FA TD)

Source: TheFA.com 2014.12.04

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Style of play comes from the youth, not the other way around.

Fernando HIERRO
(Former Spain TD)

Source: Andy ROXBURGH, SIGNPOSTS FROM JORDAN, FRANCE AND RUSSIA. Football Conference Japan 2019

● Creating a system in which anyone can meet a coach that teaches the joy of football

Strength in coach education is undoubtedly one of the reason Japan was able to rise to the top in Asia just one hundred years after starting at the very bottom. When compared to leading nations worldwide, however, Japan still has a major gap in both quality and quantity of the coaches.

MA	B	A	Pro	Total B+	%Pop
Germany	21,731	5,633	1,304	28,668	0.035
Spain	9,319	13,070	2,353	24,742	0.053
Italy	27,430	1,556	725	29,711	0.050
France	12,200	3,030	278	15,508	0.023
England	9,548	1,190	205	10,943	0.016
Japan	6,194	1,807	498	8,499	0.007

Quality & Quantity

Japan takes pride in having successful talent on the global stage such as OHTANI Shohei in baseball and HACHIMURA Rui in basketball, and we can expect more promising players in the future. Even star players, however, cannot choose their coaches when they are children. That makes it critical to develop a large number of football coaches capable of conveying the joy of football and unlocking the talent of such youth, and retaining such talented players in the world of football no matter where the children grow up in Japan.

The coaches need to improve their coaching skills and capability to ensure they can fully draw out the latent talent of our youth. Looking at the top football nations, we can see that they ensure an environment is available for coaches to study and improve their skills whenever they want (Quantity). When the individual coaches improve their skills (Quality), it creates a virtuous cycle that further draws out the players' smiles and improves the entire level of football.

“

The way they encounter football is incredibly important for children. That is why we are developing coaches to ensure every child has the chance to start football with a qualified coach from the very first session.

A. BILL GUNNARSSON

Source: Football Conference Japan 2019

Profiling the Leading Nations

Combining openness to diversity and inclusiveness with a sense of unity

Bringing more people into our football family and embracing diversity and inclusiveness will make football a more integral part of everyone's life. When viewed at the global level, diversity is also one key to the success of a national team.

Diversity and inclusiveness add depth to a nation's identity, and success on the global stage begins when diversity is combined with a sense of unified direction. While sharing a bold sense of purpose and embracing diversity and inclusiveness, we will truly be one step closer to our dream when we direct everyone's unique strengths towards a common goal.

“”

If we can focus the entire strength of our whole country towards one goal, (Belgium's) diversity will become a major strength.

Roberto MARTINEZ
(Belgium National Team Coach)

Source: Football Conference Japan 2019



Taking a lesson from its loss at EURO2000, Germany opened football development centres throughout the country, creating a variety of pathways for player development. Germany succeeded in discovering excellent players who lived in Germany but had previously gone unnoticed and therefore played for the national teams of their home countries. At first, this new crop of national team players (like Oliver NEUVILLE) faced some controversy, such as being ridiculed for not speaking German, but the diversity of the national team and the refinement of football culture is said to have played a big role in Germany's World Cup victory in 2014.



France succeeded in recruiting immigrants mainly from its Dominions from an early stage, and this contributed to their World Cup victory in 1998. There were concerns, however, that this diversity would dilute the loyalty and sense of belonging in the national team. The team is said to have a dualistic nature; it achieves victory when the players come together as one, falls apart in defeat when the sense of belonging is lost (KNYSNA, 2010).



Belgium formerly had difficulty reconciling the French and Dutch aspects of its culture. After the country's defeat at EURO2000, Belgium reformed its player development system, formulated a national syllabus, and succeeded in achieving national cohesion. Coach MARTINEZ has suggested that the team's superb adaptability, as seen at the 2018 World Cup, is thanks to the development environment provided to its youth.

From "their" football to "our everyone's" football Our football for everyone

In nations that are top contenders for the World Cup, the portion of football players and fans (registered and unregistered) exceeds 7% of the total population. (Source: FIFA estimate)

The high population of football lovers makes the sport a constant presence in town, school, the workplace, and home. Football is also valued culturally in the same way as music, arts, and literature.

People enjoy football in their daily life. Football is valued as culture in the same way as music, arts and literature.

"Culture is the outcome of interpretation of a certain phenomenon, and permeating our society like a network."

– SHIMIZU Satoshi, Former Vice Dean, University of Tsukuba. As Professor SHIMIZU says, for us to increase football's cultural value in Japan, football must be seen as essential to improve people's lives, and recognised for its capacity to bring people together and enliven society. When we achieve this, football will be a daily topic of conversation at home, people will be seen kicking the ball throughout the city, and parents will eagerly walk hand-in-hand with their children to the local stadium to watch a game. Making football an intimate, ever-present part of daily life will bring us one step closer to our dream of winning the World Cup.



Discoveries made by profiling leading nations

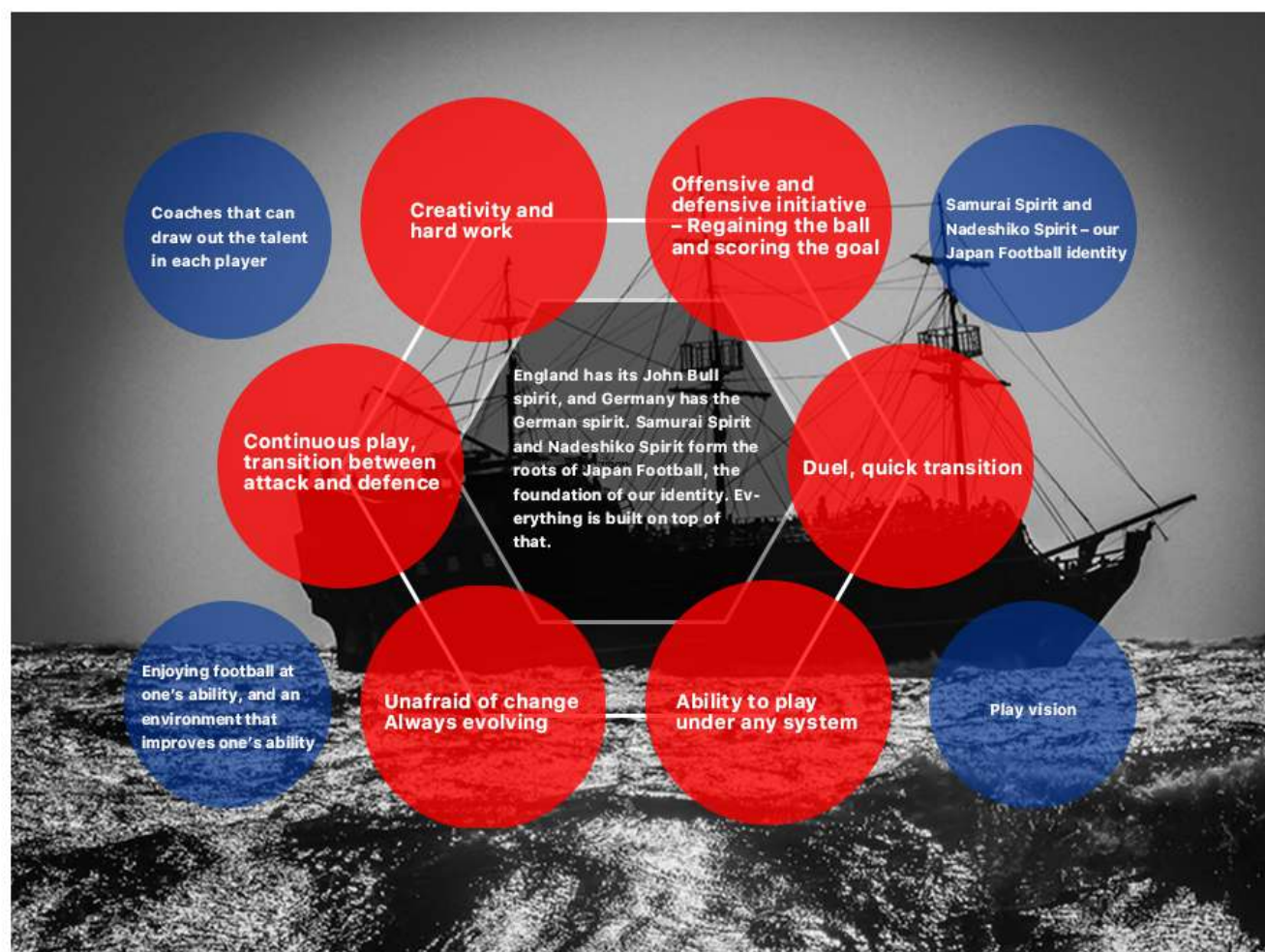
Profiling World Cup champion nations has revealed many findings and one of the key discoveries is that these nations' sole focus is not only national team development.

During the Cold War, the former communist nations scrambled to collect medals in sports by concentrating their investment in a specific small group of athletes. During the same period, in 1959, West Germany unveiled its slogan "Zweiter Weg" or "Second Way" and introduced the concept of "Sports for All" to encourage its citizens to play sports to attain joy, which led to the Golden Plan the following year. The vision outlined still serves as the foundation that supports sports as a culture in Germany today.

The broad foundation of sports has contributed to Germany's competitive strength, and its national teams that can be supported by the entire nation are seen as a source of well-being and happiness. This synergistic effect is a major lesson for Japan to learn from the leading football nation.

Identity of "Japanese Football"

It is essential to think about our identity in the context of Japan football. Japan football has been developed thus far by not just Japanese people, but also international players, coaches and naturalised players. We will build upon these roots to continue evolving our football through the efforts of a diverse range of coaches and players. For that reason, we do not call our football "for the Japanese" or "Football of the Japanese," but rather "Japan Football." It is essential that we design the path to our dream - "Japan's Way" - based on the understanding that Japan Football is highly diverse and ever-evolving. This does not mean everyone will be devoted to the same style of football. It means we will all share the same grand vision and direction while embracing diversity.



Japan lifting the World Cup trophy

To achieve this, we must become the happiest country in the world through football.

Japan's Way is our path to achieve the goal

1

We must create an environment that allows everyone to enjoy football at their level. An environment that brings joy to those who play, watch or support (players, coaches, referees, organisers, parents, fans, supporters and more). We will work to realise this vision.

2

Players must think for themselves, decide and take action to execute their technique, this is the true joy of playing football. We will develop players who enjoy football even at the elite level.

3

We must have qualified coaches to achieve this goal. We will develop coaches who cherish their own learning opportunities, allow players to experience the joy of deciding and playing for themselves, and can draw out the latent talent in each player.

4

The players we develop through the above process will form a national team that can compete globally. Our players, who have the capability to compete around the world as individuals, will come together and fight as one while respecting each other. That is a strength Japan can proudly showcase to the world, and Japan will design a national team that expresses that pride.

5

Our national team will be the one built by everyone involved in football. A national team that people can proudly support will foster emotional well-being throughout Japan, and winning the World Cup will bring happiness to our players, staff and officials, our supporters and people throughout Japan. This is how football can help us attain happiness.

Building a football culture



Winning the World Cup

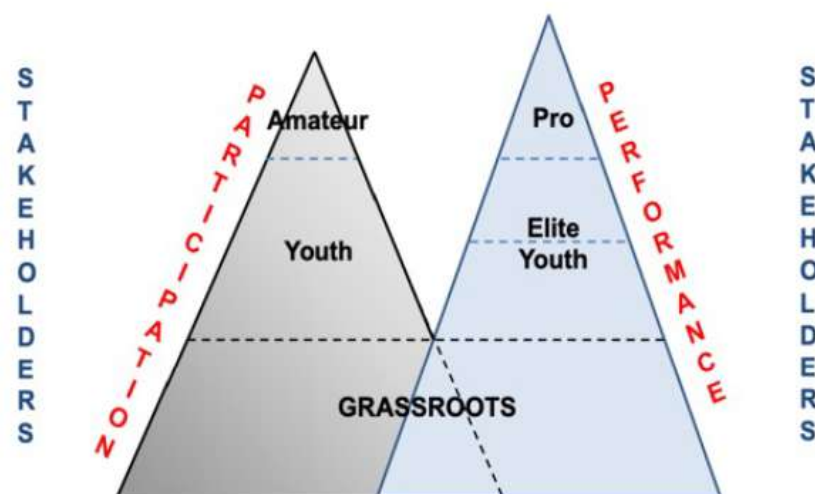
= Bringing joy to everyone through football

The synergistic relationship between increased competitiveness and well-being

If you say, "football anyone can enjoy," somebody might respond, "well, can you win playing that way?" On the other hand, if you discuss strengthening the national team or increasing competitiveness, you will surely be asked, "Don't you have to think about grassroots?" These reactions are understandable, but is it really the case? In the profiling examined in the previous chapter, it was clearly shown that leading World Cup contender nations linked football to well-being to further develop their competitiveness. The success of their national teams spreads the base football in the country, and having a national team people can cheer for brings happiness to their citizens.

This demonstrates how the left and right side of the pyramid depicted in the diagram (right) are closely linked to form a synergy.

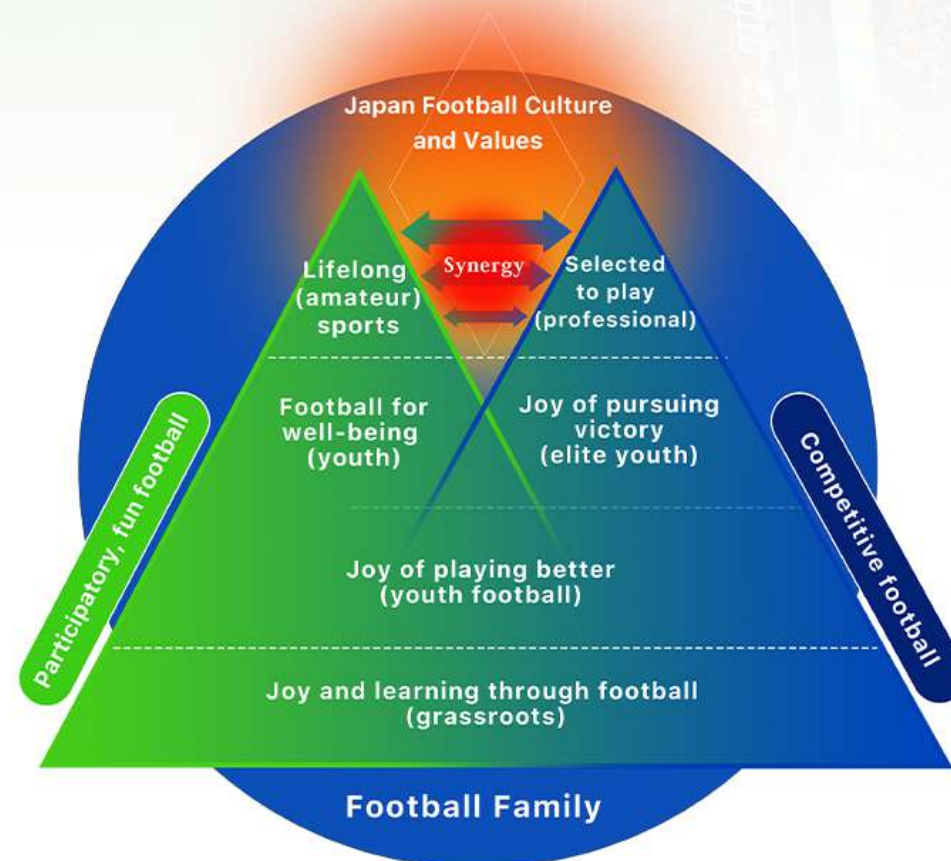
Below is a diagram produced by FIFA. Many countries separate competitive football from football for well-being at an early stage. The pyramids are related but separated as a clear double pyramid. In Japan, however, the two pyramids are interlinked and blend into one another. This is a feature unique to Japan and a source of competitive strength.



Pathways to becoming a player

= Japan's unique football culture

With its U-12 teams, town clubs, junior-high teams, high school teams, pro club academies, university teams and more, Japan has a unique and vast range of pathways to becoming a player, each offering the chance to meet passionate coaches. Each pathway has also produced professional players in Japan's football history. Even examined on the global stage, Japan stands apart with one of the widest ranges of proven pathways in the world. The words of OKADA Takeshi at the 2010 FIFA World Cup South Africa™ express this concept, "The Japan National Team is supported by the sweat of our entire football family that pours its gratuitous unconditional love into Japan Football." The AFC Technical Team also describes Japan's strength, "It would take at least 20 years to implement the multitude of pathways Japan offers in the European nations."



Japan's unique double pyramid is elevated through its superb assets – as one side strengthens, it naturally pulls up the other pyramid. To achieve our dreams, we must realise this synergy and make Japan the happiest country in the world through football.

Going beyond football to create a new sports culture in Japan

The synergistic relationship that makes everyone happy playing sports - Improving competitiveness and well-being

School club activities, which have played a central role in sports and cultural activities to children since the end of World War II, are about to enter a new phase.

It is essential to provide a sustainable, welcoming environment for children who want to play sports and continue for a lifetime. We must also maintain and increase platforms for coaches to teach sports as this will also be the key for the future of sports in Japan.

In "The J.LEAGUE 100 Year Vision", the J.LEAGUE states that the philosophy since its founding in 1993 is to "make Japan happier through sports". When the league was launched, it highlighted the importance of bringing happiness to Japan through football and sports, and pursuing Japan's community-based sports culture as the key to the future of Japan.

The below is an excerpt from a speech given by OKANO Shun-ichiro, the former President of the JFA.

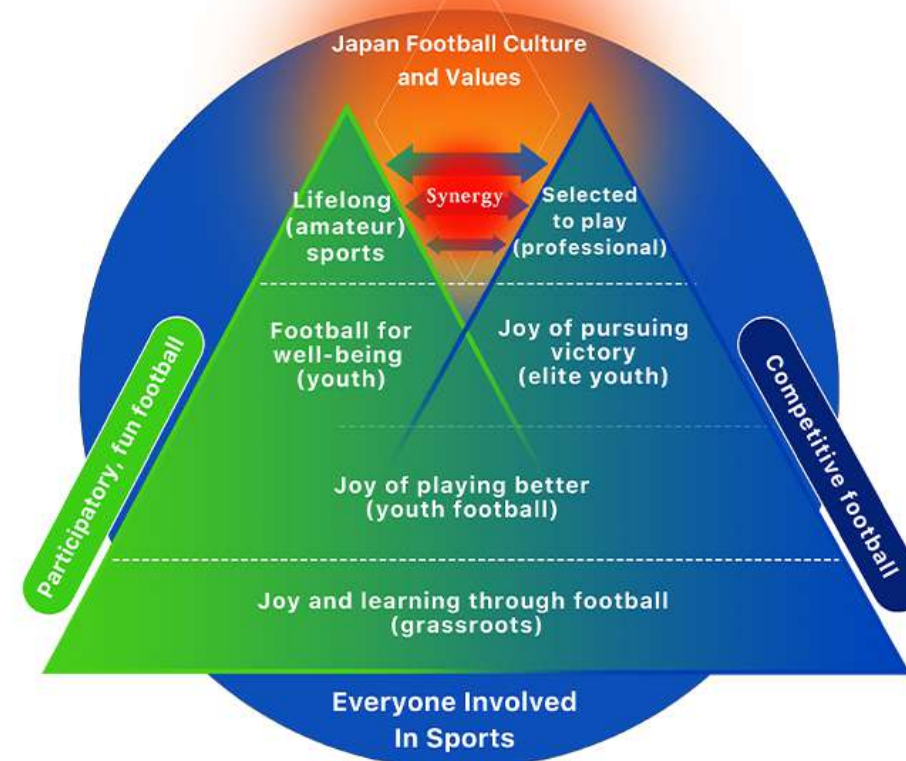


As civilisation progresses, we can leave a greater degree of house cleaning and laundry work to machines. I think that's wonderful. It gives women the opportunity to enjoy activities such as volleyball or aerobics, or to study. That is fantastic. This represents the brighter side of progress in civilisation. As long as there is light there will always be a shadow. What is the shadow here? It's the loss of physical activities in our daily lives. Our body's cells see a reduction in essential physical stimulation. Many people forget this important point. That is why sports will become even more essential in the 21st century. "The J.LEAGUE 100 Year Vision" for the 21st century includes furnishing a variety of sports facilities throughout Japan. Another concept under the "The J.LEAGUE 100 Year Vision" is to create an environment where everyone can enjoy sports when they can. This mission is not just for football, but the key to making healthy physical activities a part of everyone's lives in Japan.

Source: 17th Medical Scholar's Society Special Lecture, 1997



- Creating green spaces and sports facilities in your town.
- Establishing sports clubs where you can enjoy any sports.
- Creating an interactive community for all ages in which everyone can benefit from the joy of watching, playing and participating in sports.



Creating an environment in which anyone can enjoy football at all levels

Japan has U-12 teams, town clubs, junior-high teams, high school teams, pro club academies, university teams and more, each offering their competition, which have combined to create Japan Football we have today. No matter what route a player takes, they have the opportunity to meet an impassioned coach and the door is open to becoming a pro or to play for the national team. This is the strength of Japan's multiple pathways, our pride on the world stage. These pathways were no doubt created through trial and error thanks to the tireless efforts of numerous people.

Ever since Japan appeared in the 1998 FIFA World Cup France™, we have created technical reports and videos to garner implications for our next generation of football based on global standards. Looking back over the technical reports for the past ten years, we identified the below common points (diagram below). These points, such as improving the game environment, are priceless analyses earned from our competition on the world stage. This series of game environment reforms leads to the creation of a barrier-free game environment based on the principle of creating an environment in which anyone can enjoy football at all levels.

The 6-3-3 system (6 grades in elementary school, 3 grades each in junior high and high school) of Japanese schools can make transition between schools difficult for players, and the absence of the competition beyond federations make interactions challenging. Our analysis showed that these barriers posed issues for Japan to do well in global competitions. We have worked to remove these barriers, in particular by creating nine regions from the leagues founded throughout east and west Japan thanks to the devoted efforts of many people. The 47 Prefectural Football Associations and division-based leagues are important foundations that allow players to enjoy football at all levels and the improvement of player ability through serious and consistent competition.

Like a current in a great sea, however, global football is constantly moving and evolving. We must never be wholly satisfied with the status quo, and we must continue to analyse global football in order to keep updating ourselves without fear of change.

Competition environment reforms through Technical Study

Japan's challenges revealed through global competition

- 1 One-on-one attack and defence
Physical toughness, intensity in body contact
- 2 Playing towards the goal to score
- 3 Attack and defence in and around the box
- 4 Instinctive ability to seize opportunities, courage to take risks

Setting achievable goals

In order for players to make proactive efforts for further growth, we need to:

- 1 Foster a suitable environment
 - 1 : "LEAGUE for ALL"
 - 2 : Proactively introduce small-sided games
 - 3 : Eliminate time off from football
- 2 Improve the quality of coaching
 - 1 : Focus on coaching that improves individual players
 - 2 : Nurturing humanity and personality
 - 3 : Develop a respect for youth coaches

Leagues for all youth ages are launched

Risk-aversion to risk-taking challenges

Shifting the age category from U-18 to U-16 competition of the National Sports Festival

The change in upper age limit of the National Sports Festival helped eliminate the time-off from football of 8th graders (3rd year junior high school students) after their summer break, and allowed coaches from junior high schools, high schools, and clubs work together for further youth development.

8-a-side football for U-12 category is introduced

Encourage more attack and defence near the penalty area, allow players to build techniques based on in-game decision makings.

History

- 2000 Kanto U-18 Super League was launched with All Japan High School Athletic Federation teams
- 2003 Prince Takamado Trophy All Japan Youth (U-18) Football League / Prince League was launched in 9 regions as the first JFA youth league
- 2007 The upper age limit for the National Sports Festival (Football)'s Boys category is lowered to U-16, creating an environment where junior-high, high school and club players and coaches work cooperatively to develop football on regional levels
- 2008 U-15 and U-12 leagues are launched
- 2011 U-18 national league (East and West) and Prince Takamado Trophy JFA U-18 Football Premier League was launched,
- 2011 The All-Japan Youth Tournament (now the JFA U-12 Japan Football Championship) changes to 8-a-side game
- 2015 The JFA U-12 Japan Football Championship is shifted from the summer to winter
- 2022 JFA U-18 Football Premier League expands to 12 East and 12 West teams, with 22 matches held annually for each team

Creating an environment in which everyone can enjoy football at all levels

Transitioning the next generation competition environment from “Fun” to “Serious Fun”
The pursuit of an environment in which you can have fun

The greatest joy in football is the ability to play creatively and accurately based on your own decision-makings. This skill will become an asset for Japan when competing globally. We must therefore create an environment in which everyone can enjoy football that pushes their abilities to the limits, whether it is at the grassroots level or the highest level of competitive play. This goes beyond simply teaching and being taught and is connected to creating an environment in which players make proactive efforts for further growth. If we play football under the heavy breaks of extreme heat or fail to hold tournaments in the proper season, we cannot fully unlock players' potentials.

How can we avoid these limitations and create an environment in which everyone can attain joy through playing intense, competitive matches? We must look beyond the players and create an environment that brings happiness and joy to everyone involved, including coaches, referees, administration staff, and families.

In Japan, there used to be a time when “sacrificing your family” was considered a virtue. We must put an end to such notion and restructure the football calendar by including off-season period as appropriate.

The 2030 Youth Development Competition Environment Plan

① Restructure the annual calendar linking leagues and Federation cup championships

② Spread out cup competitions to create a more efficient calendar (seek win-win)

Cooperation among host federations is key in linking leagues and championship cups to achieve an ideal state.

* Linking leagues and championship cups is one proposal to help ensure players can enjoy as many challenging competitions as possible while also incorporating appropriate off-season dates. The European nations have spent many years to achieve a schedule that combines high-intensity competitions while also ensuring appropriate rest periods.

We must continue to build upon Japan's unique youth development system while also incorporating new discoveries and lessons from other countries.

To create an optimal calendar that includes off-season dates we must put aside the matter of who the host of the competition is, and think outside the box to create a competition environment that brings happiness to everyone involved, and committing to placing players first.

What makes an ideal player?



An ideal player for Japanese football

With the advancement of the J.LEAGUE and the success of the Japan National Team, Japan takes pride in its numerous excellent players, many of whom play in leading European clubs. Even when viewed from a physical perspective, such as height, power, or the ability to regain the ball, an area previously considered Japan's weakness, players who are able to compete on equal footing with the world are emerging. Going forward, we expect to see more Japanese players succeeding in top clubs around the world, and through their devoted play on the National Team, we fully believe it will help us achieve the goal of winning the World Cup as outlined in the "JFA Declaration, 2005". With such hope in mind, we would like to delve into the qualities of an ideal player for Japan football.



How has the game changed?

The count of full-intensity running has increased over eight seasons (2012-2020). The increase varied by position: 14.6% for full-backs and 9.2% for mid-fielders.

Center-backs (+8.2%), full-backs (+9.5%), mid-fielders (+9.3%), and forwards (+8.0%) also increased the distance of their coverage through full-intensity running over the period of 2012 to 2020.

There were no disparities in the total number of passes, short passes, long passes, and the pass success rate.

The pass count increased by 30.6% for centre-backs, with an increase of 31.5% for short passes and 26.5% for long passes.

Over eight seasons the clearance rate decreased by 40.8%, but the interception rate increased by 10%. (Source: Barca Innovation Hub)

The frequency of sprints and full-intensity actions by top players has doubled since 2002, with increased intensity seen as well.

The ball is in play for an additional 12 minutes compared to 1990.

Based on this analysis, speed, agility, and acceleration are core part to the athletic ability of top-level players. (From the Football Association of Wales)

What do players of the future need?

Intensity & Quality

The ability to make accurate plays in the midst of intense attacking and defensive action will become even more important, and the following elements will be essential.

- High football intelligence
- Flexible adaptability
- One-on-one defensive and attacking intensity (ON/OFF)
- Ability to manage the state of the game
- Extremely high-level technique (with right decision-making)
- Split-second decision making
- One-touch passing
- Physical fitness (all aspects)
- Hard-work mentality

"The ideal J.LEAGUE match is tough, fair and exciting."

(Source: 2020 J.LEAGUE Business Conference)



The ideal youth player

A player with unique competitive strengths (individuality) who is able to contribute to the team in a variety of circumstances

- A player who is able to leverage his/her strengths and unleash his/her individuality for the team no matter where they play, under any coach, system, or tactics.
- A player with techniques and capabilities that will work in the adulthood. Top priority should be placed on individual techniques, and group and team tactics should be acquired during the course of player development.
- A player who is able to focus on technique and has a clear understanding of football principles.
- A player who is not developed under a single, specialised team tactics.
- A player that takes risks with a sense of personal responsibility.
- A player with a sense of creativity and is committed to hard work.

Japan Football respects the diverse football environment and playing models seen today, and supports the players with diverse individuality growing up in today's environment. By playing in a team in which they can fully express their individuality, the players can experience the joy of football. And once they exhibit organisational strength and solidarity which are the strength of Japanese football, the player should be able to unleash his/her power through both diversity and unity. To discover and develop future talent (TalentID), we must establish a clear standard for Japanese Football.



In the 30 years since the launch of the J.LEAGUE, young children have competed in pursuit of a new dream while always pushing themselves to the next level. Aspiring players dreaming to become professional footballers and play for top clubs in the world have even stronger characteristics, personality, and capabilities than ever before. When these players come together to form a team in harmony, their characteristics will become their strength.

Players with a never-seen-before character emerges to create a team with never-seen-before strengths.

Turning characteristics into strengths

Extraordinary talent (Maverick)

Players with extraordinary talent can sometimes be difficult to manage. While individuality is important, extreme egotism is not part of Japan Football.

That is why we need strong coaches to help these players express their strength in the team without curbing their unique talent. This is a challenge that both the players and coaches need to face for further growth.



Goal Keeper



Tactical

- Accurate monitoring and decision-making in all four aspects of the game
- Ability to detect danger and high risk management skills
- Effectively start the attack
- Accurate positioning and timing



Technical Skill

Attack

- Accurate passing (precision, distance, right & left foot)
- Support control
- Throwing

Defense

- Blocking shots
- Defend against the opponent's crossing
- Through-passes, one-on-one



Mental

- A demeanour that gives the team a sense of security
- Full concentration
- Cool-headed play at all times
- Leadership
- Ability to communicate with whole team
- Sense of responsibility for goalkeeping



Physical

- Speed and power
- Fast reaction and high coordination
- Fit to play in top form during the entire game

Per-position profiles: We welcome a diverse range of play styles in addition to the player persona described for each position!

Photo: Player with the longest playing time per position at the AFC Asian Qualifiers - Road to Qatar (Final Round)



Full
Back



Tactical

- Attack: Good timing at joining attack
- Attack -> Defence: Aware of balance when on the ball (risk management)
- Defence: Support the center-backs and mid-fielders when not playing the ball
- Defence -> Attack: Join the attack while anticipating play progression or balance out the back



Technical Skill

AT

- Drive and stabilise the attack with accurate passing
- Provide sharp and accurate crosses in the penalty area
- Secure enough lateral space to advance according to the game situation and team tactics
- Accurate control under limited space and time pressure

DF

- Apply fast pressing and delay the opponent's advance
- Steal the ball in 1v1
- Predict the opponent's attack and intercept passes



Mental

- Communicate with team on both attack and defence
- Repeatedly join the attack while supporting the defensive line
- Positive attitude to keep running on the attack even if a pass does not come



Physical

- Able to run up and down the field the whole game on attack and defence
- Able to meet and exceed fast opponents
- Mobility to shift to any direction
- Able to beat opponents in 1v1

Per-position profiles: We welcome a diverse range of play styles in addition to the player persona described for each position!

Central Defender



Tactical

- Attack: Support and positioning to stabilise the attack
- Attack -> Defence: Manage the back space to prevent a rapid counterattack
- Defence: Positioning that interferes with the opponent and prevents plays on goal
- Defence -> Attack: Decide whether to quickly move up for attack or to stabilise from the back



Technical Skill

AT

- Drive and stabilise with attack with a range of passes suited to the playing area
- Build attack by dribbling towards space
- Accurate control under limited space and time pressure
- Heading skills to score a goal during set plays

DF

- Steal the ball in 1v1
- Deflect the opponent's long shots and crosses with heading
- Predict the opponent's attack and intercept forward and back passes
- Eliminate space in front of the goal and prevent goals through tackling



Mental

- Leadership that supports the team
- Refusal to allow the opponent a goal
- Maintain composure even under offensive pressure
- Quickly recovers after an opponent's goal or failed play



Physical

- Able to face down opposing forwards
- Speed to handle running opponents
- Reaction speed and agility to respond to opponent movements
- Able to jump high enough to take down aerial shots and passes

Per-position profiles: We welcome a diverse range of play styles in addition to the player persona described for each position!

Photo: Player with the longest playing time per position at the AFC Asian Qualifiers - Road to Qatar (Final Round)



Central
MF



Tactical

- Attack: Create space, position to create over-number situation
- Attack -> Defence: Block opponent's advance to prevent a counterattack
- Defence: Block the opponent's advance while seeking for the appropriate timing to press
- Defence -> Attack: Balance the state of the field and join the attack when possible



Technical Skill

AT

- Receive the ball even under space and time pressure
- Able to make a variety of passes in response to various in-game scenarios

DF

- Regain the ball in 1v1
- Anticipate and intercept the opponent's attack
- Quickly shift between supporting the defensive line and mid-field
- Catch the opponent off guard and tackle to regain the ball



Mental

- Devote oneself to the team and keep running the entire game
- Effective communication skills to lead the team
- Maintain composure under pressure
- Ball-hungry on attack and defence
- Composure even under unfavourable conditions



Physical

- Able to run up-down and across the pitch the entire game on attack and defence
- Able to face down opponents physically
- Quickly respond and reposition for changing situations

Per-position profiles: We welcome a diverse range of play styles in addition to the player persona described for each position!

Photo: Player with the longest playing time per position at the AFC Asian Qualifiers - Road to Qatar (Final Round)



Attacking
MF



Tactical

- **Attack:** Position between the lines to gain free time and space for an advance on goal
- **Attack -> Defence:** Quickly close in on the ball and delay the opponent
- **Defence:** Resolutely press the opponent and regain the ball or delay their play
- **Defence -> Attack:** Predict the situation and get forward quickly to receive the ball



Technical Skill

AT

- Able to score goals under limited space and time pressure
- Make a variety of passes to create goal-scoring opportunities
- Receive the ball under space and time pressure
- Break through the opponent's defence in one-on-ones

DF

- Actively press the opponent's defensive line
- Support the forwards and mid-fielders as required



Mental

- Unafraid to receive the ball under space and time pressure
- Ready to go on attack as many times as needed
- Hungry to score a goal
- When the ball is lost, ready to immediately get it back



Physical

- Speed to chase the ball or press the opponent
- Agility for quick movement under space pressure
- Able to make repeated sprints
- Able to face down powerful opponents

Per-position profiles: We welcome a diverse range of play styles in addition to the player persona described for each position!

Photo: Player with the longest playing time per position at the AFC Asian Qualifiers - Road to Qatar (Final Round)



Wide MF
(Winger)



Photo: Player with the longest playing time per position
at the AFC Asian Qualifiers - Road to Qatar (Final Round)



Tactical

- Attack: Secure width to make a play on goal
- Attack -> Defence: Chase the ball and delay the opponent's attack
- Defence: Regain the ball by a rapid press and hinder the opponent's play
- Defence -> Attack: Anticipate the situation and go forward quickly, or support with width as required



Technical Skill

AT

- Able to score goals under limited space and time pressure
- Deliver sharp, accurate crosses in the box
- Receive the ball between the lines or from wide position according to the opponent's position
- Break through the opponent's defence in 1

DF

- Actively press the opponent's defensive line
- Catch the opponent off guard and tackle to regain the ball
- Support the defenders and mid-fielders



Mental

- Bravely challenge any opponent
- Hungry to score a goal
- Devote oneself to the team and keep running during the entire game on attack and defence
- When the ball is lost, immediately gets it back



Physical

- Speed to break through or press the opponent's defensive line
- Agility to quickly change direction even at full speed
- Stamina for repeated sprints
- Able to face down powerful opponents

Per-position profiles: We welcome a diverse range of play styles in addition to the player persona described for each position!



Striker



Tactical

- Attack: Good timing at taking a position to score a goal
- Attack -> Defence: Close in on the ball and delay the opponent's attack
- Defence: Quickly close in on the opponent's defence with a fast press
- Defence -> Attack: Target space in the opponent's rear, or position to receive a forward pass



Technical Skill

AT

- Able to make a shot on goal with few ball touches under space and time pressure
- Able to keep control of the ball even when marked by the opponent's defence
- Able to score by heading a cross ball
- Able to make an accurate pass to teammates with few touches on the ball

DF

- Actively press the opponent's defensive line
- Pursue the opponent and tackle to regain the ball
- Support the defenders and mid-fielders



Mental

- Strong desire to score a goal
- Ability to keep trying
- Always cool-headed and ready to play boldly in the penalty area



Physical

- Able to physically face down powerful opponents
- Speed to break through the opponent's defence or make and advance
- Able to receive a cross ball for a shot on goal
- Speed to outrun opponents

Per-position profiles: We welcome a diverse range of play styles in addition to the player persona described for each position!

Photo: Player with the longest playing time per position at the AFC Asian Qualifiers - Road to Qatar (Final Round)



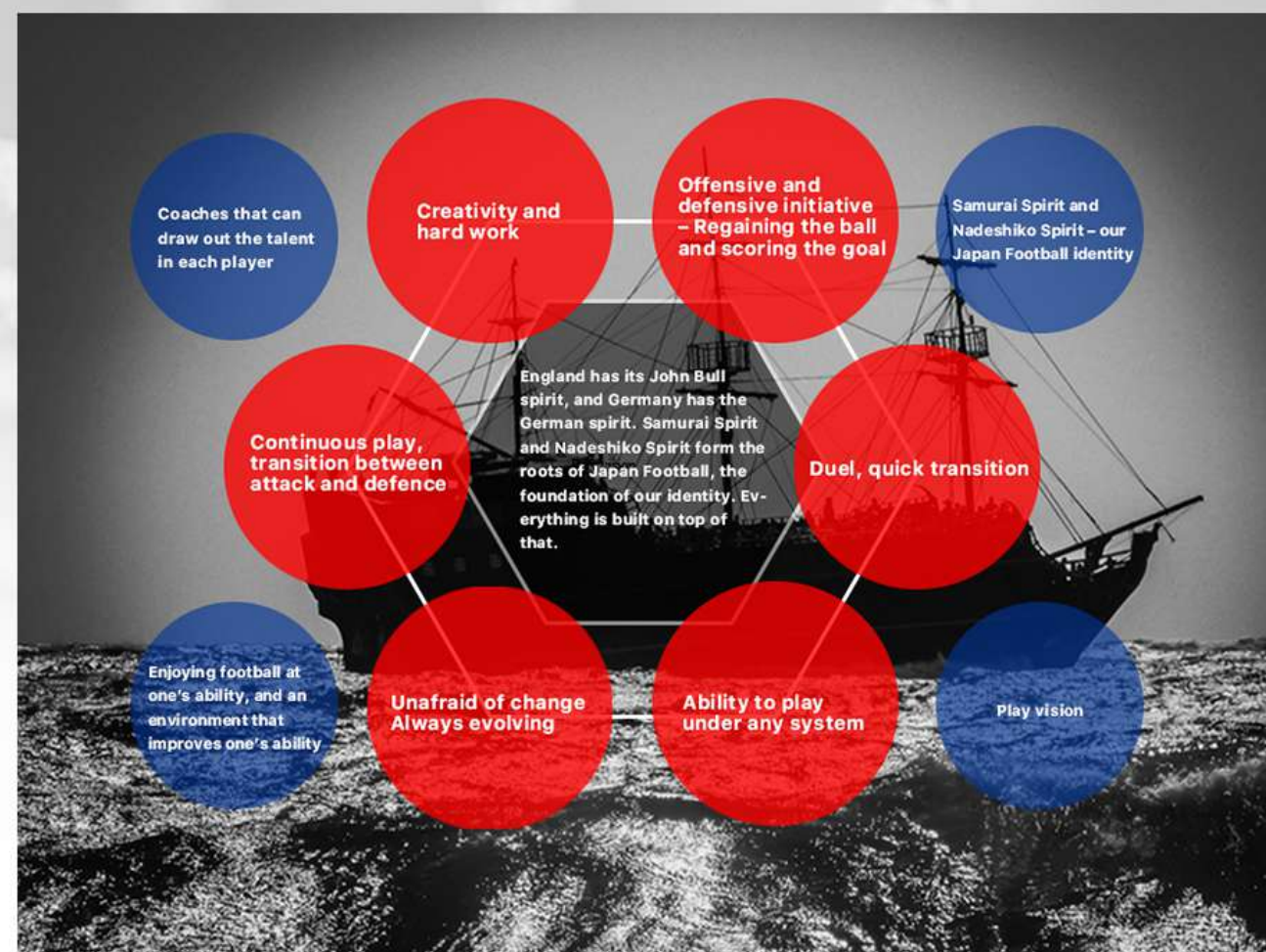
Play Vision

Play Vision

By the time Japanese Football dominates the world, what will it be like? “Japan's Way” describes our path to reach that ideal state, but the “Play Vision” refers to the concept of how we want to play football, based on elements such as the strengths and characteristics of Japan Football today, the trends in international football and our predictions for the future. The Play Vision is a concept that integrates all of these elements. We will guide Japan Football down a path that produces exciting, impressive, and successful play with a view to how we adapt to the future.

The football currently played in Japan has the characteristics of modern Japan Football that represents many factors including our history, culture and society. These characteristics, however, are not permanent. As stated in our prologue, Japan Football has become increasingly diverse in recent years, and it is important that we acknowledge these aspects and design Japan Football to achieve our ideal style of play.

We do not want everyone to play the same style of football. The Play Vision is a guideline of standards and the players should continue to develop their own style with diversity. We want to combine diversity, individual growth and sense of unity in order to compete globally.

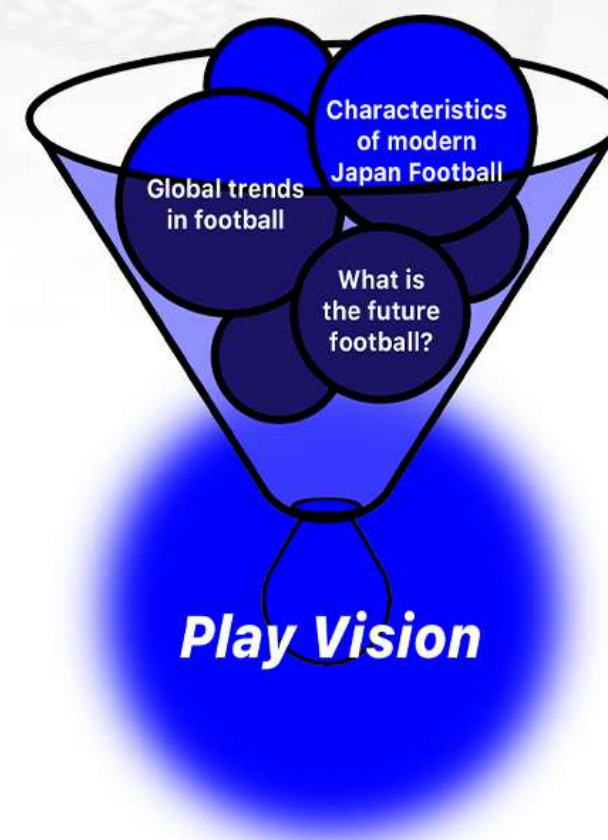
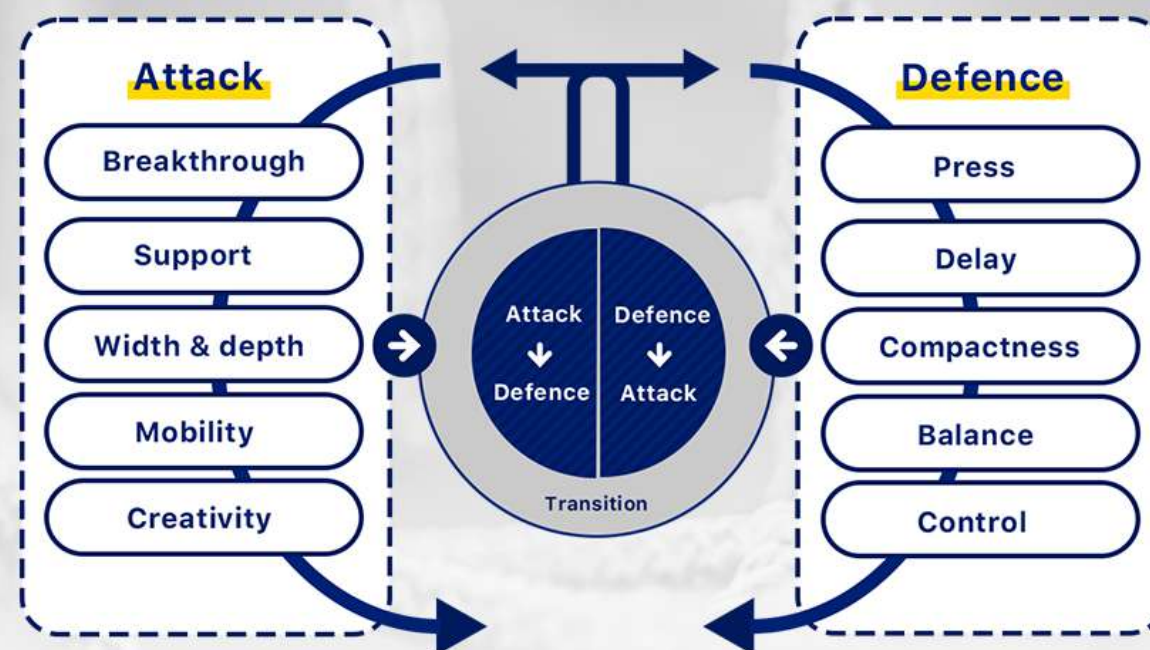


The Principles of Play and Play Vision

“The principles of play are the fundamental strategies that a team uses to effectively adapt to any tactical situation during a game. They consist of concepts that coaches use to focus their team’s objectives and to evaluate the performance of their players on the field. Understanding the Principles of Play will furthermore aid the coach in guiding players’ movements and decisions and providing evaluation. (England DNA)”

The principles of play reflect the differences in interpretation of football and the trends of global football as both elements evolve. The JFA has published a revised “Principles of Play” this year, and one major update is the reference to “Press”, which is to apply increased pressure on the opposing team that is in possession of the ball. Pressing had previously been considered a weakness in Japan Football. This term is now at the very top of priorities in defence. The Principles of Play serve to explain the fundamental strategies of the game for players and coaches to understand.

In contrast, our Play Vision describes the type of play we can achieve through Japan Football which we believe will not only lead to success, but also create exciting, impressive moments. It differs from the play model set by each club and coach; it is the guideline for how Japan Football should develop as a whole.



The Play Vision of Japan Football

- A vision that leads not only to success, but also a fascinating, inspiring game
- Japan Football's challenge to overcome the "Galapagos syndrome"
- Shifting our goal from meeting "the world standard" to being "the world's best"

Our unchanging values

- **Always play proactively!**

Grasp and bring out the essence of football when playing the game. Constantly evoke action to regain the ball or get the goal.

- **Overwhelmingly fast transitions!**

Immediately regain control of the ball once it enters an in-con-test state, and make an attempt to score a goal

- **Creativity and hard work!**

We do not have just creative players or just hard-working players. Our players must be both!

- **Quick problem-solving skills!**

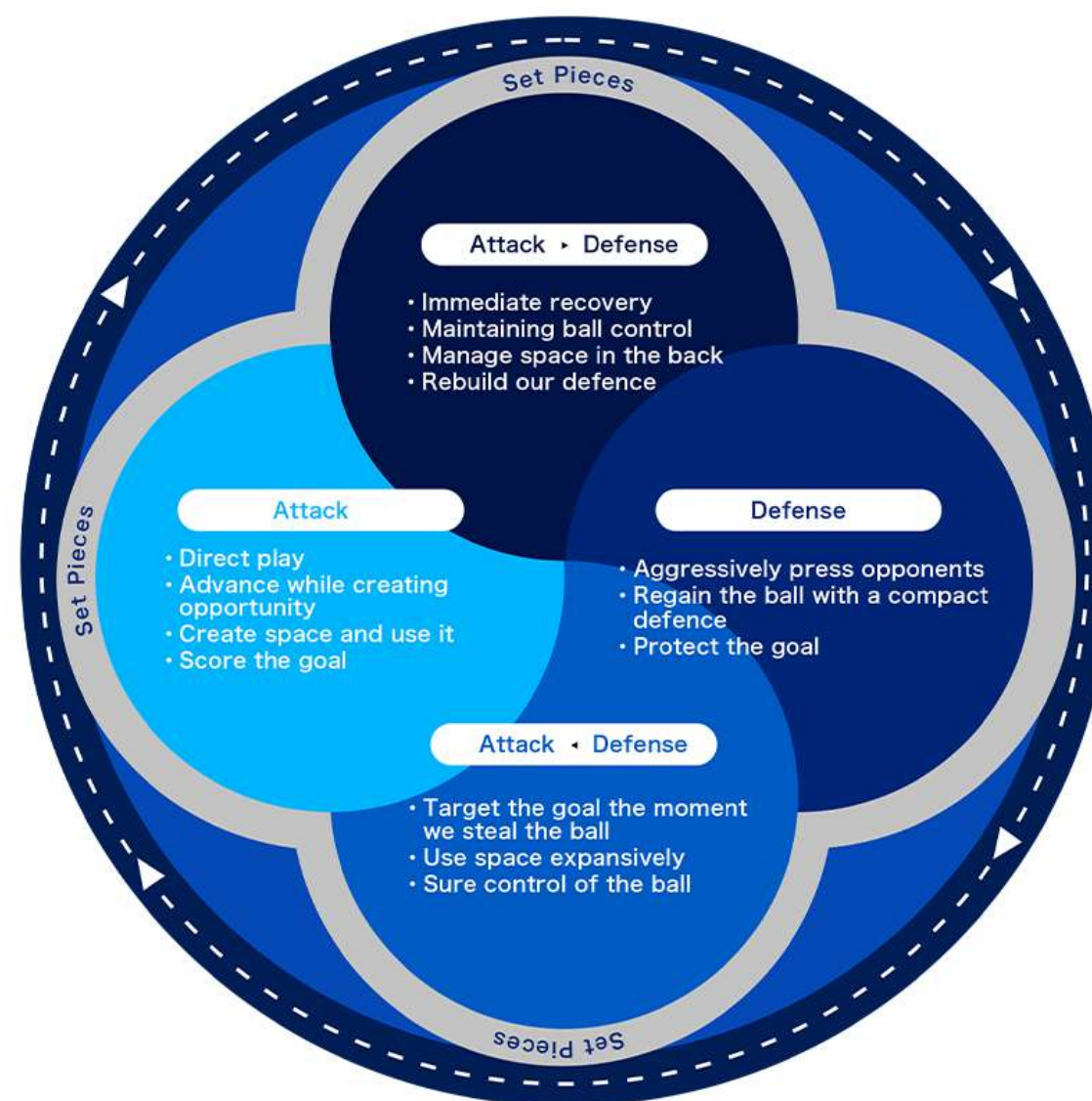
Be prepared to choose the best action and play under the given circumstances, and, improve the efficiency of problem-solving skills.

- **The ball is most important!**

That is why we want to regain the ball immediately. Whether on attack or defence, possession of the ball is key in controlling both attack and defence.

- **Ability to play successfully under any playing system according to the principles of football**

Understanding the fundamentals of football makes it possible to play in any position, play-system or play style. Intelligence is essential



Four seamless phases of play

Our play vision for attack

Guidelines for the attacking phase

Although Japan made its seventh consecutive appearance at the FIFA World Cup™, we continue to challenge the world as individual players and as a team. Japan Football today is a representation of robust growth and development, but it also faces challenges due to its geographical disadvantage as an island nation. Competitions tend to be only domestic, and it is also the reason for Japan's "Galapagos syndrome" (i.e. similar to the isolated island of Galapagos, Japan football often had to evolve in an 'isolated' state). Based on the wide range of analysis conducted thus far, Japanese Football still has many challenges, in particular the quality and quantity of our play in front of the opponent's goal. Scoring goals is the essence of football! We must always attack and score. To achieve this more fully, we must further improve the quality of our offensive action.

- **Always have an attacking mindset!**

Scoring a goal is what football is all about! We would rather shoot than pass, and a forward pass is better than a lateral pass without losing the ball!

- **Seamless transition to attack!**

Go for the goal the moment we regain the ball! Attack before their defence is ready!

- **Watch the opponent and use our technique on the move**

On the attack we face space and time pressure, and the opponent's defence is getting stronger. We want to improve the precision of our technique under such circumstances!

- **Combination plays**

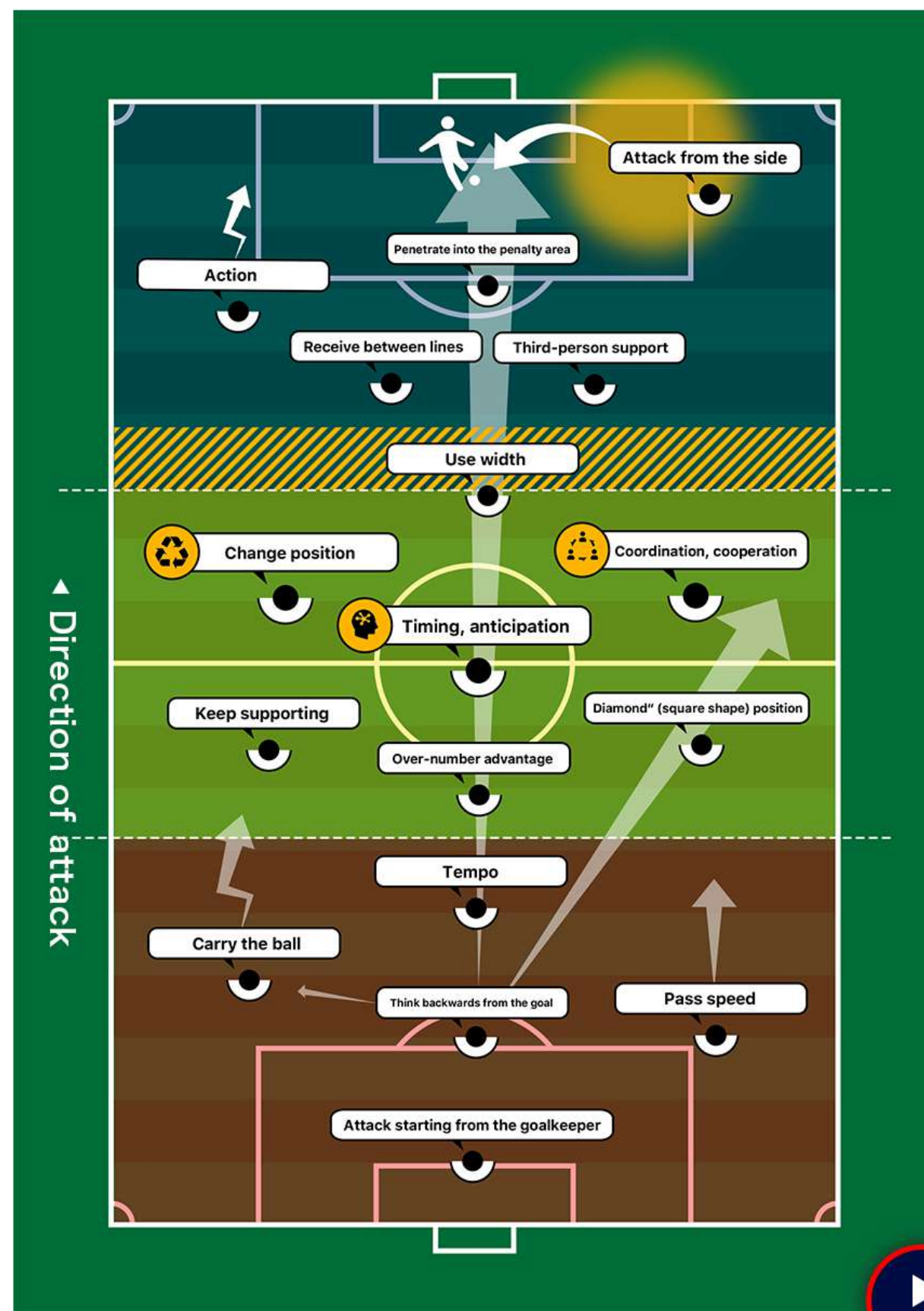
Cooperative play that involves multiple players. The third player kicks off the action. High tempo.

- **Decide the match with getting the goal!**

Take bold, yet cool-headed, action.

- **Choose plays based on position and situation.**

Understanding of position and the three zones is key. Keep it safe, or go for the bold play taking a risk!



Play vision for defence

Defensive phase guidelines

Actively go for to regain the ball

Actively regaining the ball is part of the essence of football, but is also one aspect lacking in Japan Football. We often hear, "it's ok if they don't break through our defence" and "avoid body contact." While young children will aggressively try to regain the ball, once players reach a certain age they all silently fall back the moment the ball is lost. The instructor has a major influence on this phenomenon. Regaining the ball is becoming ever more important in modern football, and we want to emphasise, "regaining the ball is fun, it's awesome!" when playing on defence.

- The ball is most important**

The ball is important, so we want it back as soon as possible! Based on our individual potential, our ability to regain the ball as a team improves!

- Compactness produces coordinated defence!**

Keep pressure on the ball to make it easier to target and easier to regain!

- Overwhelmingly fast transitions!**

Switch to regaining the ball the moment it is lost.

- Limit the opponent's freedom!**

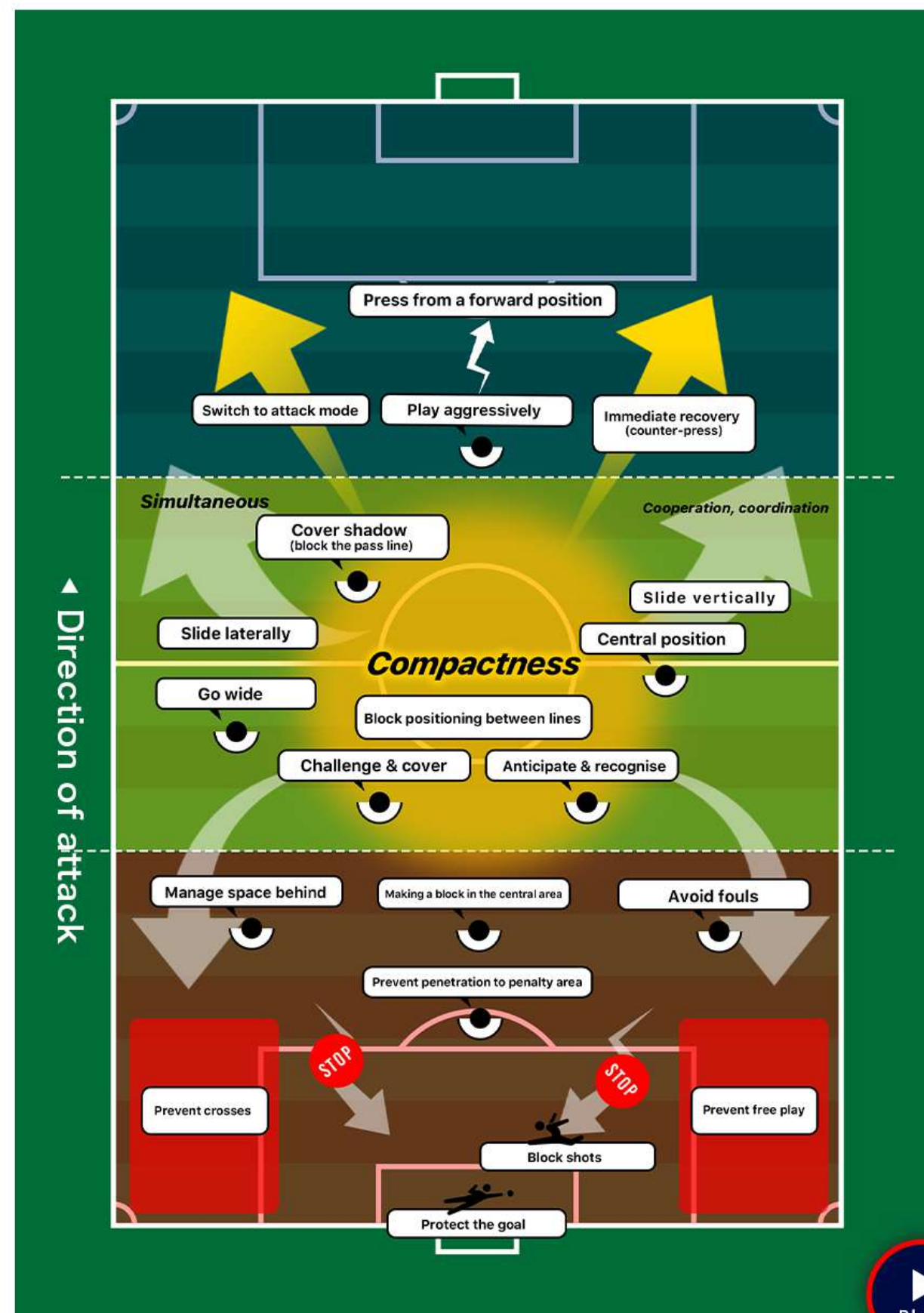
Put space and time pressure on the opponent while strengthening our defence.

- Play proactively (look ahead)!**

Anticipate the opponent's next move and the evolving situation and play to get ahead.

- Proactive mentality!**

Understand the ball, opponent and teammates' position and space on the pitch – then go for a bold steal at just the right time!



What is the play vision of Japan's way?



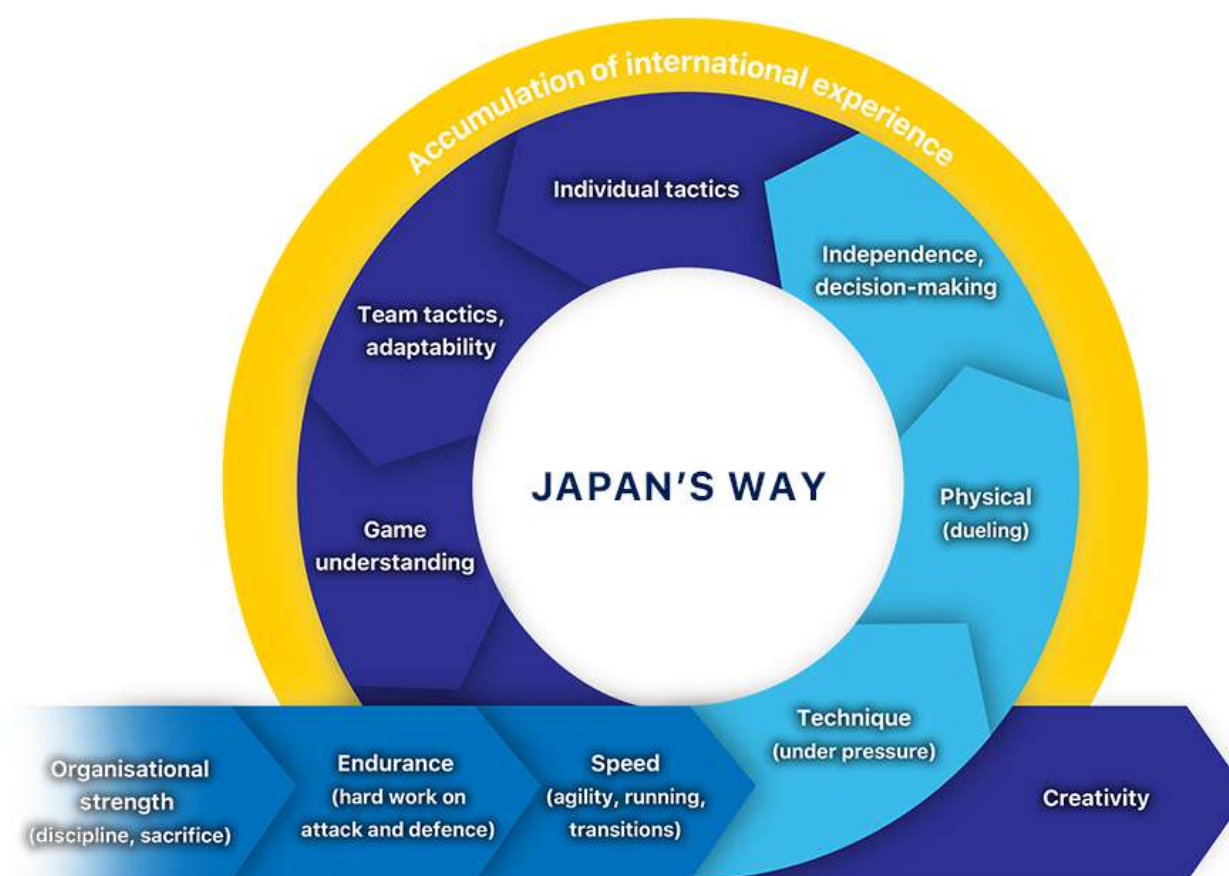
“Japan's way” is not about how we can win with the techniques and strength we have now.

Japan's way is thinking about the kind of players we want to develop to win, and the new methods of winning they will enable!
Go beyond world standard -> **Become the world's best!**

**Japan's players around the world are growing in numbers and strength.
Moving to the next level is key!**

The Japan National Team play vision

"Take our world-class individual strength, and combine with our organisational strength founded on a base of hard work to become the best in the world"



Japan's youth development for the future

- 1 Key stages of development
- 2 Our vision for elite youth development





We want players at all ages to love football and to play lively with joy. The capabilities players can express grow over time, and they should enjoy football tailored to their stage of development. Through that process of development, we wish to foster players who can express their strengths for the success of the team. That makes it key for us to provide a football environment where young players can first meet football and the game through an experience tailored to the characteristics of their particular age.

This is because children's growth and development varies from person to person and requires experiences and stimulation appropriate to the conditions of each stage. For example, football games are one such example. Can U-7 and U-12 really gain the appropriate experience and stimulation in a game played on the same size pitch and with the same number of players? Football games at the developmental age are a means to develop players.

In order for players to grow up big in the future, we recommend small-sided games (small-sided games with the number and size of players adjusted according to the age and physical size of the players) up to U-12. Please note that the ages for each age group are only average ages, and actual ages may vary from individual to individual.



Key stages of growth



Start

Age 5-8



Growth

Age 9-12



Characteristics	Focus
<ul style="list-style-type: none"> • Me and the ball – focused on themselves • Instinctual desire to move • Full of curiosity • Inability to maintain concentration • Act based on interest • Good at imitation 	<ul style="list-style-type: none"> • Let them learn in "Fun Football" • Showing and encouraging to imitate are effective • Letting them get a lot of contact with the ball • Praise • Have them learn basic movements through fun game

Outcome

- Raise boys/girls who are physically active and "love football"
- Improve coordination skills through various physical activities
- Learn to enjoy handling the ball with left and right feet
- Enjoy playing football with friends
- Create simple, attractive challenges to teach the joy of accomplishment

Characteristics	Focus
<ul style="list-style-type: none"> • Desire to improve • Best phase for acquisition of technical skills • Improvement of coordination • Desire to get the ball/keep the ball and run toward the goal • Become able to have discussions 	<ul style="list-style-type: none"> • Make use of improved visual comprehension • Get the ball/make a goal...cherish that instinctive feeling • Make them realise they are part of a team • Listen to opinions • Do not point out mistakes

Outcome

- Encourage to have a proactive attitude, unafraid of failure and ready to try again even after making mistakes
- Focus on accuracy rather than speed and strength, and develop skills accompanied by decision-making
- Value intentional play
- Cherish the desire to win, and turn frustration into motivation even after a defeat
- Create an environment that fosters demonstrating technique under pressure

Key stages of growth



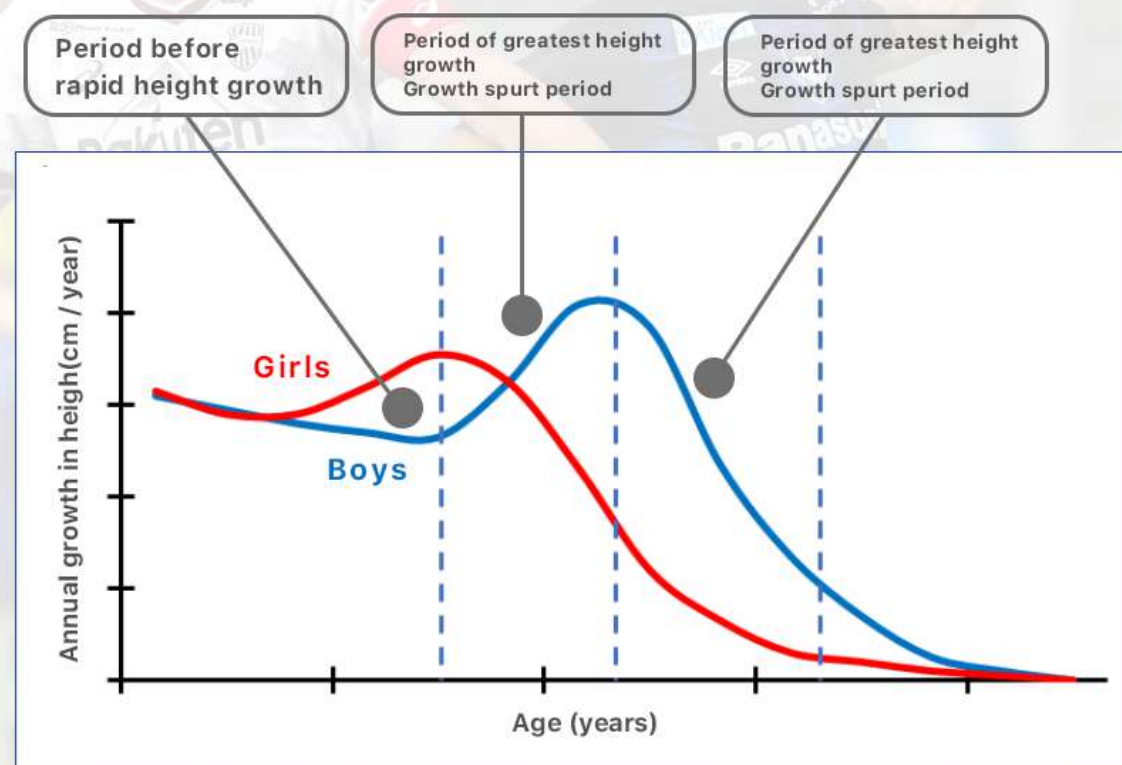
Challenge
Age 13-17



Characteristics	Focus
<ul style="list-style-type: none"> • Rapid physical changes • Discovering the ego • Increase of strength/speed + clumsy • Improvement of endurance • Joy of playing with friends and a sense of accomplishment • Ability to communicate and cooperate 	<ul style="list-style-type: none"> • Encourage players to take leadership • Ability to communicate within an organisation • Make them conscious of the concept of playing for a team • Encourage players to encourage each other • Acquire football knowledge
<p>Outcome</p> <ul style="list-style-type: none"> • Help to understand that if they can't do well due to physical changes, it is only temporary • Develop the ability to express their own opinions and listen to the opinions of others • Enable them to not only do what they want, but to also do what is necessary for the team • Enable them write football notebooks and reflect on their own play • Enable self-conditioning to prevent injury 	

Training tailored to individual characteristics and stage of growth

In this chapter, developmental stages are divided by age for convenience, but it is well known that there are individual differences in growth ages. It is also important to be aware of the following PHVs in order to conduct coaching appropriate to the individual's stage of growth.



PHV: Peak Height Velocity (Peak age of height development rate)

The age at which height development is most active (an increase of 7-9 cm per year) is called the PHV age. Japanese boys reach their PHV age on average at around 12-13 years of age, but there are large individual differences, ranging from as early as 10 years old to as late as 16 years old. Girls tend to reach their PHV age two years earlier than boys. Adjusting training content and volume according to each phase can prevent injury and tailor training to the individual player.

What are elite youth?

The original meaning of the word 'elite' is to refer to those who are leaders and servants in various sectors of society, and who combine a strong sense of ethics with a spirit of community service. However, in Japanese society, the word is often met with strong resistance.

Let those who take another step forward go further. We believe that it is the mission of the football world to nurture people who will become elites in the true sense of the word. This is not only a great advantage in terms of decision-making and leadership, which is also necessary in football, but also because we want to develop future leaders who can contribute to society beyond the football world.

We believe this will enhance both double pyramids.

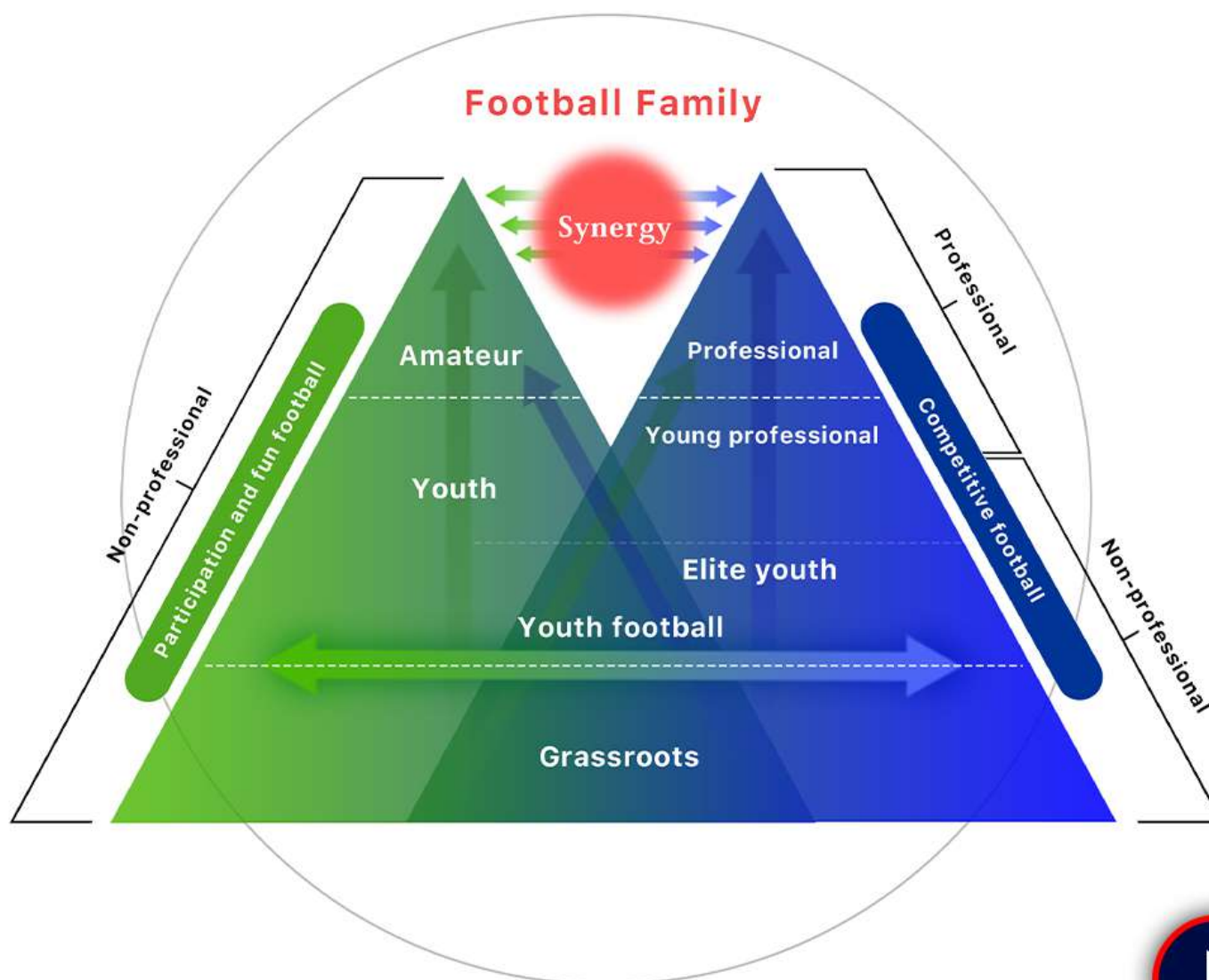
In Japan, there are various youth organisations and many elite players have been developed.

"We will develop players who can play their part at the next stage, and lead, support and respect those around them."

We want to firmly establish the concept of elite youth for this purpose.

Players develop by design, and not by chance. You just can wait for talent to come up by luck, but you might wait forever.

Andy ROXBURGH, AFC Technical Director



What elite youth should be like



In order for Japan to hoist the World Cup by 2050, further improvements in competitiveness are needed

Elite Youth, which can intentionally develop numerous elite players, is crucial for the improvement of competitiveness. Elite Youth specialises in individual development and aims to continuously produce players who can fulfil their roles, lead, support and respect others, such as players who make their professional debut at the age of 16 or 17, players who are selected for the A-national team in their teens and players who can play as professional footballers. As a result, we aim to produce as many people as possible who can contribute to society and contribute to the happiness of the nation through their activities in their respective lives by playing an active role in various professions, including professional footballers.

Player development in Elite Youth requires five characteristics (individuality, planning, comprehensiveness, specialisation, and originality) and three environments (safeguarding, coach development programmes and game programmes).

Individuality

Have development opportunities tailored to each player and coach

Planning

Imagining the final (ideal) shape of the player and progress systematically towards it

Comprehensiveness

Work on all the elements required of elite players

Specialisation

Involvement of staff with many specialisations for individual players

Originality

Ensure there is youth development programmes according to the environment

Japan's aim for elite youth players

- Players who can make their professional debut at the age of 16 or 17
- Players who enjoy playing football for life
- Players selected for A-national team in their teens
- Players who can contribute to society as well as football
- Players who can be successful as a professional football player

Introducing of IDP (Individual Development Plan) in the J.LEAGUE

Examples of elite youth development

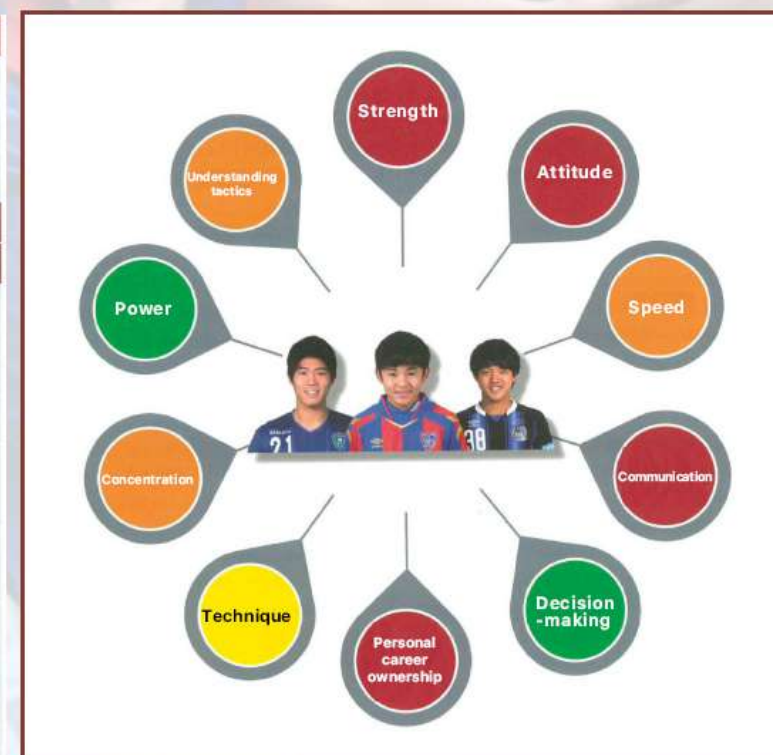
IDP refers to an individual development plan. Each player is unique and requires a different approach. Some players may want to develop their technique further, while others may lack the mental strength to deal calmly with difficult situations. Therefore, IDP is not a 'one way to teach everyone' approach.

- What kind of player does the player want to be?
- What methods are used to develop these players?

Individual requirements: Where is the player now? What are their strengths and what are their challenges?

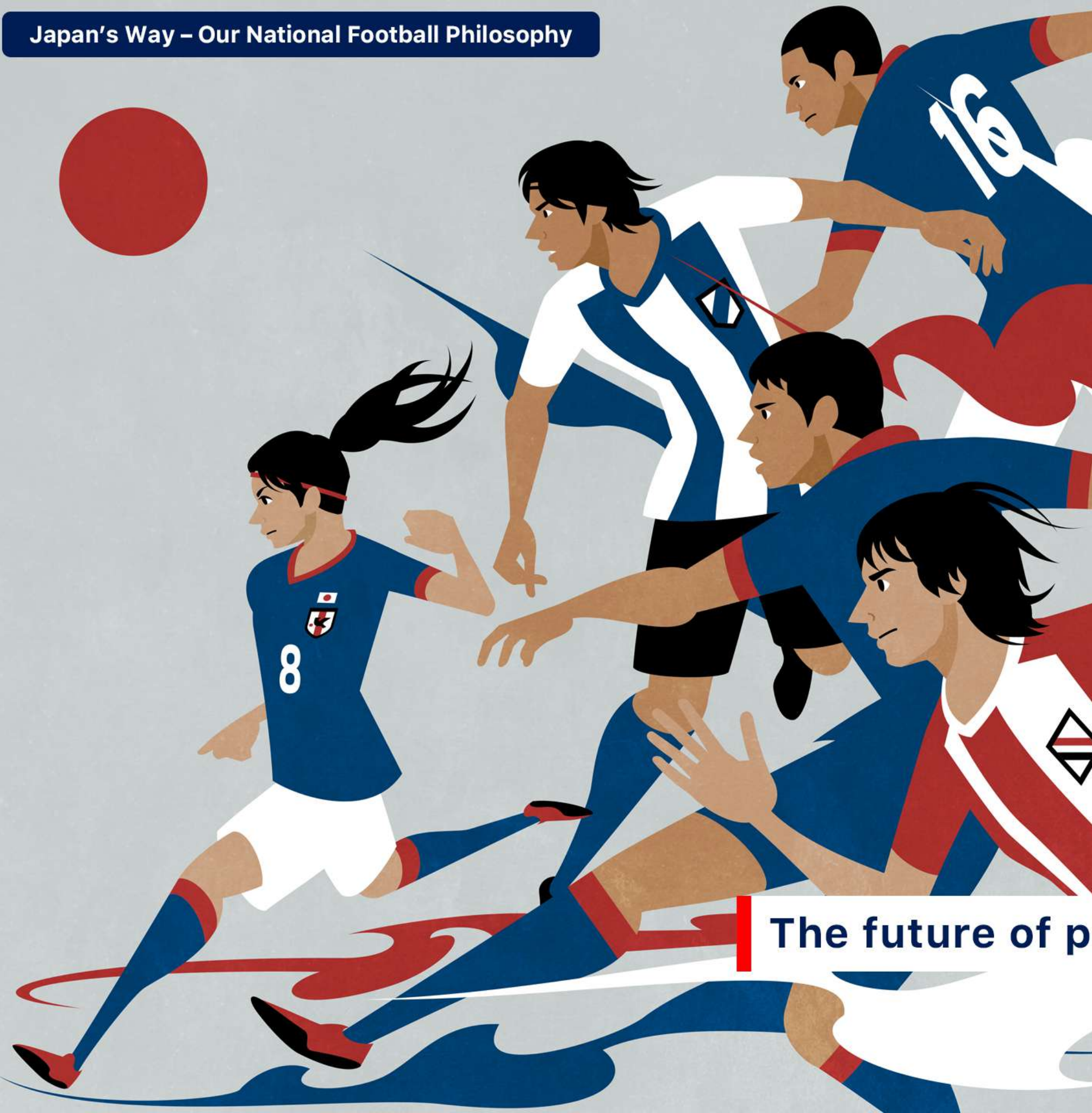
Action plan: How will the player achieve his/her goals? When, with whom, and what?

Career Goal				
Short term	Become a regular member on a top team			
Mid term	Compete in the ACL. Secure a long-term contract.			
Long term	Play on the world stage. Win the FIFA World Cup™			
Action Plan				
Element	How	Who	Frequency	By when
Technique	Heading Long/short pass One-on-one defence (around the penalty area)	Player U-21 coach Head of coaching	30 minutes of detention practice 3 times a week	Continue for a long-term Review every month
Strength	Individual Programme Strength training Coordination	Player Physical coach	Upper-body, lower-body Biomechanics Core training, etc. 3 times a week	3 months
Thinking attitude	Experience high-pressure environment Meet world-class professionals (Michelin chef) Observe preparatory training of Olympic athletes	Player Academy Director Martial arts athlete	Experience two elite environments	At the time of reporting at the of the season



References: ©2020 Japan Professional Football League (J.LEAGUE) Project DNA -to the FUTURE Component 「IDP」 P.84-85





The future of physical fitness

Is the physical fitness of Japan Football weak?

The answer is "No."

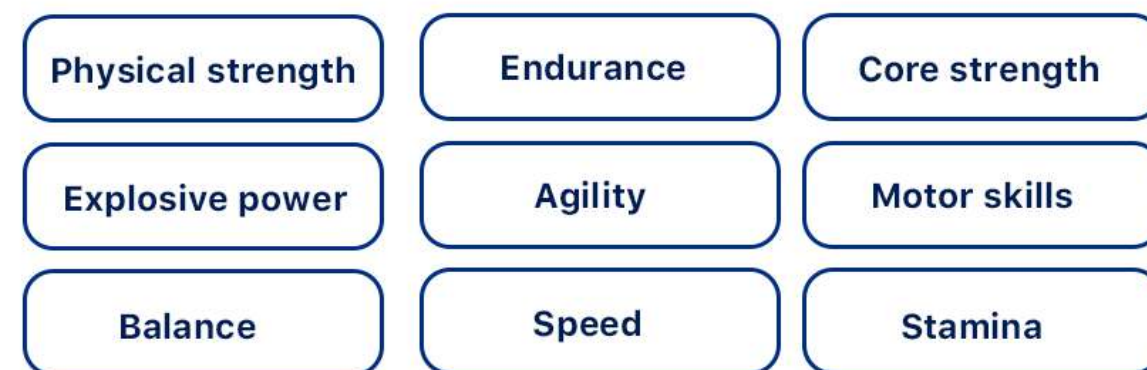
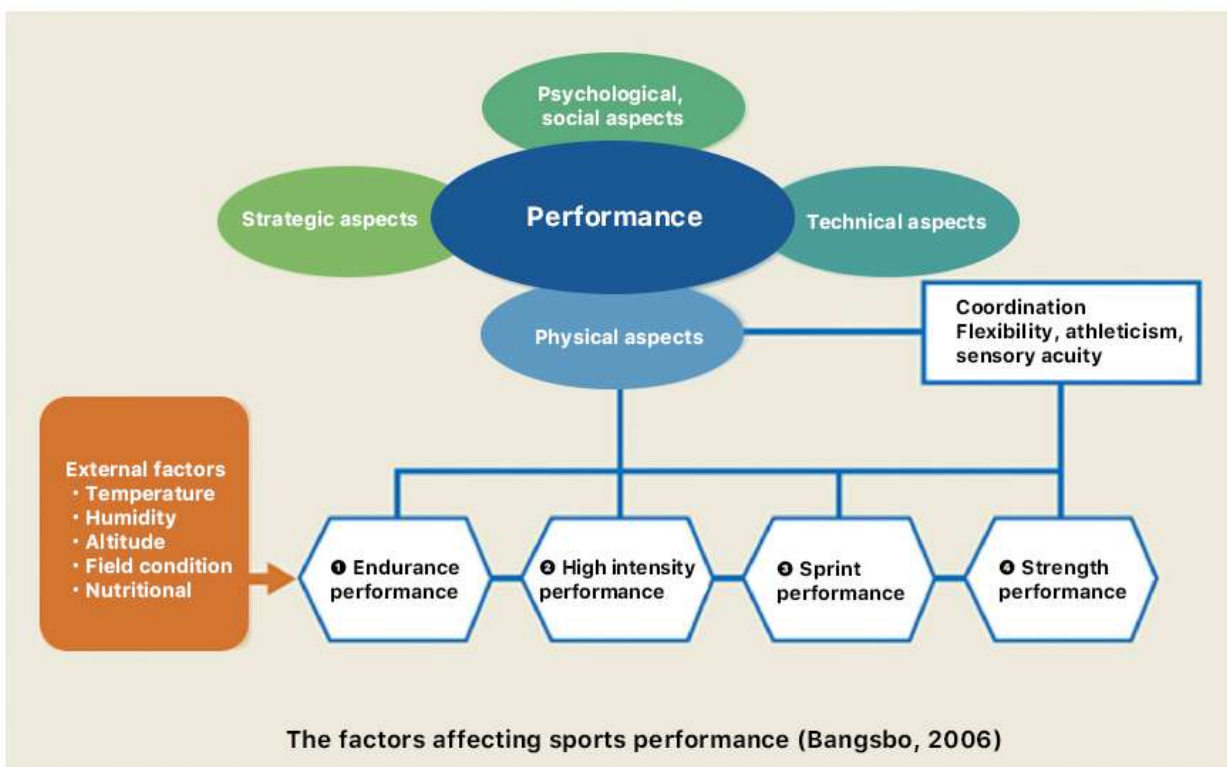
More and more athletes are making use of their physical fitness, such as power and speed, in international competitions, not only in football. This proves that we too can develop the physical fitness to compete on the world stage.

It is often heard that "the Japanese are physical...", but is this only one aspect, such as physique or power, being taken into account?

As seen in the diagramme below, there is a wide range of elements that make up physical fitness. It may be ideal, but not necessarily required, to excel in all elements.

By raising what is lacking, but further refining the elements of your weapon of choice, you can outperform your opponents overall.

The team will then be formed by players with different physical weapons, and their diverse personalities will bring features and variety to the team.



Components of physical fitness

Creating athletes' bodies and agility with reproducibility, not by sheer luck!

High literacy is a strength of Japan. Physical and scientific literacy in football is further enhanced to strengthen awareness of developing 'movement' and 'physique'.

Players

By enhancing physical literacy

- Improve speed and power to demonstrate technique and repeat it with high-intensity training
- Understand personal physical fitness (height, weight, BMI, other physical measurement data, etc.)
- Develop the ability to condition yourself (training, diet, sleep, self-conditioning)

Coaches

Enhancing science literacy

- will enable them to grasp the characteristics and growth stages of individual players from height, weight, BMI, physical measurement data, etc.
- Understand the PHVs so that progressive training can be planned and implemented in line with the development of individual players
- Ensure a good balance between extractive physical training and combined training in football is planned and executed



Injury prevention / improvement of performance

Build agility

Execute power

Build physique

Win in duels

Training, diet, sleep, self-conditioning

Developing agility and physique in youth players

For good training, it is very important to take an interest in your body and to be able to self-condition on the basis of diet and sleep.

Physical fitness programmes tailored to individual needs

First of all, it is essential to have a clear awareness of 'movement development' and 'physique development' from the developmental age. Each player has his/her own characteristics. Understanding and analysing each individual's stage of development properly will lead to injury prevention and improved performance at different levels and ages.

● Enjoying football over lifetime

"I need to be fit and healthy to enjoy the football I love..."

It is important not only for top athletes, but also for those who want to enjoy football over lifetime and enrich their lives, to build their bodies injury-free according to their level.

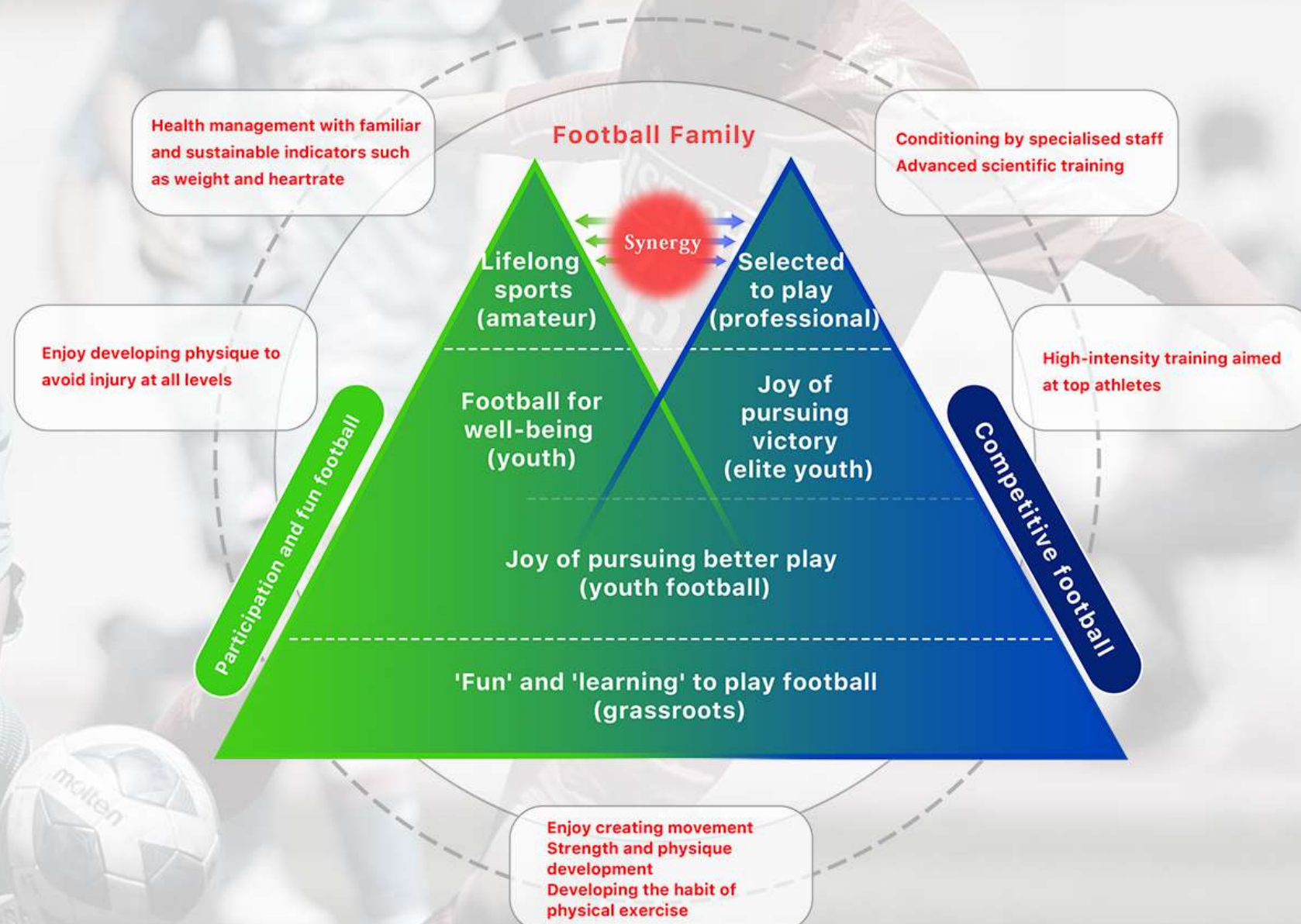
Let's work on the training that best suits your individual needs.



● Aiming to become a top athlete

It is very important to move collectively and fully demonstrate technique, which is one of the strengths of Japan football. On the other hand, when you think about competing with the rest of the world, the intensity is high and the demands are more physical. Of course, duels are also unavoidable. In order to win duels, win the ball and score goals, it is also necessary to increase power and speed, as well as high-intensity endurance to repeat the process.

The world's top players perform at a high level of nutrition and rest, in addition to planned training, in order to acquire such physical capabilities.



Going from “I play football to be healthy” to “I stay healthy to play football!” Conquering the world in physical fitness and conquer football!

Building physique to execute power repeatedly

- Continuing to play under high pressure in game-style training
- Outrunning your opponent (Not just running, but with decision-making)
- Improving individual tactics and contact skills through training
- High-intensity training with balls to avoid losing momentum at the end of the game
- Balance and balance modification capabilities that do not easily fall over when shoulder-charged
- The motor skill to avoid injury

Building the physical stature to win duels

- Pursue greater lean body mass gain from youth years to improve individual and position-specific strength
- Build physical stature to fully demonstrate technique (skill + decision-making) even under physical pressure
- Build physical strength to preserve balance even in a duel
- Build physical strength to actively pressure the opponent and regain the ball (become your opponent's most loathed defender)
- Prioritise on training to build physical power, diet, and sleep for recovery



Who are the future football coaches?
Lead Asia and further develop world-class coaches!



Lead Asia and further develop world-class coaches!

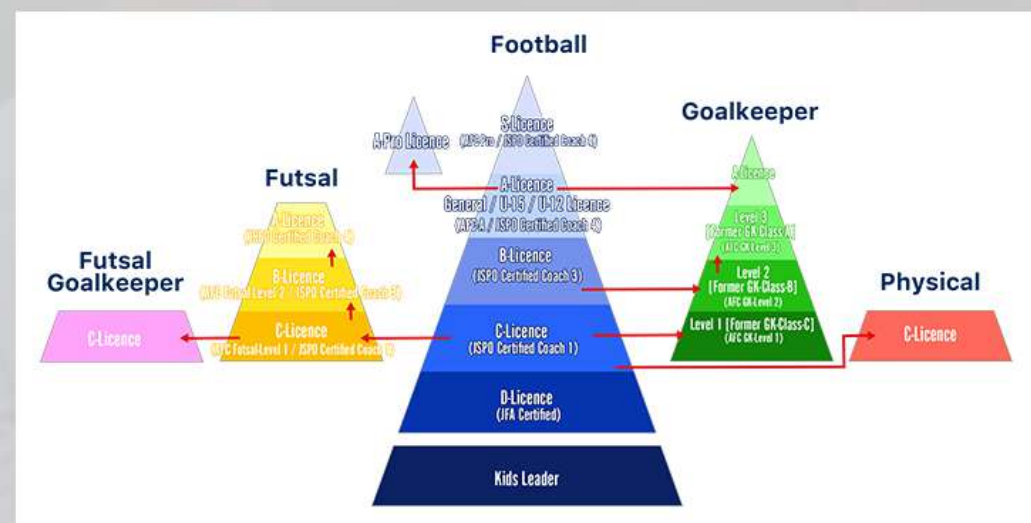
The first coaching course in Japan are said to have started in 1957, and the coaching license system was launched in 1970; with the founding of the J.LEAGUE, professional licence courses in each countries also started, and it is fair to say that we have led the licensing system in Asia. However, as mentioned in the prologue, a look at the rest of the world shows that there are also differences in the number of licence holders.

Bernd STÖBER, the former head of coach development at the German Football Association says: "Der Trainer ist der Schlüssel zu allem."
- The coach is the key to everything. Children cannot choose their coaches. Whether the first coach they meet is licensed and able to provide appropriate instruction is crucial for the player's future.

Therefore, when we are raising the World Cup, we want to ensure that every child is exposed to the joy of football under a licensed coach. To achieve such an environment, we want to make sure that everyone who is interested in coaching has an environment close by where they can learn when they want to learn, and we want our coach education to attract even those who were not interested in coaching.

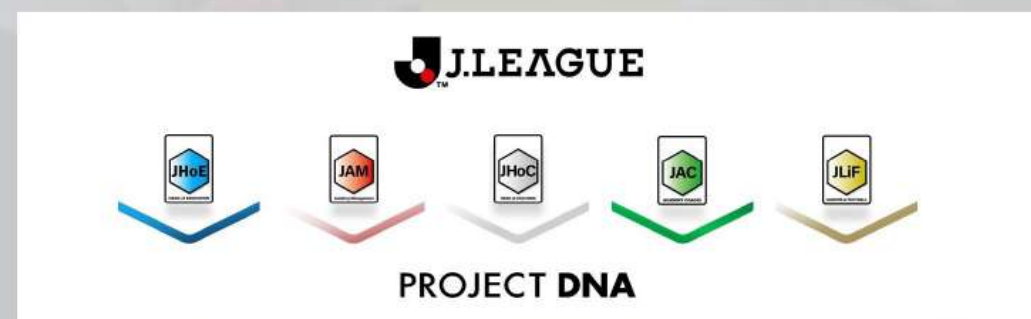
The J.LEAGUE's football vision is to be the most people-friendly league in the world, and as part of this vision, the J.LEAGUE offers Head of Coaching training courses (JHoC), as well as leadership development and continuous learning programmes within each of its academies. By providing an environment where people can continue to learn, they will develop world-class players, coaches and management personnel, increase the number of people who are active on the world stage and bring the J-League closer to the world's five major leagues. At the same time, it is necessary for the development of Japan football that world-class players are nurtured and teams are strengthened in each region, so that in the future, when we are holding up the World Cup, we will see numerous talents playing for top clubs at home and abroad.

The coaching licensing system



A lot of better coaches are needed to ensure that players receive proper coaching whenever and wherever they want, and it is important that there is always an environment and opportunity for coaches to learn when they want to learn.

J.LEAGUE Workforce Development Programme



Develop leaders in player development or leaders who have a deep understanding of player development.

Coach pathways and future Japan football coaches.

Diverse pathways

We wish to provide the coach education programme that is easy for anyone to enter and offers a diverse range of pathways and possibilities.

- People without coaching experience.
- People who want to become familiar with football together with their children.
- Former players with high level game experience.
- People who have no background as players but have developed high coaching skills through qualities and hard work.
- Japan Football coaches actively coaching overseas

A system where you can meet great coaches who make football fun, no matter where you started in Japan

The ideal coach

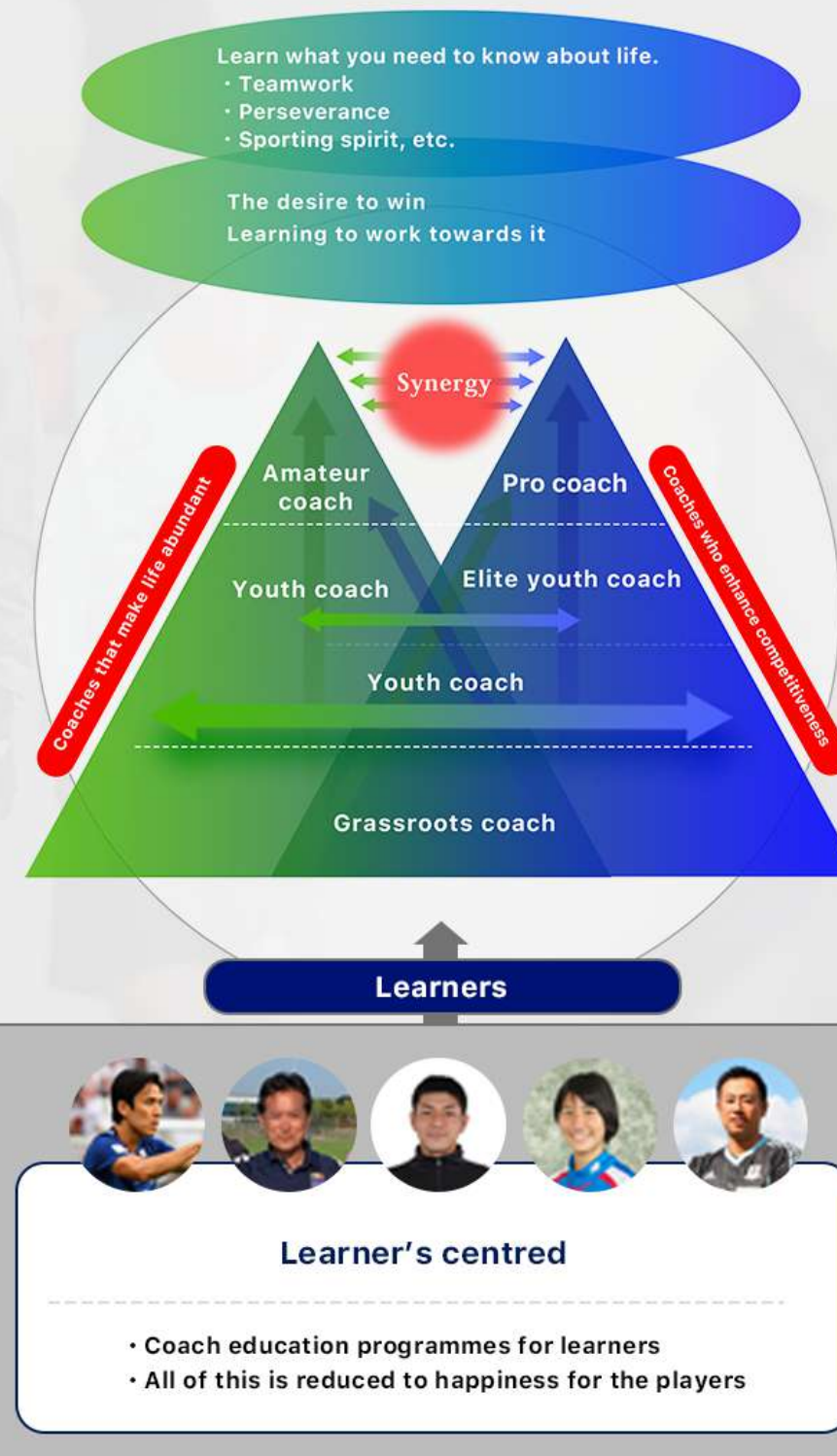
The word coach originates from the Hungarian kocs, famous for their four-wheeled carriages. In reference to the four-wheeled carriage that transports you to your destination, academic and sporting leaders are now called coaches. In other words, the role of a coach is to take the athlete to the destination he/she wants to go to, and to help him/her reach that destination, as the etymology of the word suggests. Therefore, there should be no misjudgment of the destination the players want to reach or forcing them to reach their destination. The role of the coach is to support the players in learning and having fun while playing from the players' point of view.

- We are firmly opposed to victory supremacy, which only pursues victory.
- We believe that the real victory is to enhance what is needed to live life in abundance, while pursuing victory, which represents Coaching at the Double Pyramid

"Winning and cultivating are contradictory and at the same time not contradictory. Coaches live in the space of that contradiction."

Ivica OSIM

Various pathways (Image)



The role of the coach

The role of the coach is to support the players in having fun while they play and learn.

This requires coaches to be able to coach according to the level of the players so that they can improve, and also to ensure their safety.

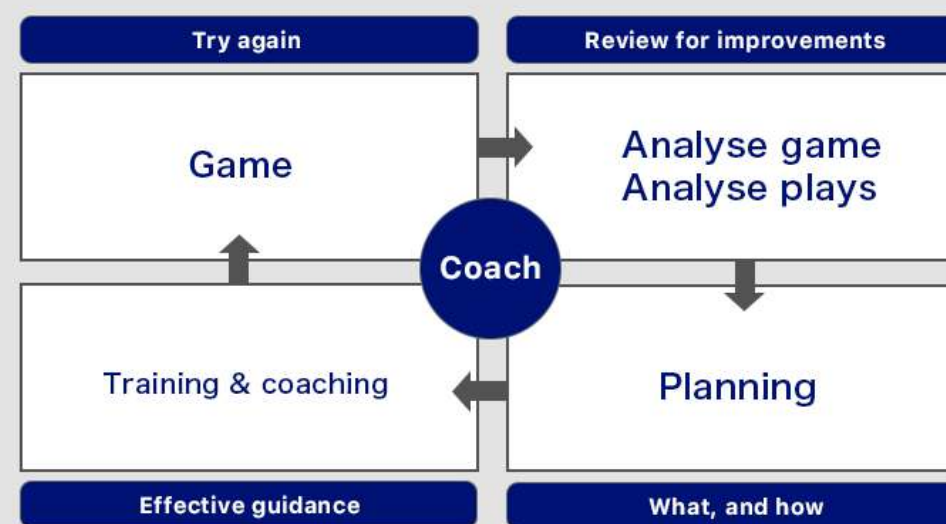
Knowledge of football is important, but coaches must also broaden their horizons and develop a range of skills in sports, society and other areas outside football.



Coaching Approach to working Guided Discovery

- Format of the session
- Advice, asking questions
- Guidance

By adding ingenuity to these, we can guide and draw out the players so that they can find solutions to their own challenges on their own! (educate)



Let the players to play a lot first and challenge them through trial and error. Praise them for the good play that comes out, encourage them further and show them the importance of learning from their mistakes!

It is best for players if they can enjoy playing football and improve at the same time.

Today, there is an abundance of information on football, and it is easy to get a lot of information on the 'what'. However, it is up to the coach to improve their coaching to effectively convey the “how” part.

Use short breaks to work with groups or bring everyone together. If equipment is available, this can be done using video or a strategy board.

Gareth SOUTHGATE (England National Team Coach)
Interview with Andy ROXBURGH and T.O 2010



Japan's Way – Our National Football Philosophy



Expanding the Football Family



“Football for All” = Embracing diversity

It is important to know well and to be willing to know to be inclusive and open to diverse groups. Playing football together can overcome many barriers. Football is a sport that can make a symbiotic society a reality.

Be something that diverse groups can truly enjoy

Tolerance and acceptance of diverse values and ways of enjoying.

Be something that can be enjoyed according to ability

Many options exist and can be chosen and transferred

Be safe and secure

Be something that everyone supports

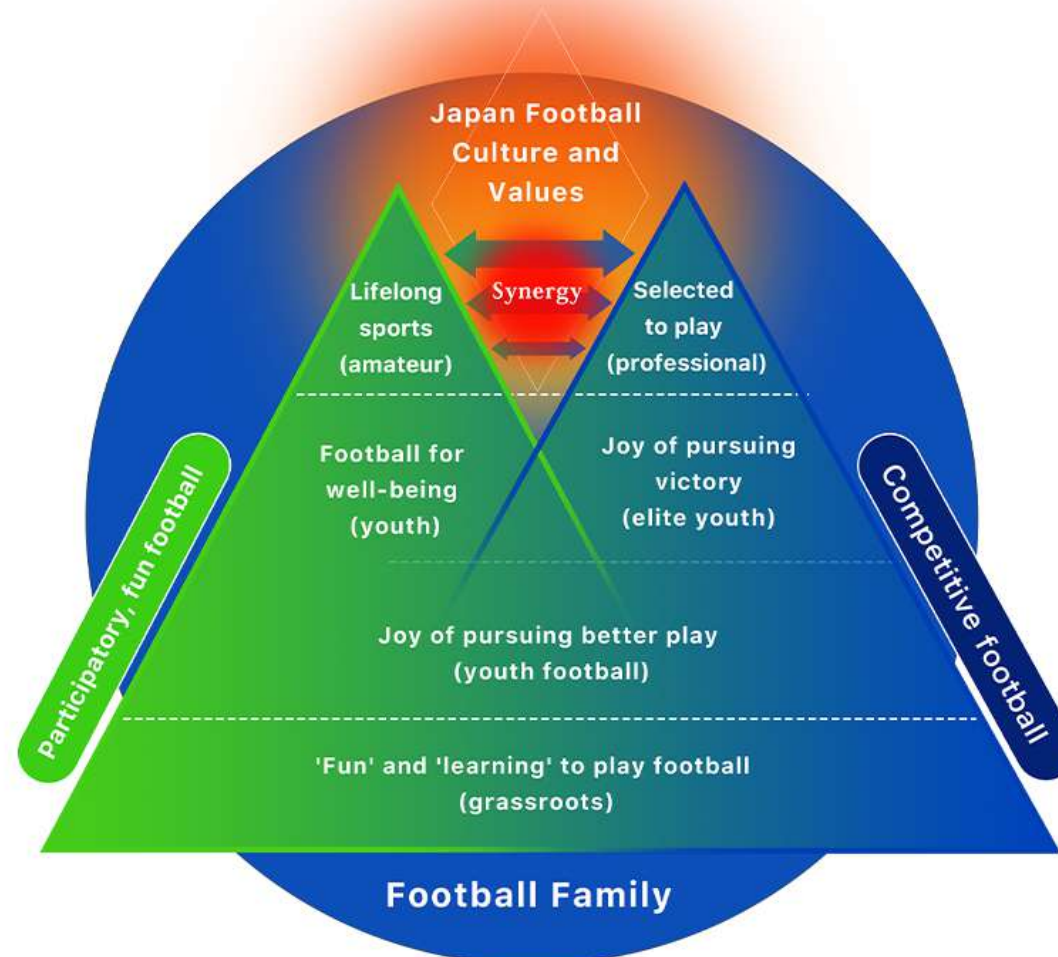
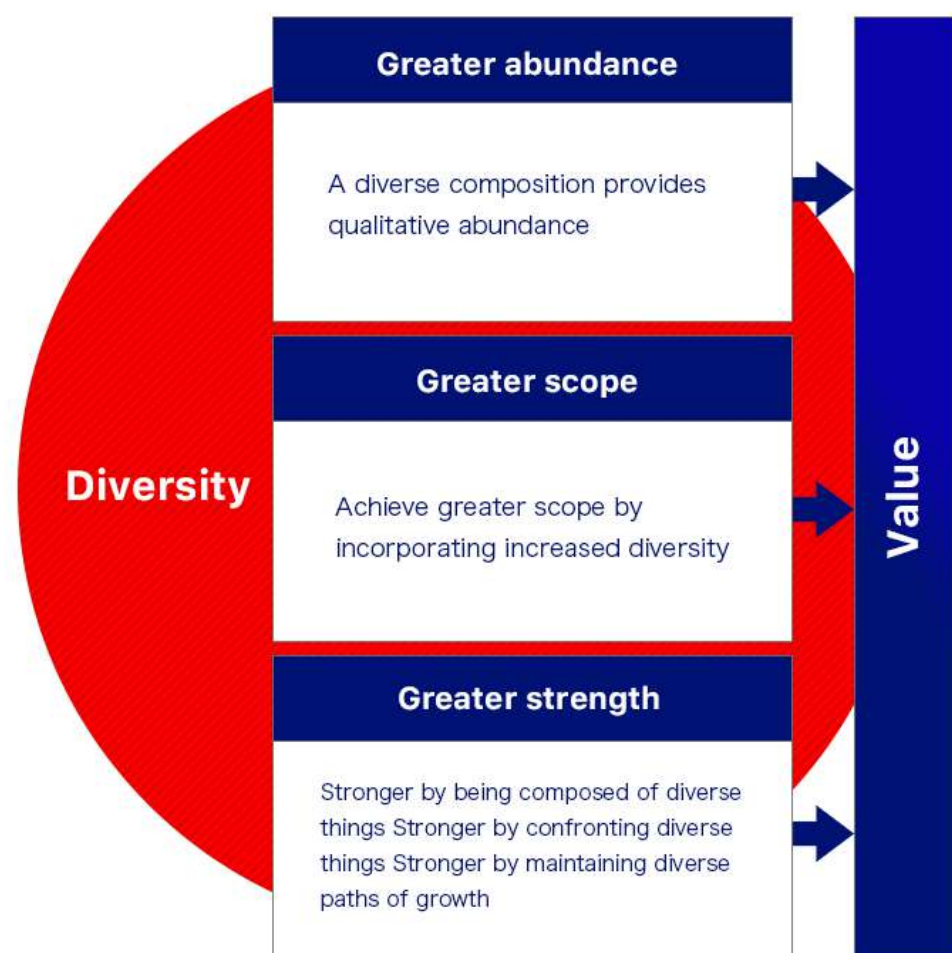
Respect, fair play and safeguarding



Diversity and the value of football

Diversity produces value, which in turn has a synergistic effect, attracting further people and resources and creating new value

If we look at the double pyramid, more people “happy with football” will lead to a bigger pyramid, and an increase in the football population will boost competitiveness. Furthermore, with a national team to support, the gateway to the football family is further expanded. This synergy should enrich the entire double pyramid and lead to a “football happy country”.



From “their football” to “our football for everyone”

In order to “hoist the World Cup”, it is essential to become “the happiest country in the world through football” and for football to become “everyday life”. While we have put a lot of effort into the “JFA Declaration, 2005”, the “JFA Grassroots Declaration”, etc., we need to look back and see if we have not tended to make it something for ‘those who have done it before’ and ‘those who take it seriously’, and whether this has not unwittingly created an exclusive atmosphere.

In order to realise our dream, it is hoped that we will actively become more open ourselves, embrace diversity and become an inclusive football family where all those who “play”, “watch” and “support” can easily come in, including those who have not been exposed to football before.

When we have fully transformed from being “their football” to “our football for everyone,” our dream of winning the World Cup will truly be close at hand.



Playing, watching, support... everyone is an important football colleague.





Thank You

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