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Coaching Manual

Foundation or Discovery Phase

Based on the FFA National Football Curriculum

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Welcome to **Coaching within the CDSFA.**



This Coaching Manual is based on the National Football Curriculum and CDSFA is a proud supporter of FFA's vision of the future and pathway for our girls and boys to become better footballers.

We believe its important to follow this curriculum so that our children have the best chance to progress as footballers in any environment and onwards to their next stages of personal development.

A key point relating to Youth Coaching, which is one of the issues we are addressing within the CDSFA, is to establish the necessary behaviour patterns and player actions in the early stages of development, we create football habits that serve the player as they progress.

The general coaching philosophy:

Senior Players - Job Description: Short Term problem solution (improving a current fault in team performance/preparing for a specific opponent).

Youth and Junior Players - Job Description: Long term problem solution (preparing the players for senior football). This is where most of you will fit in.

Junior Players - Job Description: Long term skill or habit introduction and acquiring a passion to enjoy the game, (preparing the players for junior football). This is where most of you will fit in.

This is the first step on a long journey towards becoming a complete footballer. We're glad to have you on-board!

Why **Coach** this way.



We believe that a 'Holistic' approach to coaching football is the best choice. Our belief is supported by analysis and scientific research.

The 'Holistic' v 'Isolated' debate

Just like there are many different philosophies on how to play football, there are also different philosophies on what is the most effective way to coach football.

Many coaches, and indeed countries, still hold the belief that football must be broken down into its many small components and that these components should then be practiced in isolation until the techniques are deeply ingrained: we call this the '**Isolated**' approach.

We fundamentally use a holistic approach but still see the benefit of using isolated activities in these early age groups which we employ in our regular coaching sessions, we take a player centric approach and make every part of the development responsive to playing football and not just learning tricks.

This makes sense if you think about it for a little longer:

A player who looks great performing a prescribed technique on the training pitch but does not recognise when to use it during the game has the same problem as the player who sees the right moment to use it, but lacks the technique to execute it.

Holistic Teaching

In terms of teaching players, there are two main ways in which the holistic approach is implemented:

i) Training Session Content: Clear guidelines are provided to assist coaches to design game-related and football-specific exercises which maximize learning and lead to the development of the kind of players we need

Our approach also aims to drastically reduce the amount of time players have traditionally spent standing still in training, while coaches give one long-winded speech after another. When conducting training sessions, it is important for the coach to remember 'it's all about the players. The focus should be on helping the players to improve and enjoy themselves.

Players learn by 'doing' and the coach must guide and facilitate this learning process. The coach has to learn when to stop the players, how long for and how often. They must also learn what to say and how to say it in order to achieve the best possible outcome. Stopping the players *too* often, and talking for *too* long are not only non-educational, but they also frustrate the players and take away their enjoyment of training. Perhaps more worryingly, they take away valuable training time.

Most of this is accomplished through **repetition**, and is of course important in developing players, but we must strive for *repetition of football-specific activities with a focus on a particular aspect*.

The FFA National Football Curriculum

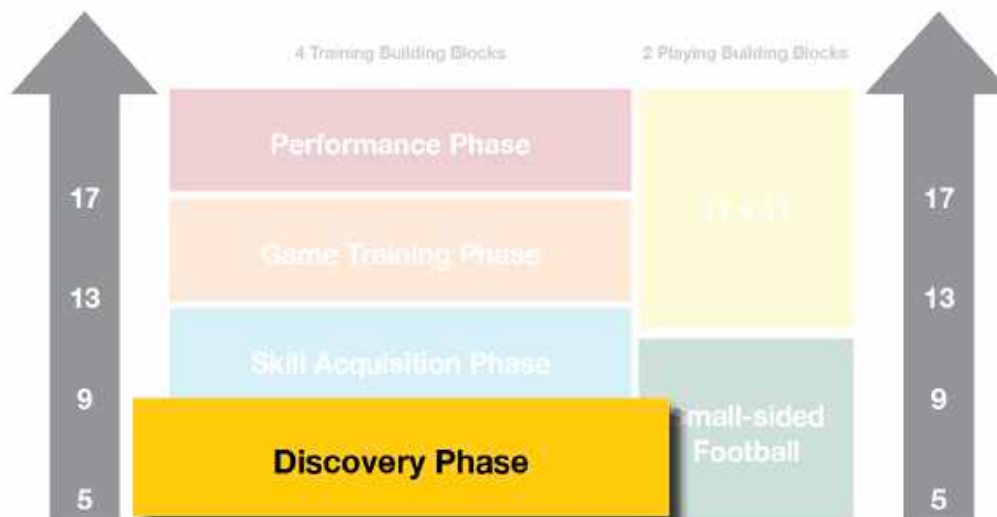


The Building Blocks

The National Football Curriculum distinguishes 6 Building Blocks: 4 training Building Blocks and 2 playing Building Blocks.

The FFA Building Blocks Methodology is the framework that provides practical guidelines for coaches working at all levels of youth development. Key aims of this are:

- Develop technically proficient players
- Develop tactically aware, proactive players
- Transform the physical and direct style of youth football in Australia to a successful style based upon technique and creativity
- To instil a lifelong passion and love for football in young players



Discovery Phase

- In Discovery Phase the coach must focus exclusively on providing organisation rather than coaching.
- Discovering one's (im)possibilities through trial and error.
- Natural development: 'learn FOOTBALL' by playing football.
- Emphasis on building a love of the game.
- Enjoying their time with the ball and the training session

This Manual focuses specifically on the Discovery Phase

S.O. C.H.A.N.G.E. I.T.

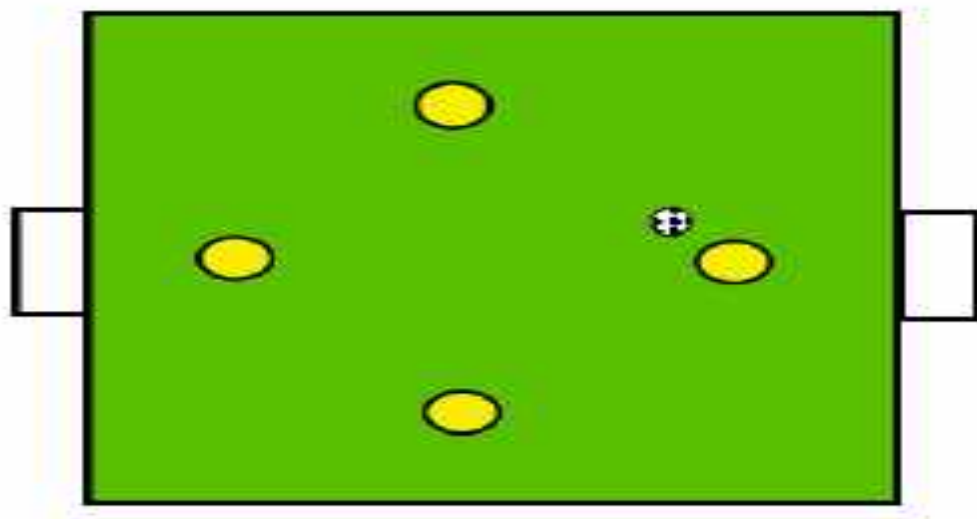


S	SAFETY Is the area physically safe and is it a safe environment.
O	ORGANISATION Have you everything required, equipment etc, and you are ready.
C	COACHING STYLE Provide feedback and be yourself in your own manner
H	HOW YOU SCORE/WIN Increase opportunities to score.
A	AREA Increase or decrease the game challenges by changing the size and shape of the playing area, i.e. long and narrow versus short and wide, smaller/larger.
N	NUMBER Use different numbers of players to overload the advantage of one team, or balance with teams with uneven numbers.
G	GAME RULES Change the rules slightly , i.e. no tackling, minimum number of passes.
E	EQUIPMENT Vary the equipment used, bigger or smaller goals, more goals.
I	INCLUSION Engage the players in modifying the practice; Consider what can a player do to include them at their ability level.
T	TIME Reduce or extend the time to perform actions, how many passes in 30 seconds, get a shot off in 15 seconds. Mange your time allocated.

In short, if the players need to be challenged or it's not working:

So Change it!

U6 and U7: 4 v 4- **Diamond Shape**



Four players in a diamond shape and no goalkeeper. The wingers become defenders when we don't have the ball, and attackers when we do have the ball. 1:2:1 converts to 1:3 in defence (BPO) and a 3:1 in attack (BP).
 Maximum of three substitutes.
 No throw ins. No corner kicks. No offside.
 No match result or table.
 Aim for equal playing time.

GAME DAY COACHING GUIDE

No 'coaching' only encouragement, reminding and praising. In 4 v 4 football, the 'coach' should not worry about 'tactics' other than encouraging the kids to try and score when they have the ball and win it back when the other team has the ball in order to prevent them from scoring. Simple reminders to the players/team of shape(Diamond) and tasks (related to diamond shape). Emphasis on fun and building a love of the game. Natural development through just playing and discovering one's possibilities through trial & error.

FIELD SIZE	Length 30m x Width 20m	BALL SIZE	3
FIELD MARKINGS	Cone Markers or Line Markings	GOALKEEPER	NO
PENALTY AREA	Nil	PLAYING TIME	2 X 20 minute halves
GOAL SIZE	Width: 1.5m-2.0m Height: 0.9m-1.0m	HALF TIME BREAK	5 minutes
GOAL TYPE	Mini Goals or Poles	REFEREE	GAME LEADER

Before we begin coaching the **Discovery Phase**.



A training session for kids this age consists of 3 components: The Beginning, The Middle and The End.

The purpose of The Beginning (better known as the warm-up) is to get the kids in the right frame of mind and activate their bodies. It's unnecessary to run laps around the field and do stretches to achieve that: all sorts of relays and tagging games with and without the ball are much better (more specific, more fun) and also help develop the children's basic coordination.

The Middle is the section of the training session where we conduct fun football exercises such as dribbling, passing, shooting, etc.

The last part (The End) is allocated for playing all sorts of Small-Sided Games.

This leads to the following session timeline (This is a guide only):

- 1 Welcome (5 minutes)
- 2 The Beginning (10 minutes)
- 3 The Middle (15 minutes)
- 4 The End (20 minutes)
- 5 Wrap up (5 minutes)

The emphasis in the Discovery Phase is on enjoying the game while learning some positive habits and skills. We want the children to be ready for the next Phase or Skill Acquisition through the early adopting of learning positive football skills (The Four Core Skills) through fun activities.

THE FOUR CORE SKILLS

The Easts / FFA training program focuses upon developing four core skills when in possession of the ball:

- **Striking the ball**
- **First Touch**
- **1v1**
- **Running with the ball**

These four core skills cover 95% of the actions of any outfield player when in possession of the ball during a game of football . The other 5% consists of actions such as heading and throw-ins.

About the **Discovery Phase** coaches should.....



In 4 v 4 football, the 'coach' should not worry about 'tactics' other than encouraging the kids to try and score when they have the ball and win it back when the other team has the ball in order to prevent them from scoring.

Control the ball before doing something with the ball.

Try and keep in diamond shape.

Teams of 4 players (no goalkeepers).

Aim for equal playing time.

No 'coaching' only reminding them and giving encouragement.

'Natural' development through just playing and discovering one's (im)possibilities through trial & error.

Emphasis on fun & enjoyment through playing the game.

The best coach is not the one who shouts instructions the whole game, however unfortunately many parents seem to feel that's what good coaches are supposed to do.

Coaches should avoid.....

Too long waiting in lines

Sending the players on a run without a ball.

Non-stimulating or over-complicated exercises

Intensity too high or too low

Coach intervening too much and talking for too long.

Characteristics of children this age.

They are still 'clumsy' (lack fine motor skills), because they are still developing their coordination. They have a short span of attention and are quickly and easily distracted, which poses its own coaching dilemmas, so have a few activities for them to 'reset' like in a video game, so as to regain the attention for the task or activity. They are 'self-centred' and not yet able to really work together (so do not ask them to perform team play, it is impossible for them!). They play or participate for fun with short bursts of energy and enthusiasm. They are also unable to handle a lot of information (instructions, feedback) be patient, and don't be discouraged by a very natural situation, as they are children, not small adults. They are also wanting recognition from the adults and look up to and try to impress the coach in their endeavours.

Coaching Sessions **Discovery Phase** U6 & U7.



Plan your sessions in advance with a key objective (ONE of the Core Skills per session).

- Arrive early and set up the area.
- Give clear, short instructions.
- Demonstrate quickly and efficiently.
- Keep the session flowing.
- Vary the activities but keep it simple.
- Encourage after mistakes, this is where players learn the most in the failure zone.
- Be enthusiastic and give lots of praise and positive encouragement.
- Be patient.
- Have fun (both the kids and you!).
- Keep everyone active, avoid having kids standing around.
- Conclude the session properly. Talk to participants and review key points.
- Give all the children time and attention, not just the most talented.

Coaching Tip: *Reflect the session yourself, was it fun, did the participants enjoy themselves, what could I do to improve the session, did everyone participate enough? Did they learn what was intended to be taught?*

Model Sessions: Discovery Phase

D1: Beginning: **PART 1- Skills for Points** (5-10min).



CORE SKILLS: RWB & 1V1

KEY ASPECTS: Little Touches, SCAN (look around) , change speed and direction. Basic Skills

INSTRUCTIONS:

Ingredients: Ball per player, 2 mini goals, bibs , cones.

Set up:

Marked field and ball per player. 1/3 of full field.

DESCRIPTION

Everyone starts dribbling the ball and coach will **explain on the run** and depending on coach call they will have to different tasks

We will assign different tasks to different numbers and first players doing it/best one doing it will get points. Try to give points to everyone.

Example:

Number 1: Go and stop the ball on Line number 1. First person getting there get 5 points, second 3 points, third 1 point

Number 2: Go and stop the ball on Line number 2. First person getting there get 5 points, second 3 points, third 1 point

Number 3: Everyone does a drag back. Show how to do it. Give points

Number 4: Everyone does an L Turn. Show how to do it. Give points

Number 5: Everyone does a Fake and Go. Show how to do it. Give points.

PROGRESSION

P1: They have to stop the ball on line number 1 with the inside of their foot.

P2: They have to stop the ball on line number 2 with the outside of their foot.

P3: They can only use the weak foot for 2 minutes.

P4: Make up your own skills for extra numbers.

Coaching Points:

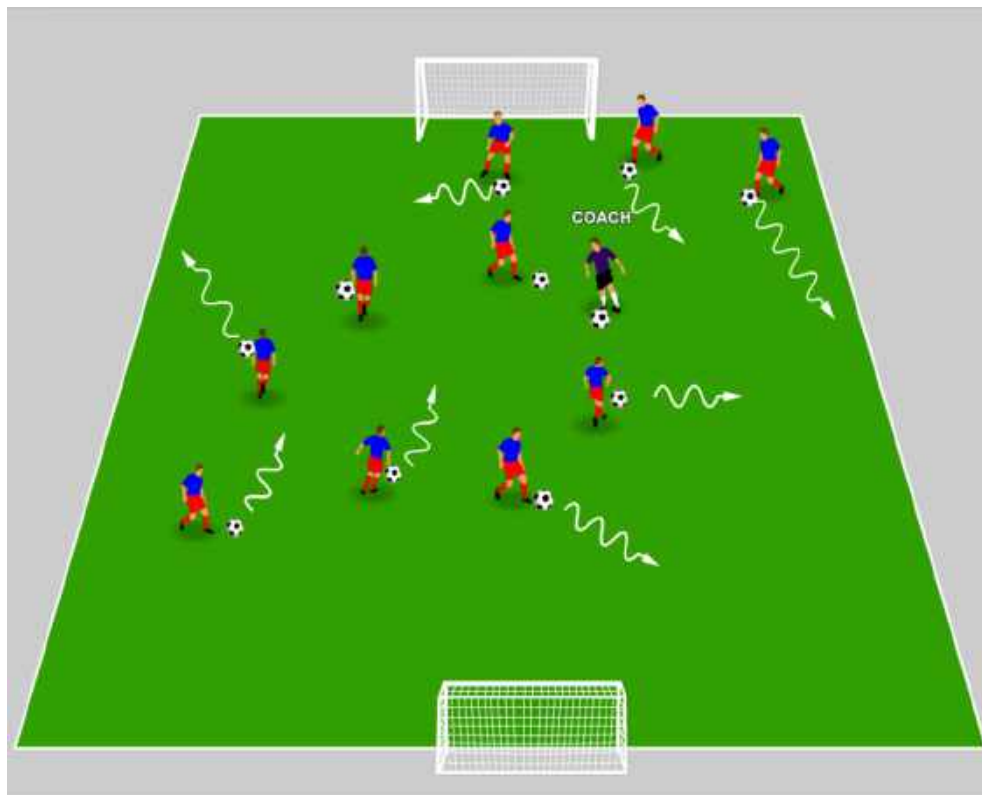
Most of them on the run and with demos for the skill.

Little touches when dribbling around

Speed up to get to the lines and slow down when getting there to be able to stop it

Look around, head up.

D1: Beginning: **PART 2- Dribblers & Collectors** (10 min).



CORE SKILLS: RWB & 1V1

KEY ASPECTS: SCAN (look around) , use your feints with change of speed and direction.

INSTRUCTIONS:

Ingredients: Ball per player, cones bibs and any kind of goals.

Set up:

Same field, ball per player, we will use the goals now.

DESCRIPTION

The objective of this game is to be the last one standing with a ball. Everyone starts as “dribblers” dribbling inside of the field away from the coach who is starting as “collector”.

If the coach takes the ball from you, you can try to take it back but if the coach scores a goal with your ball then you will join the team of “collectors”. Game ends when there are only one, two, or three “dribblers” alive (depending on coach judgement).

Play at least two rounds.

PROGRESSION

The game progresses by his nature as defender numbers increase. When the coach starts as a collector tries to get one or two players quick. As soon as there are enough collectors around to keep everyone moving, coaches should step out of the game.

Coaching Point:

On the run:

Head up

Find the space

Speed up

Use your skills

Protect the ball

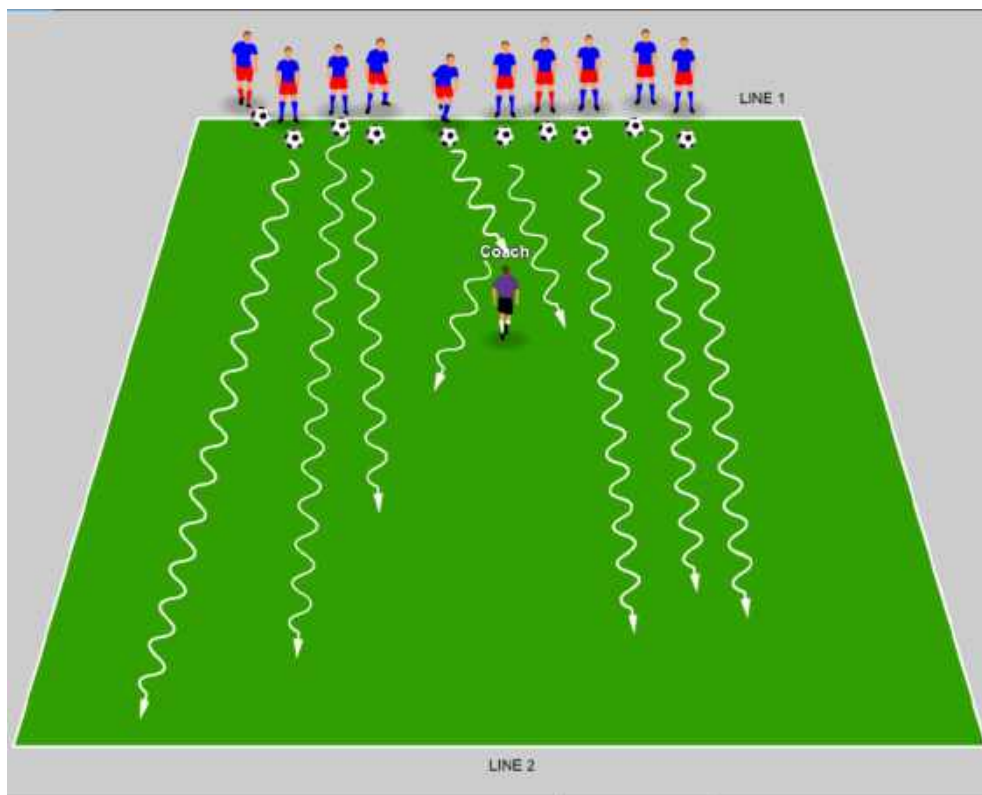
Praise the skills

Collectors: Work as a team to steal and score

At the end of the round:

Ask the winners about their strategy to win (guide them to say the found empty space, they change direction and speed, they use the skills, etc).

D1: Middle: **Bulldog** (10-15 min).



CORE SKILLS: RWB, 1V1

KEY ASPECTS: SCAN (look around) , change speed and direction.

INSTRUCTIONS:

Ingredients: Ball per player.

Set up:

Marked field and ball per player. $\frac{1}{2}$ of full field. You can remove the goals or ask players to be careful with them.

DESCRIPTION

All the players stand in the goal line with their own ball but one the “bulldog” , the coach on the picture, who positions himself in the middle of the pitch.

On the “bulldog” call players need to try to reach the opposite goal line avoiding the bulldog . Once they do they are safe. If the “bulldog” gets the ball from them they will become a bulldog as well HOLDING HANDS and stealing balls from the rest of the players.

When the players have reached line 2, the “bulldog” resets and the remaining players will wait for the “bulldog” call to try to get back to line 1 now.

If your ball goes out of control, from the field you also become a “bulldog” . The last person keeping the ball is the winner.

PROGRESSION

Remove the condition of holding hands.

Increase the holding hands to involve everybody so it creates a wide impasse.

Coaching Point:

On the run:

Find the space

Head up

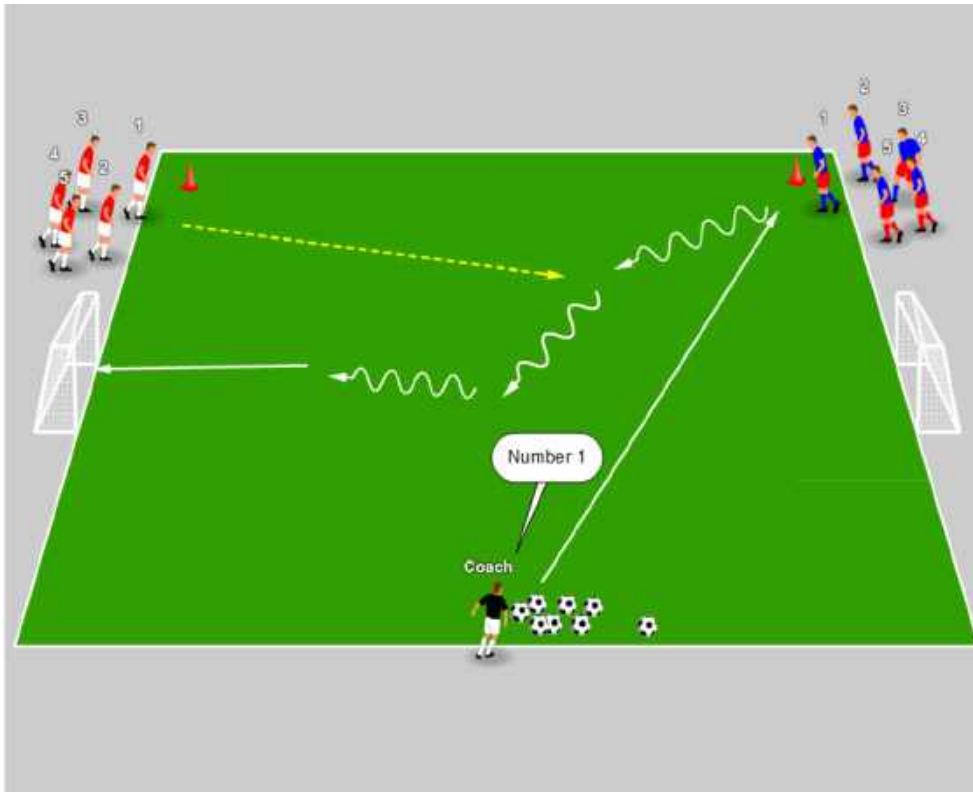
Change speed and Direction

Little touches

At the end of the round:

Ask the winners about their strategy to win (guide them to say the found empty space, they change direction and speed, they use the skills, etc)

D1: End: **Numbers Game** (10-15 min).



CORE SKILLS: 1v1, RWB , STB.

KEY ASPECTS: SCAN (look around) , change speed and direction.

INSTRUCTIONS:

Ingredients: Ball per player, cones bibs and any kind of goals.

Set up:

Two lines behind the two cones. All the balls with the coach.

DESCRIPTION

Coach gives numbers to players, trying to match up numbers and skills so the 1v1 are as even as possible.

On coach call, the coach passes the ball to one of them (alternate) and players receiving the ball try to score in the opposite goal. The other player tries to steal and score too.

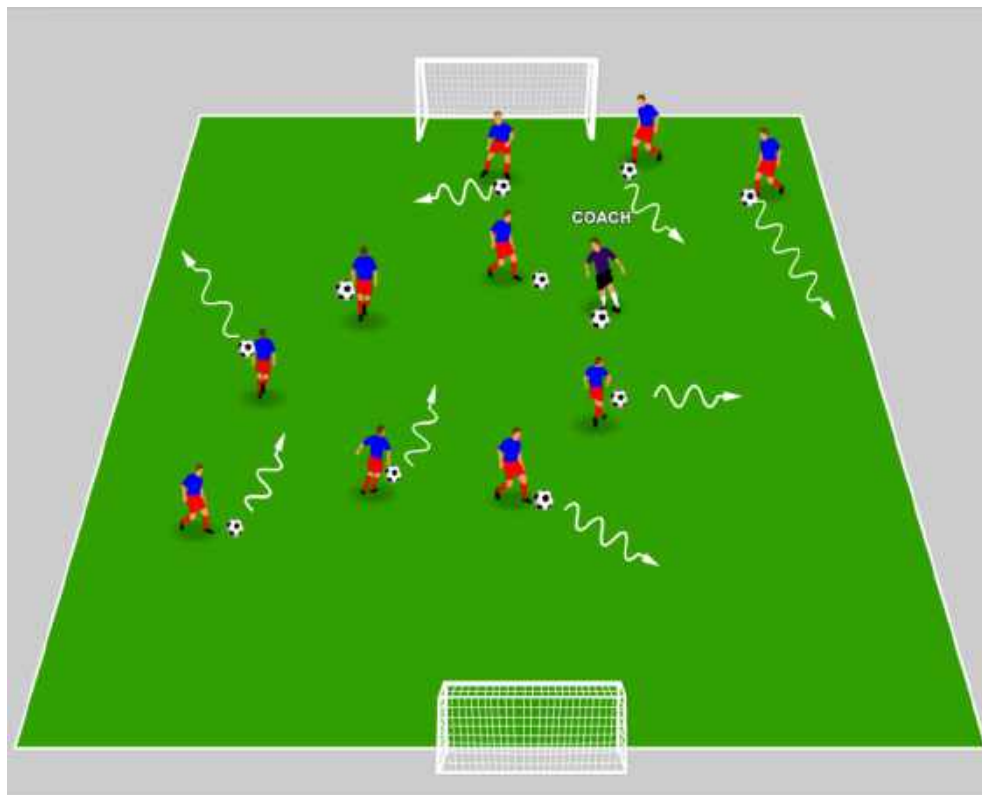
If an even number of players, give two numbers to one player.

Be sure you speed up the exercise so players do not wait on the lines long. You can call the next number even if the current 1v1 has not finished, so it keeps moving.

PROGRESSION

Progress into a 2v2 or 3v3 or even a match depending on skill level.

D2: Beginning: **PART 1- Ball Manipulation** (5-7min).



CORE SKILLS: 1V1, RWB

KEY ASPECTS: SCAN (look around) , change speed and direction, use your skills

INSTRUCTIONS:

Ingredients: Ball per player, cones bibs and any kind of goals

Set up:

Marked Field and ball per player

DESCRIPTION

Players and the coach start dribbling in the marked area. Coach starts demonstrating or asking players to do the skills we practiced/learned last week.

Ask the players to do there favourite move, then select one at time to demo it to the group, so they all can do new moves. Introduce a new move each week.

After the demonstration players have 1 minute and a half (approx.) to practice the skill:

Example:

Skill 1: L Turn (from last week)

Skill 2: Fake and go (from last week)

Skill 3: Steps over

Skill 4: Fake shooting

Coaching Point:

Get everyone looking to do the demos, then while everyone is practicing by themselves, go and find players struggling, and then break down the skill for them.

Praise on the run, if someone is doing a skill very well, stop everyone to have a look at them (do not use the same player always). We look for everyone to try their best to get the coach's praise.

D2: Beginning: **PART 2- Dribblers & Collectors** (10 min).



CORE SKILLS: 1V1, RWB

KEY ASPECTS: SCAN (look around) , change speed and direction, use your skills

INSTRUCTIONS:

Ingredients: Ball per player, cones bibs and any kind of goals

Set up:

Same field, ball per player, we will use the goals now.

DESCRIPTION

The objective of this game is to be the last one standing with a ball. Everyone starts as “dribblers” dribbling inside of the field away from the coach who is starting as “collector”

If the coach takes the ball from you, you can try to take it back but if the coach scores a goal with your ball then you will join the team of “collectors”. Game ends when there are only one, two, or three “dribblers” alive (depending on coach judgement).

Play at least two rounds

PROGRESSION

The game progresses by his nature as defender numbers increase. When the coach starts as a collector tries to get one or two players quick. As soon as there are enough collectors around to keep everyone moving, coaches should step out of the game.

Coaching Point:

On the run:

Head up

Where there is room to run into speed up.

Use your skills

Protect the ball

Praise the skills

Collectors: Work as a team to steal and score

At the end of the round:

Ask the winners about their strategy to win (guide them to say ‘they found empty areas so they change direction and speed, they use the skills, etc).

D2: Middle: **1v1 Zones** (10-15min).



CORE SKILLS: RWB, 1V1, STB.

KEY ASPECTS: SCAN (look around), change speed and direction, use your skills.

INSTRUCTIONS:

Ingredients: Ball per player, 1 goals, bibs , cones

Set up:

Create with cones 2 or 3 different areas (as shown-Levels) depending on skill levels.
All the balls at the starting point.

DESCRIPTION

Attackers at the starting point try to beat the two defenders and score a goal. If you scored a goal you can choose to swap with Goalkeeper.

Defenders (holding a bib in their hand to be identified) can not get out of their level. If the defender gets the ball from you, you become a defender and swap places. Players come back using the outside of the field (clear of the session). Keep a record of your own goals.

PROGRESSION

P1: If too easy: Make area smaller or add a third defender on level 3.

P2: If too many players, you can set up two drills running at the same time but usually speeding the line up should be enough.

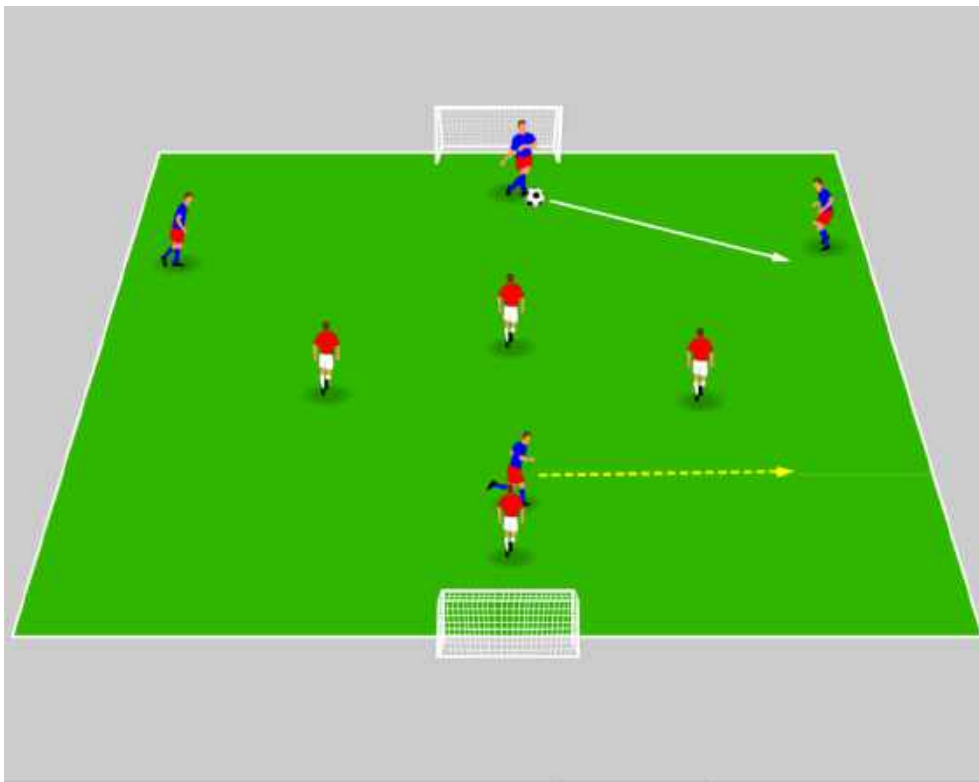
P3: If too hard make defender on level 1 move only sideways so it is easier to beat them.

Coaching Point:

On the Run: Head up, where is the available area? Speed up, change direction.

*Approach the defender at good pace and then change speed and direction.
Drag the defender to one side so you can go to the area you have created .
Use the skills you practiced previously.*

D2: End: **Game** (10-15min).



DESCRIPTION

Try to create even teams and give them positions. The type of game will depend on your goals and number of players.

If 8 players and mini goals: 4v4 no GK. Diamond Formation

If 8 players and medium or big goals: 4v4 with rush GK. Diamond Formation.

If 10 or more players if you can split in two games in two fields to do 3v3 and 2v2 better if you can't adjust. More chances to increase touches on the ball.

Coaching Points:

Encourage one vs one when they have the opportunity.

Help with formation to ensure working a diamond.

*Minimum two touches: **ONE TOUCH KICK IS BANNED**. All the players need to take a touch, **Control** so that they do something with the ball under their control. **STOP THE GAME WHEN SOMEONE KICKS one touch.***

CORE SKILLS: RWB, 1V1, STB.

KEY ASPECTS: SCAN (look around) , change speed and direction, use your skills to create room to get past the opposition.

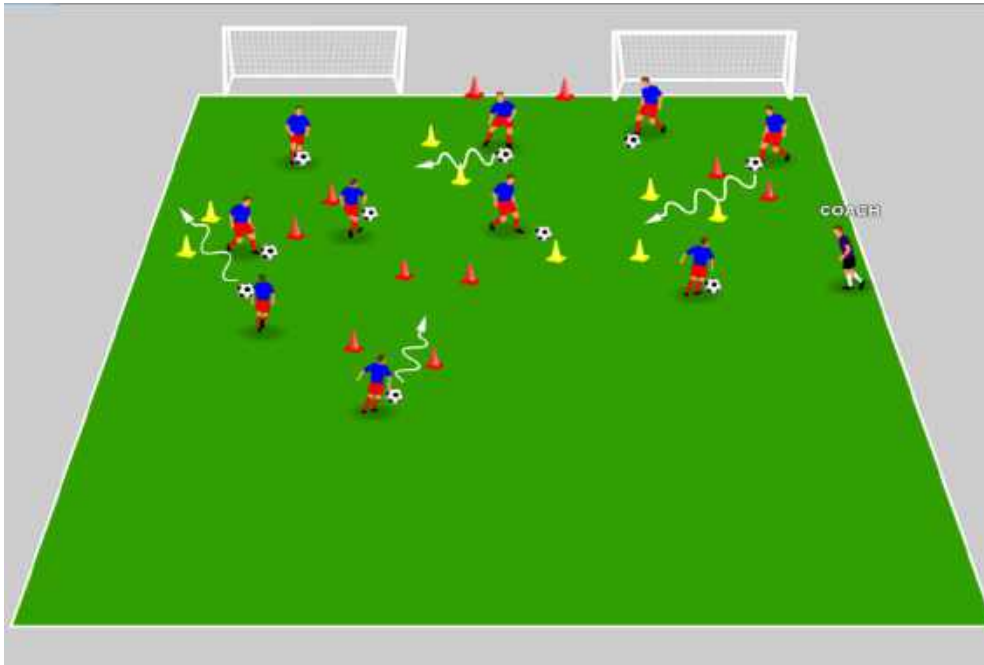
INSTRUCTIONS:

Ingredients: Balls, 2 mini goals, bibs , cones.

Set up:

Two goals, two even teams.

D3: Beginning: **Go through the Gates / Knock the Gates** (5-10min).



CORE SKILL: RWB and STB. FOCUS on one core skill in any session.

KEY ASPECTS: Using the inside or your foot, shooting on the run, head up when shooting, communication.

INSTRUCTIONS:

Ingredients: Ball per player, 2 mini goals, bibs , cones.

Set up

Marked field and ball per player. 1/3 of full field. Set up some gates of different sizes and colours (if possible) around a part of the field and two Goals on one side. You want to adjust the number of gates and space to the skill but in general you want to create a tight area so they have to watch out with each other to increase decision making.

DESCRIPTION and PROGRESSION:

Game is played in rounds of 1min approx. At the end of each round the coach gathers players together to give coaching points and extra motivation.

Round 1: Go through as many gates as possible. COUNT THEM!

Round 2: Beat your previous record

Round 3: Only left foot

Round 4: Drag back when you get through

Round 5: Go through gates of different or same colour.

Round 6: After going through 3 gates, score a goal . Depending on goal size we will have goalkeepers, if players go in goal rotate the Goalkeeper.

Round 7: Players trying to knock the tall cones over with their ball. Coach defends the gates and kicks players' balls away. If it's too easy, use one of the players as a helper.

Coaching Points:

Using the inside or your foot, shooting on the run, head up when shooting,

Communication

Most of them on the run.

Slow down when approaching gates.

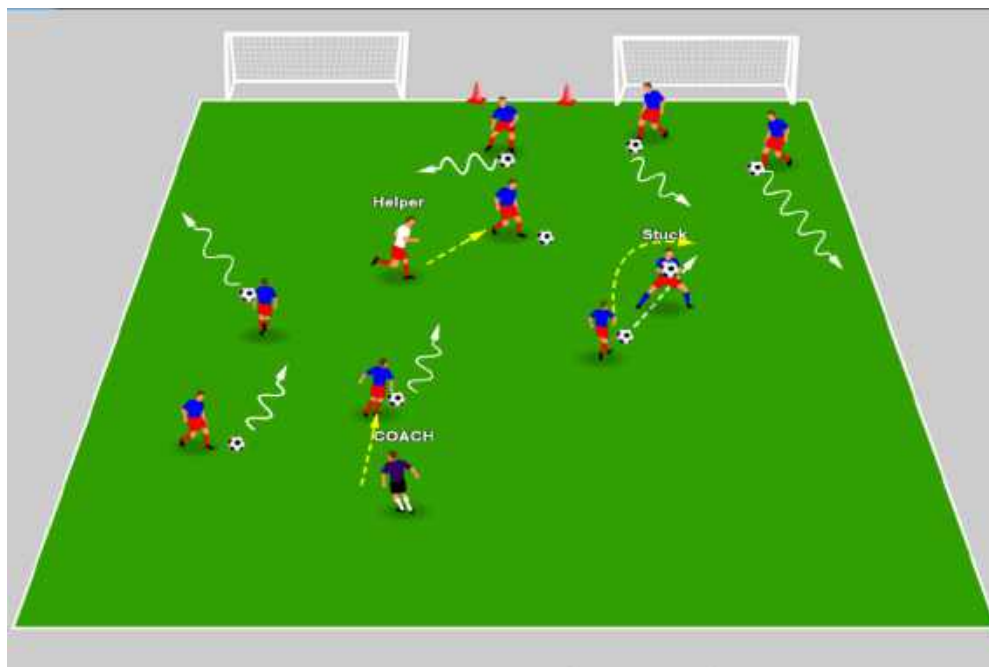
Speed up when going through.

Scan ahead for open areas.

Protect the ball from the coaches when coming to you.

When striking, use the Inside of your foot to be more accurate.

D3: Middle: **Stuck in the Mud** (15min).



CORE SKILL: RWB and STB (Striking The Ball). FOCUS on one core skill in any session.

KEY ASPECTS: Using the inside of your foot, shooting on the run, head up when shooting communication.

INSTRUCTIONS:

Ingredients: A ball per player, 2 mini goals, bibs, cones.

Set up

Same marked field and ball per player. 1/3 of full field.

DESCRIPTION:

Players start dribbling their balls away from the coach inside of the area.

Objective of the players is to survive as a team for two minutes. If the coach manages to get everyone “stuck in the mud” at the same time the coach wins. You can also nominate a player to be the attacker.

Coach will try to tap players at the back. When that happens the player is FROZEN, he is ‘Stuck in the mud’, he can't move. He needs to take the ball with his hand, hold it over his head standing with their legs wide apart until a team-mate frees them by passing a ball through their legs (nutmeg). Players will keep running away and saving each other.

Progression

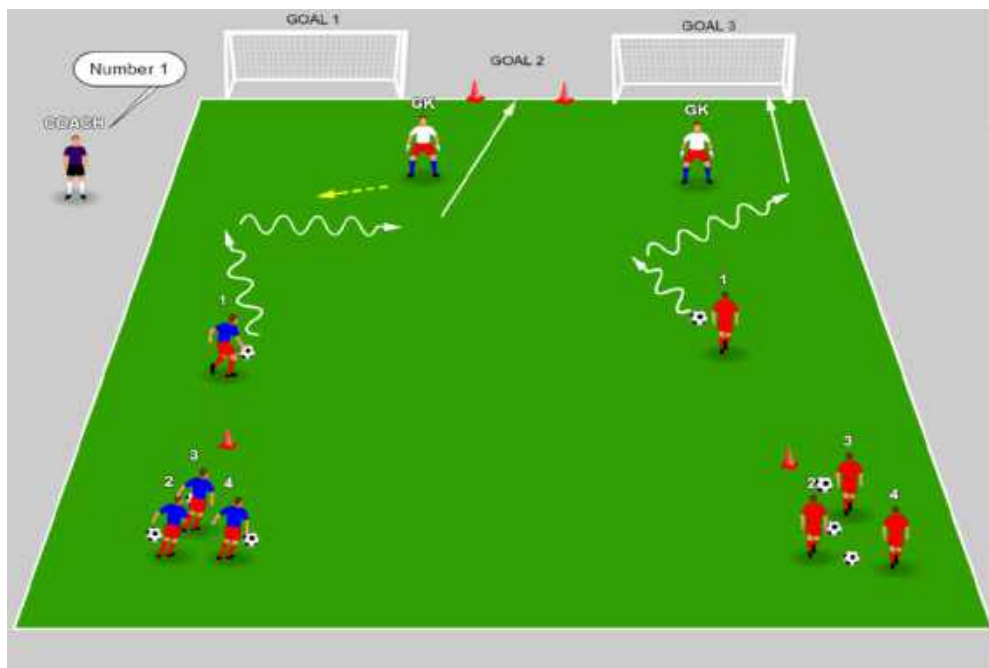
- P1: Choose two players to be taping at the back instead of the coach (or single player).
- P2: To stuck in the mud you need to tap/kick the players ball instead of his back
- P3: Weaker feet only
- P4: Play by teams (only advance). To stuck somebody of the other team you need to hit the opposite player (below the knee).

Coaching Points

Stuck Player: COMUNICATE to be saved, ask for help.

Players dribbling: Change speed and direction to avoid the coach tapping your back / kicking your ball away. Look up, when shooting, use the inside of my feet to be more accurate.

D3: End: **3 Goals and 2 Goalkeepers game** (10-15min).



CORE SKILL: RWB and STB. Focus on only one core skill in any session.

KEY ASPECTS: Using the inside of your foot, shooting on the run, head up when shooting.

INSTRUCTIONS:

Ingredients: Ball per player, 2 mini goals, bibs, cones.

Set up

3 Goals at one side of the pitch. If you only have two goals create an extra using cones. Two cones at the other end with one team behind to each cone. The coach will assign numbers to players.

DESCRIPTION:

Coach picks up two goalkeepers. When the coach calls players number, players need to run and score a goal in any of the three goals as quickly as possible. The team scoring the most goals will be the winner. Play rounds of two minutes. Swap GK at the end of the round. Speed up the calls so nobody waits longer than 30 seconds.

PROGRESSION

Weak foot goals count x5

Coaching Points

ON THE RUN:

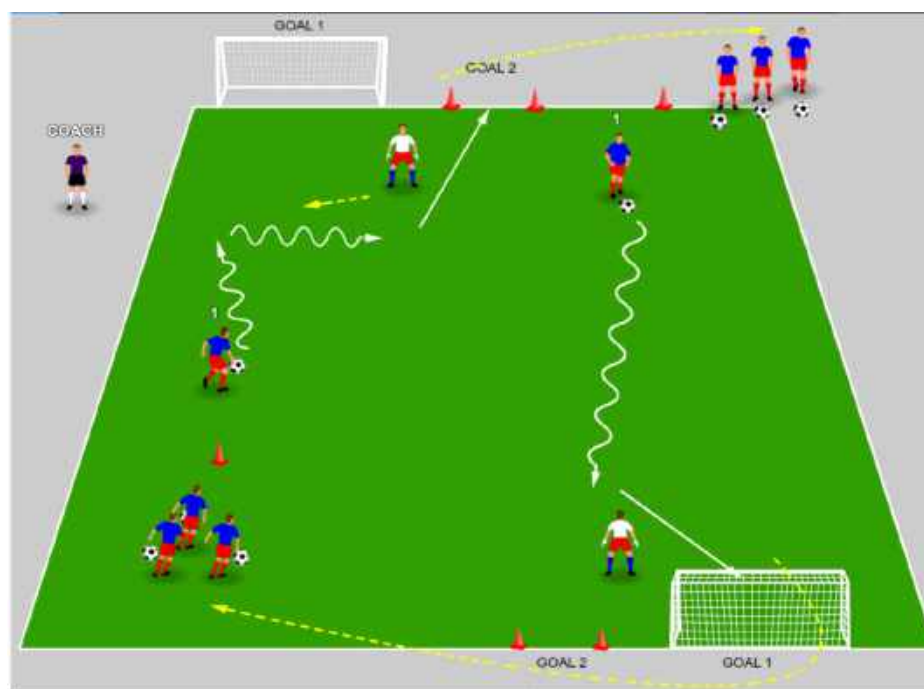
Can you find the available goal to score in?

Scan to see where the goalkeeper is to find a scoring opportunity.

Can you shoot on the run?

Alternative

Run it in a circle: See picture below. In this case there won't be teams so players do not need to get a number assigned, this is a continuous session and can be physically demanding.



D4: Beginning: **Pass through the Gates** (5-10min).



CORE SKILLS: FT, STB, RWB, 1V1

KEY ASPECTS: Body shape to receive, control with the inside of the foot, lock the ankle, pace on the ball.

INSTRUCTIONS:

Ingredients: Ball per player, 2 mini goals, bibs and cones.

Set up:

Marked field of approx. $\frac{1}{4}$ of full field. Also with varied width gates of different colours. Players in pairs, if uneven one group of three (change them often).

DESCRIPTION and PROGRESSIONS

This activity is played in rounds of 1min approx. At the end of each round the coach gathers players together to give coaching points and extra motivation.

Round 1: To get everyone going, ask players to go through as many gates as possible. **COUNT THEM!**

Round 2: Get players to partner up and ask them to do 5 passes through a gate and then move to a different gate and do it again.

Round 3: Can you beat your record of passes?

Round 4: Only weak foot pass.

Round 5: After getting 5 passes on one gate the next gate has to have a different colour.

Round 6: Step it up by getting a helper to help the coach as defender.

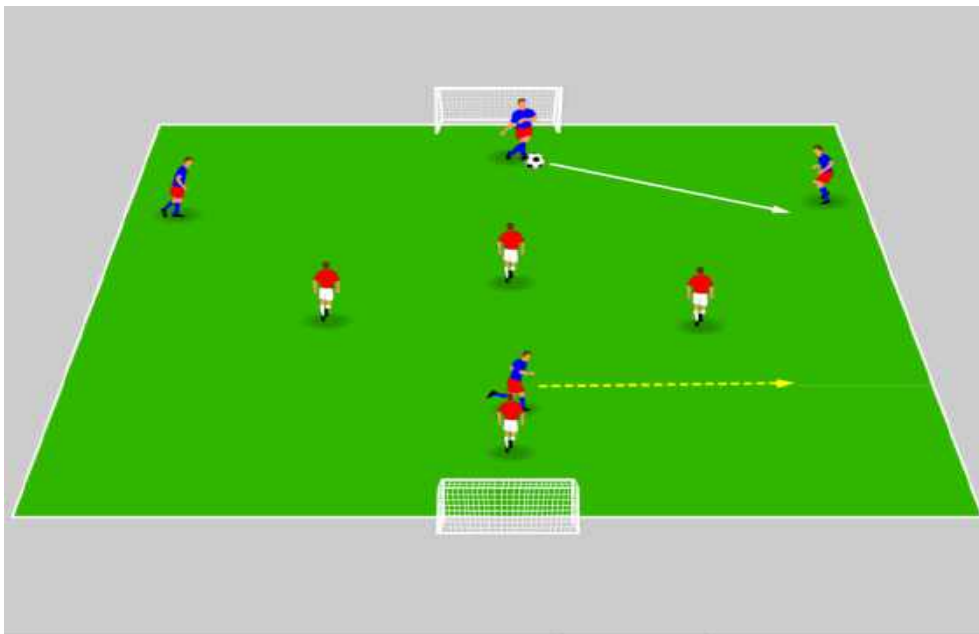
Coaching Point:

MINIMUM TWO TOUCHES: CONTROL, LOOK AND PASS

Open your body to receive facing where you want to play the ball.

Use the inside of your foot to control and then to pass.

D4: End: **Game** (15min).



CORE SKILLS: FT, STB, RWB, 1V1

KEY ASPECTS: Open my body, control with the inside , lock my ankle, General body position

INSTRUCTIONS:

Ingredients: Balls, 2 mini goals, bibs , cones

Set up:

Two goals, two even teams

Try to create you even teams and give them positions. Kind of game will depend on your goals and number of players.

If 8 players and mini goals: 4v4 no Gk. Diamond Formation.

If 8 players and medium or big goals: 4v4 with rush Gk. Diamond Formation (can show them square if the are good)

If 10 or more players if you can split in two games in two fields to do 3v3 and 2v2 better if you can't adjust.

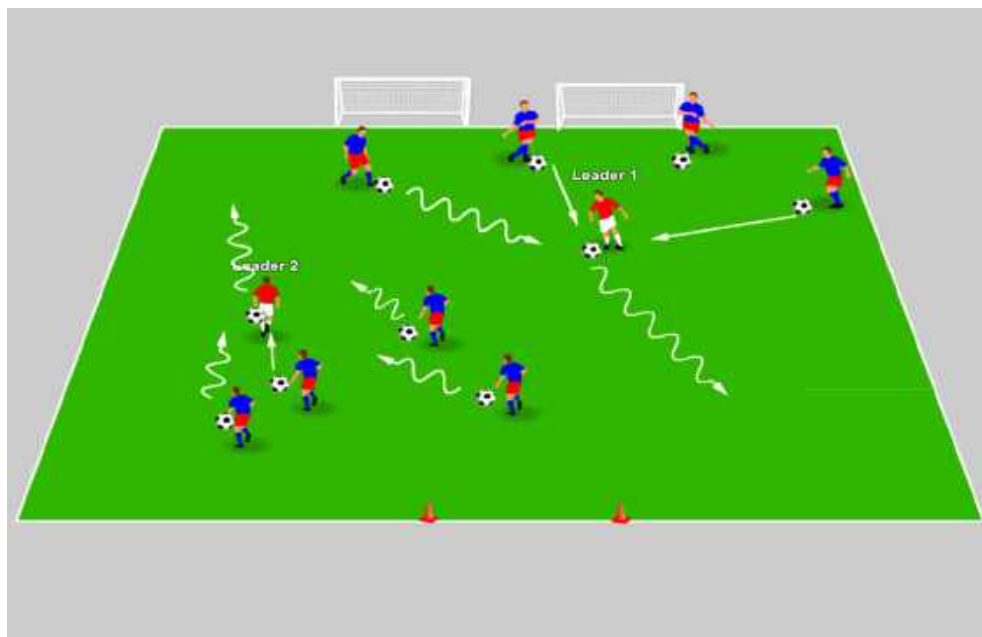
DESCRIPTION

The Opposing team has to retreat half way line when there is a goal kick.

Minimum two touches: ONE TOUCH KICK is discouraged. All the players need to take a touch and control the ball. STOP THE GAME WHEN SOMEONE KICKS one touch.

Help with positioning assuring when there is a goal kick left and right options open their body to receive facing forward.

D5: Beginning: **Hunt the Leaders** (10-15-min).



CORE SKILLS: STB, RWB, 1V1

KEY ASPECTS: Look up, scan for opportunities, shoot on the run, change speed and direction, use both feet.

INSTRUCTIONS:

Ingredients: Ball per player, 2 goals or tall cones to create goals, bibs, cones.

Set up

Marked field of approx. 1/4 of full field. Every player will have a ball but the two starting as leaders also are holding a bib so can be recognised.

DESCRIPTION

FOLLOW or HUNT THE LEADER

Ball per player. The Coach picks up 1 or 2 leaders depending on numbers and all the players need to follow the leader as closely as possible. At the end of 1 minute the player closest to the leader will become the new leader. Coach manipulates the game so all the players/ most of them have a go as leaders.

Leaders try to run away with their ball finding space and getting rid of their followers. If the leader's ball goes away from the field the closest person to him/her becomes the new leader.

Game is played in rounds of 1min approx. At the end of each round the coach gathers players together to give coaching points and extra motivation.

PROGRESSION

TARGET THE LEADER

Now if you target the leader with your ball (below his knee *for safety*) you will become the new leader.

P1: When this happens the old leader will provide the bib or cone to the new one and the new leader has 5 seconds to run away (nobody can kick a ball to him in those 5 seconds).

P2: Instead of targeting the leader we need to connect with his ball to become the new leader.

Coaching Points:

On the run or at the end of the 1 min sessions:

Leaders:

Little touches to keep the ball under control.

How can you find the space? Scan for empty space

Trick the followers: Change direction, use body feints

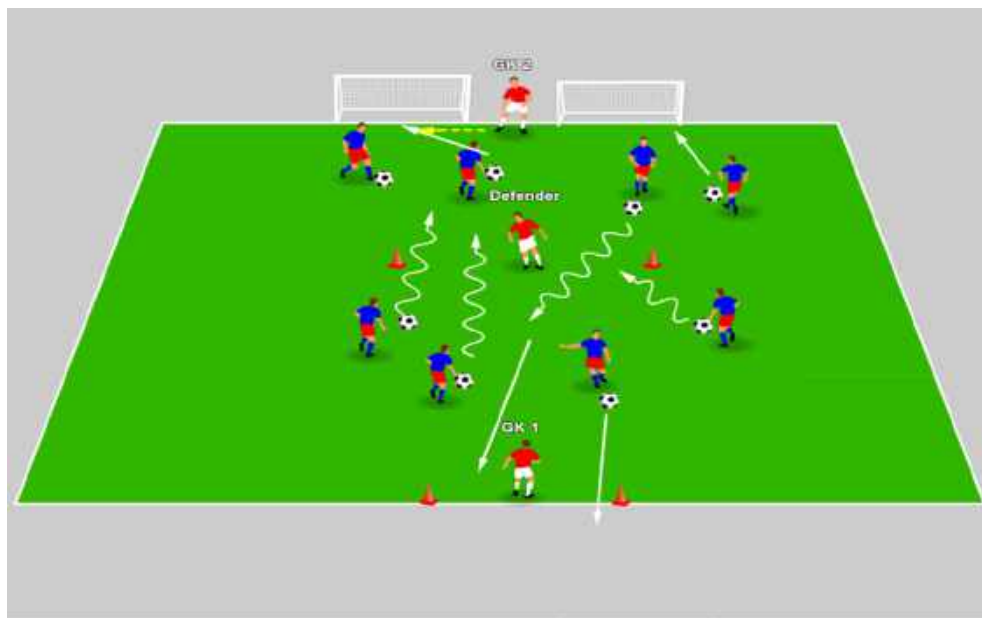
Followers:

How can we see where the leader is? Scan

Dribble while looking around you.

When we need to hit the leader: Shoot on the run.

D5: Middle: **Go through the Gate and Score** (10-15-min).



CORE SKILLS: STB, RWB, 1V1

KEY ASPECTS: Look up , scan, shoot on the run, change speed and direction, use both feet.

INSTRUCTIONS:

Ingredients: Ball per player, 2 goals or tall cones to create goals, bibs , marker cones.

Set up

Using the same field as Hunt the leaders. Depending on the number of players and the type of goals you can vary the set it up. If you have two mini goals, set up as the picture. If you have two big goals or no goals, set up goals at each side either real ones or made up by cones. If you have more than 10 players you can create an extra gate in the middle so there are two gates with one defender each.

DESCRIPTION

Game is played in rounds of 1 or 2 minutes.

The objective for the players is to score as many goals as possible. Before they score they need to get through the gate which has a defender on it. Once they shoot on one goal, you need to get through the gate again and try to score in the opposite goal.

Everyone is doing it at the same time so it is KAOTIC but we are maximising the decision making of the players.

Defenders need to remain defending the gate , their job is to try to avoid people from getting through the gate.

Goals with the weak foot count x3. Change Goal Keeper and defenders at the end of each round. The players need to shoot on the run.

PROGRESSIONS:

Step up: Add an extra defender or make the gate smaller

Step down: Coach become the defender or make the gate bigger.

Coaching Points:

On the run:

Shoot on the run

Find the empty goal

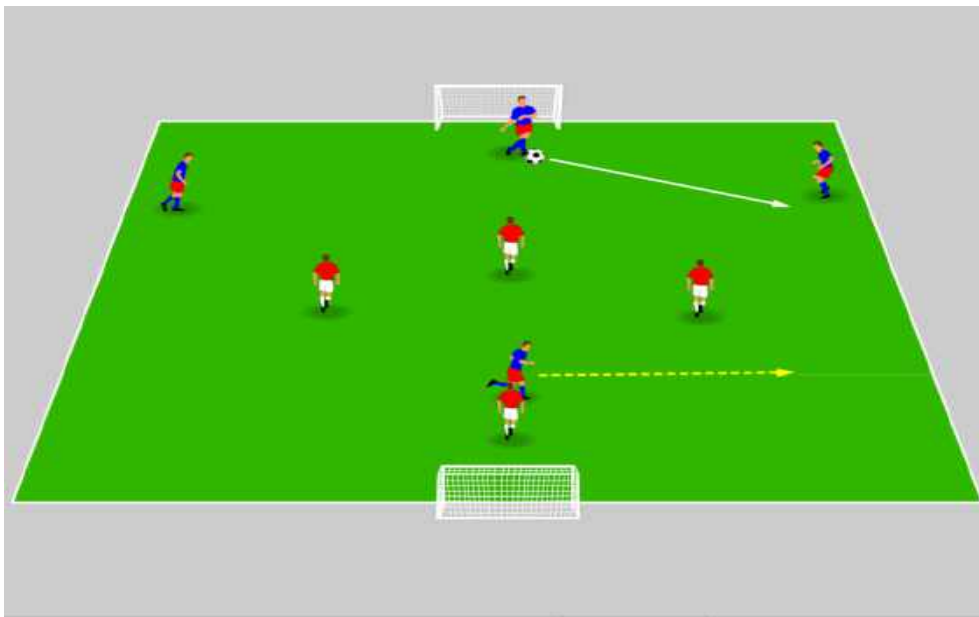
Trick the Goal Keeper to create goal scoring chances.

Use your weak foot to get extra points

Approach the defender and then change speed and direction when taking them on.

Find the openings in the gate.

D5: End: **Game** (10-15-min).



CORE SKILLS: STB, RWB, 1V1

KEY ASPECTS: Look up , scan, shoot on the run, change speed and direction, use both foot.

INSTRUCTIONS:

Ingredients: Ball per player, 2 goals or tall cones to create goals, bibs, cones.

Set Up

Two goals, two even teams.

Try to create you even teams and give them positions.

Game will depend on your goals and number of players.

If 8 players and mini goals: 4v4 no Goalkeepers. Diamond Formation.

If 8 players and medium or big goals: 4v4 with rush GK. Diamond Formation.

If you have 10 or more players you can split it in two games in two fields to do a 3v3 and a 2v2 or adjust.

DESCRIPTION

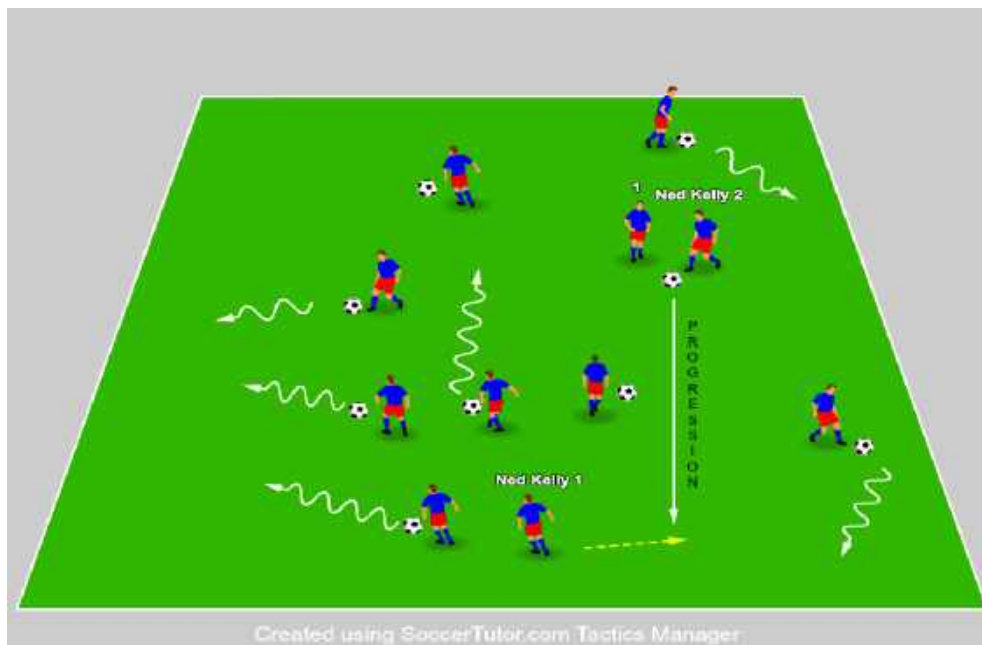
The Opposing team has to retreat half way line when there is a goal kick.

Minimum two touches: ONE TOUCH KICK IS BANNED. All the players need to take a touch and do something with the ball after getting it under control. STOP THE GAME WHEN SOMEONE KICKS one touch, remind them to always get the ball under control.

Help with positioning assuring when there is a goal kick left and right options open their body.

Reinforce shooting on the run.

D6: Beginning: **Ned Kelly Gang** (10-15-min).



CORE SKILLS: STB, RWB, 1V1

KEY ASPECTS: Look up , scan, shoot on the run , change speed and direction, use both feet.

INSTRUCTIONS:

Ingredients: Ball per player, Later we require- 2 goals or tall cones to create goals, bibs , marker cones.

Set up

Marked field of approx. 1/3 of full field. Every player will have a ball but the two starting as Ned Kelly Gang members.

DESCRIPTION

Game played by rounds of 1-2 min. Players start dribbling around inside of the area, their objective is to keep their balls. They need to run away from Ned Kelly Gang who will try to steal the ball from them. If Ned Kelly takes the ball from you (as happens in the picture, where Ned Kelly 2 takes the ball from player 1). Number 1 will become the new Ned Kelly 2 and he will have to steal a ball from somebody else.

Ned Kelly can not steal from the players who just stole from them.

At the end of the round the two Ned Kelly have lost, find two new Ned Kelly members for the next round.

PROGRESSION

Same dynamic but now who starts as a Ned Kelly Gang members will remain in the gang until the end of the round. Ned Kelly needs to try to steal the ball from you and pass it to another Kelly gang member who needs to control it so the person who lost the ball becomes a Kelly Gang member. In the picture Ned Kelly 2 steals the ball from player 1 and passes it to Ned Kelly 1, after that Player 1 will become Ned Kelly 3.

When a Ned Kelly steals the ball from you, you can try to get it back until he passes to another Ned Kelly.

The stolen balls from Ned Kelly are out of play
Last two players with a ball will be the winners.

Coaching Point:

On the run:

Head up, look.

Find the open area.

Speed up.

Use your skills.

Protect the ball.

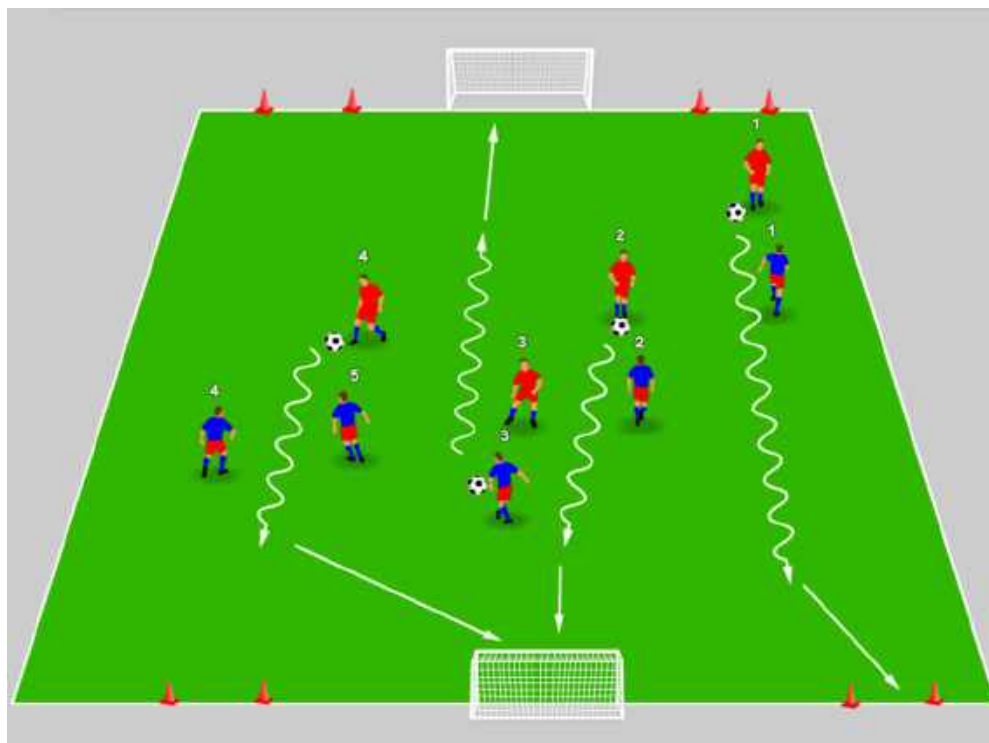
Praise their skills.

After progression to the Ned Kelly Gang:

Work together as team.

Move somewhere where your can receive the ball.

D6: Middle: Kelly Gang Duels (10-15min)



CORE SKILLS: STB, RWB, 1V1

KEY ASPECTS: Look up , scan, shoot on the run , change speed and direction, use both feet.

INSTRUCTIONS:

Ingredients: Balls, 2 goals or tall cones to create goals, bibs, marker cones.

Set Up:

Create 3 goals at each end of the field. Use whatever goals you have available.

DESCRIPTION

Game is played in rounds of 1 min and a half. Give opportunities for players to recover. Coach partner up players to play against each other 1v1 matches (in the picture player 1 vs player 1, etc). If you have an uneven number of players, the best player can play vs two (see picture player 4 on red playing vs player 4 and 5 from blue team). The 1v1 matches have normal rules, instead of kicking or through in's players will dribble the ball in. At the end of each round the coach brings everyone together, asks for the scores (to try to create new even matches by swapping players if needed) and gives some coaching points so players can rest.

PROGRESSION:

In an advance group you could progress it to 2v2.

COACHING POINTS:

On the run:
Head up
Find the open areas.
Speed up.
Use your skills.
Protect the ball.
Praise the players.
Find the scoring opportunities.

D6: End: **Game**(10-15min).



Coaching Points:

You may make the goals scored worth different amounts, side goals worth 1 central goal 2 points or what ever you decide.

INSTRUCTIONS:

Core Skills: STB, RWB, 1v1 FOCUS on one in a session.

Set up

Same field. Even teams.

If you have 10 - 12 players you can consider to create two different matches if extra field available so they can play 2v2 or 3v3.

Description

Normal Match but there are three goals they can score in.

Encourage 1v1 when a good opportunity appears.

Coaching on the run.

D7: Beginning: **Rob the Nest** (10-12min).



CORE SKILL: RWB & 1V1 FOCUS on one core skill per session.

KEY ASPECTS: Body shape position, optimising the area in front of you.

INSTRUCTIONS:

Ingredients: Ball per player, tall cones for goals, (as they will need to run through), marker cones and 4x sets of bibs.

Set up

Marked field of approx. 1/3 of full field. Create "4 team bases" that will be the future 4 goals for next activities. If you can use tall cones for this better. Make a pile of cones in the centre of the field, this will be the treasure in the NEST.

Description

Divide players into 2-4 teams and assign a base for each team. You probably don't want to have more than 3 players per team. Teams do not need bibs. Every player in the team will have a ball and will wait on their bases for the coach call.

On coach call, everyone at the same time will run with their ball to the nest and pick up one piece of treasure to take it back to their base. When treasure runs out in the middle the team with more treasure wins. You can not take more than one piece of treasure at a time.

Coaching Points:

Running into an open area in front of the player, change of pace...speed up, less touches to cover more distance between touches,

PROGRESSION:

P1: Once treasure runs out in the middle you can go and steal from others team treasure.

P2: Coach is defending the treasure and tries to kick your ball away.

You can step it up by picking one or two helpers from the players to protect the treasure with you.

On coach call, everyone at the same time will run with their ball to the nest and pick up one piece of treasure to take it back to their base. When treasure runs out in the middle the team with more treasure wins. You can not take more than one piece of treasure at a time.

Coaching Point:

Show how to stop the ball before picking up the treasure.

On the run:

Head up

Find the open area.

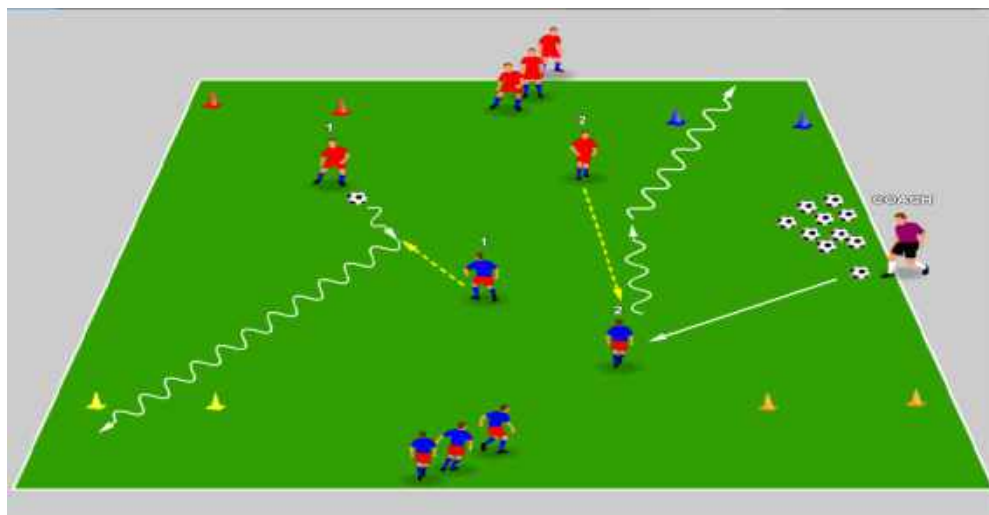
Speed up.

Can I use longer strides and less touches when I have an area to run forwards into?

Change speed and direction to get around defender.

Scan before receiving, 1v1.

D7: Middle: **Tricky Goal Lines** (10-15min)



CORE SKILL: RWB & 1V1 FOCUS on only one core skill in a session.

KEY ASPECTS: Body shape position, optimising the area in front of you.

INSTRUCTIONS:

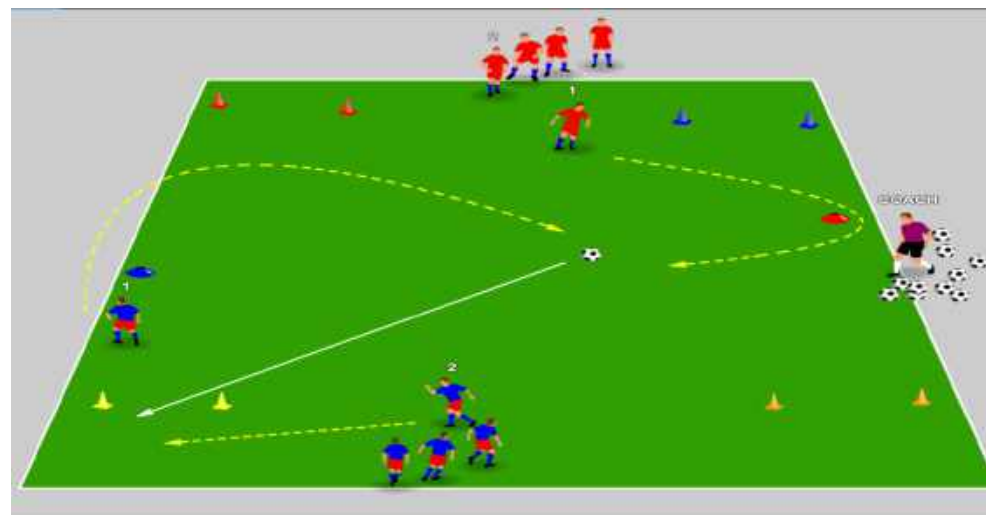
Same field using the team base we created before as tricky goals. Add cones for starting points and to go around to all. Get all the balls on your side.

Description

Set up two even teams, with different colours at starting points. Get the teams to line up behind their starting points.

When coach calls "GO" both players 1 will step into the field, the coach will pass a ball to one of the players who will need to try to dribble through the opposite goal to score a goal. You need to dribble the ball through the goal, shooting does not count as a goal.

The coach will speed up the line so players do not wait long.



PROGRESSION:

Only For Advanced groups. Set up Cones to go around. Now, teams will have to go around their "Go around cone" and they will score in the goals on their side. For example blue team, in the picture, will have to score in the yellow or orange goals and red team in the blue or red goal.

Now apart from scoring by dribbling through a gate they can also score by passing the ball to a teammate who is at the other side of the goal (see player 2 on blue).

COACHING POINTS:

On the run:

Head up and look.

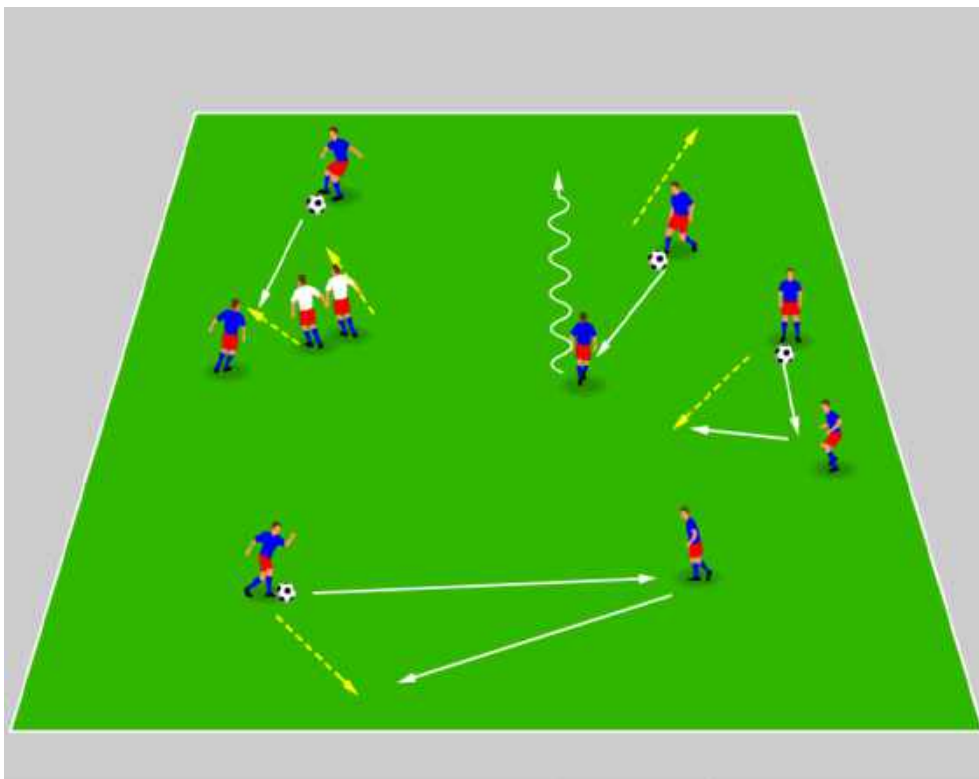
Find the free goal.

Change speed and direction.

Don't give up.

Where is the space?

D8: Beginning: **Double Trouble** (10 -15 min).



CORE SKILLS: STB, RWB, First Touch

KEY ASPECTS: Use the inside of your foot to pass the ball, scan, open your body to receive, run when you have room in front of you, introduction to drag the defender, strike with both feet.

INSTRUCTIONS:

Ingredients: Ball per player, goals, cones, bibs

Set up:

Marked field of approx ⅓ of full field. Partner up players. All the pairs need a ball.

DESCRIPTION

Game is played in rounds of two minutes.

The objective of the game is to get as many passes in a row as possible. Partners will start passing the ball and move around counting loudly their amount of passes. “Double Trouble” (players on white on the picture) will try to steal a ball while they are holding hands. Once they have stolen a ball, players that lost the ball will become “Double Trouble” and the two that just stole will start passing around.

If your balls get out of the field you become double trouble.

At the end of the round the pair with more passes will be the winners.

To avoid static passes you can apply the rule that players need to move after passing.

PROGRESSION

Play a round where they can only pass with their weak foot.

Step up: Increase the number of “Double Trouble” or “Double Trouble” don't have to hold hands.

Step down: “Double Trouble” can only intercept passes but not tackle

Coaching Point:

On passing control the ball first.

Move towards the ball.

Make the field big after passing.

Scan before passing.

Call to your team-mate or eye contact.

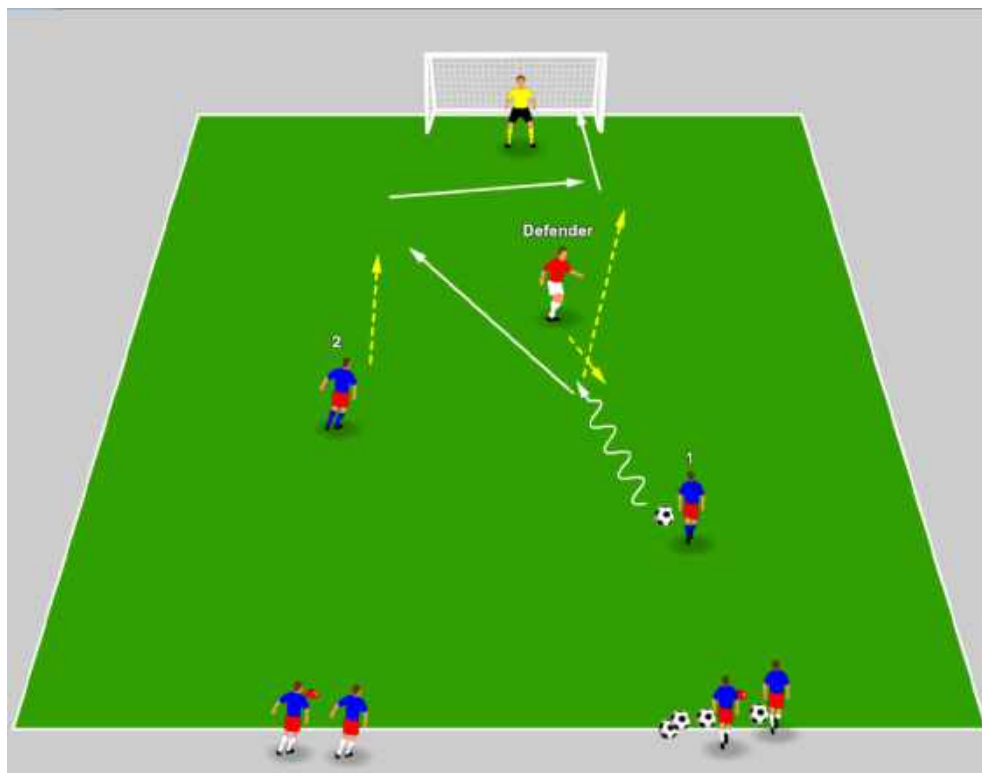
Use the inside of your foot to be more accurate.

Open your body to control.

If you are “blocked” by double trouble: MOVE!

Double Trouble: WORK TOGETHER.

D8: Middle: **Dos vs Uno** (10-15min).



CORE SKILLS: RWB, 1V1, STB.

KEY ASPECTS: SCAN (look around) , change speed and direction, use your skills

INSTRUCTIONS:

Ingredients: Balls, 1 goals, bibs , cones.

Set up:

Marked field using $\frac{1}{3}$ of an 11 a side field. Set up a goal with a goalkeeper. If you have two mini goals, you can put them together to create a bigger goal. Set up two lines behind the red cones, with balls on one side. Pick a player to start as defender.

DESCRIPTION

Players 1 and 2 (in picture) try to beat the defender and score. Once they have shot, they pick up the ball and come back to the lines using the outside of the field (swap lines).

Defender to hold a bib in his hand to be identified. If he gains the ball of you, he will drop the bib on the ground and the attacker that lost the ball, will become a defender.

Assure you speed up the exercise so there is not much waiting.

PROGRESSION

P1: If you score with your weak foot that goal counts double.

P2: If you score you can become a goalkeeper.

Step down: Make the area bigger. If one player gets stuck as defender, swap with him.

Step up: Make the area smaller.

Coaching Points:

On the run:

Head up

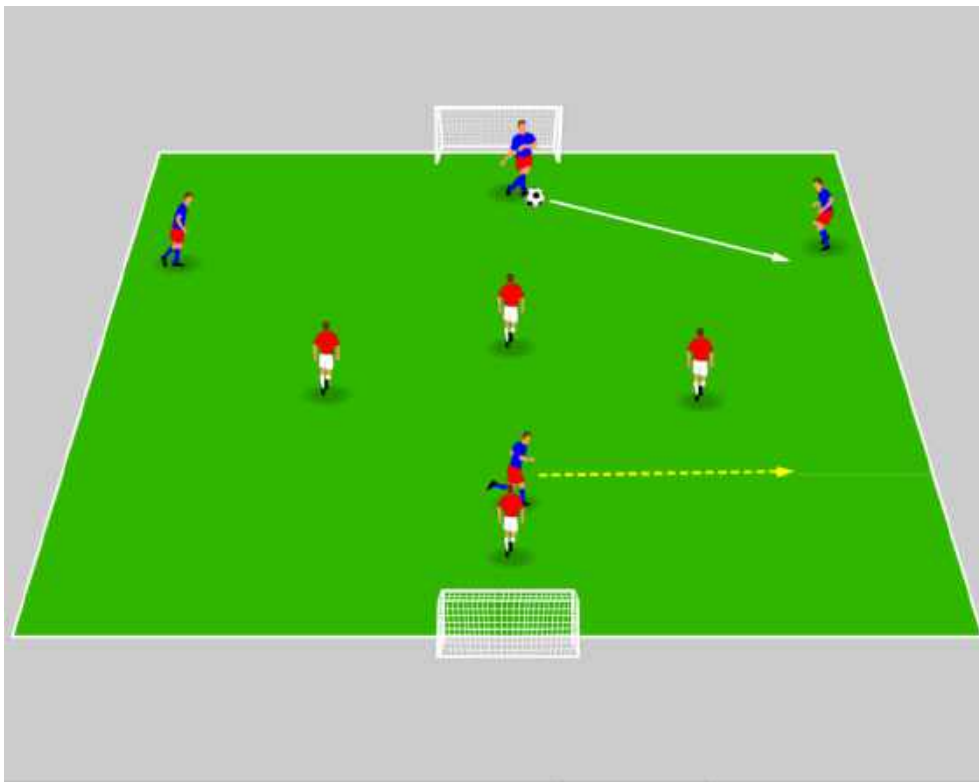
Drag the defender and pass.

Pass in front of your team-mate.

Shoot on the run.

Defender, don't give up!

D8: End: **Game** (10-15min).



CORE SKILLS: RWB, 1V1, STB.

KEY ASPECTS: SCAN (look around) , change speed and direction, use your skills

INSTRUCTIONS:

Ingredients: Balls, 2 mini goals, bibs , cones.

Set up:

Two goals, two even teams

Try to create you even teams and give them positions. Kind of game will depend on your goals and number of players.

If 8 players and mini goals: 4v4 no Goalkeeper. Diamond Formation.

If 8 players and medium or big goals: 4v4 with rush Gk. Diamond Formation.

If you have 10 or more players you can split it in two games in two fields to do a 3v3 and a 2v2 or adjust.

DESCRIPTION

The Opposing team has to retreat half way line when there is a goal kick.

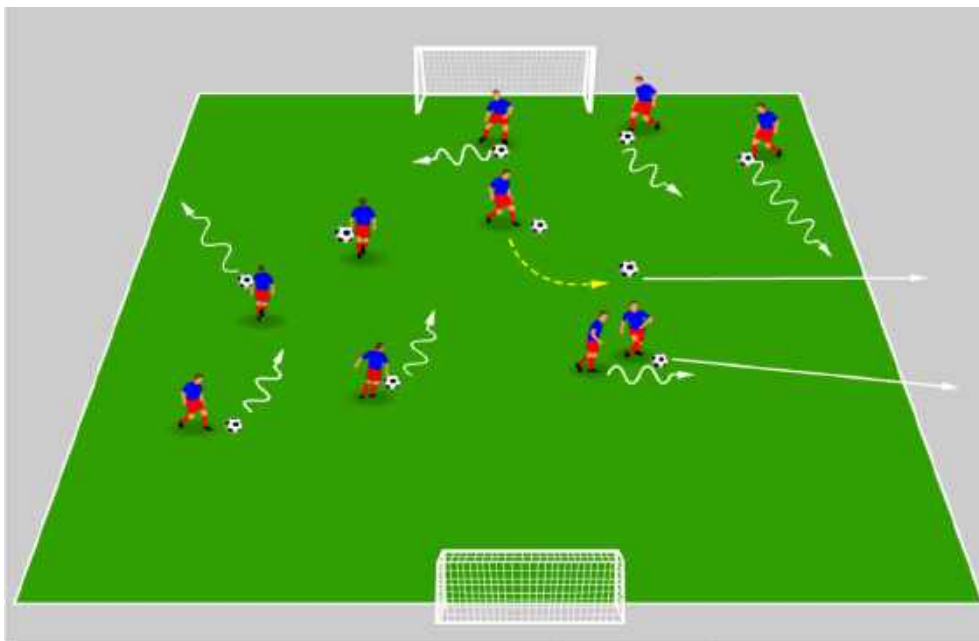
Minimum two touches: ONE TOUCH KICK IS BANNED. All the players need to take a touch and do something with it. STOP THE GAME WHEN SOMEONE KICKS one touch.

Help with positioning assuring when there is a goal kick left and right options open their body.

Reinforce shooting on the run.

Additional: Reset & Individual sessions.

DB: Beginning/Reset Activity: **Bee Hive** (10-15 min).



DESCRIPTION

They attempt to kick the other players' balls out of the area while keeping their own ball under control.

The players must be careful – while they are kicking someone's ball out, someone else might kick theirs out! If their ball is kicked out, the player must leave the area immediately without kicking any other balls out.

The player can fetch their own ball and juggle or practice their skill while they wait until there is a winner and the game starts again.

Coaching Points:

Keep the ball close.

Look up and be aware of all other "dangerous" players.

CORE SKILLS: RWB, 1v1

KEY ASPECTS: Feints, change speed and direction, use your body.

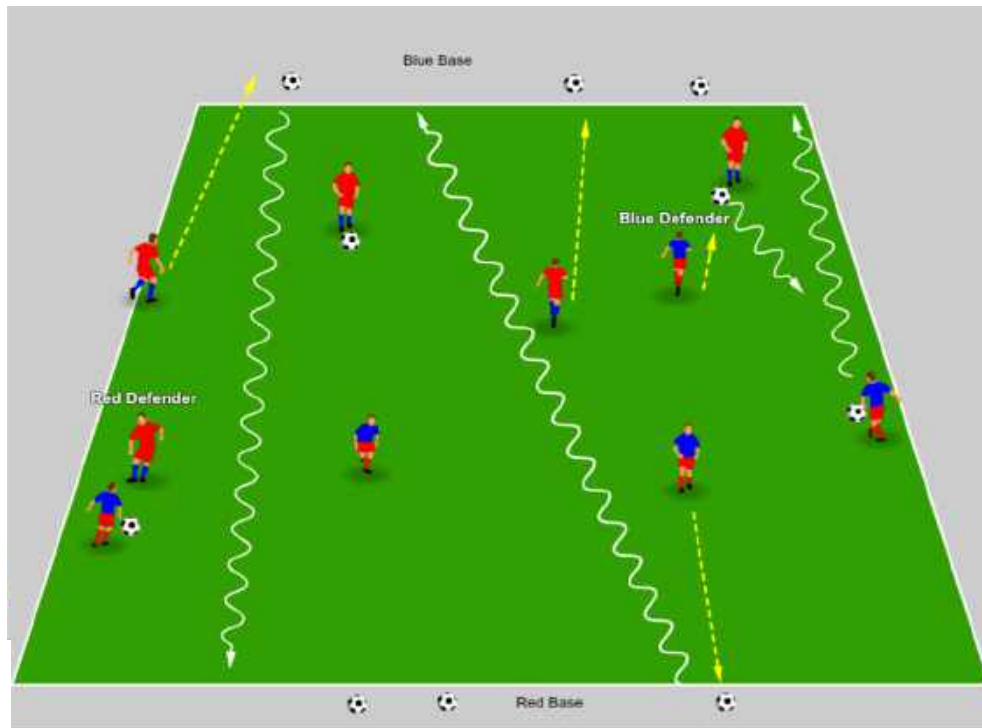
INSTRUCTIONS:

Ingredients: Marker cones , goals, ball per player.

Set up

Players with a ball each dribble around an area about 7m × 10m.

DB: Beginning/Reset Activity : **Dribble and Steal** (10-15 min).



DESCRIPTION

Players try to steal the other team's balls and dribble them to their own half without being dispossessed by the other team.

Assign one player from each team to be the defender to try and stop the other team from reaching their goal line.

Coaching Points:

Keep the ball close.

Change Speed and direction.

Constantly scan.

Shield the ball away from defender.

CORE SKILLS: RWB, 1v1.

KEY ASPECTS: Running with the ball, Scan, Little Touches, 1v1.

INSTRUCTIONS:

Ingredients: Balls, cones, bibs.

Set up

Organise players into two even teams, each in separate halves of the playing area
Place a number of balls behind each goal line.

DB: Beginning/Reset Activity: **Dribble Tag** (10-15 min).



DESCRIPTION

A 'chaser' is nominated and they try to tag the other players while keeping control of their own ball.

The other players avoid him or her while keeping control of their balls.

If you are the tagger you must carry a bib so everyone knows who the chaser is. Step up using more than one chaser.

Coaching Points:

Keep the ball close.

Scan and be aware of your surroundings.

Shield the ball from other players.

CORE SKILLS: RWB

KEY ASPECTS: Running with the ball, changing speed and direction, scanning.

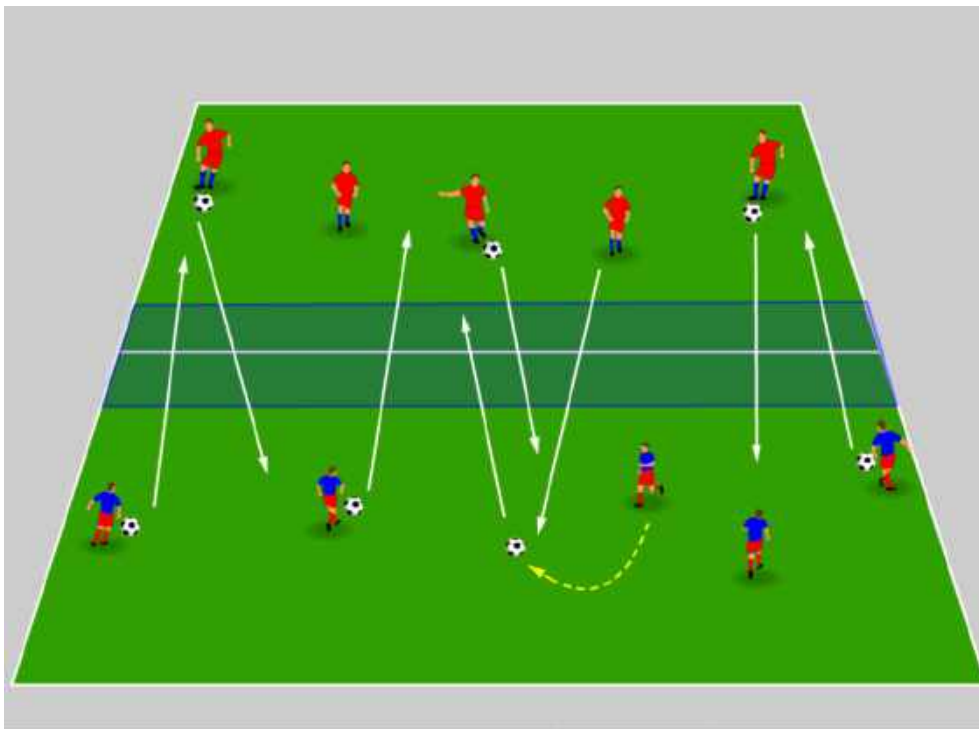
INSTRUCTIONS:

Ingredients: Marker cones , goals, ball per player, bibs.

Set up

In an area about 10m × 14m, players dribble their balls around.

DB: Beginning: **Cross the River** (10-15 min).



CORE SKILLS: STB

KEY ASPECTS: Shooting and passing from different angles.

INSTRUCTIONS:

Ingredients: Ball per player, cones for areas.

Set up

2 groups of equal size face each other at each half of the field. Each player has a ball at their feet.

DESCRIPTION

On a signal, players pass their ball over a line or zone (*the River*) in the direction of the opposite team. They continue to pass any balls in their area over to the other side to try and clear their own area. After a set period, balls are counted to see who has the fewest balls in their area.

Coaching Points:

Make sure the players control the ball before playing it.

Move back after passing the ball.

Go towards the oncoming ball.

Keep out of the "river".

DB: Beginning: **Twister** (10-12 min).



CORE SKILLS: RWB

KEY ASPECTS: Dribbling with the ball close to your foot, scan around, use both feet, perception.

INSTRUCTIONS:

Ingredients: Ball per player, different coloured cones.

Set up

This activity should be arranged in a square 15m x 15m and requires at least three cones of two or more colours placed randomly inside the square.

DESCRIPTION

Players dribble their balls round the outside perimeter of the area. Call out a colour and the kids must dribble into the square, around the cone with their football. Remind players to keep their heads up and watch out for possible collisions.

PROGRESSION

Round all cones of that colour.

Players to use their right foot only.

Players to use their left foot only.

Players to use the inside of their foot only.

Players to use the outside of their foot only.

Coaching Points:

Player running:

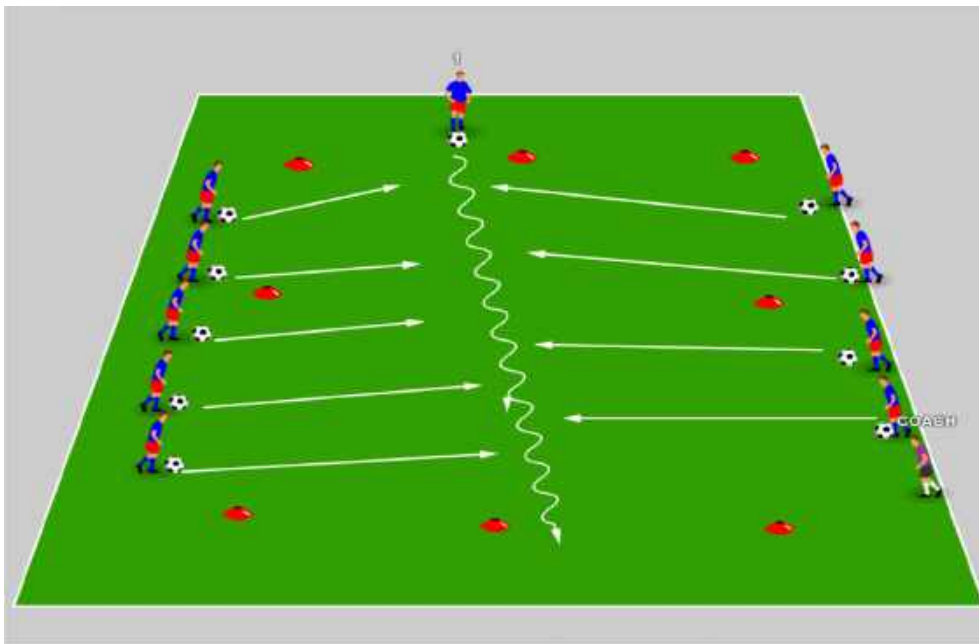
Accelerate, decelerate

Practice their feints

ALTERNATIVE: There are more possible variations, limited only by the number and colour of your cones, and your imagination!



DB: Beginning: **Space Invaders** (10-12 min).



CORE SKILLS: STB, RWB

KEY ASPECTS: Look up, scan surroundings, shoot on the run, change speed and direction, use both foot.

INSTRUCTIONS:

Ingredients: Ball per player, cones.

Set up

Set up a rectangle and position all players at each side of the rectangle with their ball but 1 (player 1 in the picture). Size of the rectangle should depend on player ability. Mind the strength to kick the distance.

DESCRIPTION

Rules: Player 1 needs to try to reach the opposite line avoiding his ball being hit by other players. Other players try to hit player 1 ball. Rotate players running. Once everyone has a turn, the player who got less hits will be the winner.

PROGRESSION

Step down: Play by elimination. Everyone starts running and the coach starts by kicking alone, if coach hits you, you join his team and kick balls from the side to the other.

Step up: Advance level. Set up pairs and one ball per pair. One pair will stay in the middle with no ball. Players on the side try to pass the ball to their partners on the opposite side. Players in the middle try to intercept the ball, if they do they swap places with the pair who lost the ball.

Coaching Points:

Player running:

Protect your ball

Accelerate, decelerate

Fake, feints

Players shooting:

Use inside to be more accurate

Predict where he is moving.

Mind the strength to kick the distance.

DB: Beginning: **1vs1 World Cup** (10-12 min).



CORE SKILLS: 1v1

KEY ASPECTS: 1v1 skills, defending, feints, change speed and direction, use your body.

INSTRUCTIONS:

Ingredients: Marker cones , goals, balls.

Set up

Set up different fields close to each other. Number and type of goals can vary depending on what is available.

DESCRIPTION

Players play 1v1 games of 2 min. Set up different divisions for each field, if you win, you will move up to the next division, unless you are in the top division (in this case you will play on the same field). If you lose, you move down one division, unless you are in the lowest division (in this case you will play on the same field).

Coaching Points:

DEFENDING:

Body Shape.

Keep on the balls of feet.

Angle and shape your body slightly sideways.

Keep your eye on the ball.

Always stay between the ball and goal.

ATTACKING:

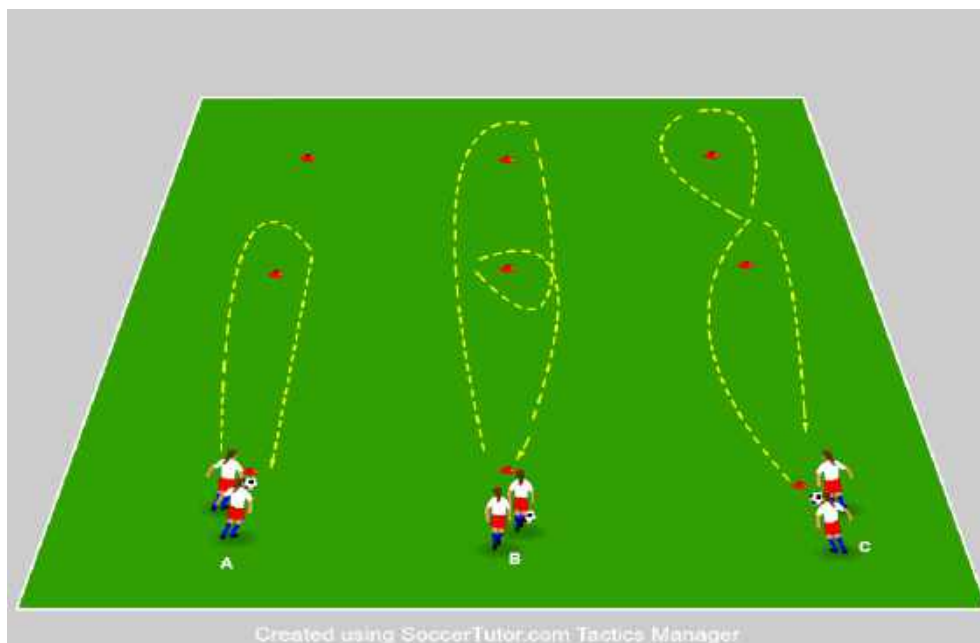
Accelerate, decelerate.

Fake, feints.

Predict where defender is moving.

Try and send the defender the other way.

DB: Beginning: **Relays** (10 min).



CORE SKILLS: RWB

KEY ASPECTS: Look up , change speed and direction, use both foot, close control.

INSTRUCTIONS:

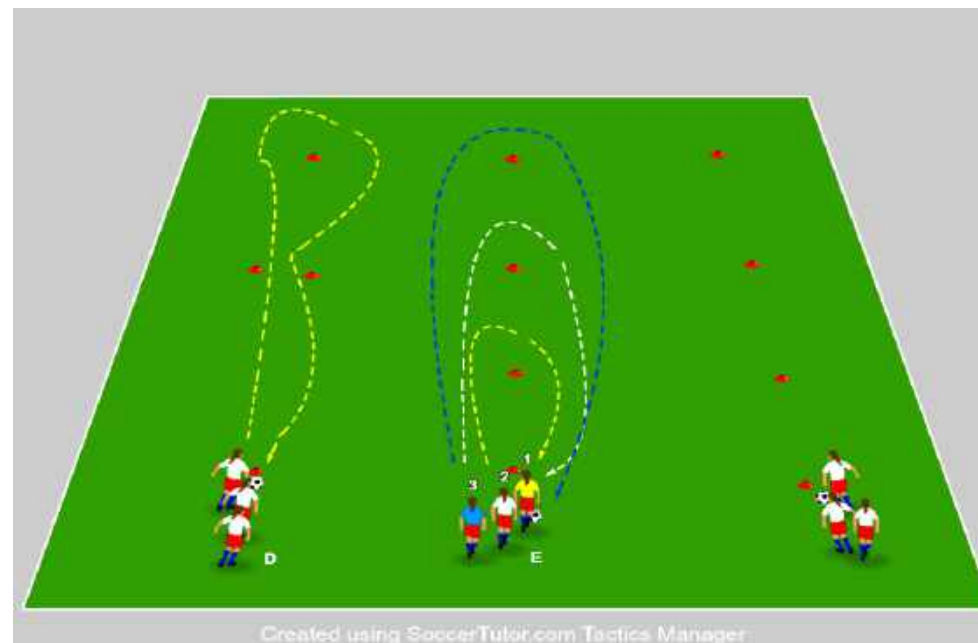
Ingredients: Ball per player, cones.

Set up

Each player starts with a ball, dribbles around the marker (as shown in diagrams A B C D E and returns to the start. Each section is its own game illustrated here for space on the page.

Upon returning to the starting point, the next player starts the same pattern with their own ball or with one ball per group. If one ball per group they then starts their turn on the same course after the first player returns and tags them in.

Give the group a quick break for a drink when necessary



DESCRIPTION

The more skill your players acquire, the more the ball should be used and the greater the challenges can be, if there are more than six players, make another lane of cones and keep it to two players in a line (this avoids long queues)

PROGRESSION

Each player starts with the ball at the front of the line, and dribbles around the marker in a full circle, as shown in the diagram, then dribbles around the second marker then returns to the beginning. When they return the next player starts.

Players use their Right Foot only (Left) (Inside of their foot only) (Outside) etc.

Each Group to use the same shared ball.

In E change the player positions regularly so they all run cover the same distance or have them do all three sectors to complete a turn.

Coaching Points:

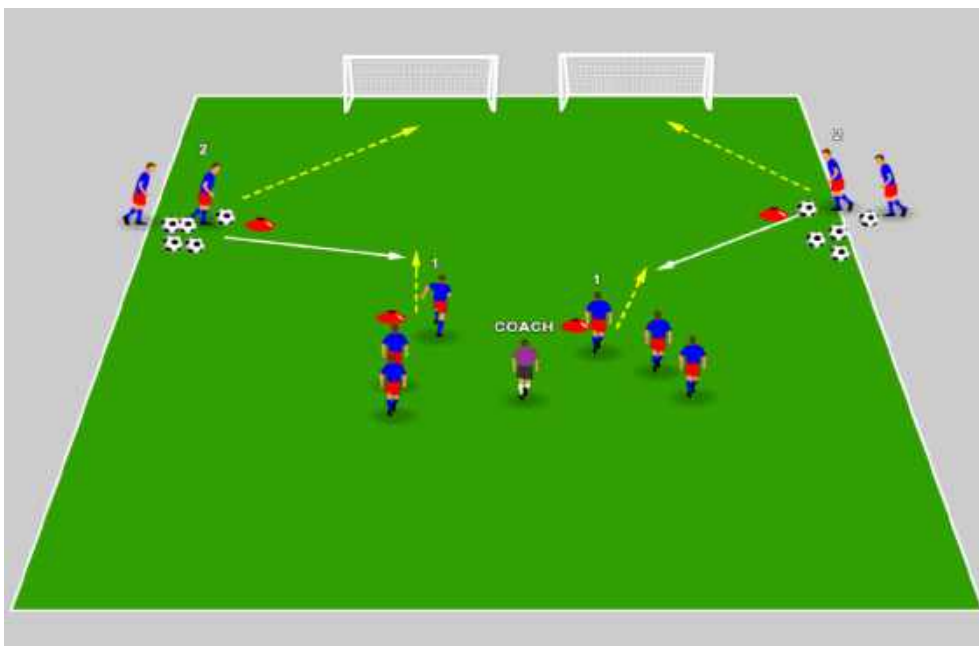
Players running quickly:

Protect your ball with close control

Looking up always.

Note: You can vary the width of the gates based on ability.

DM1: Middle: **Strikers & Goal Keepers** (10-15-min).



CORE SKILLS: STB, First Touch

KEY ASPECTS: First Touch, control the ball, STB (pass and shoot), shoot on the run.

INSTRUCTIONS:

Ingredients: 2 goals or tall cones to make goals (better not use mini goals so goalkeepers have more to do), balls, cones, bibs.

Set up

Marked field of approx $\frac{1}{8}$ of full field. Set up two goals big enough to have goalkeepers. Use cones if no goals available. Set up 4 lines with cones.

DESCRIPTION

Players on the passing line (2 in the picture) pass the ball to the middle line and run to their closest goal to perform as Goalkeepers. Players in the middle line (1 in the picture) control the ball and try to score in the goal in front of them.

After shooting, both players swap places and come back to their lines using the outside of the field.

Goals with weak foot count double.

Swap lines so players practice from both profiles.

Step down: Goalkeepers can only stay in the line

Step up: Fixed Goalkeepers and player 2 will be a defender instead of a Goalkeepers so player 1 need to get past player 2 before scoring.

Coaching Point:

Open your body to control the ball

Can you take a touch in the direction you want to go?

Shoot on the run

Run and attack goal as quickly as possible

DM: Middle: **Crazy Keepers** (10-15-min).



CORE SKILLS: STB, RWB, 1V1

KEY ASPECTS: Look up, scan surroundings, shoot on the run, change speed and direction, use both feet.

INSTRUCTIONS:

Ingredients: Ball per player, Tall cones to create goals, bibs, cones.

Set up

Marked field of approx $\frac{1}{3}$ of full field. Set up 3 goals with tall cones and select two players to be the "Crazy Keepers". Rest of the players but two will go to the blue starting point with a ball. Position two players as controllers behind the goals.

DESCRIPTION

Game is played in rounds of 2 minutes. Player with more points at the end of the round is the winner and can be Crazy Keeper if he wants to.

You get 1 point by scoring a goal, shooting into any of the goals. 2 points by scoring with your weak foot. 2 points by scoring at the same time that one of the controllers controls the ball behind the goal. 3 points if you score with your weak foot at the same time that one of the controllers controls the ball behind the goal. You get 1 point as controller when you control a ball which somebody has scored.

After shooting you became a controller. After somebody shoots controllers get that ball and dribble the ball back to the starting point using the outside of the field (see players 3 and 4 in the picture).

Coach speeds up the exercise by calling more than one player at a time.

PROGRESSION

Step down: U6s or low skill groups can play without the controllers. Speed up the game so there is no waiting.

NOTE: you don't want the ball going astray through the goals and then having to chase them.

Step up: You can add a defender in the middle.

Coaching Points:

Shoot on the Run

Get Comfortable before shooting

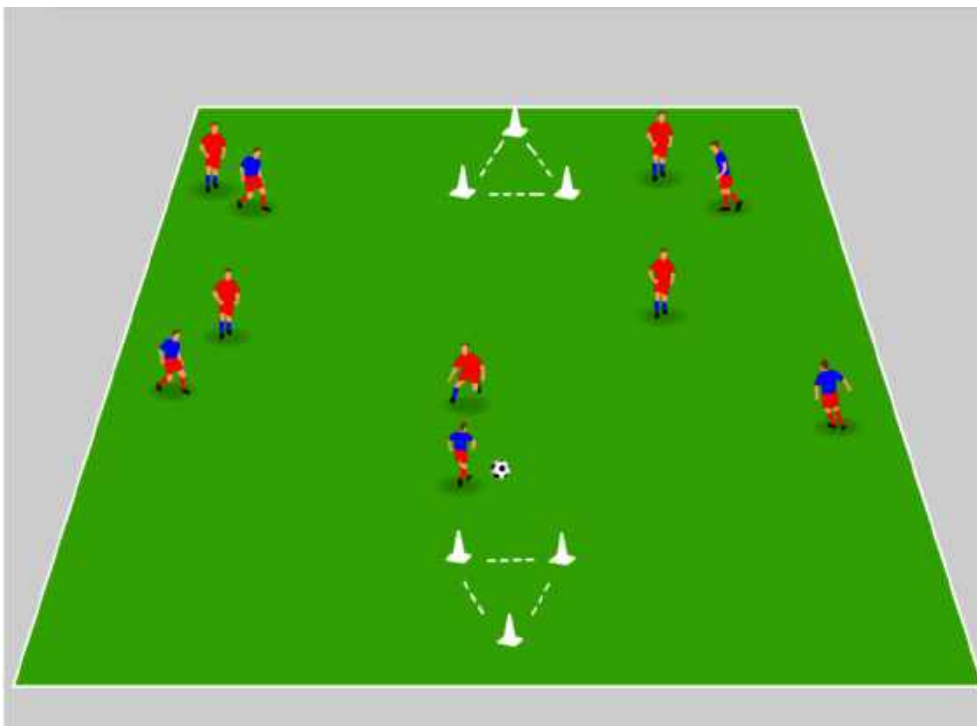
Use both feet

Scan, what goal is free?

Part of the foot to shoot

Controller: Create a passing line!

DE: End: **Triangle Goal Game** (10-15 min).



DESCRIPTION

Triangular goal football 3 v 3 (or 4 v 4, 5 v 5).

To score players must shoot or pass through any one of the 3 sides of the triangle of their designated goal.

Coaching Points:

DEFENDING:

Keep on the balls of your feet.

Body Shape.

Angle and shape your body slightly sideways.

Keep your eye on the ball.

Always stay between the ball and goal.

ATTACKING:

Accelerate, decelerate.

Fake, feints.

Body Shape.

Predict where defender is moving.

Try and send the defender the other way.

CORE SKILLS: STB

KEY ASPECTS: Shooting and passing from different angles, body shape.

INSTRUCTIONS:

Ingredients: Tall cones or different colour cones, ball, bibs, marker cones.

Set up

Set up two triangular goals and create two even teams.

Language.



Area – the space or open area in front /or around you that you can ruin or play into.
Body Shape or positioning – the position of your body to receive the ball, ideally to play forward quickly.
Closing down - players should advance to an opponent with the ball in an attempt to stall play or win back possession.
Commit - getting your opponent to commit to a course of action that your player can then do the opposite too.
Dribbling - the art of close control while moving with the football ball at the feet.
Dummy - (or decoy) , any trick, technique or skill that unbalances or confuses an opponent and can send them the wrong way in order to gain an advantage.
Feint - an action that attempts to confuse and trick an opponent e.g. step over, scissors.
First touch - vital skill of any football player is to be able to get the ball under control and set up their next option, often known as their first touch.
Give and go - were a player passes the ball and them moves to receive the ball back from the player they played it to also known as wall pass or 1 – 2.
Goal side - the area between ball and the goal when defending.
Heading - using the head to direct the balls flight.
Head Up -Scanning look around at your surroundings and opportunities
Press - where players apply immediate pressure to the opponents when possession is conceded.
Jockeying - delaying and holding up play, not diving in with a tackle but staying up right and preventing the advancement of the opponent.
Killer pass - a perfectly timed and weighted pass through a defence on to the foot of a team mate.
Narrowing the angle - closing down a player so that the angle they have to shoot or pass is reduced significantly.
Off the ball - movement of players, to create space and provide options.
One two - see give and go.
Open your body - to receive the ball the way you face to play quickly.
Pace - the speed of a player or ball.
Scanning - Head up look around at your surroundings and opportunities.
Shape – your formation and positioning on the field.
Shielding - keeping possession and control of the ball by using the body to come between the ball and the opponent.
Show - when a player makes themselves available to receive the ball
Sliding tackle - when a defending player goes to ground and uses an extended leg to win the ball.
Small sided football - Game format designed for younger age groups where the emphasis is on fun, more touches, and learning to play.
Through pass - (or killer pass)- a pass which is played between opposition players.
Weight of the pass - key ingredient to a perfect pass, the pace or power of the pass.

Coaches: **code of conduct.**

- **All coaches, managers and registered team officials must comply with the following:**
- I will remember that players participate for enjoyment personal and skill development and winning is only part of the fun.
- I will operate within the rules and spirit of the game and teach my players to do the same.
- I will encourage players to develop their skills and improve their fitness, flexibility and strength, while all the time ensuring the safety and wellbeing of players.
- I will never ridicule or yell at players for making a mistake or not winning.
- I will be impartial, consistent, objective and courteous when making decisions.
- I will accept responsibility for my actions and decisions.
- I will be reasonable in my demands on players' time, energy and enthusiasm.
- I will ensure that the time players spend with me is a positive experience. I will avoid overplaying the talented players and understand that the average players need and deserve equal time.
- I will communicate clearly with players and parents about training and games.
- I will not use bad language nor will I harass players, officials, spectators or other coaches.
- I will ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of all players.
- I will avoid any situations that may lead to or be construed as a conflict of interest
- I will be a positive role model in behaviour and personal appearance and ensure my comments are positive and supportive
- I will display control, respect and professionalism to all involved with the sport including opponents, referees, coaches, officials, administrators, the media, parents and spectators. I will encourage my players to do the same.
- I will show concern and caution toward sick and injured players and follow the advice of a physician when determining whether an injured player is ready to recommence training or competition.
- I will obtain appropriate qualifications, endeavour to continuously improve my coaching skills and keep up to date with the latest coaching practices, principles of growth and development of young players and the laws of the game.
- I will not arrive at the venue intoxicated or drink alcohol at junior matches
- I will not allow the unlawful supply of alcohol at training, games or club functions
- I will respect the rights, dignity and worth of all people involved in the game, regardless of their gender, ability or cultural background
- I will discourage and wherever possible prevent the use of performance enhancing drugs by players and others.
- I understand the significant duty of care I have in coaching players.
- I will liaise with Easts FC officials and keep them properly informed of all material events and issues that affect the club, players or parents etc.

Notes:







Est. 1923

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