



Coaching Guidelines 5-7 year olds

Prepared by Kevin Best

CONTENTS

Foreword.....	3
Season sessions summary.....	4
Coaching session structure.....	5
Core skills.....	6
Coaches – good practice.....	7
20 week season plan.....	8
Other Field Set-ups.....	29



FOREWORD

Guidelines have been released by FFA and FNSW over the past few years to provide coaches with valuable information, which has been obtained from all round the world, on how to develop players in Australia. The guidelines have been developed to produce better prepared players, who will be the future of Central Coast football and beyond. The guidelines should be implemented by all local club coaches, who should adopt the main principles in developing players. A Club coaches committee has summarised the guidelines to suit local needs.

Our role is:

1 To encourage beginners to make friends with the ball in a team or group environment, and if necessary, in an isolated (individual) environment with the coach or assistant.

2 To organise different game related activities with the ball, where the players can practice different skills, which will assist them to better enjoy the game proper.

These skills have been identified as the core skills being: first touch, striking the ball, running with the ball and 1V1 ability, together with positioning and communication, which are the constants, associated with all four of those skills. Three distinct age groups have been identified along with their targets and are listed below.

5-7	core skills
8-11	core skills, group skills, positioning and communicating
12-16	team skills, positioning and communicating.



Kevin Best

COACHING SESSIONS SUMMARY

One session per week. Duration 60 minutes per session

	MONTH	SEASON	THEME
1	April Week 01	Early	Running with the ball
2	April Week 02	Early	Striking the ball
3	April Week 03	Early	Running with the ball
4	April Week 04	Early	1 st touch
5	May Week 01	Early	Running with the ball
6	May Week 02	Early	Striking the ball
7	May Week 03	Early	Running with the ball
8	May Week 04	Early	1v1
9	June Week 01	Mid	Running with the ball
10	June Week 02	Mid	Striking the ball
11	June Week 03	Mid	Running with the ball
12	June Week 04	Mid	1 st touch
13	July Week 01	Mid	Running with the ball
14	July Week 02	Mid	Striking the ball
15	July Week 03	Mid	Running with the ball
16	July Week 04	Mid	1v1
17	Aug Week 01	Late	Running with the ball
18	Aug Week 02	Late	Striking the ball
19	Aug Week 03	Late	Running with the ball
20	Aug Week 04	Late	1 st touch



COACHING SESSION STRUCTURE

THREE COMPONENTS OF A COACHING SESSION

1	WARM UP AND PASSING PRACTICES - THE BEGINNING	The warm-up, incorporating specific passing, first touch and football-related movements, designed to help achieve the session objective.
2	POSITIONING GAMES & GAME TRAINING - THE MIDDLE	The theme is developed by the introduction of limited opposition, providing opportunities for appropriate perception and decision-making in a realistic setting. The main part of the session, where optimum learning and teaching take place.
3	TRAINING GAME - THE END	The part where the players play competitively and freely, while the coach assesses the success of the session.

The Warm Up

The warm-up should incorporate the muscle groups and activities that are required during training. The intensity of the warm-up should begin at a low level gradually building to the level of intensity required during training. The aim is to prepare the player for the upcoming activity, help prevent injury, increase the body's core temperature, increase heart rate, increase breathing rate.

Changing the session to suit

The smooth running of the training session will depend on the skill level of the players you are coaching. Don't be afraid to change things around regarding the sequence of the 3 components (123, 132, 312, 321, 231 or 213) or the time allocated for each component.

The grid work player numbers can be varied e.g. 4 V 1 (easiest), 3 V 1, 5 V 2 and 4 V 2 (most difficult).

Also, the grid size can be varied for the same reason. 15m X 15m as a starting point. Gradually make the exercise more challenging for players by simply decreasing the space or easier by making the grids bigger.

What's important

At this level of their development, it is recommended that core skills are practised with a ball at their feet as much as possible. Make friends with the ball.

Avoid queues

No more than two players should be in a training line. If necessary, arrange another activity elsewhere, and rotate players from one activity to the other.



WHAT ARE CORE SKILLS?

With the Ball ATTACK	Core Skills
Controlling the Ball	First Touch
Travelling while in possession of the ball	Running with the Ball
Passing the Ball	Striking the Ball
Shooting	1v1
Crossing	
Heading	
Changing speed and/or direction with the ball	
Using a fake to deceive an opponent	

First touch - Position yourself where you can see the ball and the target. Observe the situation and decide what you will do before the ball arrives. Move the ball with your first touch to allow you to pass to a team-mate with your second. Try to face forward and pass forward.

Striking the ball - Pass with good ball speed (ball travels quicker than opponents can run). Pass in front of your team-mate. Look for passes behind the last defender. Try faking the pass, or a 'no-look' pass

Running with the ball - Try to run at space between defenders. Position yourself ahead of the ball where you can receive the ball past a defender. If a defender doesn't close you down, continue to run forwards. If a defender closes you down, get close to him before passing to a team-mate and continuing your run.

1V1 - When you're close to the sideline and a defender is running next to you, find a way to create space to run inside, cross the ball or pass to a team-mate. When you approach a defender, fake to accelerate with the ball, but instead stop and cut inside behind the defender. Also, if you have your back to the opponent, fake to accelerate wide with the ball, but instead, stop and cut inside behind the defender. Start to slow down and/or fake to stop, but then accelerate and cut inside (or cross) ahead of the defender.



COACHING – GOOD PRACTICE		
COACHING - COMMUNICATION MANAGEMENT		
FACTOR	WORDS (Ears)	PICTURES (Eyes)
Attention	Do they know you're talking to them? Can they hear clearly? Possible audio distractions?	Can they see clearly? Possible visual distractions?
Interest	Tone of voice (variety, impact)	Body language positive Appropriate setting?
Understanding	Clearly spoken. Not too many words. Key words stressed/repeated. Key point clear (not buried)	Clear demo /replay/rehearsal? Clear image on screen / whiteboard / tactic board, etc?

Coaches who continually talk while the exercise is ongoing are often engaged in giving players instructions on what to do.

This must be avoided. Coaches should WATCH what players do and THINK more than they TALK

Match Day Guidelines:

Coaches should avoid the following behaviours:

- Avoid shouting instructions to your players (let them play, while you observe)
- Avoid criticizing your players on the field
- Avoid abusing opposing players and staff
- Avoid complaining about decisions and/or berating Match Officials
- Avoid reacting to every incident on the field, whether positive or negative
- Avoid knee-jerk substitutions

Coaches should aim to demonstrate the following behaviours:

- Appear calm and composed
- Observe what is actually happening in the game, and record your observations
- Focus on individual performances and progress
- Give praise to good football, whether by your team or by the opposition
- Show respect and appreciation to Match Officials, and insist on the same from your players
- When a refereeing decision goes against you, 'focus on what you can control', 'leave the past behind' and teach players to do the same (eg, prepare for the resulting set play)
- Show patience and persistence; if a player is having difficulty, help him to deal with the situation, rather than substituting him immediately.

'COACHING PROCESS'
Set the planned exercise task. This task, in the context of the chosen set-up, was designed to challenge the players in the specific aspect of the designated core skill.
Observe how well the players can perform the task. Given the built-in challenge mentioned above, you would naturally expect to observe things that need improving.
Intervene to provide feedback and guide players towards improved skill performance. This includes: <ul style="list-style-type: none"> - clarifying the player actions required to achieve the task - give players cues to support learning - give feedback on performance - ask questions to stimulate and engage players - 'step up, step down' if required

20 SESSIONS – A SEASON PLAN

ONE SESSION WEEKLY



WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS UNDER 5 TO UNDER 7 YEAR OLDS

PERIOD: APRIL WEEK 01 EARLY SEASON

Session Theme

Running with the ball

Session Number: **1**

Minutes

10

The Beginning - Warm Up

- 1 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with co-ordinated passing practice.
Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.
This warm up should be similar to the team's match day warm up.

20 The Middle - Group Work

432 RUNNING WITH THE BALL

Coach players to run with the ball and to shoot whilst opposition player chases.

15m outside the goal line, two lines of cones are placed as shown in the diagram. The players in pairs with one ball and positioned in grids A B C and D as shown. The pairs pass the ball back and forward to each other while waiting for their turn.

The exercise starts with the pair in grid A, when, on the coach's call, Player 2 passes the ball past Player 1 in the direction of the goal. Player 1 turns and runs with ball towards the goal and tries to score. Player 2 gives chase and tries to stop Player 1 from finishing.

As soon as the action ends, Pair A return to their grid and Pair B starts, etc. After every turn 1 and 2 change positions. Regularly change the composition of the pairs as well.

Variation

Reduce the distance between the two lines of cones (4m, 3m, 2m) or increase the distance (6m, 7m, 8m)

Coach's remarks

Push the ball forwards every 3-4 steps

Run as fast as you can, but keep the ball under control

If a defender catches up with you:

- Feint to turn and accelerate again.
- Feint to stop and accelerate again.
- Cut off the defender's line by crossing in front of him/her.
- Take on the defender 1V1 if they get in front of you

30

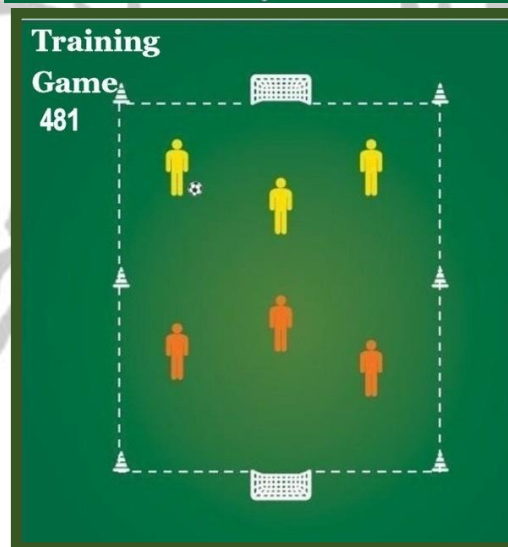
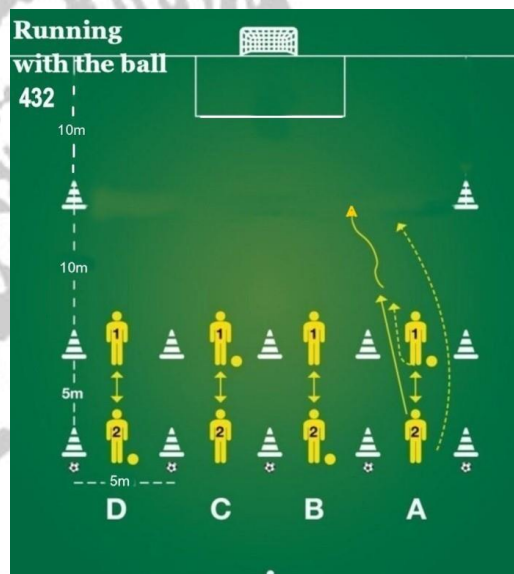
The End - Small Game

481 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Coach to vary the player numbers, location of goals and duration of game. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. Variation 3v3, 4v4, 5v5.

Just let them play.



WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS UNDER 5 TO UNDER 7 YEAR OLDS

PERIOD: APRIL WEEK 02 EARLY SEASON

Session Theme

Striking the ball

Session Number: **2**

Minutes

10

The Beginning - Warm Up

- 1 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with co-ordinated passing practice.
Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.

This warm up should be similar to the team's match.

day warm up.

20

The Middle - Group Work

461 STRIKING THE BALL

Coach players to be familiar with passing the ball to free players outside of the grid, using the inside of the foot, instep of the foot and outside of the foot whilst running the ball inside the grid.

In a grid of approx. 20m X 20m (dependent on the group size) half the players position themselves outside the grid without a ball and the other with a ball inside.

The players inside the grid dribble freely until they can pass to a free player on the outside, who then passes the ball back to the same player (see diagram).

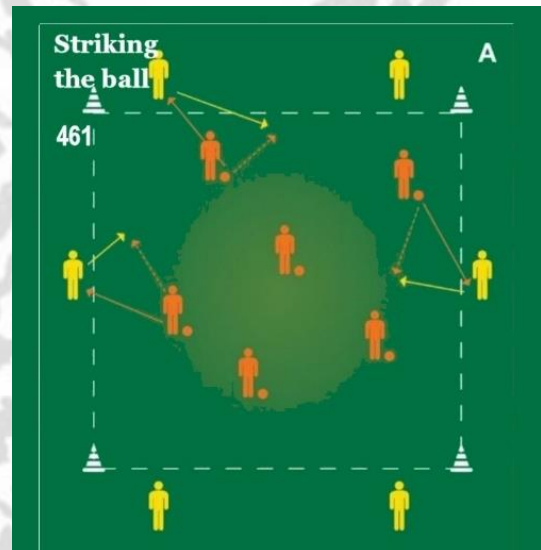
Change roles every two minutes. Players use left/right foot on coach's call i.e. two minutes using right foot then 2 minutes using left foot.

Only pass the ball when the passing line is open and make sure someone else is not passing to that player as well.

Look up and make sure that the player you want to pass to, is looking at you.

Pass the ball with precise and with the right speed.

Look where you run when asking for the ball back and make an angle.



30

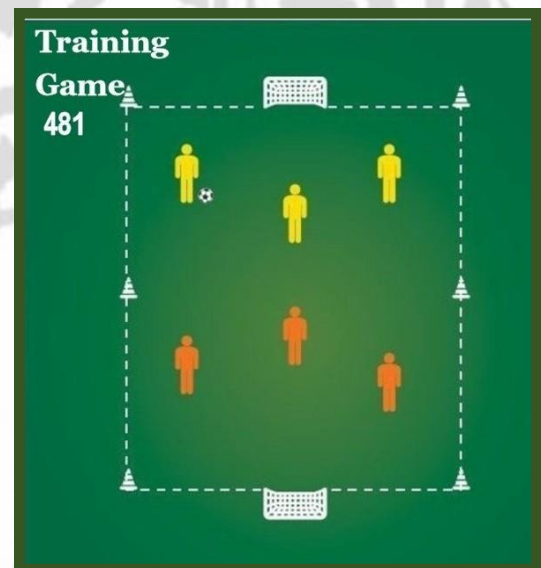
The End - Small Game

482 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Coach to vary the player numbers, location of goals and duration of game. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. Variation 3v3, 4v4, 5v5.

Just let them play



WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS UNDER 5 TO UNDER 7 YEAR OLDS

PERIOD: APRIL WEEK 03 EARLY SEASON

Session Theme

Running with the ball

Session Number: **3**

Minutes

10

The Beginning - Warm Up

- 1 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with co-ordinated passing practice.
Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.
This warm up should be similar to the team's match day warm up.

20

The Middle - Group Work

434 RUNNING WITH THE BALL

Coach players, all with a ball, to run with the ball in a grid, using different commands from the coach. All players warm up by running with a ball freely in a grid of approx. 30m X 30m.

First 2-3 minutes low speed/intensity, use both feet.
Next 2-3 minutes accelerate when you see free space in front of you. Now only use left or right foot.

Variation:

Now spilt the players into groups of 4 and number each player 1-4 placing them on all 4 sides of a squared up grid. When the coach calls a group number, all group players run with the ball as quickly as possible across the grid and back (opposite group will need to move back to give the others room to turn).

Variation:

Coach calls two groups at the same time e.g. 1&3, 2&4, 1&2, 3&4, 1&4, 2&3.

Now four groups at the same time – take care, vision, if necessary slow down and then accelerate again. Look out for collisions.

30

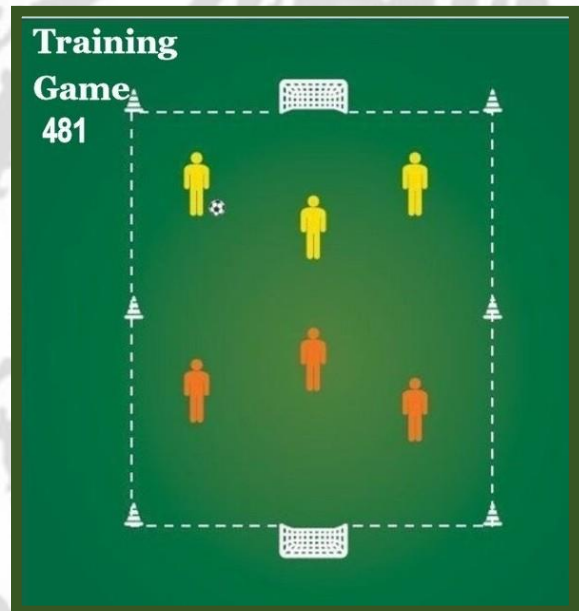
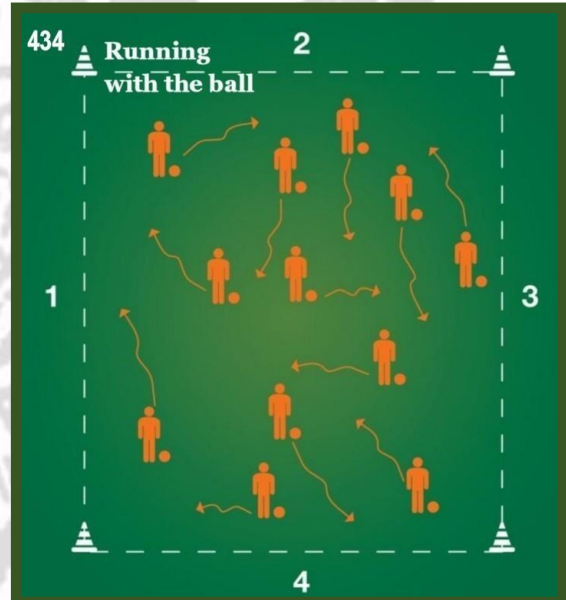
The End - Small Game

481 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Coach to vary the player numbers, location of goals and duration of game. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. Variation 3v3, 4v4, 5v5.

Just let them play



WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS UNDER 5 TO UNDER 7 YEAR OLDS

PERIOD: APRIL WEEK 04 EARLY SEASON

Session Theme

1st Touch

Session Number: **4**

Minutes

10

The Beginning - Warm Up

- 1 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with co-ordinated passing practice.
Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.
This warm up should be similar to the team's match day warm up.

20

The Middle - Group Work

401 1ST TOUCH

Coach 1st touch control to players in a confined space to control the ball passed from a teammate outside the confined space. .

Exercise 1. Players in threes, positioned as shown.

Both players at the sides with a ball, the player in the middle stands in a 2m X 2m grid without a ball.

The exercise starts with a player on one side passing the ball to the player in the grid. They must move the ball with their first touch sideways out of the grid and pass it back with their second touch.

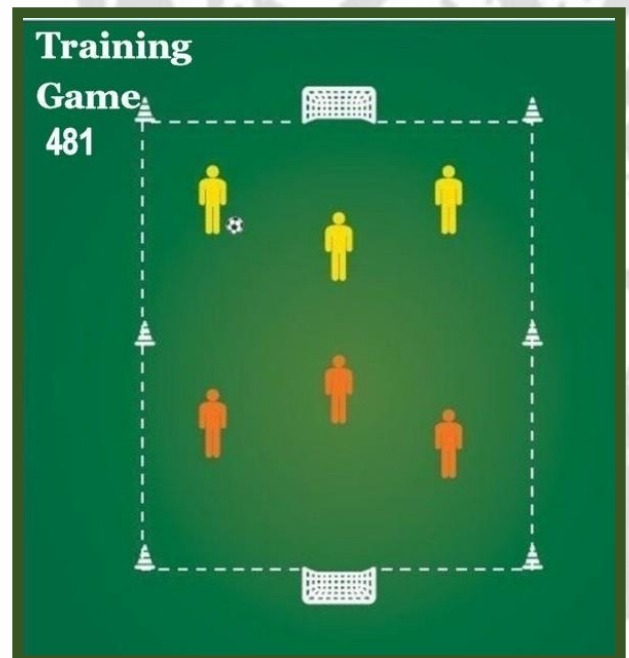
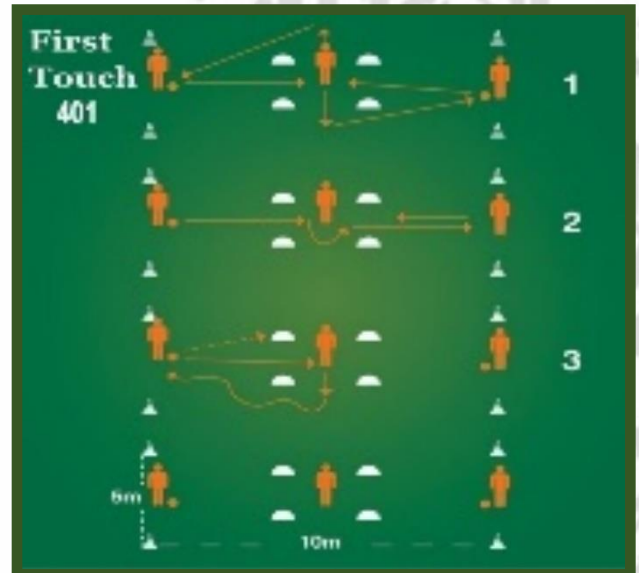
Then, they receive the next ball from the player at the opposite side, etc.

Rotate positions after 10 repetitions. Use various techniques e.g. right /left foot only, inside outside foot only.

Exercise 2. The central player receives the ball, turns in the grid (one touch) and passes it to the player at the opposite side with their second touch. This player receives the ball, and passes it back again to the player in the grid etc. (use one ball only). Again, vary using left, right or inside, outside foot.

Exercise 3. The outside players follow their pass, sprinting to the left or right side of the grid. The player in the middle must now move the ball out of the grid in the opposite direction with their first touch and dribble the ball to the empty cone. The new middle player now receives the ball from the other end and the pattern is repeated.

Variation. Competitive relays between the different groups, e.g. best group to compete 10 repetitions



30

The End - Small Game

481 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Coach to vary the player numbers, location of goals and duration of game. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. Variation 3v3, 4v4, 5v5. Just let them play

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS UNDER 5 TO UNDER 7 YEAR OLDS

PERIOD: MAY WEEK 01 EARLY SEASON

Session Theme

Running with the ball

Session Number: **5**

Minutes

10

The Beginning - Warm Up

- 1 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with co-ordinated passing practice.
Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.
This warm up should be similar to the team's match day warm up.

20

The Middle - Group Work

436 RUNNING WITH THE BALL

Coach players to run with the ball, in a SSG, and attempt to cross the opposition line under control. .

4 V 4 Line football.

Grid size approx. 30m wide by 20m long (pitch shape is short but wide).

To score a goal a player must run the ball across the opponent's by-line (see diagram).

Coaching remarks

Spread out and use the width.

We must have a centre forward and two wingers.

Run the ball whenever you see space in front of you.

Don't be afraid to take players on.

30

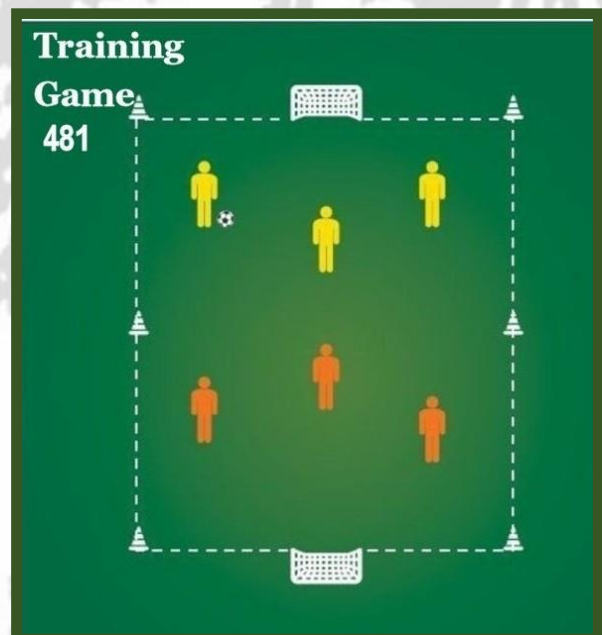
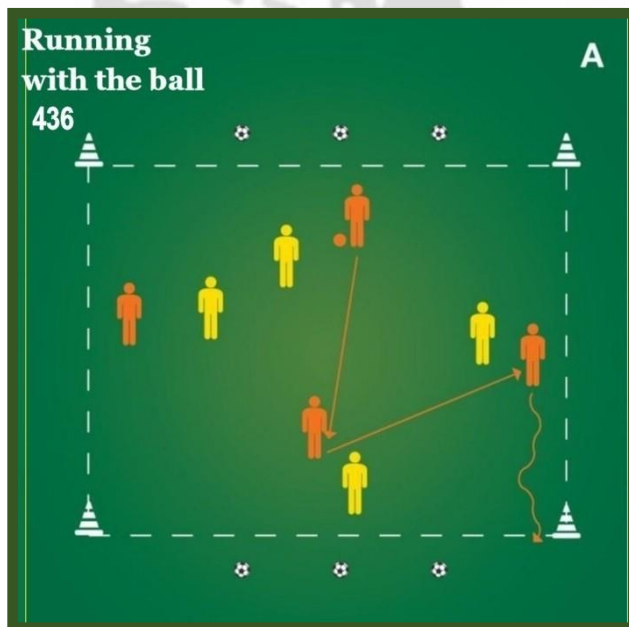
The End - Small Game

481 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Coach to vary the player numbers, location of goals and duration of game. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. Variation 3v3, 4v4, 5v5.

Just let them play



WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS UNDER 5 TO UNDER 7 YEAR OLDS

PERIOD: MAY WEEK 02 EARLY SEASON

Session Theme

Striking the ball

Session Number: **6**

Minutes

10

The Beginning - Warm Up

- 1 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with co-ordinated passing practice.
Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.

This warm up should be similar to the team's match day warm up.

30

The End - Small Game

20

The Middle - Group Work

463 STRIKING THE BALL

Coach players to shoot for goal after receiving a pass then evading an on-coming opponent. .

One group focuses on right foot shooting, the other on left foot. Rotate groups regularly.

Player 1 passes to Player 2 and runs to apply pressure. Player 2 moves the ball with the first touch to prepare for a shot from in front of goal.

Player 1 then joins the shooting line while Player 2 fetches the ball and joins the serving line. The same pattern takes place in the left foot group simultaneously.

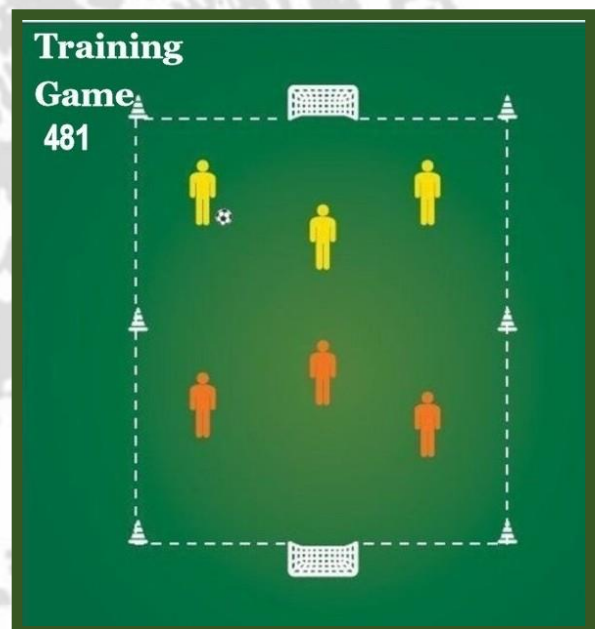
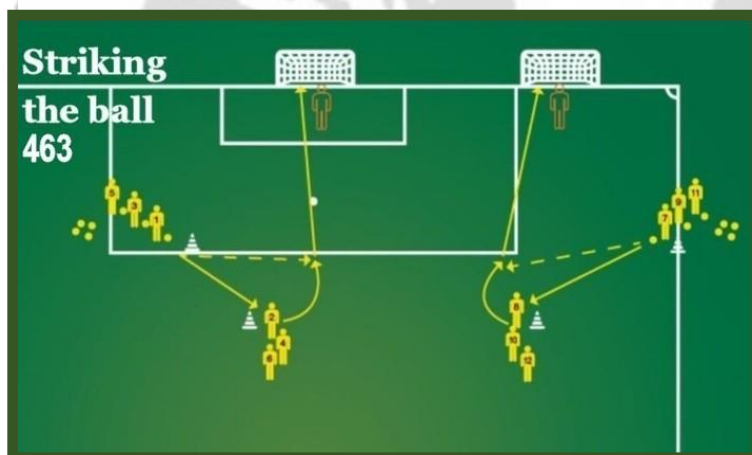
The angle/distance between players can be varied for ease or difficulty.

481 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Coach to vary the player numbers, location of goals and duration of game. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. Variation 3v3, 4v4, 5v5.

Just let them play



WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS UNDER 5 TO UNDER 7 YEAR OLDS

PERIOD: MAY WEEK 03 EARLY SEASON

Session Theme

Running with the ball

Session Number: **7**

Minutes

10

The Beginning - Warm Up

- 1 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with co-ordinated passing practice.
Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.

This warm up should be similar to the team's match day warm up.

20

The Middle - Group Work

440 RUNNING WITH THE BALL

Coach players, in relays, to run with the ball in and around cones. The coach will give commands. .

Relay

Each player starts with a ball and dribbles around the first cone in a full circle (as shown in the diagram) then dribbles around the second cone and then returns to the start.

Upon returning to the starting point the next player starts the same pattern with their own ball.

30

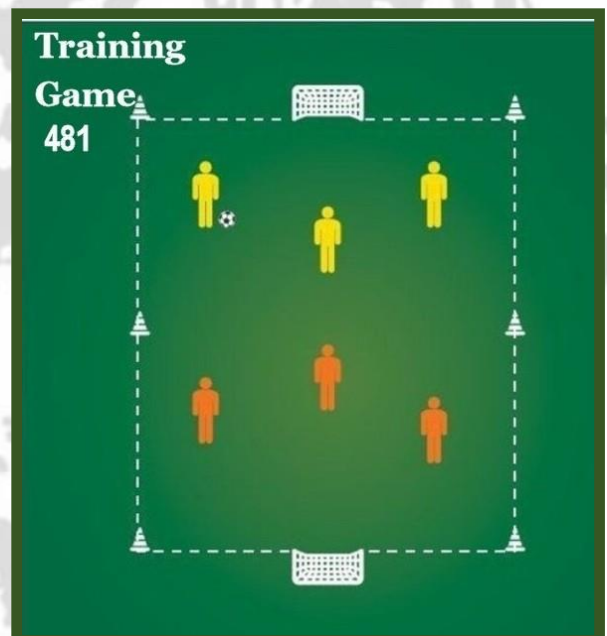
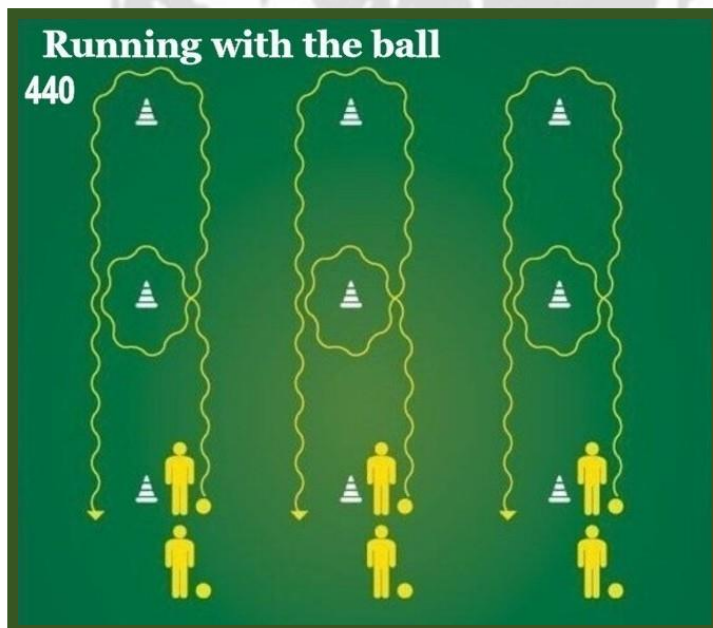
The End - Small Game

481 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Coach to vary the player numbers, location of goals and duration of game. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. Variation 3v3, 4v4, 5v5.

Just let them play.



WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS UNDER 5 TO UNDER 7 YEAR OLDS

PERIOD: MAY WEEK 04 EARLY SEASON

Session Theme

1V1

Session Number: **8**

Minutes

10

The Beginning - Warm Up

- 1 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with co-ordinated passing practice.
Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.
This warm up should be similar to the team's match day warm up.

20

The Middle - Group Work

416 1v1

Coach players to feint around 4 cones in the diamond shape. 4 groups. On the oommand of the coach opposite players dribble to and around the diamond. . 4 cones, placed in a 12m to 15m square grid, opposite of each other with 4 cones

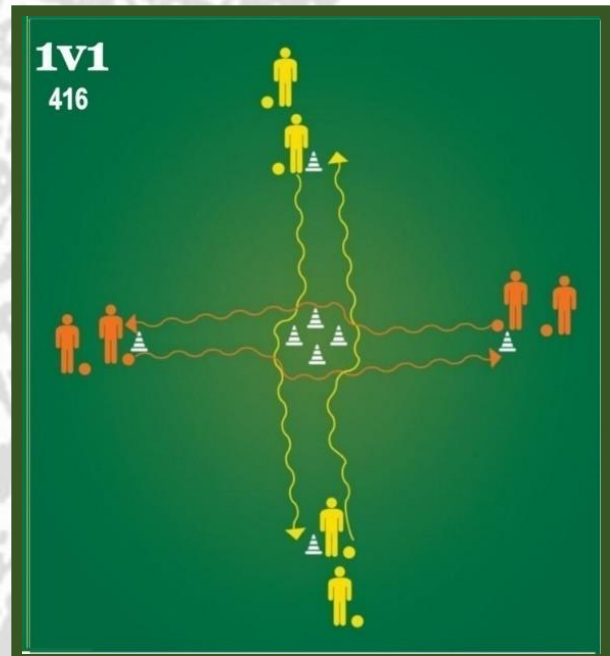
centrally in a diamond (1m to 1.5m apart) (see diagram).

Maximum of 2 players, with a ball each, line up at the cones. On the coach's call

two yellow players opposite each other, start dribbling to the other side. In the middle, they perform a prescribed or free feint, to go around the right side of the cones and accelerate to the opposite cone. The coach then gives the signal for the other two groups (orange) to perform the pattern

After 2 minutes change the direction and go around the left side.

Variations: speed up the tempo, as soon as one group has completed the run at both ends, the other group can automatically start.



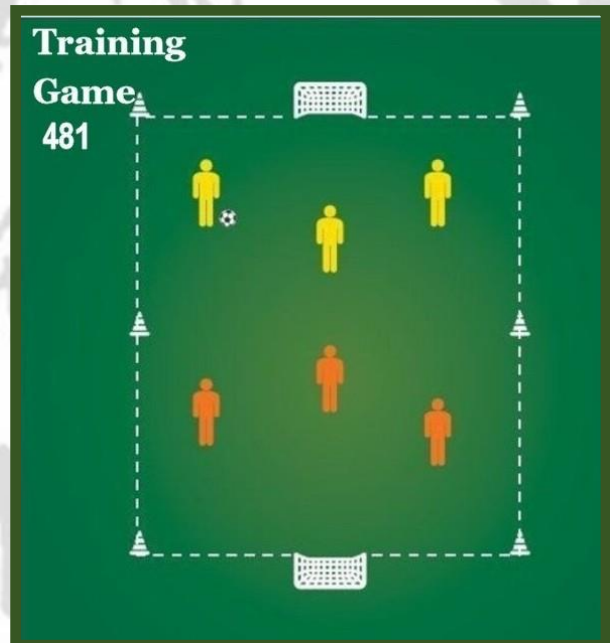
30 *The End - Small Game*

481 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Coach to vary the player numbers, location of goals and duration of game. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. Variation 3v3, 4v4, 5v5.

Just let them play.



WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS UNDER 5 TO UNDER 7 YEAR OLDS

PERIOD: JUNE WEEK 01 MID SEASON

Session Theme

Running with the ball

Session Number: **9**

Minutes

10

The Beginning - Warm Up

- 1 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with co-ordinated passing practice.
Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.
This warm up should be similar to the team's match day warm up.

20

The Middle - Group Work

442 RUNNING WITH THE BALL

Coach players to run with the ball in a small area. The coach will give commands

Simon Says

Players dribble freely around the grid with a ball each. Give the kids various tasks and challenges, which they must do when the coach says "Simon says" at the start of the sentence. Therefore sometimes you use "Simon says" and sometimes you don't mention "Simon" - see who is listening.

The players must avoid touching anyone else's ball, and must not let anyone else touch their own ball.

Examples of commands:

Stop (put your foot on the ball)

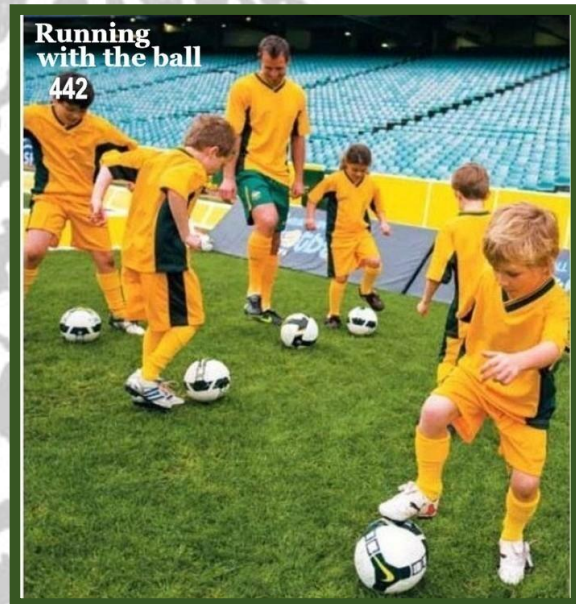
Turn (Quickly go the other way with the ball)

Out (Dribble outside the square and put your foot on the ball).

Change (Leave your ball and find another unattended and start dribbling. Who is the last to find a ball?)

Left (Dribble around the grid only using the left foot).

Right (Dribble around the grid only using the left foot).
etc...etc. Use your own imagination.



30

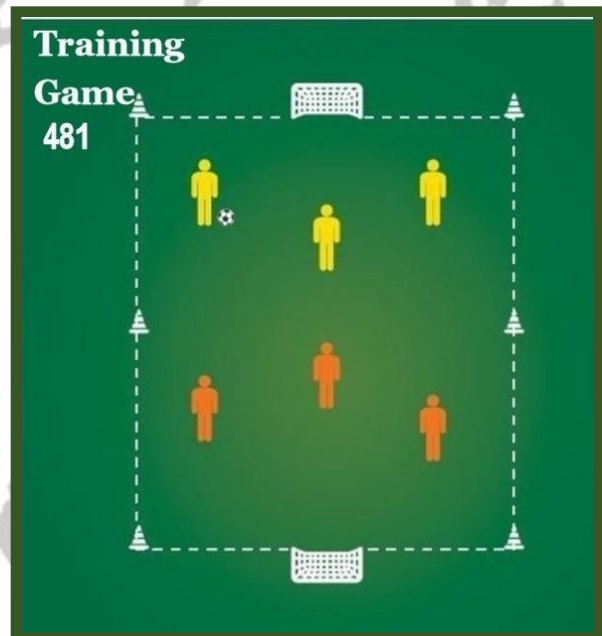
The End - Small Game

481 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Coach to vary the player numbers, location of goals and duration of game. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. Variation 3v3, 4v4, 5v5.

Just let them play



WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS UNDER 5 TO UNDER 7 YEAR OLDS

PERIOD: JUNE WEEK 02 MID SEASON

Session Theme

Striking the ball

Session Number: **10**

Minutes

10

The Beginning - Warm Up

Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with co-ordinated passing practice. Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6. This warm up should be similar to the team's match day warm up.

20

The Middle - Group Work

468 STRIKING THE BALL

Coach players the proper kicking technique when receiving a ball, from inside a circle, by a team mate. Pass the ball back to the team mate and go to the next station and receive another pass from a different team mate in the circle etc... The coach to decide the number of players and balls in each group.

Create a circular grid 10m diameter with six cones positioned as per diagram. Half of the players to be stationed outside the circle with a ball and the same distance apart.

The other half of the players, without the ball, are stationed in a smaller circle between the cones.

The outside players, with the ball, pass the ball to the player without the ball inside the grid. The inside player receives the ball and passes it back to the outside player. The inside player then progresses to the next outside player and they perform the same role. The outside players do not move away, other than passing and receiving. Rotate the players around.

Variation.

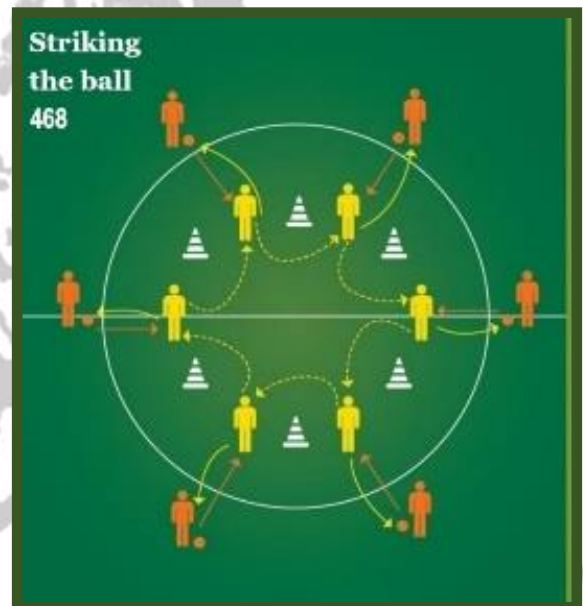
When the infield players move in the direction of the clock only use your right foot.

When we move anticlockwise only use your left foot.

It's about accuracy not power.

Have the outside player deliver a bouncing ball to the inside player who controls and return ball to feeder.

Request a two touch (control/pass) return.



30

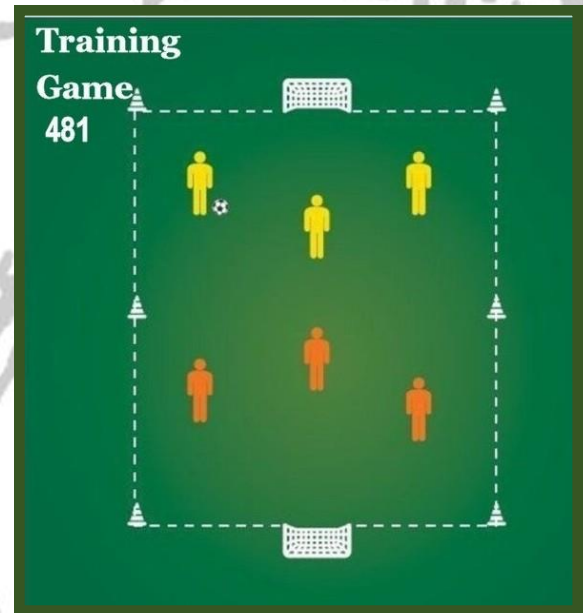
The End - Small Game

481 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Coach to vary the player numbers, location of goals and duration of game. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. Variation 3v3, 4v4, 5v5.

Just let them play



WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS UNDER 5 TO UNDER 7 YEAR OLDS

PERIOD: JUNE WEEK 03 MID SEASON

Session Theme

Running with the ball

Session Number: **11**

Minutes

10

The Beginning - Warm Up

- 1 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with co-ordinated passing practice.
Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.
This warm up should be similar to the team's match day warm up.

20

The Middle - Group Work

443 RUNNING WITH THE BALL

Coach players, in relays, to run with the ball in and around cones. The coach will give commands. .

Relay

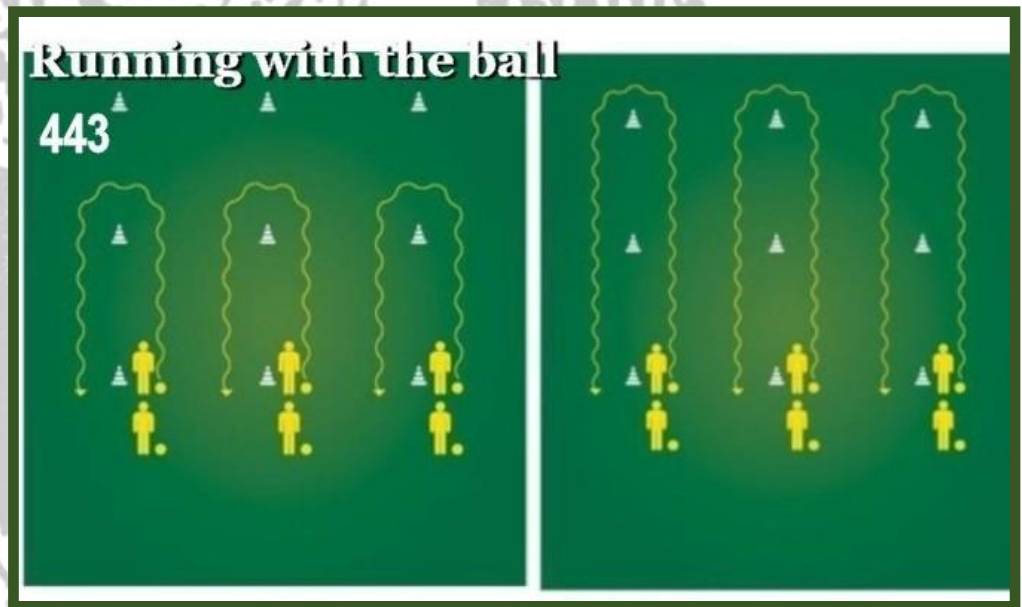
Each player starts with a ball, dribbles around the cones and returns to the start.

Upon to returning to the starting point, the next player starts the same pattern with their own ball

Avoid long queues.

All relays in this section can be performed with or without the ball. The preference is always with the ball but to demonstrate it is far better to perform the pattern without the ball in the first instance. 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).



30

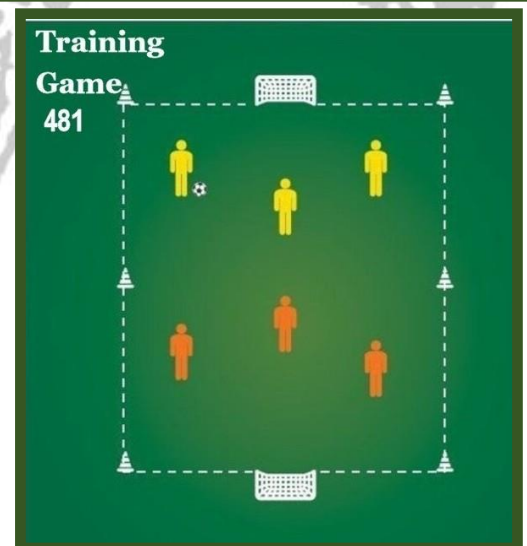
The End - Small Game

481 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Coach to vary the player numbers, location of goals and duration of game. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. Variation 3v3, 4v4, 5v5.

Just let them play.



WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS UNDER 5 TO UNDER 7 YEAR OLDS

PERIOD: JUNE WEEK 04 MID SEASON

Session Theme

1st Touch

Session Number: **12**

Minutes

10

The Beginning - Warm Up

- 1 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with co-ordinated passing practice.
Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.
This warm up should be similar to the team's match day warm up.

20

The Middle - Group Work

402 1ST TOUCH

Coach 1st touch control to players inside a grid to pass and maintain possession using team mates in the grid or rescue players outside the grid. .

Positioning game

4 V 4 + 2 rescue players (6x4) in a 30m X 20m grid.

The rescue players of both teams are positioned opposite each other (see diagram).

Mandatory 2 touches for all players, including the rescue players (This is a simple restraint sees to it that each 1st touch must be good).

If someone passes to a rescue player, both players swap positions.

Variation

Reduce the grid size

Allocate one point for every successful interchange passer-rescue player

(NB the rescue player must continue possession.

Advice to players

Move the ball with your 1st touch away from defenders

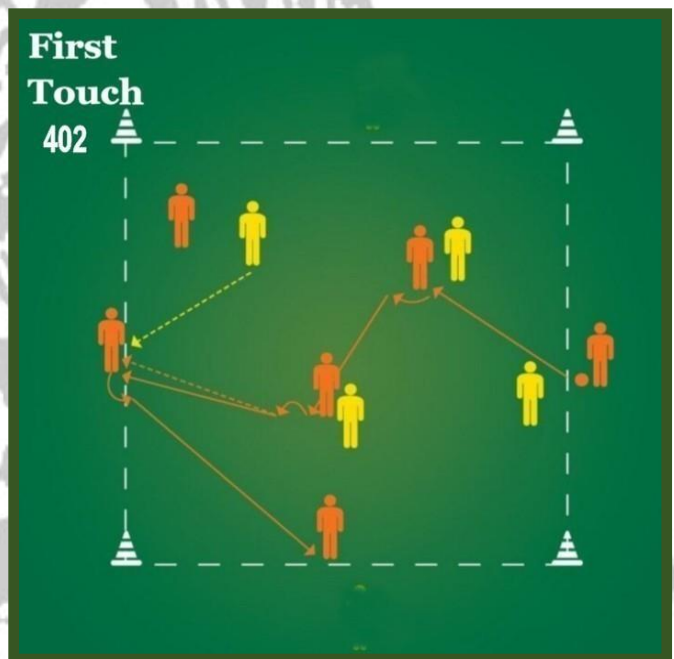
Use body feints to disguise your intentions

Make an angle when asking for the ball

Try to position yourself in a way that you can see as much of the grid as possible

Scan your options before receiving the ball

Rescue players can help the players in the grid by coaching them



30

The End - Small Game

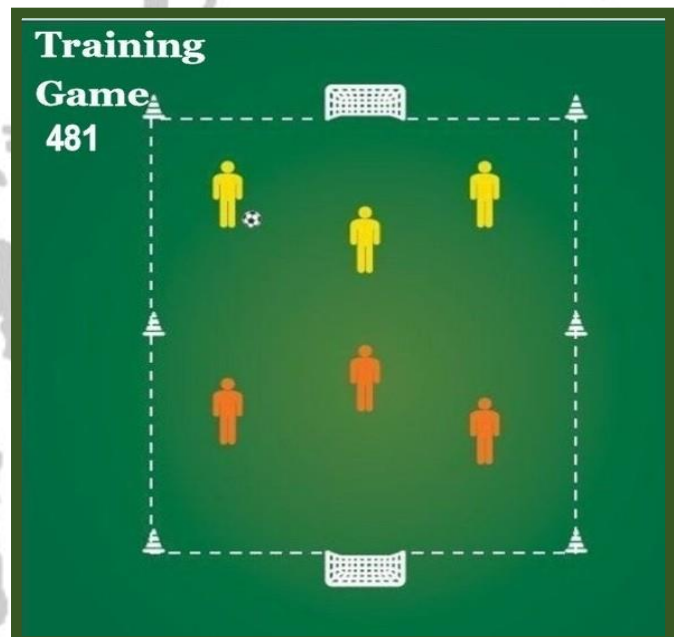
481 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Coach to vary the player numbers, location of goals and duration of game. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential.

Variation 3v3, 4v4, 5v5.

Just let them play.



WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS UNDER 5 TO UNDER 7 YEAR OLDS

PERIOD: JULY WEEK 01 MID SEASON

Session Theme

Running with the ball

Session Number: **13**

Minutes

10

The Beginning - Warm Up

- 1 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with co-ordinated passing practice.
Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.
This warm up should be similar to the team's match day warm up.

20

The Middle - Group Work

445 RUNNING WITH THE BALL

Coach players, in relays, to run with the ball in and around cones. The coach will give commands. .

Relay

Each player starts with a ball. Player 1 dribbles the ball through the middle gate and around the far cone and back through the middle gate on the way back to the start.

Upon returning to the starting point, Player 2 commences the same pattern.

Four cones per group are required.

Vary the width of the gates to increase or decrease the level of difficulty.

Have a competition between groups.

30

The End - Small Game

481 TRAINING GAME

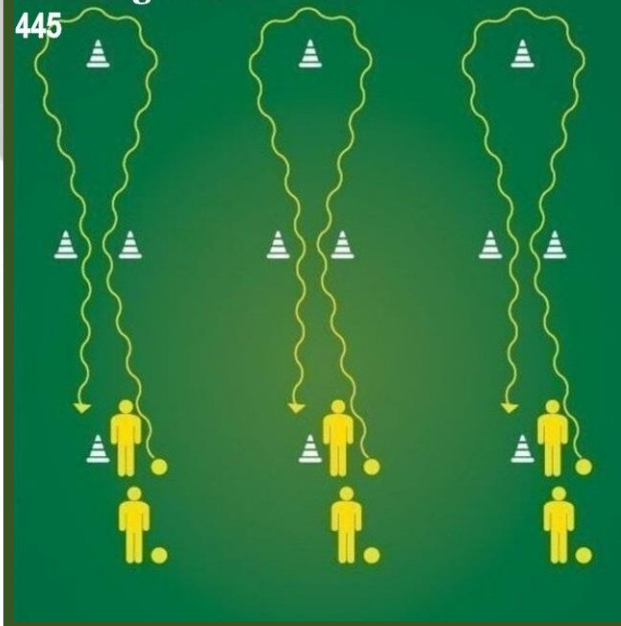
Coach a SSG with the same theme used during the early part of the coaching session.

Coach to vary the player numbers, location of goals and duration of game. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. Variation 3v3, 4v4, 5v5.

Just let them play.

Running with the ball

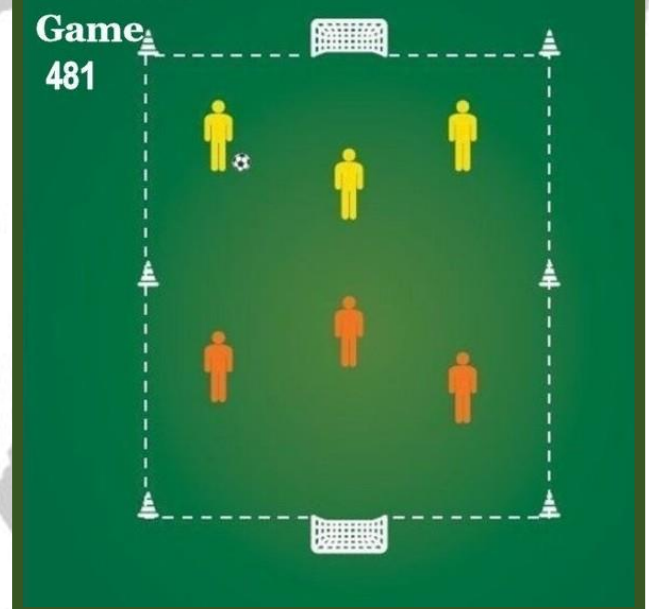
445



Training

Game

481



WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS UNDER 5 TO UNDER 7 YEAR OLDS

PERIOD: JULY WEEK 02 MID SEASON

Session Theme

Striking the ball

Session Number: **14**

Minutes

10

The Beginning - Warm Up

- 1 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with co-ordinated passing practice.
Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.
This warm up should be similar to the team's match day warm up.

20

The Middle - Group Work

469 STRIKING THE BALL

Coach players to pass the ball to a ready and waiting team mate inside a grid using 2 players with a ball and 4 without. Players are constantly moving.

Pass and move

The activity requires two players with a ball and four players without.

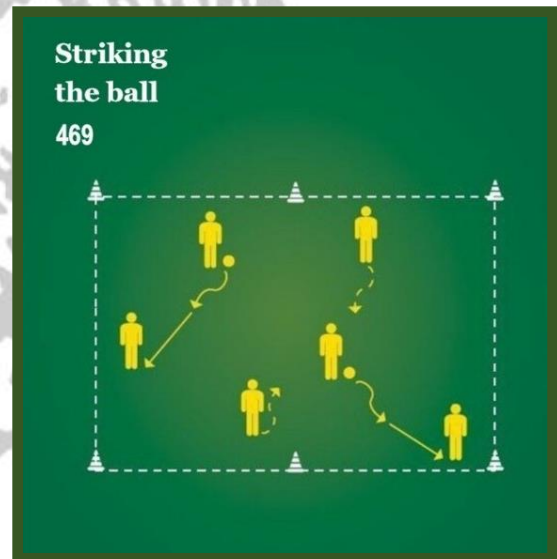
The players with the ball start dribbling, while the other players move freely around the grid. When the ball players see another player ready to receive the ball, they pass to them, then move to another part of the grid. When a player receives the ball, they dribble until they can find another player who is ready to receive the ball.

They then pass to that player and move. Players are constantly moving, either looking to receive one of the two balls, or looking to pass to one of the players without the ball.

Variation

Three players with the ball and three players without.

This activity helps develop vision and communication and introduces the concept of passing the ball to a team mate.



30

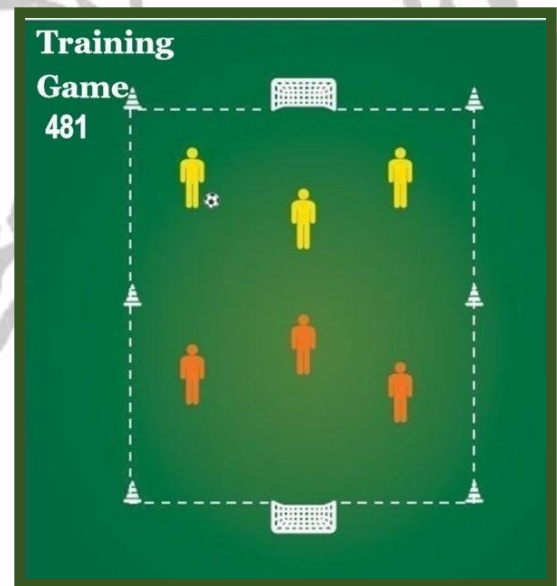
The End - Small Game

481 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Coach to vary the player numbers, location of goals and duration of game. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. Variation 3v3, 4v4, 5v5.

Just let them play.



WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS UNDER 5 TO UNDER 7 YEAR OLDS

PERIOD: JULY WEEK 03 MID SEASON

Session Theme

Running with the ball

Session Number: **15**

Minutes

10

The Beginning - Warm Up

- 1 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with co-ordinated passing practice.
Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.
This warm up should be similar to the team's match day warm up.

20

The Middle - Group Work

446 RUNNING WITH THE BALL

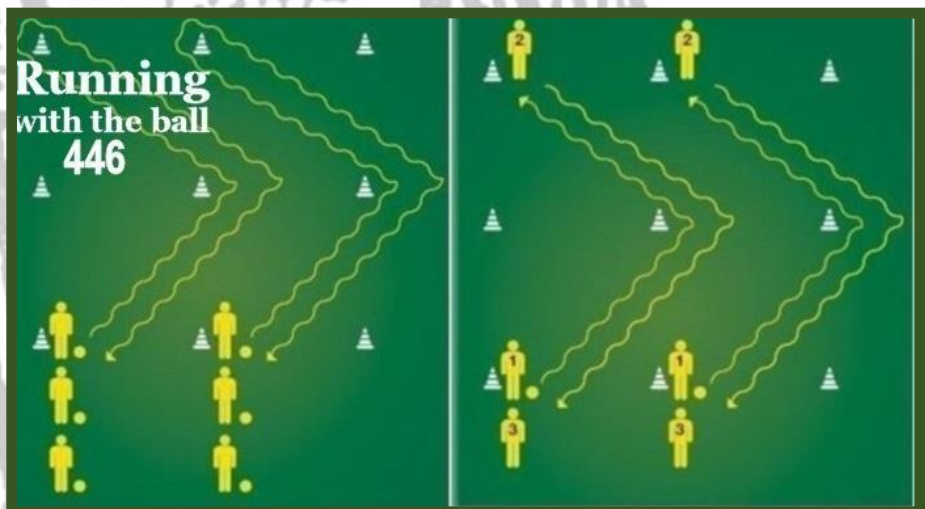
Coach players, in relays, to run with the ball in and around cones. The coach will give commands. .
Relay.

Each player starts with a ball, and dribbles around the first cone and then cuts the ball, changing direction, to the left (as shown in the diagram 1). Then dribbles around the second cone, and repeats the same pattern (but cuts right this time) on the way back. Upon returning to the starting point, the next player starts the same pattern with their own ball.

Variation

Instead of players beginning at the same point, they could be split up at either end.

Player 1 now dribbles around the first cone and then passes the ball to Player 2 (as shown in diagram 2) who repeats the same movement and passes to Player 3.



30

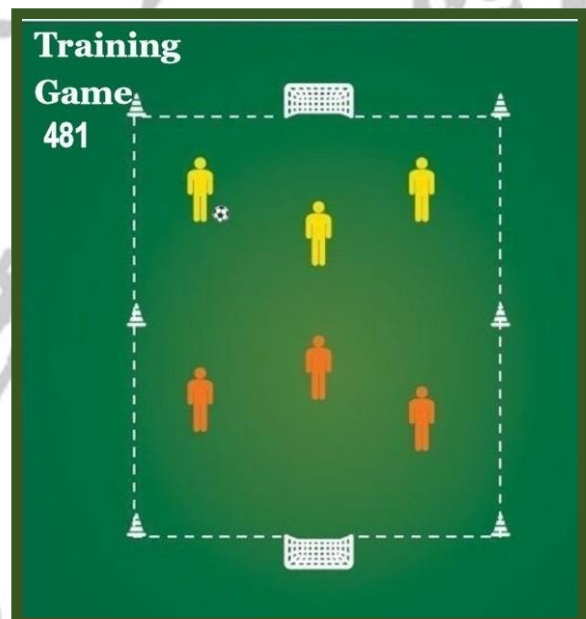
The End - Small Game

481 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Coach to vary the player numbers, location of goals and duration of game. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. Variation 3v3, 4v4, 5v5.

Just let them play.



WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS UNDER 5 TO UNDER 7 YEAR OLDS

PERIOD: JULY WEEK 04 MID SEASON

Session Theme

1V1

Session Number: **16**

Minutes

10

The Beginning - Warm Up

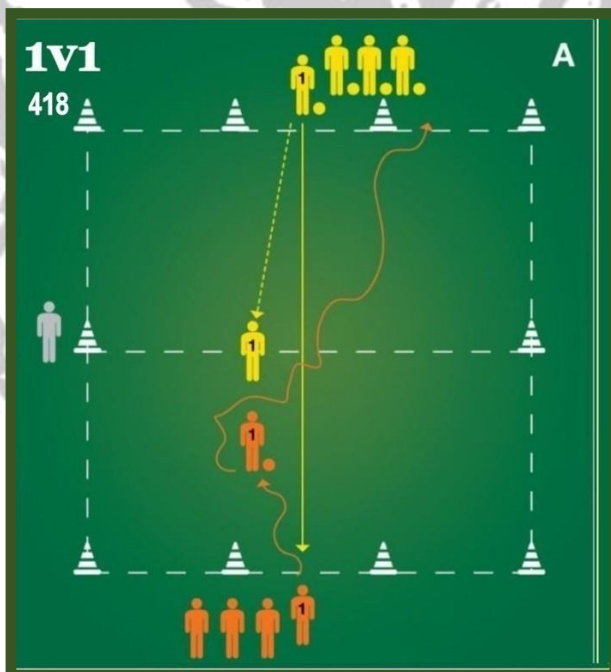
- 1 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with co-ordinated passing practice.
Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.
This warm up should be similar to the team's match day warm up.

20

The Middle - Group Work

418 1v1

Coach players methods to deceive an opposition player in a 1V1 competition. .
A grid of approx. 15m X 15m with a halfway line and 3 gates of 5m at each by-line.
Two groups of 4 players positioned opposite one another in the middle gate (see diagram).
One group with the ball the other without.
Yellow player 1 with the ball passes it to the orange player 1, and immediately sprints to the other side of the half way line and waits for the oncoming ball orange player 1 whose role is to take on the yellow player 1 in a 1V1 situation.
Orange player 1, with the ball, tries to score through the left or right gate.
The action finishes when yellow player 1 wins the ball off orange player 1 or yellow player 1 scores through either gate.
Rotate players

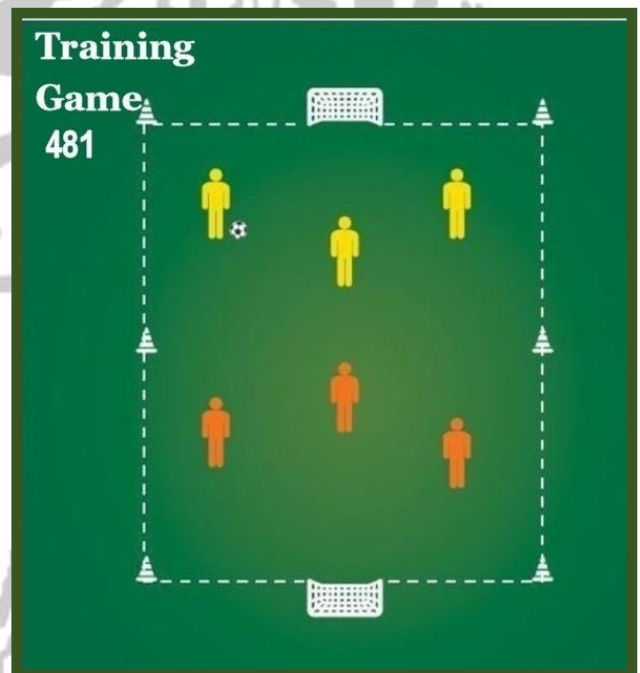


30

The End - Small Game

481 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.
Coach to vary the player numbers, location of goals and duration of game. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. Variation 3v3, 4v4, 5v5.
Just let them play



WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS UNDER 5 TO UNDER 7 YEAR OLDS

PERIOD: AUG WEEK 01 LATE SEASON

Session Theme

Running with the ball *Session Number: 17*

Minutes

10

The Beginning - Warm Up

- 1 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with co-ordinated passing practice.
Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.
This warm up should be similar to the team's match day warm up.

20

The Middle - Group Work

447 RUNNING WITH THE BALL

Coach players, in relays, to run with the ball in and around cones. The coach will give commands
Figure of 8 relay
Each player starts with a ball, and dribbles around the first cone and then the second cone in a figure of 8 type direction (as shown in the diagram).

Upon returning to the starting point, the next player starts the same pattern with their own ball.

Variation

- Players to use right foot only
- Players to use left foot only
- Players to use inside of foot only
- Players to use outside of foot only
- Each group only uses one ball. An exchange is executed when returning to the start
- Instead of players beginning at the same point, they could be split up at either end.

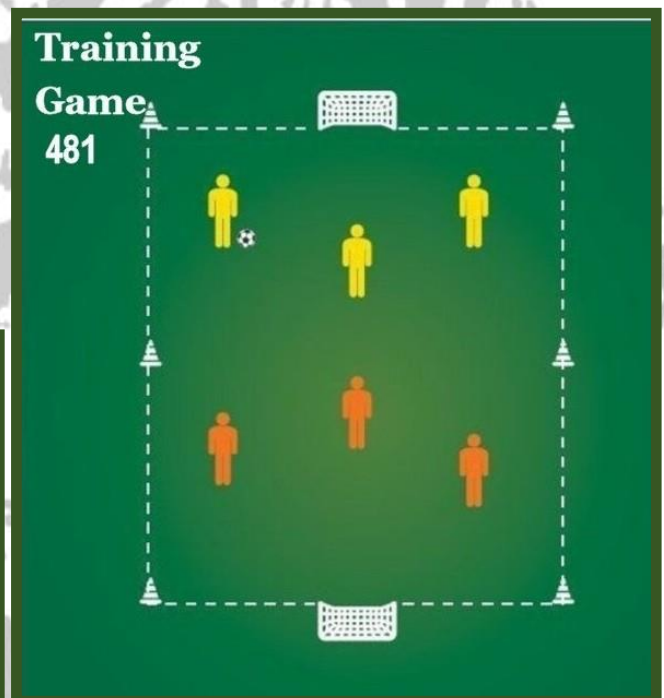
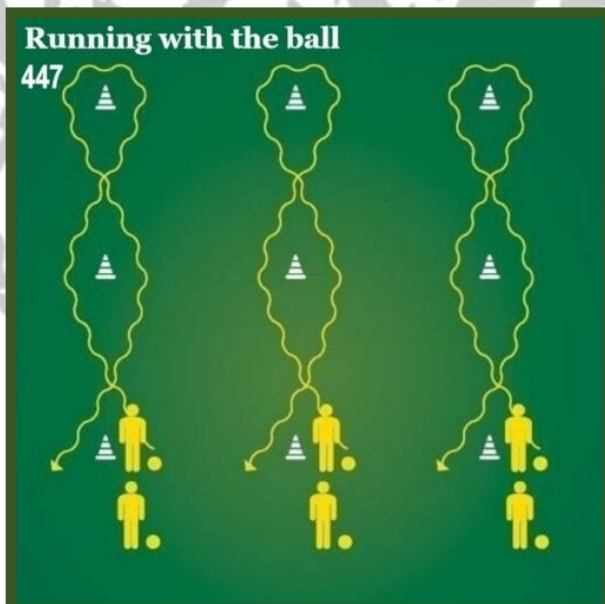
30

The End - Small Game

481 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.
Coach to vary the player numbers, location of goals and duration of game. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. Variation 3v3, 4v4, 5v5.

Just let them play



WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS UNDER 5 TO UNDER 7 YEAR OLDS

PERIOD: AUG WEEK 02 LATE SEASON

Session Theme

Striking the ball *Session Number:* **18**

Minutes

10

The Beginning - Warm Up

- 1 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with co-ordinated passing practice.
Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.
This warm up should be similar to the team's match day warm up.

20

The Middle - Group Work

470 STRIKING THE BALL

Coach players to kick accurately at knockdown targets e.g. empty plastic drink bottles or balls
Hit the Target

Make a grid 10m X 7m. To score, the player must hit the target, which must comprise a safe object(s). Balls are the likely objects. Use as many objects without making it too hard or too easy.

Players receive points for every object displaced (knocked over).

30

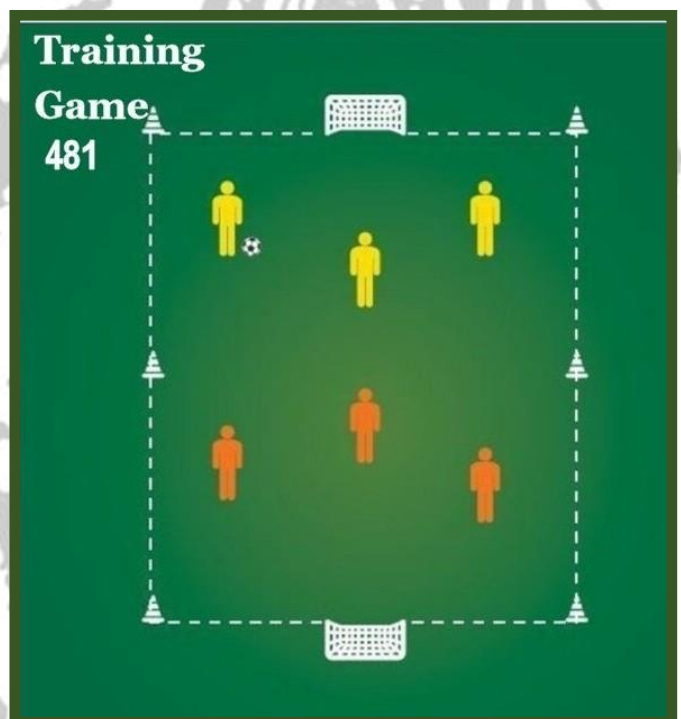
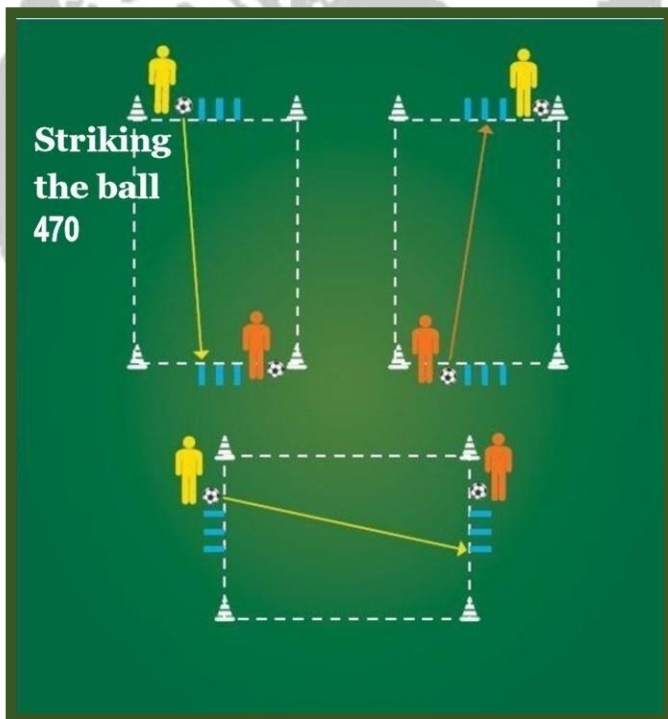
The End - Small Game

481 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Coach to vary the player numbers, location of goals and duration of game. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. Variation 3v3, 4v4, 5v5.

Just let them play.



WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS UNDER 5 TO UNDER 7 YEAR OLDS

PERIOD: AUG WEEK 03 LATE SEASON

Session Theme

Running with the ball

Session Number: **19**

Minutes

10

The Beginning - Warm Up

- 1 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with co-ordinated passing practice.
Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.
This warm up should be similar to the team's match day warm up.

20

The Middle - Group Work

448 RUNNING WITH THE BALL

Coach players to run with the ball in small area while a nominated player, without a ball, tries to kick the other players' ball out of the area. The coach will give commands.

Round them up

Five players dribble their balls inside a 10m X 14m grid. On the coach's call of "round them up" the sixth player tries to round up all five balls by kicking the balls out of the grid. Allow 30 secs for players to round up as many balls as possible.

Rotate players into the round up position.

30

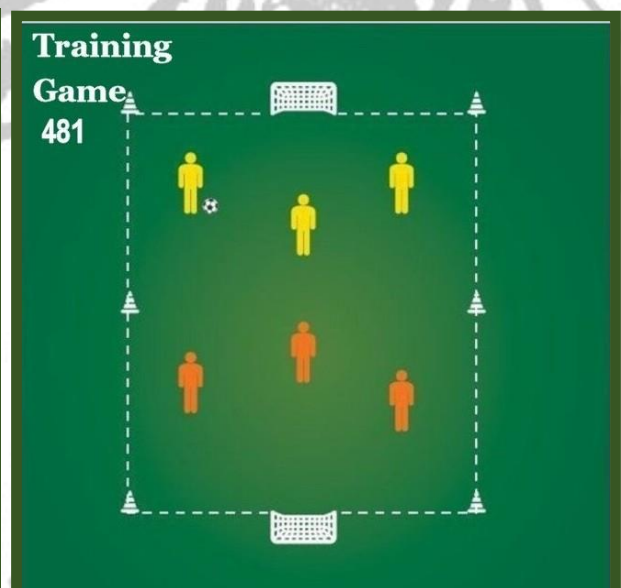
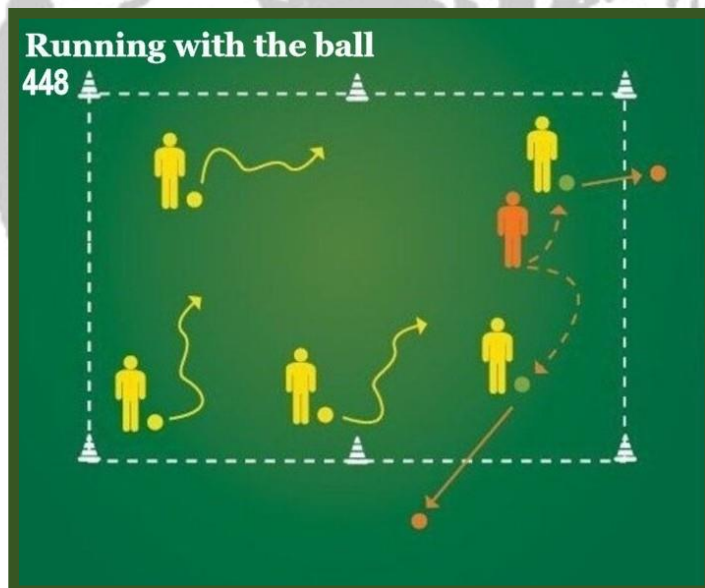
The End - Small Game

481 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Coach to vary the player numbers, location of goals and duration of game. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. Variation 3v3, 4v4, 5v5.

Just let them play.



WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS UNDER 5 TO UNDER 7 YEAR OLDS

PERIOD: AUG WEEK 04 LATE SEASON

Session Theme

1st Touch Session Number: 20

Minutes

10

The Beginning - Warm Up

- 1 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with co-ordinated passing practice.
Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.
This warm up should be similar to the team's match day warm up.

20

The Middle - Group Work

403 1ST TOUCH

Coach 1st touch control to players inside a grid to pass and maintain possession using team mates in the grid. Positioning games with two touches as a mandatory requirement (i.e. first touch is control the ball, second touch is pass the ball).

Disallowing a direct pass, forces the players to have a good first touch, in order to move the ball away from the defender(s) and keep possession.

Which positioning game to use depends on the level of players and ranges from

4 V 1 (easiest), 3 V 1, 5 V 2 and 4 V 2 (most difficult)

The grid size depends on the level and capabilities of the players with 15m X 15m as a starting point.

The coach can make the exercise more challenging for players by simply decreasing the space or for less difficult, by making the grids bigger.

Hints

Move to support as the ball moves

Make angles (do not stand in the corners)

Keep your body open to the field

Move the ball with your first touch away from the defender(s)

Use body feints to disguise your intentions

30

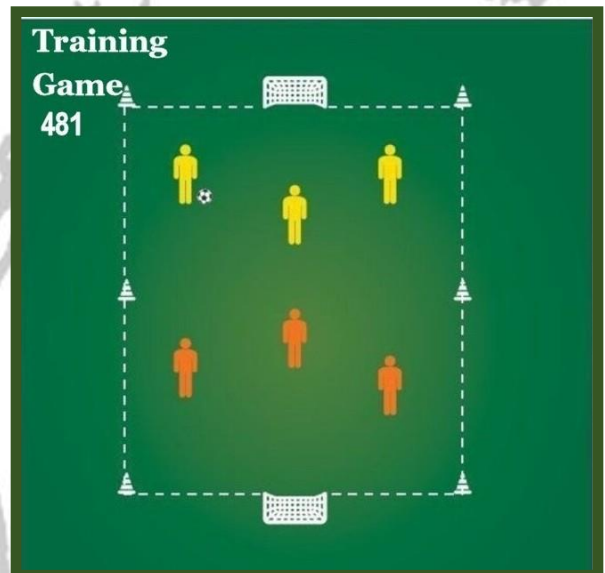
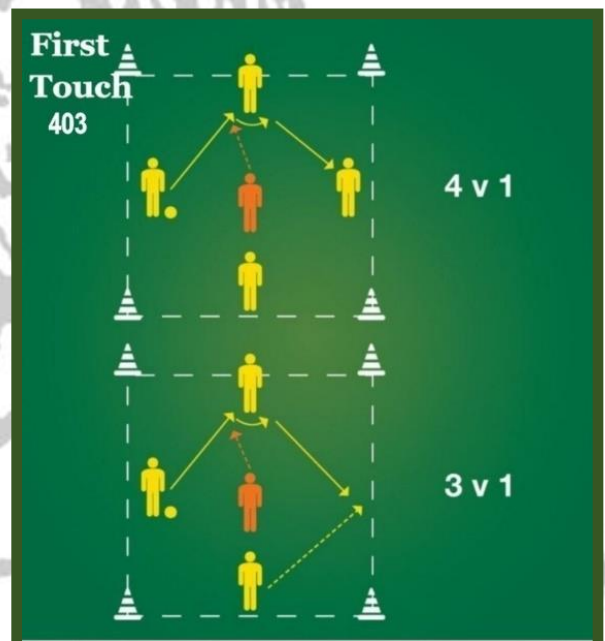
The End - Small Game

481 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Coach to vary the player numbers, location of goals and duration of game. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. Variation 3v3, 4v4, 5v5.

Just let them play.

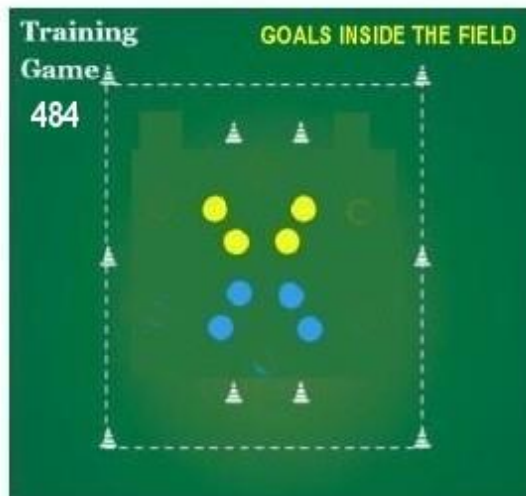


OTHER TRAINING GAME SET UPS



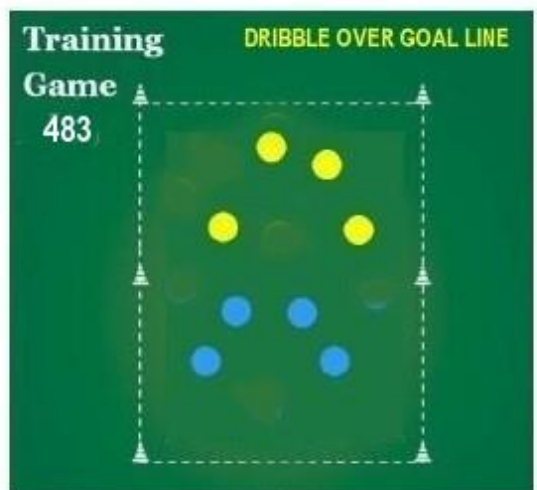
482 TRAINING GAME

Coach to vary the player numbers and duration of game. Two goals at each end. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. Play with no goalkeepers. Encourage shooting and scoring.



484 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session. Coach to vary the player numbers and duration of game. One goal each end to be located on the field about a quarter of the way from the back line. Goal can be scored from the front or back of the goal. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. With or without goalkeepers.



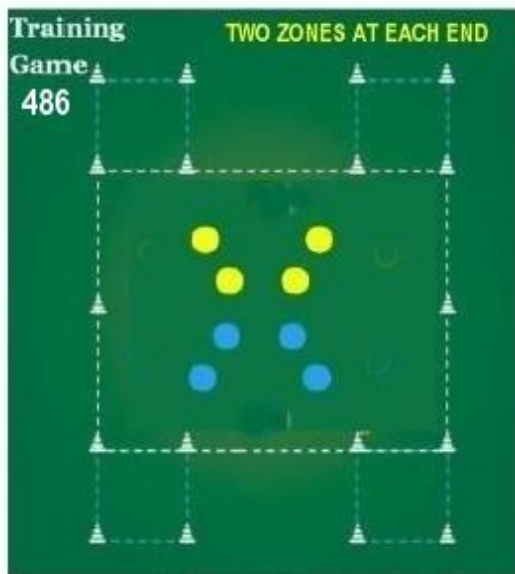
483 TRAINING GAME

Coach to vary the player numbers and duration of game. No goals at each end. Players must run the ball across opponents' back line, under control, to score points/goal. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. The game encourages dribbling and 1v1 skills.



485 TRAINING GAME

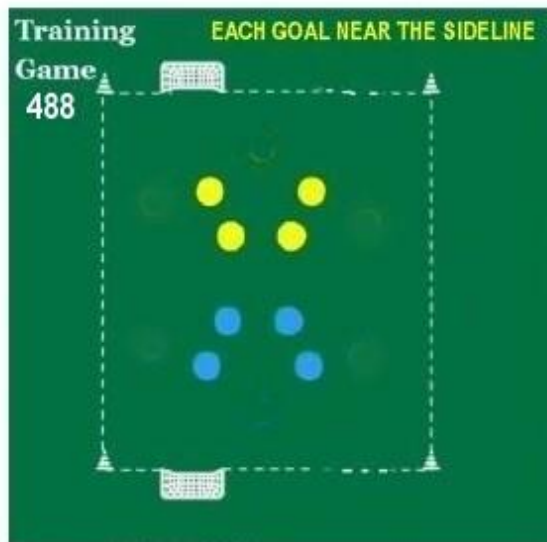
Coach to vary the player numbers and duration of game. Two goals at each end but located on the longer side of the field. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. This game develops awareness of space.



486 TRAINING GAME

Coach to vary the player numbers and duration of game. No goals at each end. Players must run the ball wide across opponents' back line, into scoring zone, under control, to score points/goal. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential.

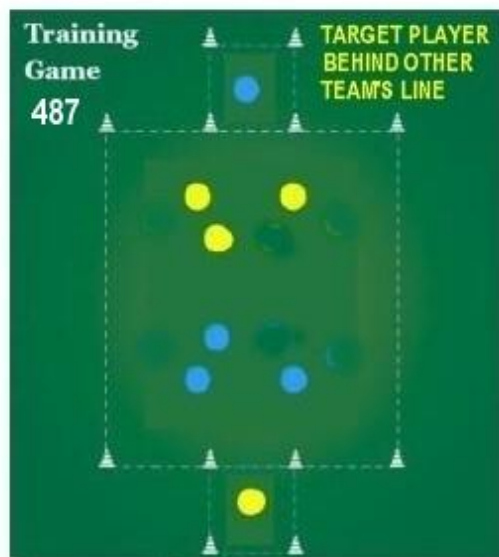
This game encourages dribbling and 1v1 skills.



488 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session. Coach to vary the player numbers, location of goals (near the sideline and duration of game. No goal keeper. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential.

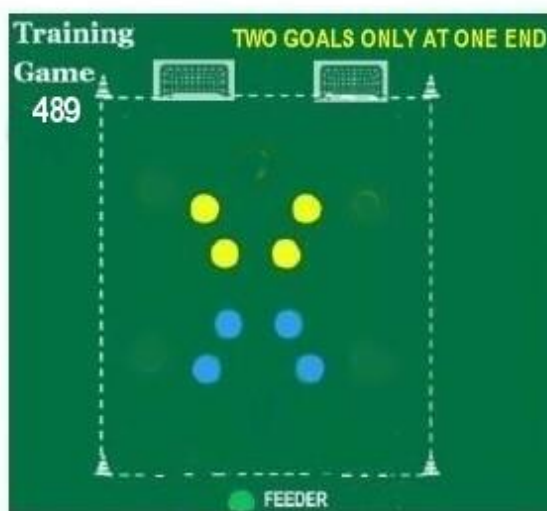
There are no goalkeepers. The game encourages players to play wide and to shoot and score.



487 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session. Coach to vary the player numbers, location of goals and duration of game. No goal keeper only a player behind the goals to receive the ball from the attacking team. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential.

There are no goalkeepers.



489 TRAINING GAME

Finish with a small sided even game for observation.

Teaching the rules and practicing set plays is very valuable in this game.

No Goalkeepers. Two goals at the same end, to score in.

The game is played with the same rules as a normal game.

If you kick off, you are the attacking team. The situations

where the defending team regains possession is when the opposition scores or when the defending team wins

possession and passes to the Feeder at the back of the grid.

Players need to be reminded regularly who is the attacking

side. Game encourages shooting and scoring.

