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Coaching Manual

Covid19 Sessions

Based on the FFA National Football Curriculum

RETURN TO TRAINING > LEVEL 1

WHAT YOU NEED TO KNOW

- Coronaviruses are a type of virus that can affect humans and animals. Some coronavirus cause illness similar to the common cold and others cause more serious illness, including Severe Acute Respiratory Syndrome (SARS) and Middle East Respiratory Syndrome (MERS).
- Currently there is no cure, and is potentially fatal.
- All football participants including players, coaches, match officials, club officials and any other person at the venue are responsible for stopping the spread of the virus. The following guidelines are designed to assist in understanding ways that you can help.

Preparing for training



Maintain attendance records or a identifying photograph.



Ensure changerooms and showers are not used.



Ensure toilets (if open) have soap and sanitiser.



Be punctual and aim to avoid any contact with other training sessions.



Maintain a 1.5m distance between participants on and off-field



Provide regular breaks for hydration and hand sanitising



Non-contact skill training drills such as passing and shooting.



Contact-to-contact playing skills such as tackling are not permitted



10 participants at one time including coach*

*Coaches may only coach one squad of 9 at once. They must not work across multiple areas.



NO SPITTING permitted

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Hopefully these conditions will be temporary, and we can get back to football,
but until then I hope this helps.

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Welcome to **Covid19 coaching within the CDSFA.**



This Covid 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 understand in these unprecedent times we are facing situations that are all very new to us and as a consequence we have tried to make things as easy as possible for you all. As such please find some examples of Training activities that all fall within the non contact social distancing protocols. Remember at all times to adhere to the overarching Covid principle of NON CONTACT, do not pick up the equipment when possible, limit the contact of these shared items, i.e. kick the balls, don't pick them up then play them. We still believe even in these times, 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, and not pick up any unwanted habits.

This manual is there as a base that you can adjust with your individual number of players, if you have less than nine in a group etc, and you can reach out to the technical staff at CDSFA should you wish for any clarifications.

We hope this stage on limited training and noncontact sessions will be short lived and that Football as we know it will resume permanently in the coming weeks.

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

Andrew Morris
Technical & Game Development Manager
June 2020.

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!

Covid19: Beginning: **Pass through the Gates** (5-10min).



CORE SKILLS: FT, STB, RWB.

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. 1/3 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:

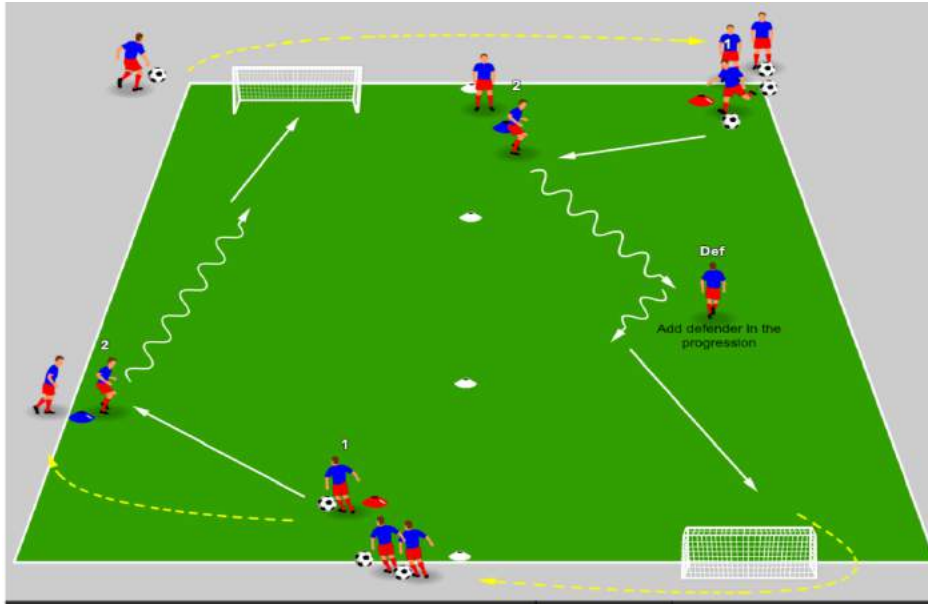
MINIMUM TWO TOUCHES: CONTROL, LOOK AND PASS

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.

COVID use only 9 players reduce the waiting on lines.

Covid19: Middle: **Control and Score** (15min).



CORE SKILLS: FT, STB, RWB

KEY ASPECTS: Body shape to receive the way they want to play, control with the inside of the foot.

INSTRUCTIONS:

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

Set up:

As in the picture, set up two players behind the blue cones and the rest of the player with a ball each behind the red cones. Important to do the set up as in the picture so players work on both profiles left and right.

DESCRIPTION

Players from the blue step inside the field and open their body, ready to receive the ball. As the picture shows, players 1 pass the ball to player 2, player 2 will control the ball, dribble and shoot on the run.

PROGRESSION

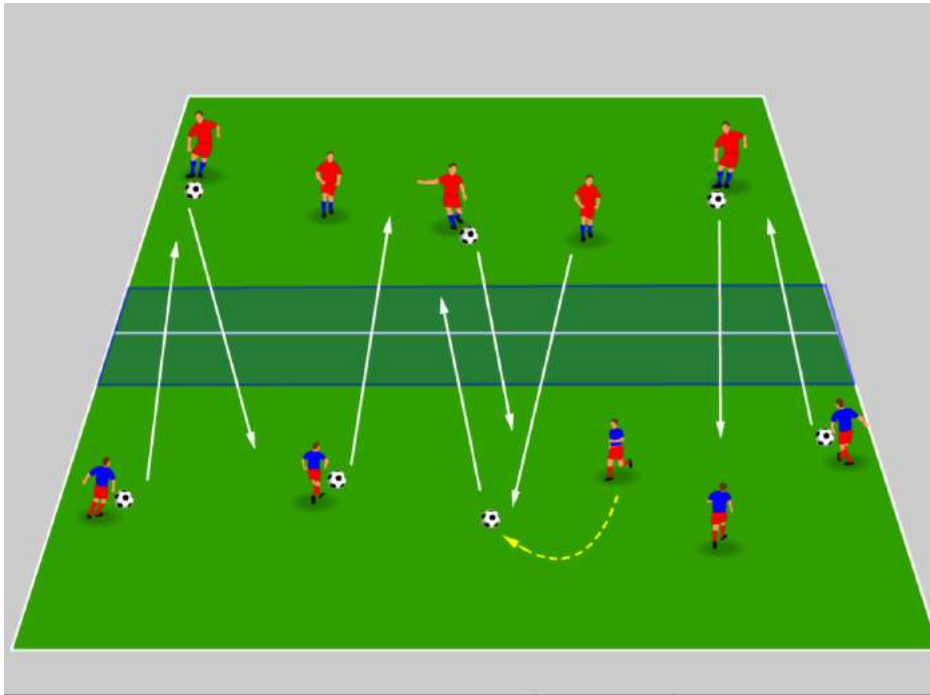
Add a defender defending each side. Defender needs to wait for the person and just jockey them keeping your social distance. If the defender gets the ball, they will swap position with them. You can start with the defender is always being passive.

Coaching Points:

Work on body position of number 2. They need to open their body so they can see the person who is passing them and the goal they are attacking.

COVID use only 9 players reduce the waiting on lines.

Covid19: Beginning: **Cross the River** (10-15 min).



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".

CORE SKILLS: STB

KEY ASPECTS: Shooting and passing from different angles.

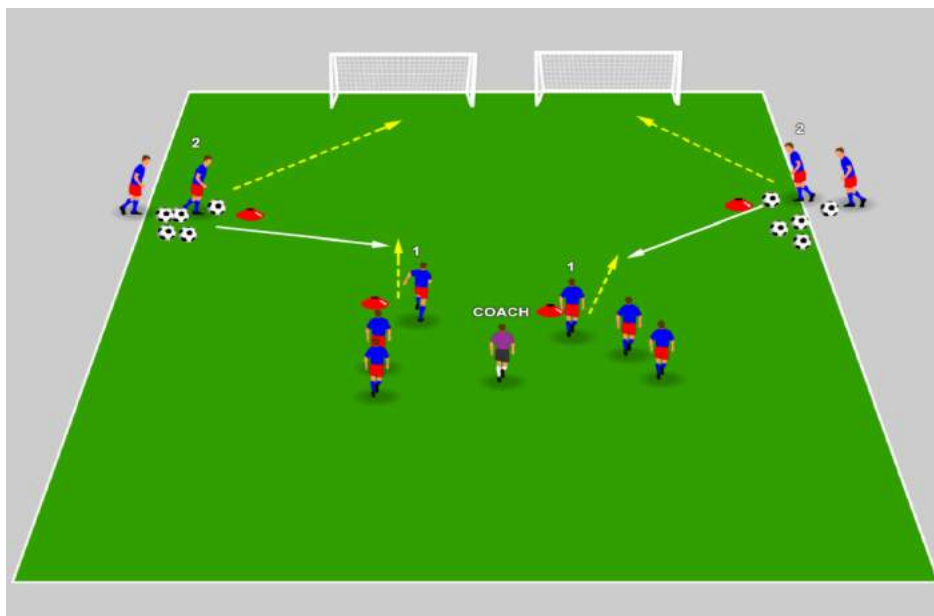
INSTRUCTIONS:

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.

Covid19: 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 $\frac{1}{4}$ 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

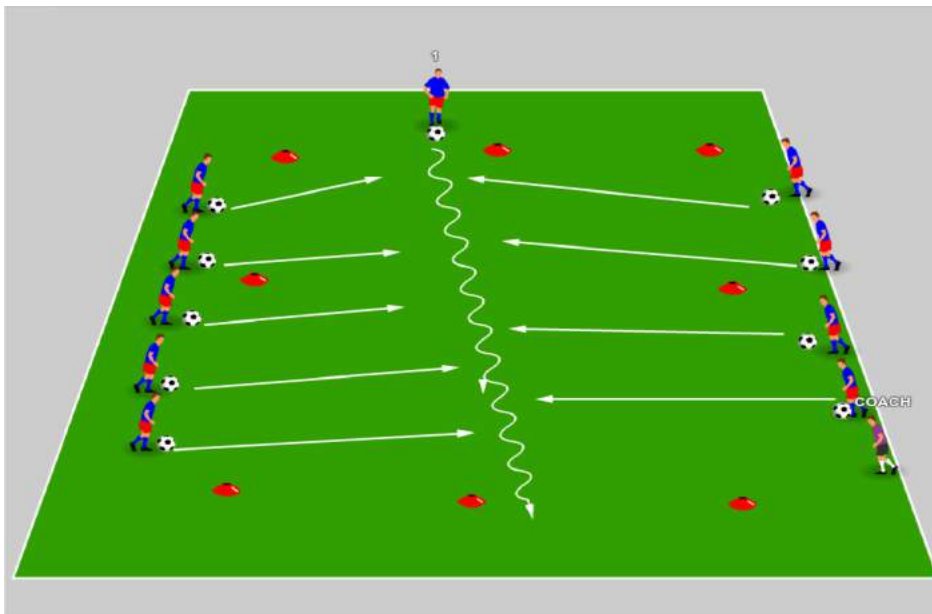
Can you take a touch in the direction you want to go?

Shoot on the run

Run and attack goal as quickly as possible

COVID use only 9 players reduce the waiting on lines.

Covid19: 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. Note: Very Young Players- 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 has been hit the least 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

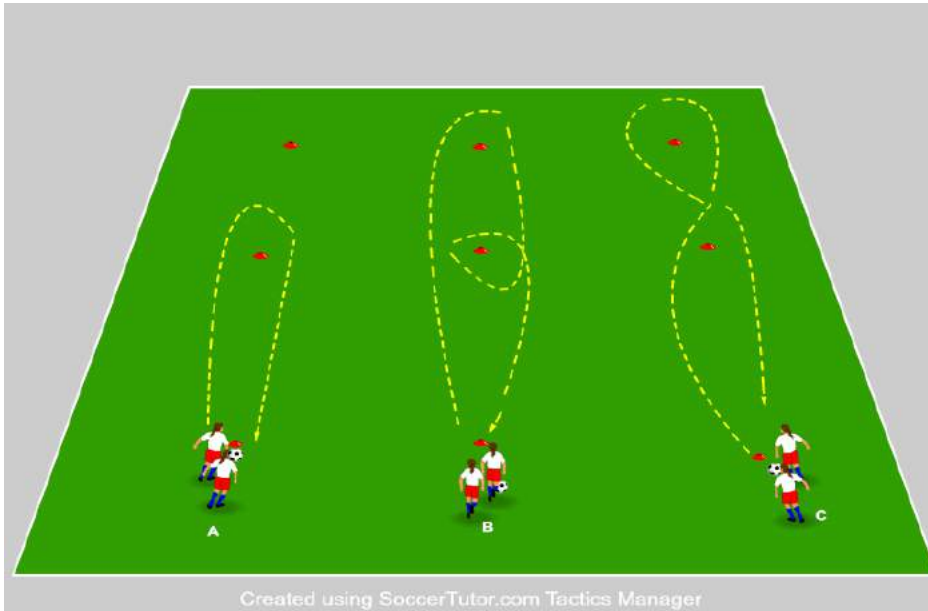
Players shooting:

Use inside to be more accurate

Predict where he is moving.

Mind the strength (Younger age groups) to kick the distance.

Covid19: Beginning: **Relays** (10 min).



CORE SKILLS: RWB

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

INSTRUCTIONS:

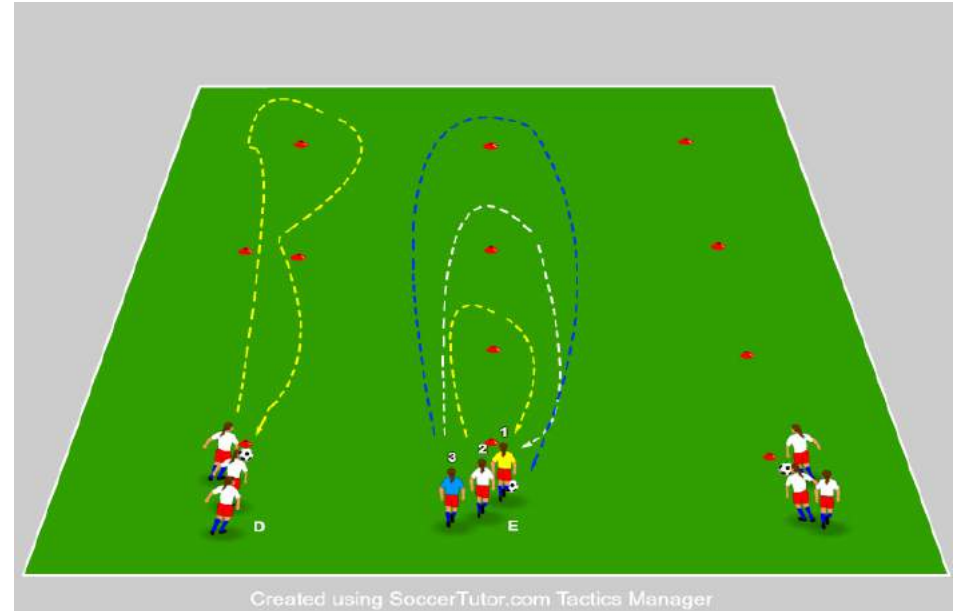
Ingredients: Ball per player, cones.

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 or hand sanitiser 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:

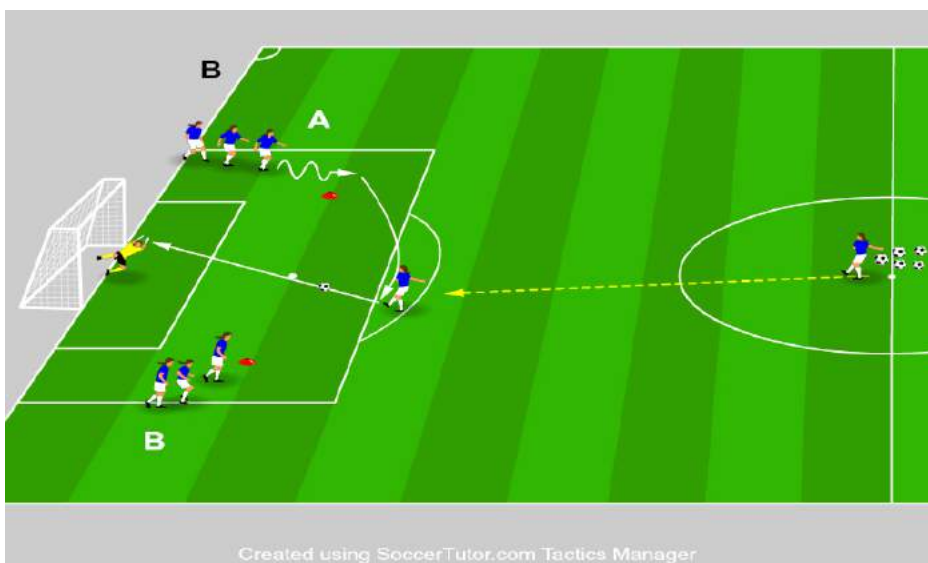
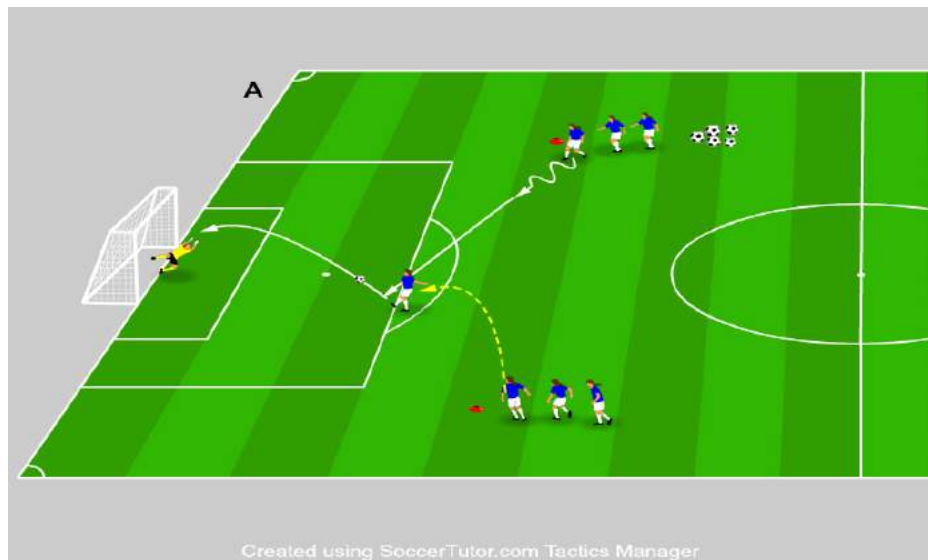
Players running quickly:

Protect your ball with close control

Looking up always.

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

Covid19: Taking a **Shot at Goal** after Running (10-15 min).



CORE SKILLS: FT, STB.

KEY ASPECTS: Body shape to receive, control with the inside of the foot, lock the ankle, pace on the turn and shot, accuracy of the shot.

↓

INSTRUCTIONS:

Ingredients: Group of 6 to 8 players per station + goalkeepers

2 goals (1 goal per group), Balls and cones.

Set up:

Marked field of approx. ¼ of full field. You can set up with the goal more to the left or right of goal mouth, use poles for goals. Have two set up left and right side with a group of 16/18 players in two groups.

DESCRIPTION

A runs with the ball and passes it to B who shoots on the turn.

After passing and shooting, change positions.

The action comes from one side and after a few shots, from the other.

PROGRESSION:

A takes the ball and passes it to B who lays it off in the direction A is running and A then shoots.

Pitch B: the coach plays between the cones for A or B who run in from the opposite side.

Coaching Point:

MINIMUM TWO TOUCHES: CONTROL, SHOOT. Advanced 1 touch, Volley.

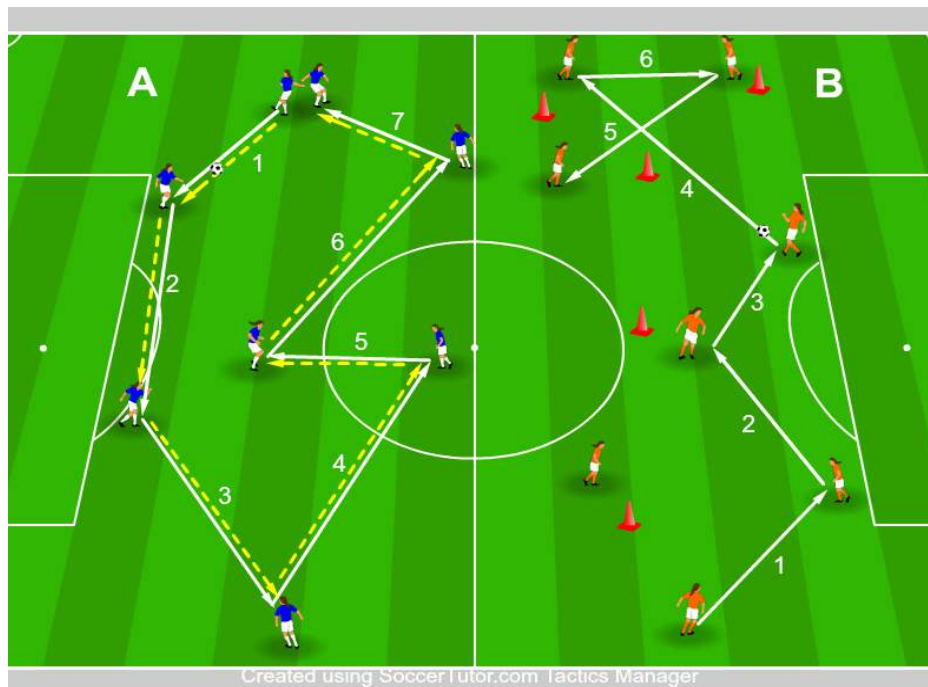
Open your body to receive facing where you want to play the ball.

Use different parts of the foot to give the ball different (in the air) Characteristics.

ie Bending it left or right, swerve, less spin etc.

SDA = Social Distancing Awareness

Covid19: **Shooting** after a laid back ball (10-15 min).



CORE SKILLS: FT, STB.

KEY ASPECTS: Body shape to receive, control with the inside of the foot, lock the ankle, pace on the turn and shot, accuracy of the shot.

INSTRUCTIONS:

Ingredients: Group of 6 to 8 players per station + goalkeeper
Goals (1 goal per group), Balls and cones.

Set up:

Marked field of approx. $\frac{1}{4}$ of full field. You can set up with the goal more to the left or right of goal mouth, use poles for goals.

DESCRIPTION

A plays the ball to B, B to C
Clays the ball back for A, who shoots at goal
A takes C's position and CA's position
Play is then switched to the side where D is located

PROGRESSION:

After the pass from B to C, B runs after A and acts as a passive opponent.

Coaching Point:

MINIMUM TWO TOUCHES: CONTROL, SHOOT. Advanced 1 touch, Volley.

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

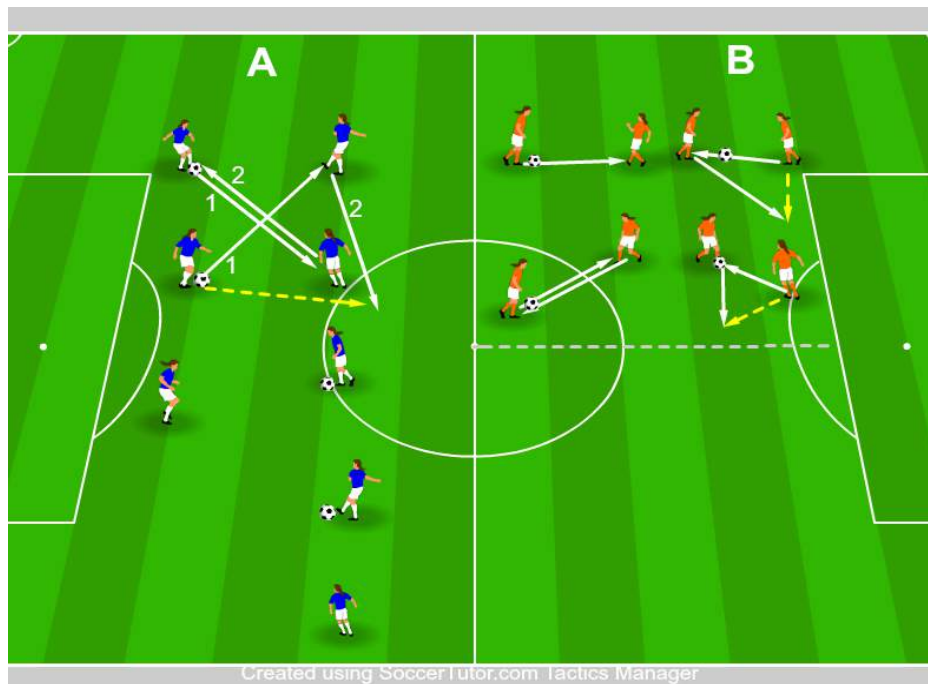
Use different parts of the foot to give the ball different (in the air)

Characteristics.

le Bending it left or right, swerve, less spin etc.

SDA = Social Distancing Awareness

Covid19: **Receiving the ball** short & long passing (10-15 min).



CORE SKILLS: FT, STB.

KEY ASPECTS: Body shape to receive, control with the inside of the foot, lock the ankle, pace on the turn and shot, accuracy of the pass.

INSTRUCTIONS:

Ingredients: Balls.

Group of 6 to 8 players per station. If you have 9 one group of 3.

Set up:

An area of approx. 1/8 of full field.

DESCRIPTION

2 groups of 8 players working in pairs per exercise, 1 ball for 2 players.
Areas marked out (A and B).

Change halves after a specified time.

Passes to the feet, receive and direct the ball (inside/outside of the foot, between each pair).

Passes to the inside of the foot or the instep; control with right foot, pass with left foot.

Players move around their area.

Then change partners.

PROGRESSION:

Vary passes and trajectories. After an aerial pass, control with the chest.

Coaching Point:

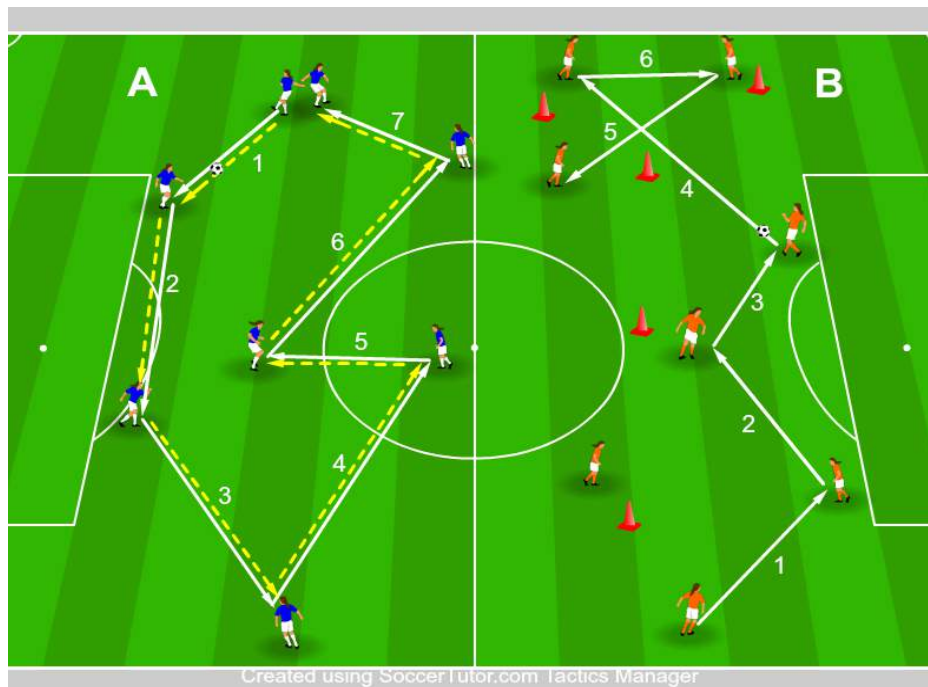
MINIMUM TWO TOUCHES: CONTROL, LOOK AND PASS

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.

SDA = Social Distancing Awareness

Covid19: **Receiving the ball** pass and move (10-15 min).



CORE SKILLS: FT, STB.

KEY ASPECTS: Body shape to receive, control with the inside of the foot, lock the ankle, pace on the turn and shot, accuracy of the pass.

INSTRUCTIONS:

Ingredients: Balls and cones.

Groups or group of 6 to 9 players per station.

Set up:

An area of approx. 1/8 of full field. 5 to 6 cones on pitch B (as opponents).

DESCRIPTION

Players take positions.

Play to the feet, with the body facing the ball.

When receiving the ball, direct it in the direction of the pass, then play with part of the foot or instep.

After passing, follow your partner and take their place.

Position the players in the playing shape you want on game day.

PROGRESSION:

Vary passes and trajectories.

Increase the pace of the ball.

Players stay in their positions but are always moving.

Coaching Point:

MINIMUM TWO TOUCHES: CONTROL, LOOK AND PASS

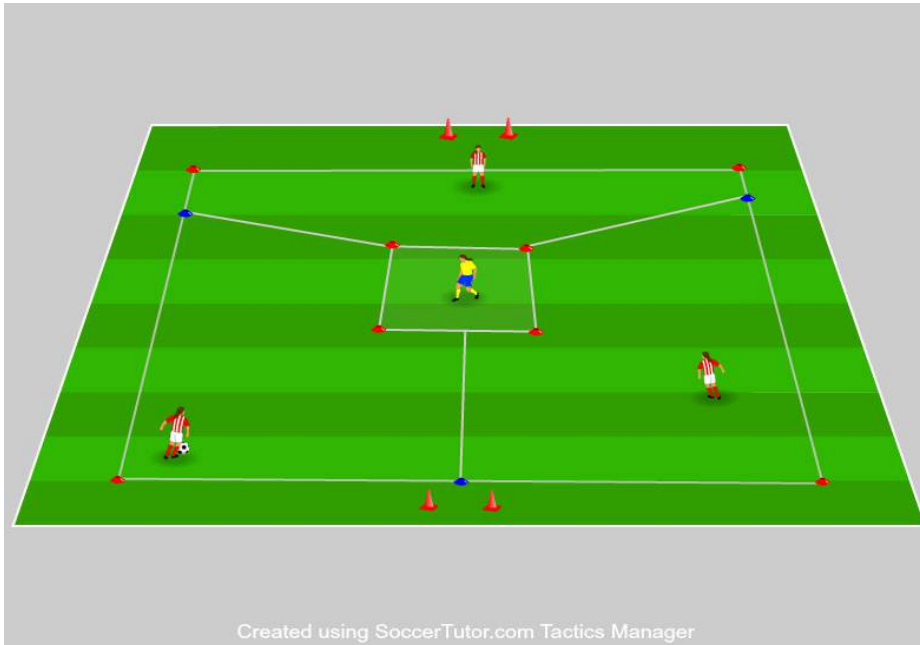
Open your body to receive facing where you want to play the ball.

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

Emphasis on getting the ball under your control prior to everything.

SDA = Social Distancing Awareness

Covid19: Play **through the lines** (5 min then change blue).



CORE SKILLS: FT, STB.

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

INSTRUCTIONS:

Ingredients: Group of 4 players per station.

Balls and cones (flats). Bibs (optional no need).

Set up:

Marked area with zones where players habitate. You can set up with the 2x goals or more.

DESCRIPTION

Reds keep the ball and keep in their areas.

They score by passing the ball to another Red through the blue area.

Blue can score by intercepting the ball and can play through either goal. You can have 3-4 goals, 1 on each side Coaches choice.

PROGRESSION:

After the pass from B to C, B runs after A and acts as a passive opponent.

Blue player could be the goalkeeper and use hands adjust areas to accommodate.

Coaching Point:

MINIMUM TWO TOUCHES: CONTROL, PASS or SHOOT.

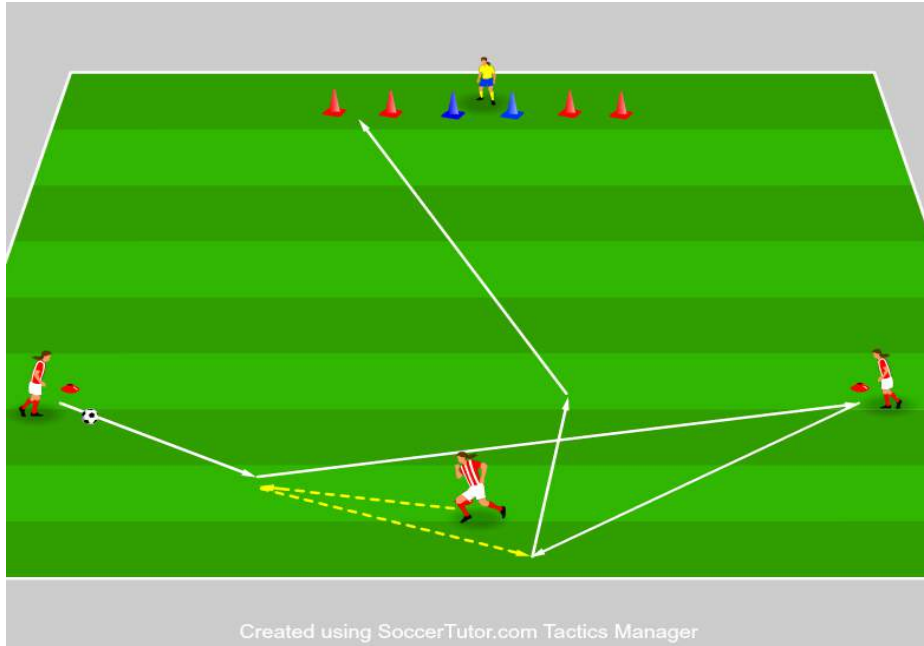
Open your body to receive facing where you want to play the ball next.

Move the player in the middle as much as you can by passing.

Always ensure passing lanes exist.

SDA = Social Distancing Awareness

Covid19: Possession to **Play forward** (10-15 min).



CORE SKILLS: FT, STB.

KEY ASPECTS: Body shape to receive, control of the ball, pace of the ball, accuracy of passing.

INSTRUCTIONS:

Ingredients: Group of 4 players per station.

Balls and cones.

Set up:

Marked area. 10m square.

DESCRIPTION

Reds switch the ball between them.

When ready the middle player takes a touch forward and scores a goal where the blue is not standing (behind the goal)

Blue moves then stays static when the middle player receives the ball.

Rotate positions.

and keep in their areas.

They score by passing the ball to another Red through the blue area.

Blue can score by intercepting the ball and can play through either goal. You can have 3-4 goals, 1 on each side Coaches choice.

PROGRESSION:

Blue can stay in front and block the passes at goal.

Coaching Point:

MINIMUM TWO TOUCHES: CONTROL, PASS or SHOOT.

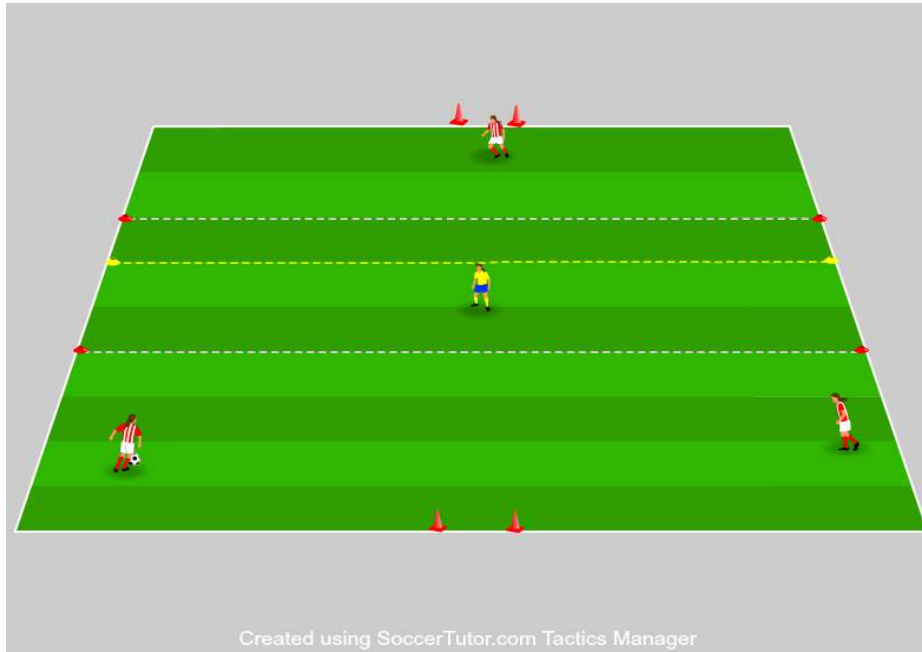
Open your body to receive facing where you want to play the ball.

When to move forward and attack the goal.

Create angles to receive the ball and prep for the next pass.

SDA = Social Distancing Awareness

C4: Combine and **Pass Through the Lines** (10-15 min).



CORE SKILLS: FT, STB.

KEY ASPECTS: Body shape to receive, receive facing forward, control of the ball, pace on the ball.

INSTRUCTIONS:

Ingredients: Group of 6 to 8 players per station + goalkeeper
Goals (1 goal per group), Balls and cones.

Set up:

Marked field of approx. ¼ of full field. You can set up with the goal more to the left or right of goal mouth, use poles for goals.

DESCRIPTION

2 x Reds while remaining in their areas, progress and try and combine with the other Red player higher up the pitch, who can turn and score.
Blue needs to block the passing lane (in the middle channel) to the other Red.

If Blue wins the ball he can shoot at the opposite goal.

PROGRESSION:

If the red in the top box receives the ball one Red from the back zone progresses to finish on goal.

After the pass from B to C, B runs after A and acts as a passive opponent.

Coaching Point:

MINIMUM TWO TOUCHES: CONTROL, PASS.

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

Always receive with a body position to play forward.

Good constant movement to create a passing lane in the attacking zone.

SDA = Social Distancing Awareness

Covid19: Combine and **Shoot** (15 min).



CORE SKILLS: FT, STB.

KEY ASPECTS: Body shape to receive, receive facing forward, control of the ball, pace on the ball. Constant movement of the ball and players.

INSTRUCTIONS:

Ingredients: Group of 6 players per station + goalkeepers

Goals Large x2 and small x4 (You can use marker cones instead of goals),
Balls and cones.

Set up:

Marked field of approx. $\frac{1}{4}$ of full field.

DESCRIPTION

22v2 (+1) game within separated zones. Reds while remaining in their areas, combine and try and score in the mini goals or the end Red player who must score within three touches (coaches discretion).

Blues block the goals from within their areas.

Roles swap when the ball is lost or blocked.

PROGRESSION:

Coach can play an additional ball in to the striker when a ball is passed through the mini goals.

If you fake the first shot then play it into goal, Bonus 2x points.

Coaching Point:

MINIMUM TWO TOUCHES: CONTROL, PASS.

Open your body and movement to receive and play the way you are facing.

Progress to first time passes.

Keep the ball in play.

Good constant movement to create a passing lane in the attacking zone.

SDA = Social Distancing Awareness



Activity #1: 'Tekkers grid'



Create 4m x 4m grid per player; each with a ball



Instruct/demonstrate a skill for players to practise within grid

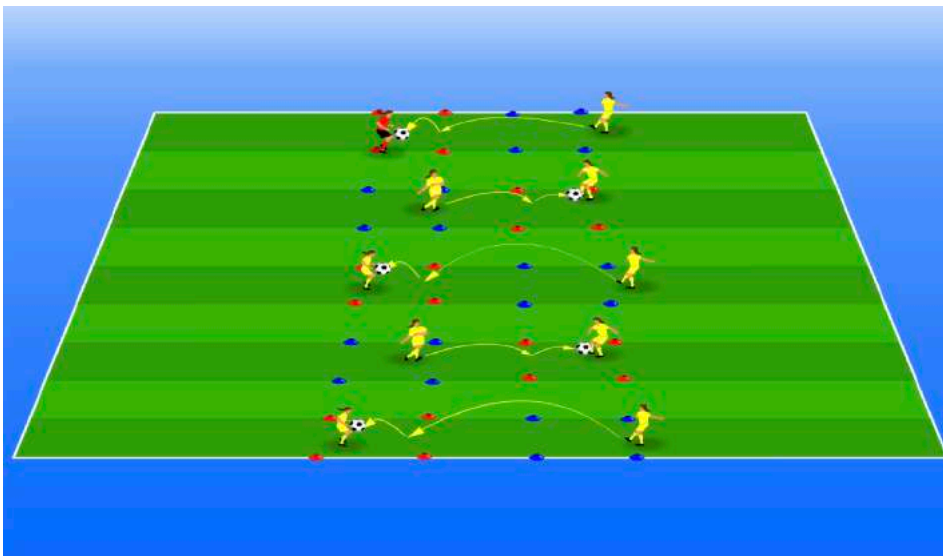
Progressions/variations:



Instruct players to dribble within their 4m x 4m grid to spell: their name; favourite team/food/colour; month of birth, etc.



Juggle within grid (cater for all abilities)



Activity #2: 'Football tennis'



Create 4m x 4m grids with 1.5m spaces between grids



Rules: 1 bounce; unlimited touches (modify to cater for all)

Progressions/variations:



Change the size of the ball: football size 5; 4; or, 3.






Make it co-operative: Longest rally between pairs




Make it competitive: 'King/Queen of the court'



Activity #3: 'Shooting relay'






-  Create 3 teams of three; position players & GKs as illustrated
-  Coach calls out number "1" or "2"
-  Player from each team (1 or 2) to run with the ball around their marker on top of grid then shot before 1.5 metre zone

Scoring system:

-  2 points for first player to score; 1 point for any goal scored; 1 point for a save by goalkeeper (rotate role of GKs)








Activity #4: 'Cross the mines'

-  Create 4m x 4m grids with 1.5m spaces between grids
-  Split group into three equal teams (3 x 3)
-  Teams on outside combine and play the ball 'cross the mines' to the opposite side for a point.
-  Defenders (middle team) get a point for intercepting
-  Swap the role of middle team frequently







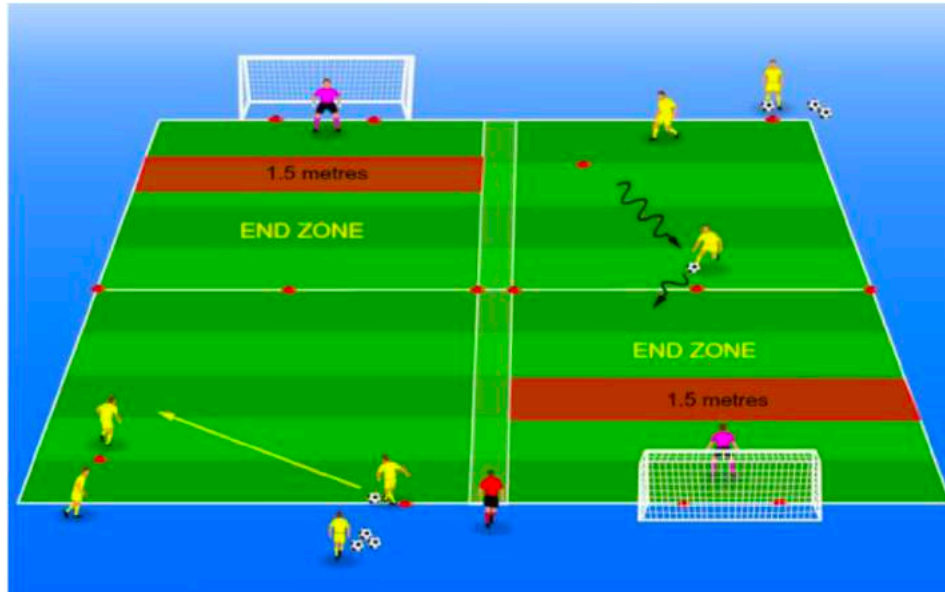
Activity #1: Build up

-  Split players into two areas and spread players evenly
-  In groups of three, players will pass the ball in sequence before one player must drive into the end zone to score
-  3 points for goal in corners; 1 for a goal; 1 point for GK save
-  Attacker cannot enter 1.5m zone
-  Progression: Create a race between the two areas








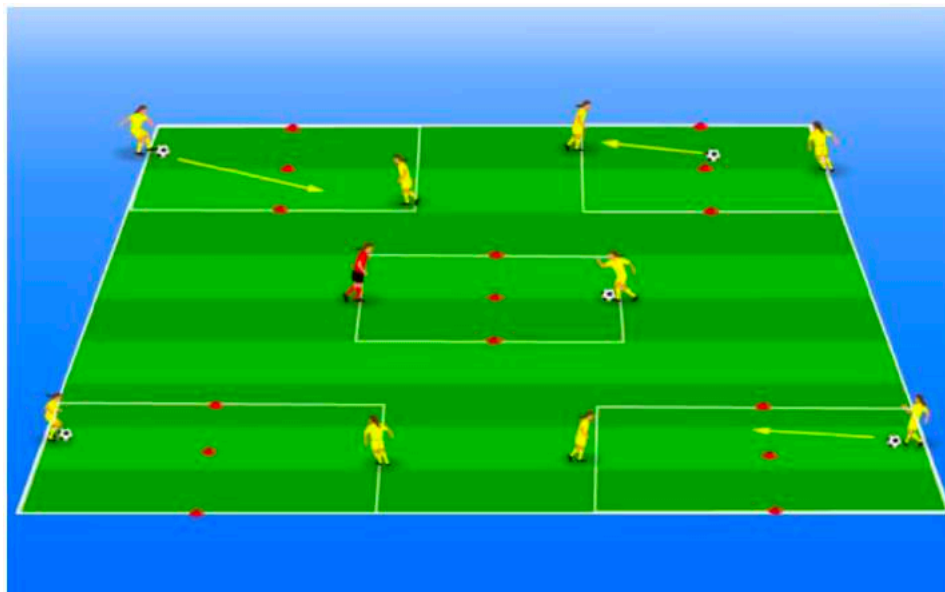
Activity #2: Zig Zag

-  Split players into three areas and layout cones in a zig zag
-  Attackers will zig zag with the ball and perform a 1v1 skill move (i.e. scissor, outside cut, Ronaldo chop) at each cone
-  After dribbling beyond the final cone, players will score in mini goal placed at the end of area, then join the next area
-  Ensure ALL players are active and involved (i.e. next player starts once first player has reached second cone)







Activity #3: Take it on

-  Create two areas with goals and spread players evenly
-  Player will pass ball into attacker who will take positive first-touch and use 1v1 skills (i.e. stepover, feints) to get past central cone and enter end-zone to score past goalkeeper
-  3 points for goal in corners; 1 for a goal; 1 point for GK save
-  Attacker cannot enter 1.5m zone
-  Players follow their pass and attacker moves into other area





Activity #4: Split the gap



-  Split players into pairs and set up areas as shown
-  Pairs pass between them as the ball must go through a different gap (as marked by cones) after each pass
-  When passing the ball, the player gives their pair a number of touches that they can take before they must pass the ball back (i.e. two-touch)
-  Progression: Make a competition between the group as to who can complete the most passes successful (i.e. using one-touch)

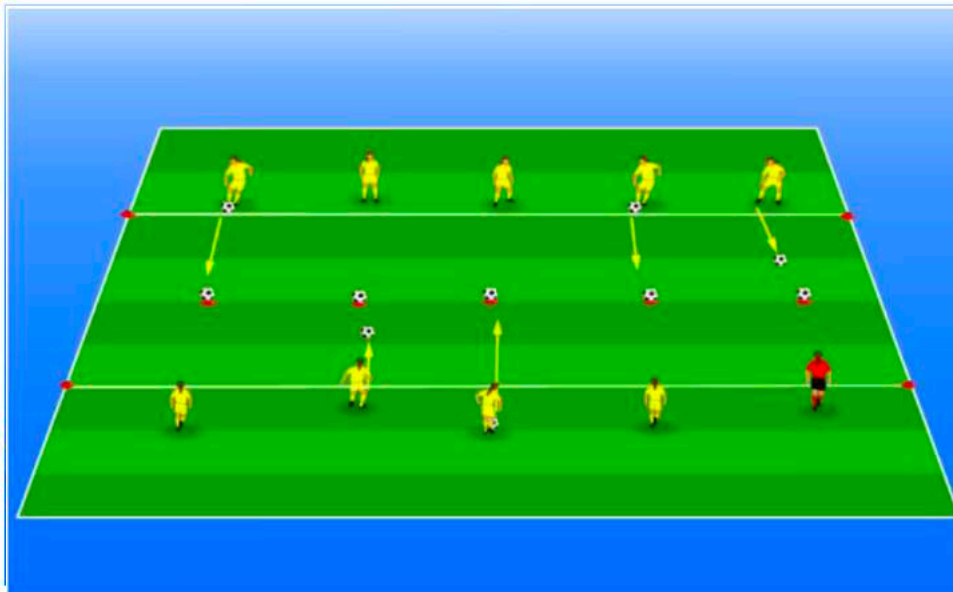


Activity #1: First touch grid





-  Create 3 groups of three; 2m x 2m grid in the middle
-  Player on end passes to middle player who takes first-touch sideways out of the grid and pass it back with second touch

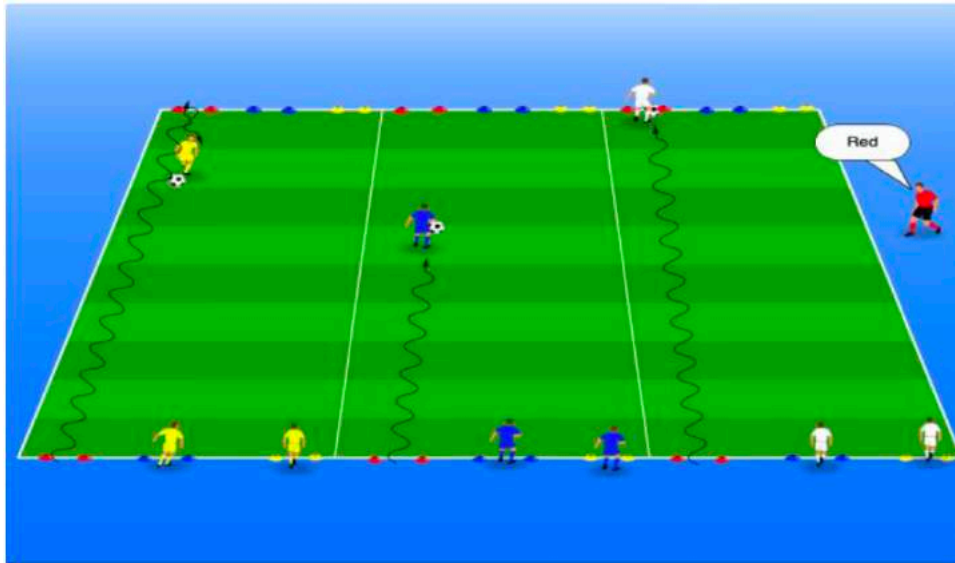
Progressions/variations:

-  Receive from bottom player and return pass to top player
-  Coach to add challenge: "left", "right", "return pass," etc



Activity #2: 'Football Marbles'

-  Place balls on top of cones in the middle of a small area
-  Players will stand on outside of the area 1.5m apart each other attempting to knock the balls off the cones with a pass
-  Time how long it takes for a team to knock all balls off the cones and attempt to lower time in the next sequence
-  Cater for all players by increasing or decreasing distance from the ball as long as there is at least 1.5m spaces



Activity #3: Relays with the ball

- Create 3 teams of three; 1.5m apart as illustrated
- Each player has their own **racing lane**: red, blue, yellow
- Coach calls out a colour & race commences to top and back
- 3 points for 1st; 2 points for 2nd; 1 point for 3rd

Progressions/variations:

- Team relays: red, blue then yellow; 1st team to finish wins
- Left foot only, right foot only, roll ball with soles of feet, etc



Activity #4: Through the lines

- Split players into two teams with one neutral player
- Teams will combine to play ball through the lines to find end-player. Once found, one player receives a return pass in the attacking end-zone to score in mini-goals
- Only one player can be in each area as shown and players must find another free area once they have passed the ball
- First team to score all their balls in mini-goals wins
- Cater for all players by increasing or decreasing distances between players as long as there is at least 1.5m spaces



Activity #1: Raceway to score!

- Create 2 teams of 5, including the coach, and split them on opposite sides, adhering to 1.5m social distancing guidelines
- Each player is given a number. Coach calls out a number, e.g., "3"
- Players (#3s in this case) run around the goal on their right-hand side as shown and score in opposite mini-goal
- First player to score gains a point for their team
- First team to reach 5/10 goals wins! Modify to cater for your players



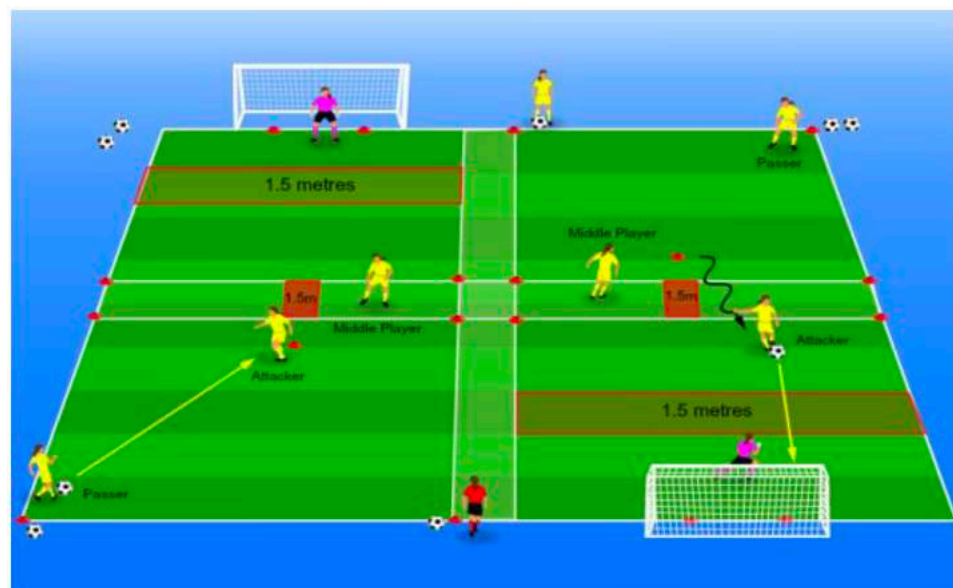
Activity #2: In the mixer

- Create activity, adhering to 1.5m social distancing guidelines
- Player in corner will pass the ball into 'shooter' in the middle area who will shoot and attempt to score in corners of the goal
- 3 points for a goal in corners; 1 for a goal; 1 point for GK save
- Passer becomes 'shooter' and receives ball from other side
- Cater for all abilities. E.g. one-touch finish to stretch players



Activity #3: Combinations

- Position players as shown, adhering to 1.5m social distancing rules
- Simple passing drill and finish with strike on goal
- Passing and movement (encourage different variations)
- Once ball gets to forwards, they decide to turn and shoot, or lay off
- Develop players' habit of moving and supporting after each action
- Encourage quality passing into feet or into space and communication
- Get players to come up with their own patterns and combinations



Activity #4: Turn and go

- Create two areas with goals and areas as shown
- Player will pass the ball into attacker as middle player moves into either the left or right area as marked out
- Attacker receives the ball and turns into the vacant area and advances to score in goal past the goalkeeper
- 3 points for a goal in corners; 1 for a goal; 1 point for GK save
- Passer becomes attacker, attacker becomes middle player and middle player becomes passer. Repeat sequence

CDSFA Football: Mandatory **Coach requirements.**



COACHES NEED TO BE ACCREDITED:

In the CDSFA all coaches need accreditation.

U8 Require MiniRoos Introduction Course.

Skill Training for all U13 teams - Primary Course focusing on Technical ability.

Game training all 11 a side teams – focusing on Tactical requirements.



CLUB COACH COORDINATOR:

Every Club has a CCC who assists its members in registering for courses and keeping the coach and managers up to date with information and special offers and events.



MINIROOS GRASSROOTS COURSE:

This is an introduction for all new PARENTS in an practical session for approximately 1 hour, demonstrating the stages of development and activities for the players. Complete information to answer most question for regarding the progress of players.

CDSFA Football: **CDSFA course availabilities.**



SKILL TRAINING COURSE:

This is the primary course for coaching which introduces the process of teaching football effectively to young players. It focusses on technical ability and the 4 core skills of football along with helpful tips on managing your training sessions and where to find session plans that are relevant to specific age groups.

The course is held over several nights and is approx. 14hrs.



GAME TRAINING COURSE:

This is the second course for coaching which introduces the process of teaching tactical situations that teams encounter player 11 a side football. Defending, attacking and the moments in between. It is practical and covers a wide range of activities along with helpful tips on managing your training sessions and where to find session plans that are relevant to specific age groups for teams U12 inclusive seniors.

The course is held over several nights and is approx. 14hrs.



SENIOR COURSE & REFRESHER:

This is an introduction for all new PARENTS in an practical session for approximately 1 hour, demonstrating the stages of development and activities for the players. Complete information to answer most question for regarding the progress of players.

Notes.





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