

Coaching Guidelines 8-11 Year Olds

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and Kevin Best

CONTENTS

Foreword.....	3
Season sessions summary.....	4
Coaching session structure.....	5
Core skills.....	6
Different playing systems.....	7
The role of each player's position.....	8
Match day preparation.....	10
Coaches – good practice.....	11
20 week season plan.....	12
Training Game Options.....	33



FOREWORD

Guidelines have been released by FFA and FNSW over the past few years in an effort 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 coaches committee has summarised the guidelines to suit local club needs.

The 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, are listed below.

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

These sessions target 8 to 11 year olds comprising two sub groups which are: 8-9 year olds playing 7v7 in a match and with a squad of 9/10 players for training, and 10-11 year olds playing 9v9 in a match, with a squad of 11/12 players for training.

In regard to the Training Game, eight other options , if deemed appropriate, are included at the end of this booklet.

Kevin Best



COACHING SESSIONS SUMMARY

One session per week. Duration 60 minutes per session

No	MONTH	SEASON	THEME
1	APRIL WEEK 01	EARLY	Playing system and player positioning in possession
2	APRIL WEEK 02	EARLY	Transition when team regains possession
3	APRIL WEEK 03	EARLY	Structured build up from the back
4	APRIL WEEK 04	EARLY	Controlled possession in midfield
5	MAY WEEK 01	EARLY	Creating scoring chances and converting them
6	MAY WEEK 02	EARLY	Practice set plays with core skills
7	MAY WEEK 03	EARLY	Goalkeeping when team has possession
8	MAY WEEK 04	EARLY	Playing system & player positioning not in possession
9	JUNE WEEK 01	MID	Transition when team loses possession
10	JUNE WEEK 02	MID	Practice set plays in defence
11	JUNE WEEK 03	MID	Goalkeeping when team does not have possession
12	JUNE WEEK 04	MID	Constructive communication
13	JULY WEEK 01	MID	Structured build up from the back
14	JULY WEEK 02	MID	Controlled possession in midfield
15	JULY WEEK 03	MID	Creating scoring chances and converting them
16	JULY WEEK 04	MID	Practice set plays with core skills
17	AUG WEEK 01	LATE	Structured build up from the back
18	AUG WEEK 02	LATE	Controlled possession in midfield
19	AUG WEEK 03	LATE	Creating scoring chances and converting them
20	AUG WEEK 04	LATE	Practice set plays with core skills



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.

Passing Practices

Coaches should avoid 'wasting time' in the warm-up component of a session by performing isolated, non-relevant activities. The balls should be used straight away (or as soon as possible after some light, general warming up). Core skills should be used at all sessions.

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 partner or two. In other words, a ball between two or three. Execution and technique should be the primary target to keeping the ball alive. Players should be pressured to play two touch, which requires quick thinking and encourages movement off the ball to maintain possession.

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	
Crossing	
Heading	
Changing speed and/or direction with the ball	1v1
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.

The Two Constants (Positioning and Communicating)

The two 'constants' (positioning and communication) are built in to every training session. These are the two things a player does both with and without the ball, and since, for most of the game, they are without the ball, it is wise to develop them. Positioning is especially a major factor in the core skills of 'First Touch' and 'Striking the Ball (Passing)'.



Without the Ball ATTACK	Logical Arrangement
Moving in order to receive the ball now	Positioning
Moving in order to receive the ball soon	
Moving in order to distract / displace defenders	
Moving in anticipation of loss of possession	
Giving information to team-mates (verbal and non-verbal)	Communication

Other "without the ball" functions which need addressing are: Pressing, Marking, Intercepting, Tackling.

RECOMMENDED PLAYING SYSTEMS

08-09 (7V7) SYSTEMS 3,3 AND 3,2,1

7 10 11
5 6 2
1

10
7 11
5 6 2
1

10-11 (9V9) SYSTEMS 3,2,3 AND 3,3,2

11 9 7
8 10
5 6 2
1

11 9
8 10 7
5 6 2
1



THE ROLE OF A PLAYER IN EACH POSITION

GOALKEEPER No. 1

Ball possession (own team)

Playing out & support to defence
line Goal kick Volley and
dropkick Throwing & rolling
Positioning in relation to the play

Ball possession Opponent

Starting position and footwork
Stance / set position Duel 1 v 1
(opponent coming towards goal)
Catching technique (scoop, cup,
W) Diving Parrying/deflecting
Handling crosses (intercepting &
punching) Tactical insight /
decision making

Goalkeeping Condition

Explosivity in goalkeeping
actions Quick recovery between
two explosive actions
Maintaining explosivity of
goalkeeper actions Maintaining
quick recovery between
explosive goalkeeper actions

Flexibility/agility Coordination

Personal characteristics

Organizing & leadership (BPO &
BP) Ability to perform under
pressure Bravery & decisiveness
Ability to learn (is the player
'coachable' Ability to focus /
concentrate Presence /
personality / charisma Handling
disappointments General
attitude, discipline & conduct Self
image / assessment

WIDE DEFENDERS No. 2 & 5

Ball Possession (own team)

Receiving / first touch Running
with the ball Passing Crossing
Handling speed Tactical insight
re. playing out and attacking
Ability to use both feet
Transitioning BPO to BP

Ball Possession Opponent

1 v 1 (dueling & tackling)
Preventing & blocking crosses
Defensive heading Defensive
positioning Squeezing &
covering the central defenders
Tactical insight re. defensive
decision making Transitioning
BP to BPO

Football Condition Explosivity
in football actions Quick recovery
between two explosive actions
Maintaining explosivity during 90
minutes Maintaining quick
recovery during 90 minutes
Speed & coordination

Personal Characteristics

Task conscientious
Aggressiveness Initiative
Motivation Ability to learn (is the
player 'coachable' ?) Ability to
maintain focus General attitude,
discipline & conduct Handling
disappointments Self image /
assessment

CENTRAL DEFENDERS No. 3 & 4

Ball Possession (own team)

Receiving / first touch Short
passing in playing out Long
passing Running with the ball
Handling speed Tactical insight
re: playing out and attacking
Ability to use both feet
Transitioning BPO to BP

Ball Possession Opponent

1 v 1 (dueling & tackling)
Defensive heading Defensive
positioning Covering (fullbacks &
central defender) Tactical insight
re: defensive decision making
Transitioning BP to BPO

Football Condition

Explosivity in football actions
Quick recovery between two
explosive actions Maintaining
explosivity over whole game
Maintaining quick recovery over
whole game Speed &
coordination

Personal Characteristics

Task consciousness Coaching &
leadership Solid, resilient, winner
mentality Motivation Ability to
learn (is the payer 'coachable'?)
Ability to maintain focus General
attitude., discipline & conduct
Handling disappointments Self
image / assessment

WIDE MIDFIELDERS No.6 & 8

Ball Possession (own team)

Receiving / first touch Passing &
(feeling for) combination play
Running with the ball
(penetration) Creating scoring
chances ("killer pass") Goal
scoring ability Ability to keep ball
under pressure Positional play
Handling speed Tactical
insight/decision making Ability to
use both feet Transitioning from
BPO to BP

Ball Possession Opponent

1 v 1 (dueling & tackling)
Marking, tracking & pressuring
Defensive positioning
(intercepting passes/cutting pass
lines) Tactical insight: 'reading
the game; anticipating
Transitioning BP to BPO

Football Condition

Explosivity in football actions
Quick recovery between two
explosive actions Maintaining
explosivity during game time
Maintaining quick recovery
during game time Speed &
coordination

Personal Characteristics

Task conscientious Game
intelligence/vision Decisiveness
Motivation Ability to learn (is the
player 'coachable'?) Ability to
maintain focus General attitude,
discipline & conduct Handling
disappointments Self
image/assessment



CENTRAL MIDFIELDER No.10

Ball Possession (own team)

Receiving / first touch Effective running with & without the ball Effective combination play 1v1 (ability to take on defenders) Finishing skills (shooting / heading) Creating opportunities ('killer' pass) Ability to keep the ball in tight areas Handling speed Tactical insight / positioning Ability to use both feet Transitioning from BPO to BP

Ball Possession Opponent

Transitioning BP to BPO Disrupting and tracking Pressuring/duelling Defensive positioning (blocking pass lines) Tactical insight: 'reading' the game, anticipating

Football Condition

Explosivity in football actions Quick recovery between two explosive actions Maintaining explosivity over whole game Maintaining quick recovery over whole game Speed & coordination

Personal Characteristics

Creativity, ability to improvise Game intelligence / cleverness Task awareness and consciousness Ability to learn (is the player 'coachable'?) Ability to maintain focus General attitude, discipline & conduct Handling disappointments Self image / assessment

WIDE ATTACKERS No. 7 & 11

Ball Possession (own team)

Receiving / first touch Effective combination play 1v1 (ability to take on defenders) Running with the ball Finishing skills (shooting / heading) Creating opportunities (cross / 'killer' pass) Handling speed Tactical insight/positioning Ability to use both feet

Ball Possession Opponent

Transitioning BP to BPO Disrupting and tracking Pressuring /duelling Defensive positioning Tactical insight: 'reading' the game, anticipating

Football Condition

Explosivity in football actions Quick recovery between two explosive actions Maintaining explosivity over whole game Maintaining quick recovery over whole game Speed & coordination

Personal Characteristics

Creativity Calm in pressure situations Game cleverness Motivation Ability to learn (is the player 'coachable'?) Ability to maintain focus General attitude, discipline & conduct Handling disappointments Self image / assessment

CENTRAL ATTACKER No. 9

Ball Possession (own team)

Receiving / first touch Effective combination play (wall pass. 3rd man) 1 v 1 (ability to take on defenders) Running with the ball Finishing skills (shooting / heading) Goal scoring instinct Creating opportunities Shielding the ball under pressure of opponent Handling speed Tactical insight / positioning Ability to use both feet

Ball Possession Opponent

Transitioning BP to BPO Disrupting and tracking Pressuring / duelling Defensive positioning ('leading' to a flank) Tactical insight: 'reading' the game, anticipating

Football Condition

Explosivity in football actions Quick recovery between two explosive actions Maintaining explosivity over whole game Maintaining quick recovery over whole game Speed & coordination

Personal Characteristics

Calm in pressure situations Finisher Game cleverness Motivation Ability to learn (is the player 'coachable'?) Ability to maintain focus General attitude, discipline & conduct Handling disappointments Self image / assessment.



MATCH DAY PREPARATION

FOCUS

From the end of last training session until match kicks off

Post-Training

Check injuries and availability Name team Clarify match kick-off, venue, meeting point, arrival time, etc.

Pre-Match

Avoid long-winded speeches.

Let the players focus

Give key tasks based on recent training

Clarify Team Tasks and Player Tasks of importance

Refresh and reinforce the Key Principles from the Team Model

Consider less time delivering grand addresses to whole squad, and more time in dialogue with individuals and small groups

Provide a ball-centred warm-up

PERFORMANCE

From match kick-off until final whistle (Remind yourself of the key behaviours to avoid and to demonstrate in the lists above)

First Half

Analyse! Observe and record the key points.

Main points of reference are the Team Model and the recent focus areas.

Try to observe and assess individual performance against expected outcomes.

Write some main points of feedback to give players at half-time.

Summarise the performance of the opposition. Their strengths and weaknesses.

Half-time

It is a good idea to divide the half-time window into three 5-minute blocks

First 5 minutes: the players will need to attend to certain personal things, and it is also wise to encourage them to discuss the issues from the first half. The coach can address certain individuals and/or prepare the key points of their team talk.

Second 5 minutes: a team talk focused on learning from the first half and preparing for the second half. Don't dwell on the past, try to affect the future.

Third 5 minutes: final preparations before leaving dressing room, player interaction, coach discusses with individuals/small groups.

Avoid substituting a player who has had a difficult first half. It is much better to provide the player, the information they need to take on board, and then see whether they improve in the second half. This will tell you a lot about the player and their development potential.

Second Half

Again, the coach should focus on individual performance. This is a good opportunity to see how players respond to half-time feedback, as well as how they respond to changing game situations.

Avoid the temptation to transform into a results-driven coach as the game progresses; this is especially apparent when the team is losing and the coach starts shouting all sorts of advice to try to get a goal.

Two key points to bear in mind here: 1) observe how the players respond, eg: to being a goal down: this tells you a lot about them, 2) maintain the playing style, don't throw it out the window and play 'short-term winning' football. Continue with observation and note-taking

RE-FOCUS

Post-match

Players cool-down, rehydrate and refuel. Injuries are assessed and evaluated

A short de-brief is a good idea. This should ideally be focused on 'what we aimed to do and how well we did it' and 'these were the challenges the opposition provided and this is how we responded.' There should be no emotional post-mortems. Try to give appropriate praise and some things for the players to consider the learning opportunity the match provides

Pre-Training

Session Planning is governed by the Season Plan. The coach simply refers to the appropriate cycle, week and day for guidance on the over-arching topics. The previous match(es) can be referred to in two ways: 1) by planning the specific exercises to reflect situations from the match in which the players need practice to improve, 2) by intervening in training sessions making reference to the last Match: 'This is how we lost possession far too often last weekend: can you see now how your positioning should be?' In other words, the Annual Plan does not get tossed in the bin because the team has lost a few games, or because the coach wants to prepare in order to avoid losing to a strong opponent next week.



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'

TASK	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
OBSERVATION	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.
INTERVENTION	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 No.:01
UNDER 8 TO UNDER 11 YEAR OLDS
PERIOD: APRIL WEEK 01 EARLY SEASON

Session Theme

Playing System and player positioning in possession
Target core skills are striking the ball and running the ball

Total Duration: 60 minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.
 For 08-11s, the area for the entire session should be (preferred) (8-9) 30x30m (10-11) 40x30m, and not less than (8-9) 20x20m (10-11) 30x30m. The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

10 The Beginning

381 WARM UP

Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a 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

600 POSITIONAL SUPPORT PLAY IN POSSESSION

Coach players to provide support play in the tactics of 2 styles of system play - be explicit with the role of each position in attack – see page Systems

Start with one defender and gradually increase to three defenders followed by decreasing attacking team numbers.

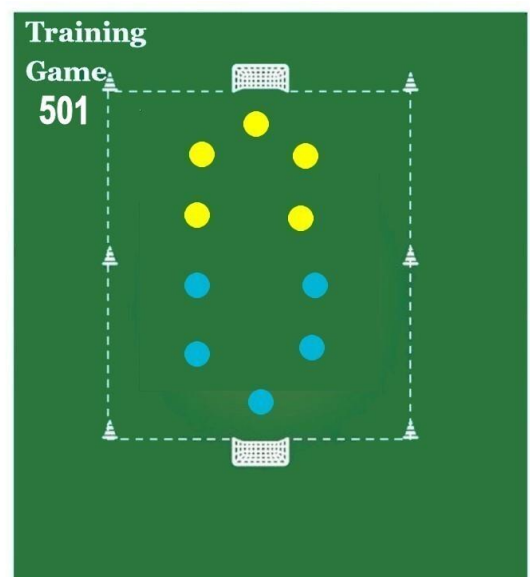
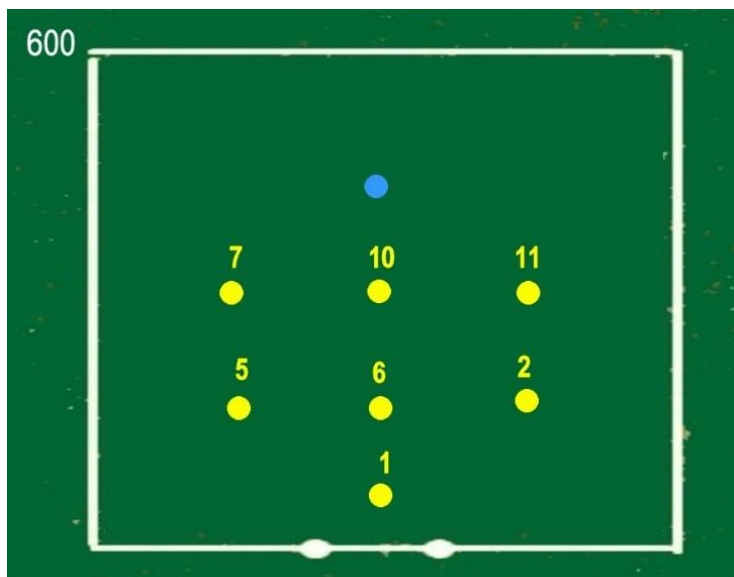
Walk through it to start. Rotate players' roles.

Coach players their position and role as they progress up and down the field.

Start from the GK and finish when the team secures the ball on the goal line at the other end of the grid. If the defending team wins possession, they are required to pass the ball back to the GK.

Coach (8-9) - 7v1, 7v2, 7v3, 6v3, 6v4.

(10-11) – 9v1, 9v2, 9v3, 8v4, 7v5,



30

Small Game - Team Work

501 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. Use goalkeepers at both ends.

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS No.:02

UNDER 8 TO UNDER 11 YEAR OLDS

PERIOD: APRIL WEEK 02 EARLY SEASON

Session Theme

Transition when team regains possession

Target core skills are striking the ball

Total Duration: 60 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management. For 08-11s, the area for the entire session should be (preferred) (8-9) 30x30m (10-11) 40x30m, and not less than (8-9) 20x20m (10-11) 30x30m. The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

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20 The Middle - Group Work

601 POSITIONAL SUPPORT PLAY IN POSSESSION

Coach players, immediately after the team has won back possession, to:

- quick forward passing
- quick forward movement
- make field as big as possible

Coach players their role, off the ball, when their team has possession

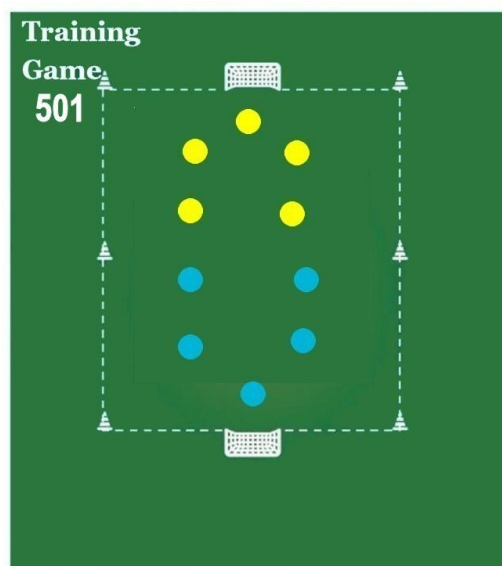
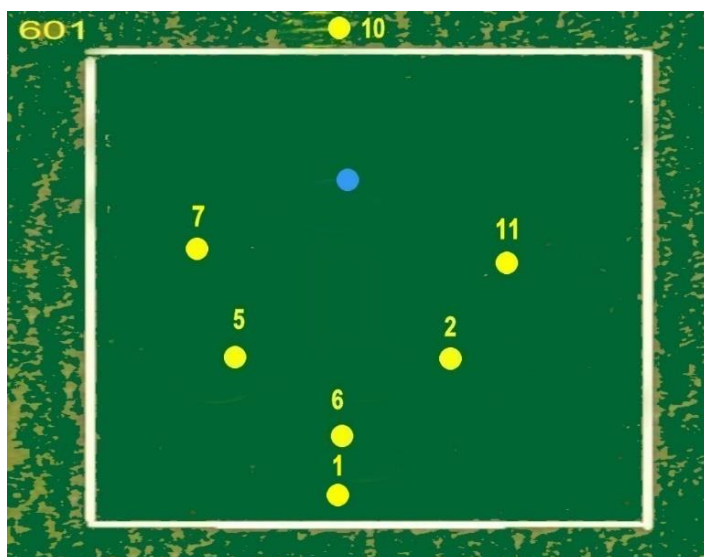
- to move in order to receive the ball now, and have a good idea what you will do with the ball before it arrives.
- to move in order to receive the ball soon, and anticipate where the ball is heading and to respond in a positive manner and make yourself available to assist the ball player. Overlapping and blindside runs.
- to move to distract or displace defenders and make fake runs to drag defenders away from the ball holder.
- to move in anticipation of the loss of possession.

Start with 7v1 with one player behind the grid line as a target. The object is to get the ball to the target player (No.10) as quickly as possible.

The defender plays the ball back to the GK, if they win possession. The target player (No.10) joins his team mates upon receipt of the ball from his team mates, whilst the player who passed the ball, becomes the target player at the other end of the grid.

Variations: (8-9) 7v1, 7v2, 7v3, 6v4, 5v5, (10-11) 9v1, 9v2, 9v3, 8v4, 7v5, 6v6.

Rotate players around.



30

Small Game - Team Work

501 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. Use goalkeepers at both ends.

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS No.:03
UNDER 8 TO UNDER 11 YEAR OLDS
PERIOD: APRIL WEEK 03 EARLY SEASON

Session Theme

Structured Build up from the back

Target core skills are striking the ball and running the ball

Total Duration: 60 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.
For 08-11s, the area for the entire session should be (preferred) (8-9) 30x30m (10-11) 40x30m, and not less than (8-9) 20x20m (10-11) 30x30m. The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

10 *The Beginning*

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20 *The Middle - Group Work*

620 POSITIONAL SUPPORT PLAY IN POSSESSION

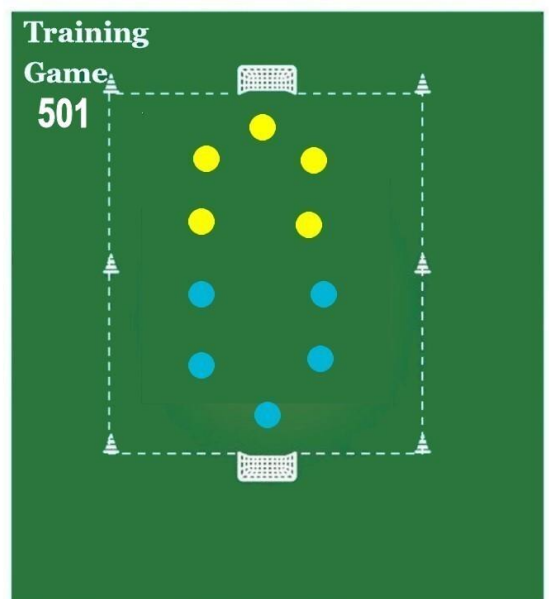
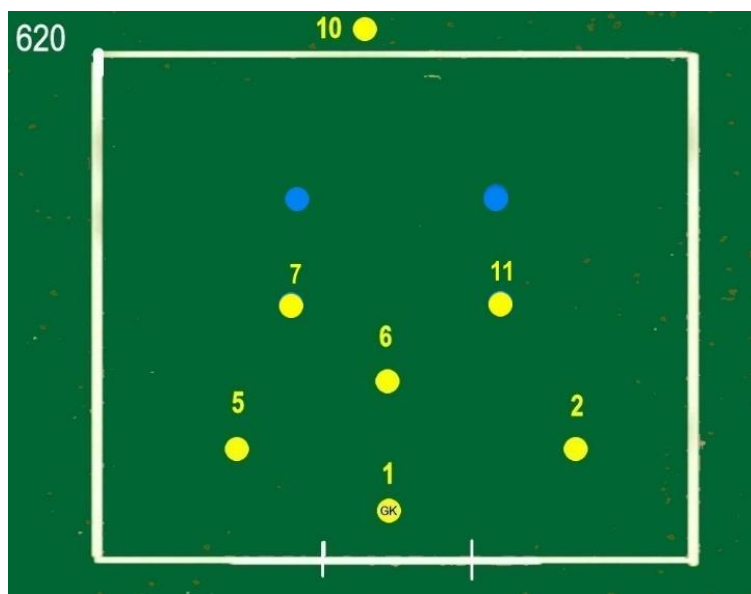
Coach effective possession - structured build up - playing out from the back including the goalkeeper.

Providing options left, right, middle and far (from goalkeeper to middle third).

Attacking the space from the back third into the middle third.

Play out from the back using the GK or a goal kick. The object is to get the ball to a midfield target (No.10). who is able to move anywhere across and along the front grid line or half way line. After receiving the ball under control, the target player(s) kicks the ball back to the GK and rotates to another position.

Variation (8-9)7v2, 7v3, 6v4, 5v5. (10-11) 9v2, 9v3, 8v4, 7v5, 6v6. Increase target players to suit.



30

Small Game - Team Work

501 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. Use goalkeepers at both ends

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS No.:04
UNDER 8 TO UNDER 11 YEAR OLDS
PERIOD: APRIL WEEK 04 EARLY SEASON

Session Theme

Maintain possession in midfield

Target core skills are striking the ball and running the ball

Total Duration: 60 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.

For 08-11s, the area for the entire session should be (preferred) (8-9) 30x30m (10-11) 40x30m, and not less than (8-9) 20x20m (10-11) 30x30m. The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

10 The Beginning

381 WARM UP

Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a 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

621 POSITIONAL SUPPORT PLAY IN POSSESSION

Coach effective possession - controlled possession in the middle third - linking with back 4 and the strikers. Incorporate play against opponents organised (i.e. the same number of players or more) and against opponents disorganised (i.e. less players). Attack opponents through the middle. Keep possession in tight area to play forward.

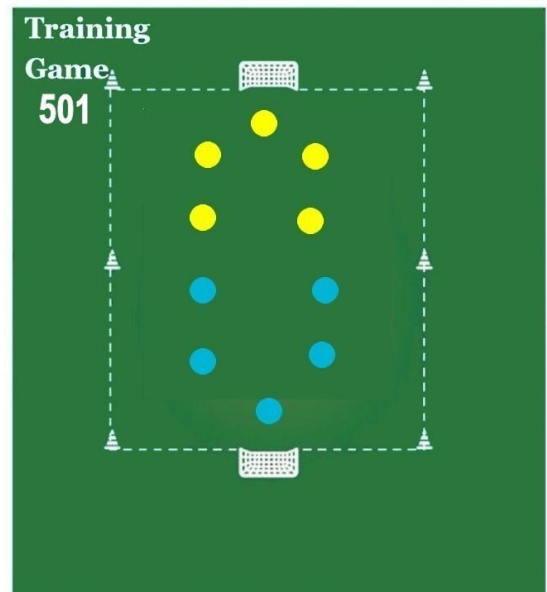
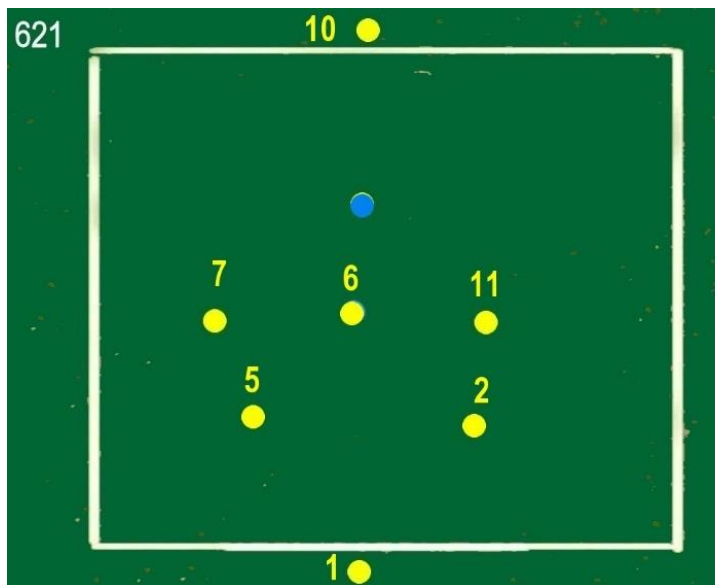
The object is to encourage controlled possession, whilst at the same time, moving forward quickly, but safely.

Start with 7v1. If the defenders win possession the ball is passed to one of the support players.

Player rotation can be managed when the support player receives the ball, they swap places with the passer.

Variation (including the two outside support players):

(8-9) 7v1, 7v2, 7v3, 6v4, 5v5. (10-11) 9v1, 9v2, 9v3, 8v4, 7v5, 6v6.



30 Small Game - Team Work

501 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. Use goalkeepers at both ends

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS – No.05
UNDER 8 TO UNDER 11 YEAR OLDS
PERIOD: MAY WEEK 01 EARLY SEASON

Session Theme

Creating scoring chances and converting them

Target core skills are 1V1 and first touch including setplays

Total Duration: 60 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.
 For 08-11s, the area for the entire session should be (preferred) (8-9) 30x30m (10-11) 40x30m, and not less than (8-9) 20x20m (10-11) 30x30m. The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

10 *The Beginning*

381 WARM UP

Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a 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

622 POSITIONAL SUPPORT PLAY IN POSSESSION

Coach individual skill to create scoring chances and to convert scoring chances.

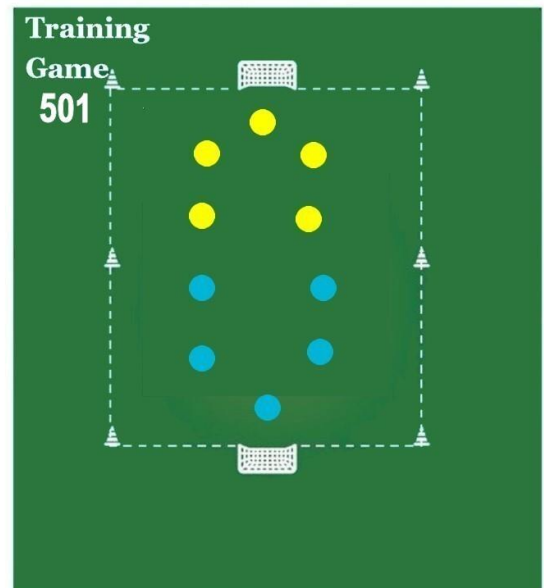
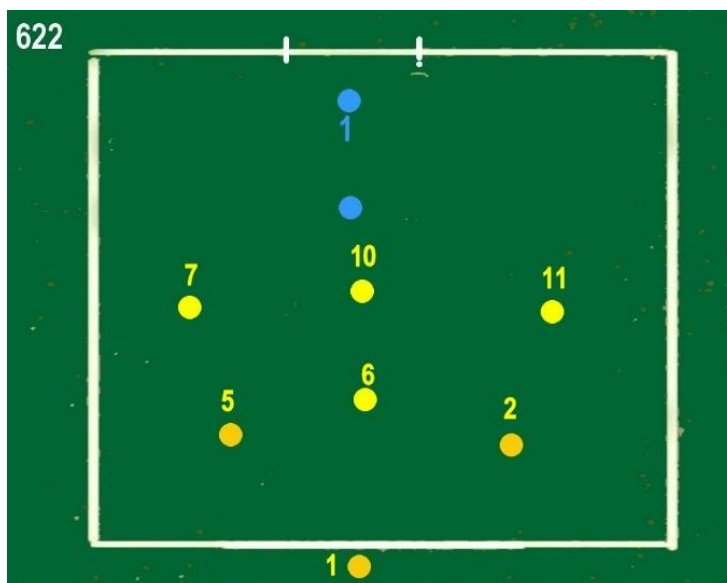
Beat defender in front of you to shoot on goal.

Short passing in tight areas.

The object is to create and convert scoring opportunities. If the defending team gains possession they kick the ball back to the feeder player behind the grid line.

Rotate players into different positions.

Variations : (8-9) 7v2, 7v3, 6v4, 5v5. (10-11) 9v2, 9v3, 8v4, 7v5, 6v6.



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Small Game - Team Work

501 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. Use goalkeepers at both ends

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS – No.06

UNDER 8 TO UNDER 11 YEAR OLDS

PERIOD: MAY WEEK 02 EARLY SEASON

Session Theme

Practice set plays, utilising the goalkeeper and other players in defence

Target core skills are striking the ball and running the ball

Total Duration 60 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.
For 08-11s, the area for the entire session should be (preferred) (8-9) 30x30m (10-11) 40x30m, and not less than (8-9) 20x20m (10-11) 30x30m. The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

10 *The Beginning*

381 WARM UP

Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a 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

623 SET PLAYS WITH CORE SKILLS

Coach the execution in 3 different kick offs, throw-ins, free kicks (direct and indirect), corners, penalties and goal kicks to ensure you maintain possession and not needlessly give possession away to the opposition with its execution.

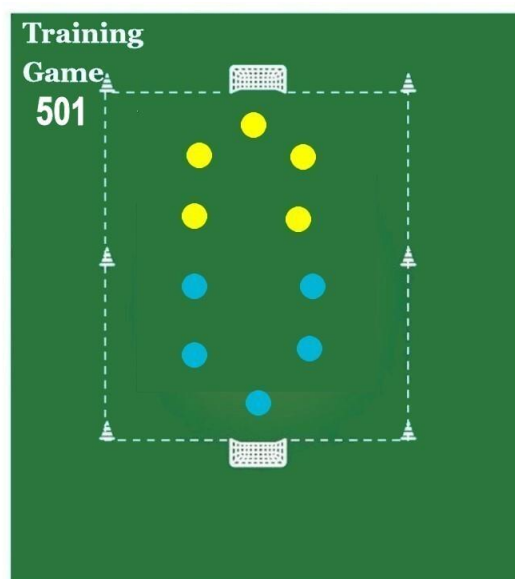
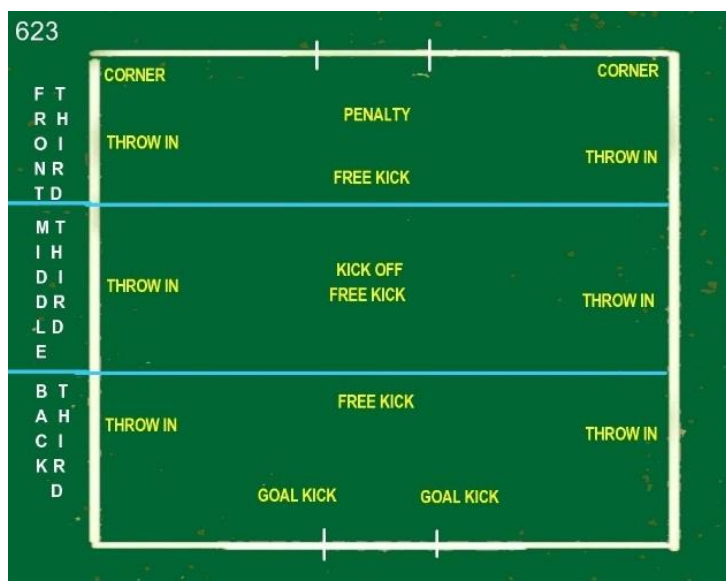
Select one of the core skills (striking the ball, running with the ball, 1V1, 1st touch, plus positioning, communicating) to coach with the execution of a set play.

Both throw-ins and free kicks should be divided into three sectors of the field, namely back, mid and front thirds. Set plays should be dealt with as a reward and executed efficiently to benefit the team and possibly lead to a goal.

The less players involved, the better

Variation: (8-9) & (10-11) 2v1, 2v2, 2v3, 3v1, 3v2, 3v3

Other players can be used as decoys or defenders. Set up a grid with a target outside the grid. Vary location of target.



30

Small Game - Team Work

501 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. Use goalkeepers at both ends.

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS No.07
UNDER 8 TO UNDER 11 YEAR OLDS
PERIOD: MAY WEEK 03 EARLY SEASON

Session Theme

Goalkeeping distribution

Target core skills are striking the ball and first touch

Total Duration: 60 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management. For 08-11s, the area for the entire session should be (preferred) (8-9) 30x30m (10-11) 40x30m, and not less than (8-9) 20x20m (10-11) 30x30m. The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

10 *The Beginning*

381 WARM UP

Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a 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.

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The Middle - Group Work

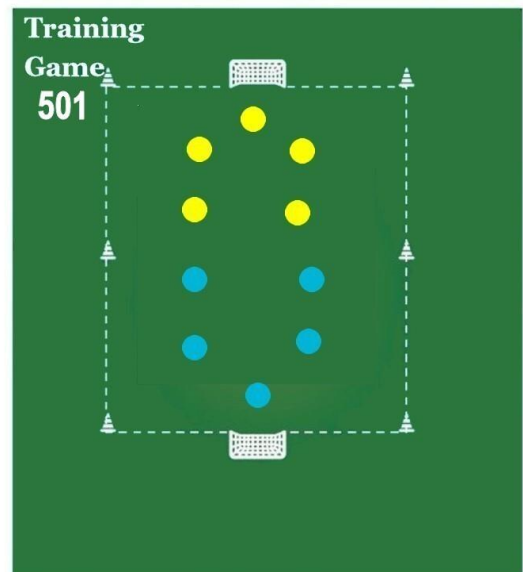
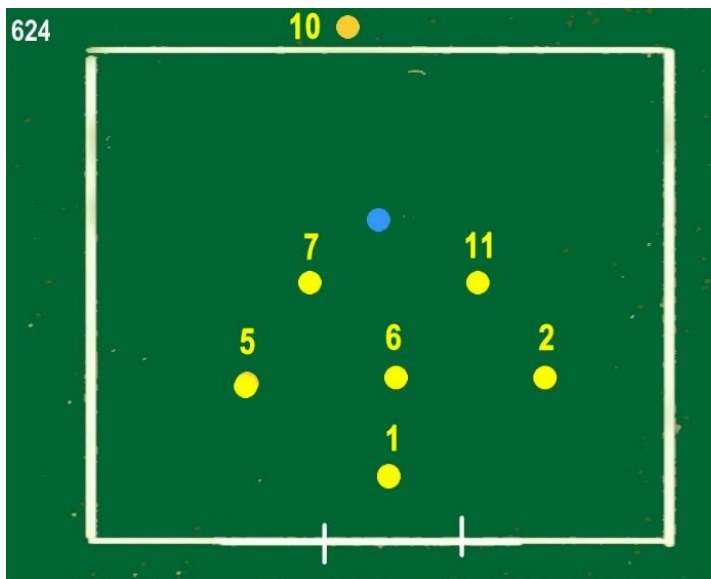
624 GOALKEEPING IN ATTACK

Coach the goalkeeper on distribution, looking long first, then short and wide second, then clearing with accuracy as the final solution, using throw outs, drop kicks and punts. Coach the GK to take goal kicks. Coach 1st touch composure when ball is passed from a team mate.

Coach the goalkeeper to retain possession when distributing the ball. The object is to get the ball to the target player on the outside of the grid.

Variation: (8-9) 7v1, 7v2, 7v3, 6v4, 5v5. (10-11) 9v1, 9v2, 9v3, 8v4, 7v5, 6v6.

If an opposition player gains possession they immediately shoot toward goal – no running with the ball. Rotate players around the different positions.



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Small Game - Team Work

501 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. Use goalkeepers at both ends

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS No.08

UNDER 8 TO UNDER 11 YEAR OLDS

PERIOD: MAY WEEK 04 EARLY SEASON

Session Theme

Playing System and player positioning when not in possession

Target core skills are positioning and communicating

Total Duration: 60 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.

For 08-11s, the area for the entire session should be (preferred) (8-9) 30x30m (10-11) 40x30m, and not less than (8-9) 20x20m (10-11) 30x30m. The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

10 *The Beginning*

381 WARM UP

Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a 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.

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The Middle - Group Work

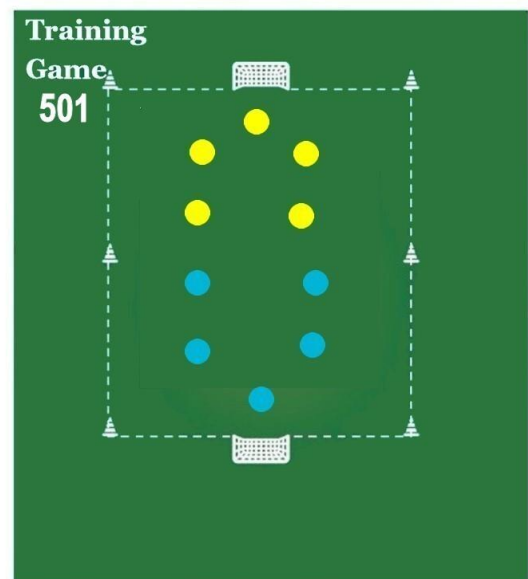
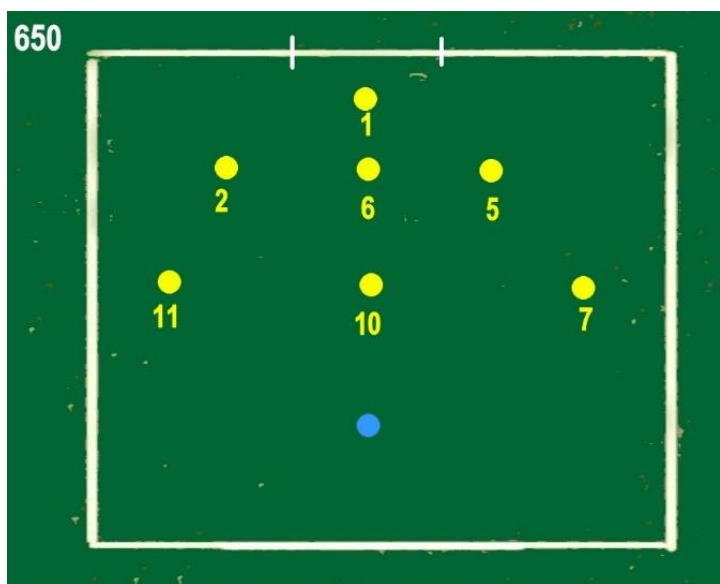
650 POSITIONAL SUPPORT PLAY WHEN NOT IN POSSESSION

Coach players to provide support play in the tactics of 2 styles of system play - be explicit with the role of each position in defence .

Coach players, in defence, their positions and role as the ball, held by the attacking side, which is moving up and down, and across the field. Walk through it in the first instance.

Variations: (8-9) 7v1, 7v2, 7v3, 6v2, 6v3, 6v4, 5v2, 5v3, 5v4, 5v5

(10-11) 9v1, 9v2, 9v3, 8v4, 7v5, 7v4, 6v6.



30

Small Game - Team Work

501 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. Use goalkeepers at both ends.

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS No.09

UNDER 8 TO UNDER 11 YEAR OLDS

PERIOD: JUNE WEEK 01 MID SEASON

Session Theme

Transition when team loses possession

Target core skills are positioning, player roles and communicating

Total Duration: 60 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management. For 08-11s, the area for the entire session should be (preferred) (8-9) 30x30m (10-11) 40x30m, and not less than (8-9) 20x20m (10-11) 30x30m. The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

10 *The Beginning*

381 WARM UP

Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a 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*

651 POSITIONAL SUPPORT PLAY WHEN NOT IN POSSESSION

Coach players their role, when the team loses possession

- press the ball carrier immediately, the closest player should be alert
- pressing to limit options for opposition all players
- marking to eliminate opposition participation and passing options
- win back the ball as soon as possible
- deny opponents time and space to build up
- limit opponent's ability to create scoring chances
- making the field as small as possible
- intercepting opposition ball movement- tackling opposition to neutralise ball movement and/or gain possession

In the back third, deny opponent's scoring chances - immediately pressure and show them away from goal.

In the midfield, prevent opponents from progressing to final third.

In the final third, win ball back from goalkeeper - pressure and blocking.

Coach players, immediately when the ball is lost what their position and role is, as the opposition moves the ball up and down, and across the field.

The field has three distinct zones.

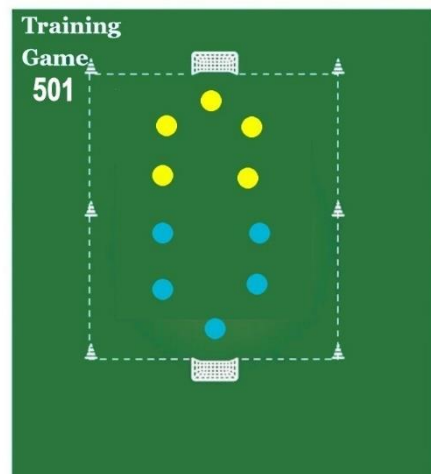
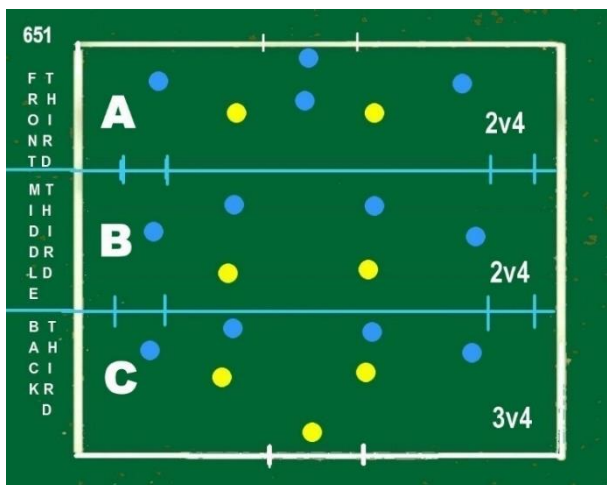
The object is to stop the opposition, who have possession, to advance out of the grid through gates or to support player(s), who are outside the grid. Rotate players through different positions.

Front third – strikers should challenge the ball holder. Coach 2 strikers against 4 opposition backs including the opposition GK (2v4 then 2v5, 3v4, 3v5).

Middle third – midfield players should challenge the ball holder and/or identify where the ball is heading and to get goal side of the ball. Coach 2v4, 3v4, 4v4, 3v5, 4v5, 5v5.

Back third – back 4 players should closely mark any players nearing or in the shooting range of the goals. Expect the worst will happen and position yourself accordingly. Coach 3 back players including a GK against 4 opposition strikers (3v4 then 4v4, 3v5, 4v5, 5v5).

Variation: Combine zones A and B or zones B and C



30 *Small Game - Team Work*

501 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. Use goalkeepers at both ends

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS No.10

UNDER 8 TO UNDER 11 YEAR OLDS

PERIOD: JUNE WEEK 02 MID SEASON

Session Theme

Practice setplays in defence

Target core skills with positioning, player roles and communicating

Total Duration: 60 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.

For 08-11s, the area for the entire session should be (preferred) (8-9) 30x30m (10-11) 40x30m, and not less than (8-9) 20x20m (10-11) 30x30m. The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

10 The Beginning

381 WARM UP

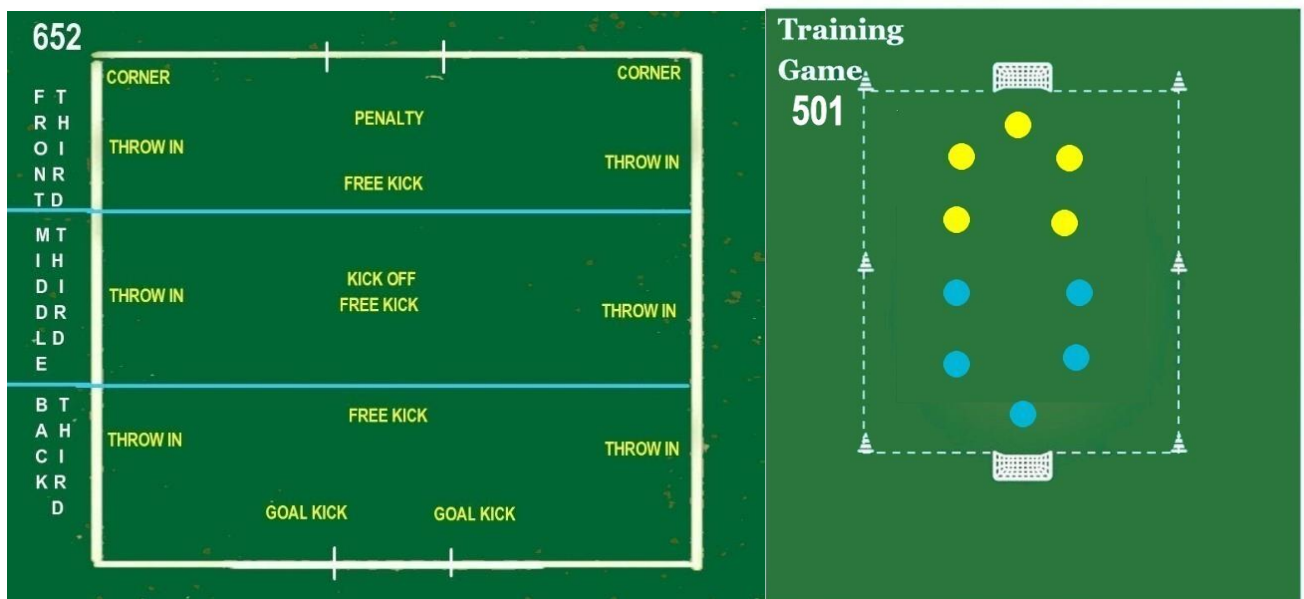
Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a co-ordinated passing practice. Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6. This warm up should be similar to the team's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

20

The Middle - Group Work

652 POSITIONAL SUPPORT PLAY WHEN NOT IN POSSESSION - SET PLAYS

Coach players how to defend against set plays – kick offs, corners, throw-ins, free kicks (direct and indirect), goal kicks. Coach players the difference between tightly marking, loose marking and zonal coverage. Both throw ins and free kicks should be practised in the three sectors of the field, namely back, mid and front thirds. Coach setting up a wall, when the set play is awarded within shooting distance. Involve the GK in the back third and mark up tight. In mid field mark up close and goal side. In the front third mark up loosely and track runners Coach (8-9) 5v5, 4v5, 3v5. (10-11) 6v6, 5v6, 4v6.



30

Small Game - Team Work

501 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. Use goalkeepers at both ends.

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS No.11
UNDER 8 TO UNDER 11 YEAR OLDS
PERIOD: JUNE WEEK 03 MID SEASON
Session Theme

Goalkeeping when team does not have possession
Target core skills are positioning and communicating

Total Duration: 60 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.
 For 08-11s, the area for the entire session should be (preferred) (8-9) 30x30m (10-11) 40x30m, and not less than (8-9) 20x20m (10-11) 30x30m. The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

10 *The Beginning*

381 WARM UP

Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a 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.

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The Middle - Group Work

653 GOALKEEPING IN DEFENCE

Coach the goalkeeper

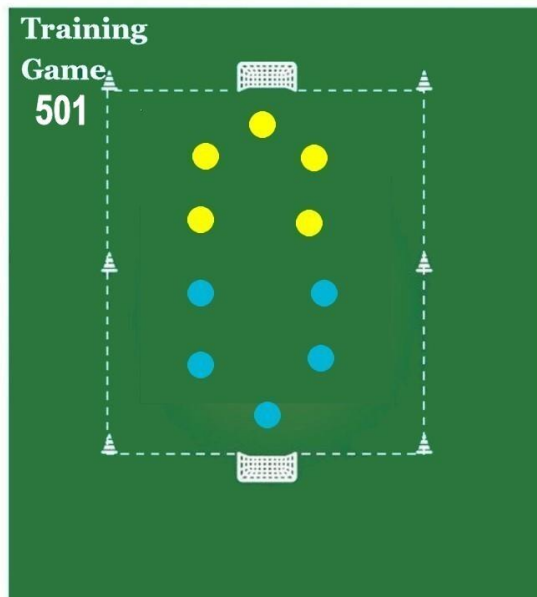
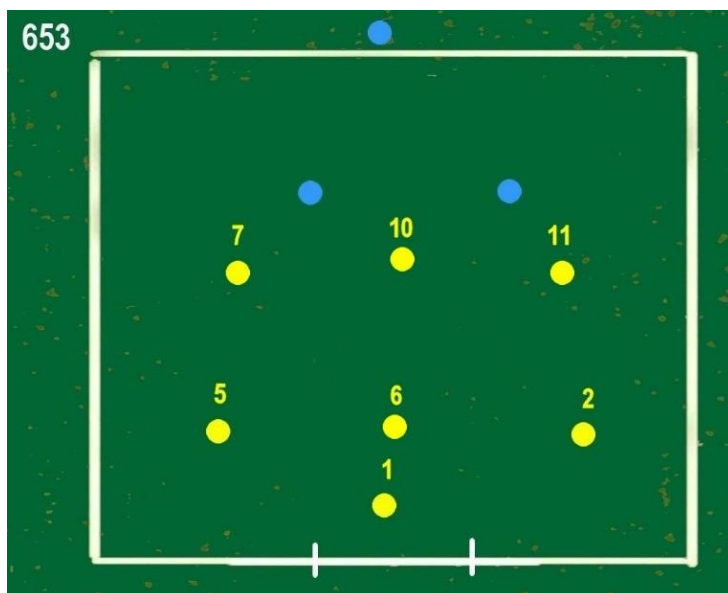
- foot work, positioning in 1v1, when to come out and when to stay on line
- open stance for crosses and when to come off line, narrowing the angle to reduce scope of goal mouth
- to improve handling and diving technique for low balls, medium height balls, head high balls and high balls using different angles, different situations and under pressure.
- when to punch and when to catch
- to communicate quickly and decisively with his team mates in attack and defence particularly when setting up a defensive wall including the number of players required for the wall.

Coach the goalkeeper how and when to identify danger when the opposing team, who has possession, comes within shooting range.

Coach 7v2, 6v3, 5v4, 4v5. (8-9)

9v2, 8v3, 7v4, 6v5, 5v6 (10-11)

The defence should use the GK as much as possible, and the GK should roll the ball out, if possible, or distribute to the support player outside the grid at the far end or half way line, so a new attack can be launched. If the defence wins possession, they, similarly, play it the support player. The support player then initiates another push forward to test the defence. The support player is not included in the numbers above. Rotate players into different positions.



30

Small Game - Team Work

501 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. Use goalkeepers at both ends.

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS No. 12
UNDER 8 TO UNDER 11 YEAR OLDS
PERIOD: JUNE WEEK 04 MID SEASON

Session Theme

Constructive communication when team has possession

Total Duration: 60 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management. For 08-11s, the area for the entire session should be (preferred) (8-9) 30x30m (10-11) 40x30m, and not less than (8-9) 20x20m (10-11) 30x30m. The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

10 *The Beginning*

381 WARM UP

Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a 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.

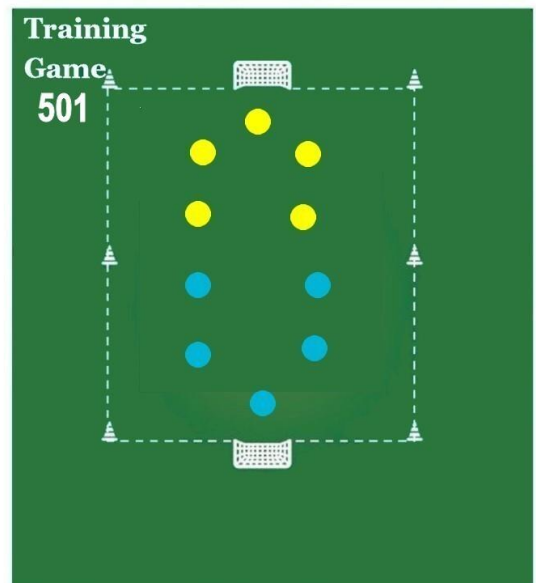
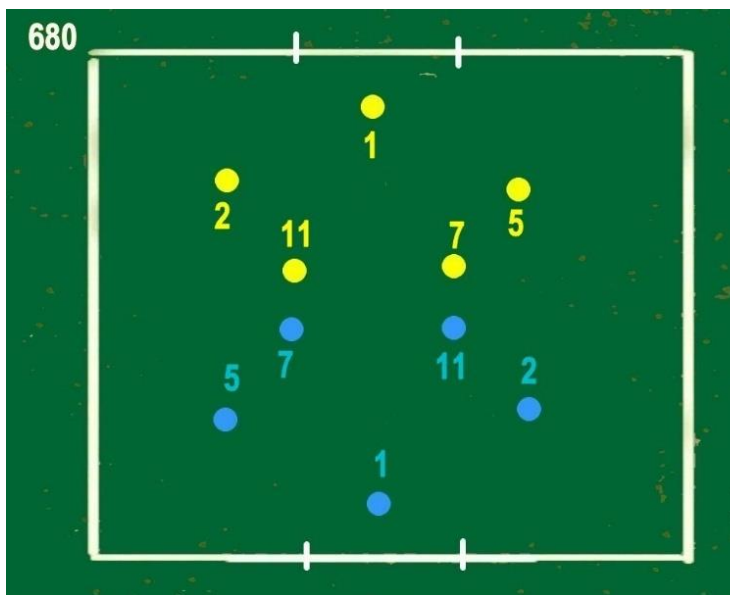
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The Middle - Group Work

680 COMMUNICATION

Coach players, including the GK, to give constructive communications to team mates who are in the near vicinity of the ball whether on the ball or off the ball. Ensure the message is beneficial and not confusing. Short and sweet is good. Coach 5v5, 4v6, 6v4. (8-9) 6v6, 5v7, 7v5 (10-11)

EXAMPLES: "Away", "Cross it", "Down the line", "Dummy", "Everyone out", "Far post", "Get there", "If you like", "If you want", "Keep the shape", "Keeper's ball", "Leave it", "Look around", "Lose him/her", "Man/player on", "Mark up", "Near post", "On your bike", "One two", "Push them out", "Put your foot on it", "Quick one", "Shoot", "Take him/her on", "Take him/her out", "Time", "Turn", "Wall it up".



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Small Game - Team Work

501 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. Use goalkeepers at both ends

Session Theme

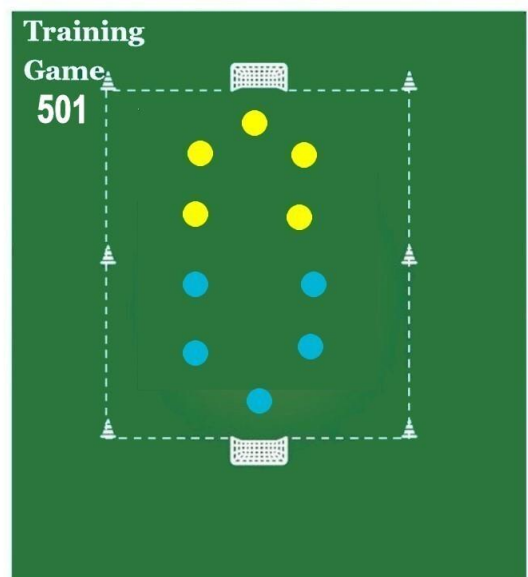
Total Duration: 60 Minutes

10 *The Beginning*

Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a 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.

The Middle - Group Work

Variation (8-9) 7v2, 7v3, 6v4, 5v5 (10-11) 9v2, 9v3, 8v4, 7v5, 6v6 Increase target players to two.



Small Game - Team Work

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS No.:14
UNDER 8 TO UNDER 11 YEAR OLDS
PERIOD: JULY WEEK 02 – MID SEASON
Session Theme

Controlled possession in midfield

Target core skills are striking the ball and running the ball

Total Duration: 60 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.

For 08-11s, the area for the entire session should be (preferred) (8-9) 30x30m (10-11) 40x30m, and not less than (8-9) 20x20m (10-11) 30x30m. The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

10 *The Beginning*

381 WARM UP

Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a 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

621 POSITIONAL SUPPORT PLAY IN POSSESSION

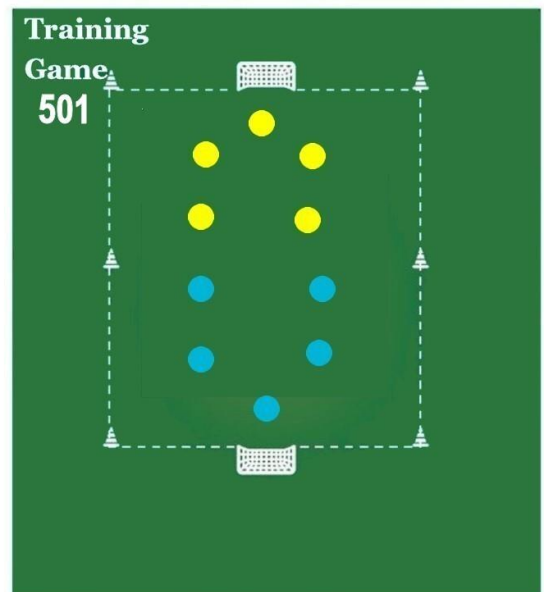
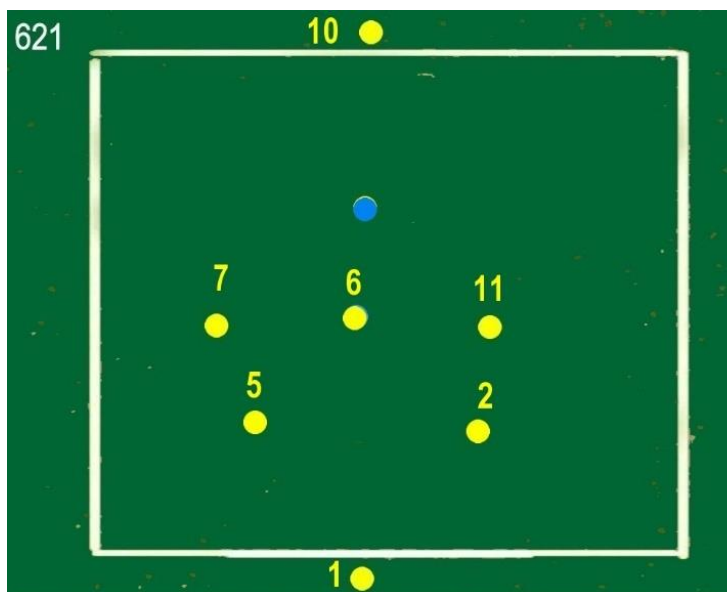
Coach effective possession - controlled possession in the middle third - linking with back 4 and the strikers. Incorporate play against opponents organised (i.e. the same number of players or more) and against opponents disorganised (i.e. less players). Attack opponents through the middle. Keep possession in tight area to play forward.

The object is to encourage controlled possession, whilst at the same time, moving forward quickly, but safely. Start with 7v1. If the defenders win possession the ball is passed to one of the support players.

Player rotation can be managed when the support player receives the ball, they swap places with the passer.

Variation (including the two outside support players):

(8-9) 7v1, 7v2, 7v3, 6v4, 5v5. (10-11) 9v1, 9v2, 9v3, 8v4, 7v5, 6v6.



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Small Game - Team Work

501 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. Use goalkeepers at both ends

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS – No.15
UNDER 8 TO UNDER 11 YEAR OLDS
PERIOD: JULY WEEK 03 MID SEASON

Session Theme

Creating scoring chances and converting them

Target core skills are 1V1 and first touch including set plays

Total Duration: 60 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.
For 08-11s, the area for the entire session should be (preferred) (8-9) 30x30m (10-11) 40x30m, and not less than (8-9) 20x20m (10-11) 30x30m. The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

10 *The Beginning*

381 WARM UP

Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a 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

622 POSITIONAL SUPPORT PLAY IN POSSESSION

Coach individual skill to create scoring chances and to convert scoring chances.

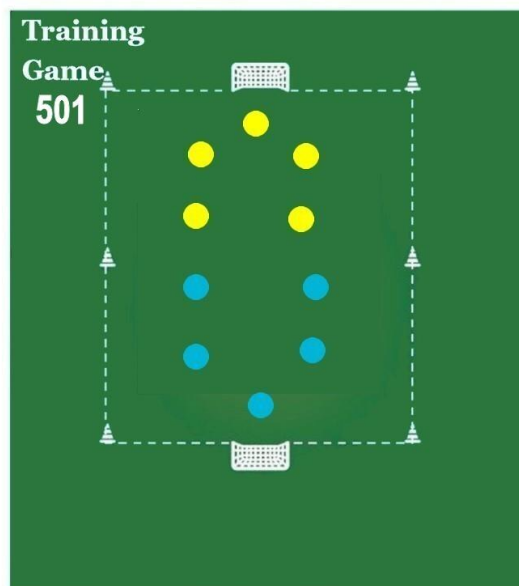
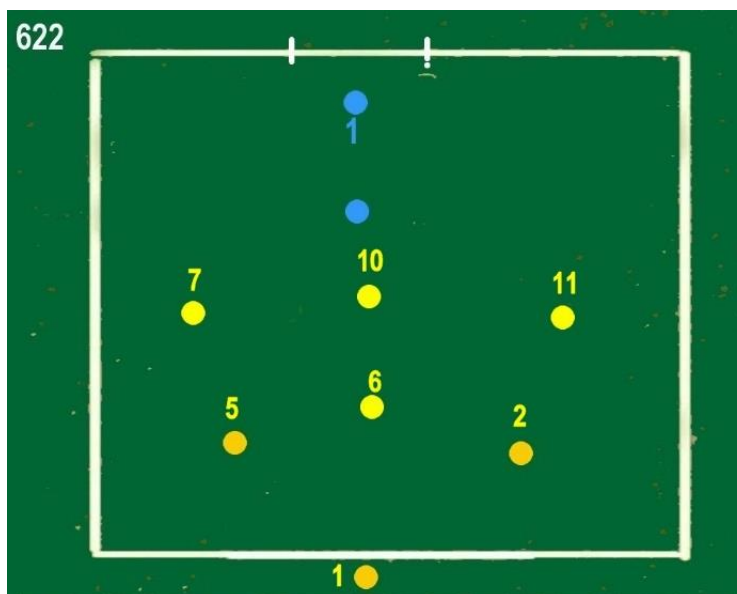
Beat defender in front of you to shoot on goal.

Short passing in tight areas.

The object is to create and convert scoring opportunities. If the defending team gains possession they kick the ball back to the feeder player behind the grid line.

Rotate players into different positions.

Variations : (8-9) 7v2, 7v3, 6v4, 5v5. (10-11) 9v2, 9v3, 8v4, 7v5, 6v6.



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Small Game - Team Work

501 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. Use goalkeepers at both ends

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS – No.16

UNDER 8 TO UNDER 11 YEAR OLDS

PERIOD: JULY WEEK 04 - MID SEASON

Session Theme

Practice set plays utilising the goalkeeper

Target core skills are striking the ball and running the ball

Total Duration 60 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management. For 08-11s, the area for the entire session should be (preferred) (8-9) 30x30m (10-11) 40x30m, and not less than (8-9) 20x20m (10-11) 30x30m. The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

10 *The Beginning*

381 WARM UP

Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a 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*

623 SET PLAYS WITH CORE SKILLS

Coach the execution in 3 different kick offs, throw-ins, free kicks (direct and indirect), corners, penalties and goal kicks to ensure you maintain possession and not needlessly give possession away to the opposition with its execution.

Select one of the core skills (striking the ball, running with the ball, 1V1, 1st touch, plus positioning, communicating) to coach with the execution of a set play.

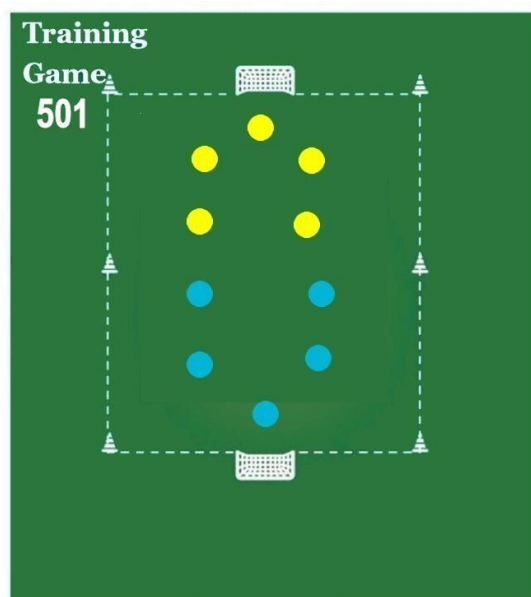
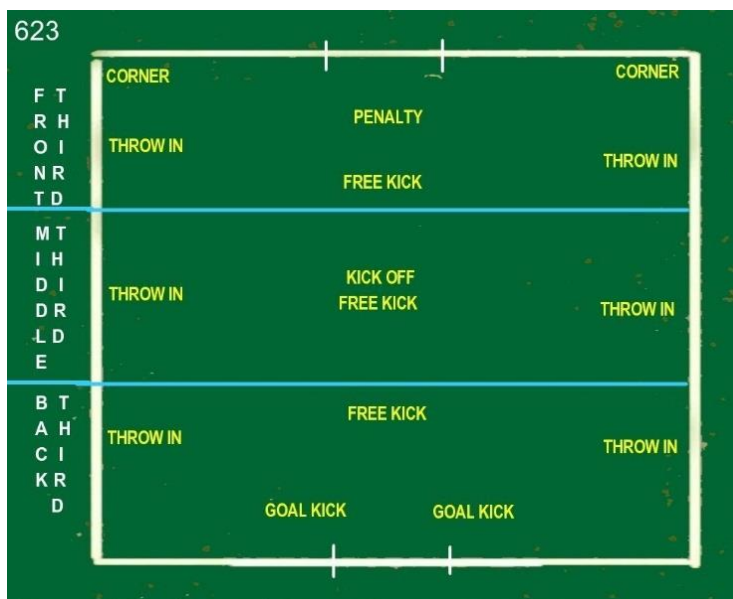
Both throw-ins and free kicks should be divided into three sectors of the field, namely back, mid and front thirds.

Set plays should be dealt with as a reward and executed efficiently to benefit the team and possibly lead to a goal.

The less players involved, the better

Variation: (8-9) & (10-11) 2v1, 2v2, 2v3, 3v1, 3v2, 3v3

Other players can be used as decoys or defenders. Set up a grid with a target outside the grid. Vary location of target.



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Small Game - Team Work

501 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. Use goalkeepers at both ends

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS No.:17

UNDER 8 TO UNDER 11 YEAR OLDS

PERIOD: AUG WEEK 01 - LATE SEASON

Session Theme

Structured Build up from the back

Target core skills are striking the ball and running the ball

Total Duration: 60 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.

For 08-11s, the area for the entire session should be (preferred) (8-9) 30x30m (10-11) 40x30m, and not less than (8-9) 20x20m (10-11) 30x30m. The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

10 The Beginning

381 WARM UP

Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a 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

620 POSITIONAL SUPPORT PLAY IN POSSESSION

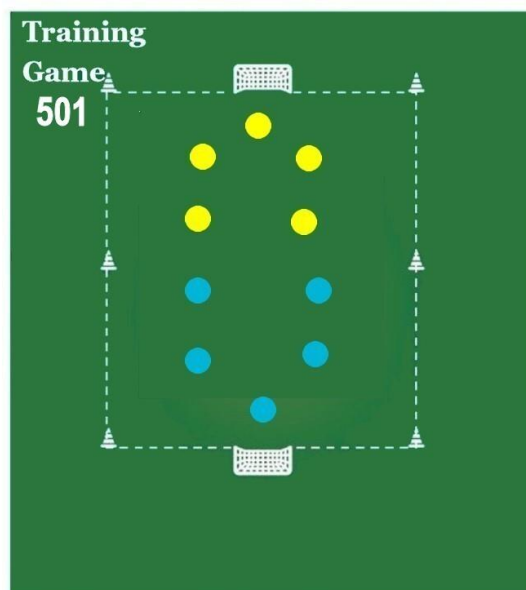
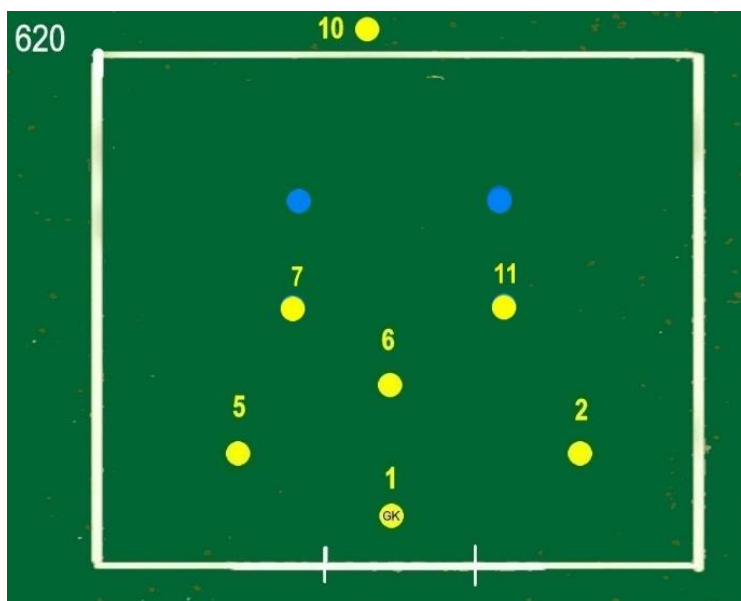
Coach effective possession - structured build up - playing out from the back including the goalkeeper.

Providing options left, right, middle and far (from goalkeeper to middle third).

Attacking the space from the back third into the middle third.

Play out from the back using the GK or a goal kick. The object is to get the ball to a midfield target (No.10). who is able to move anywhere across and along the front grid line or half way line. After receiving the ball under control, the target player(s) kicks the ball back to the GK and rotates to another position.

Variation (8-9)7v2, 7v3, 6v4, 5v5. (10-11) 9v2, 9v3, 8v4, 7v5, 6v6. Increase target players to suit.



30 Small Game - Team Work

501 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. Use goalkeepers at both ends

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS No.:18
UNDER 8 TO UNDER 11 YEAR OLDS
PERIOD: AUG WEEK 02 - LATE SEASON

Session Theme

Controlled possession in midfield

Target core skills are striking the ball and running the ball

Total Duration: 60 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.

For 08-11s, the area for the entire session should be (preferred) (8-9) 30x30m (10-11) 40x30m, and not less than (8-9) 20x20m (10-11) 30x30m. The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

10 The Beginning

381 WARM UP

Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a 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

621 POSITIONAL SUPPORT PLAY IN POSSESSION

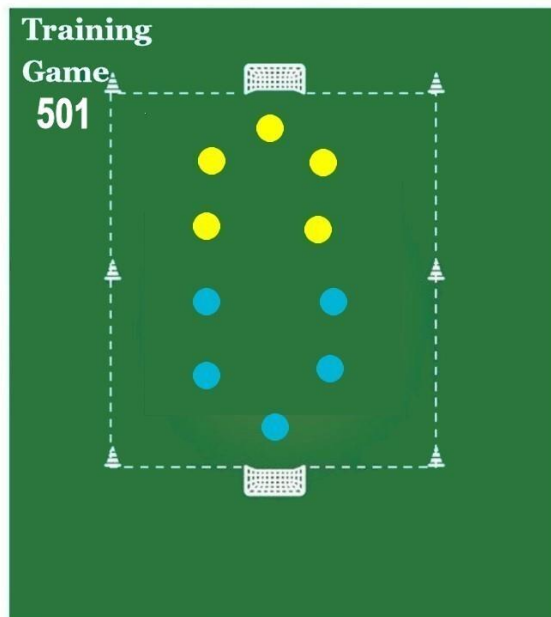
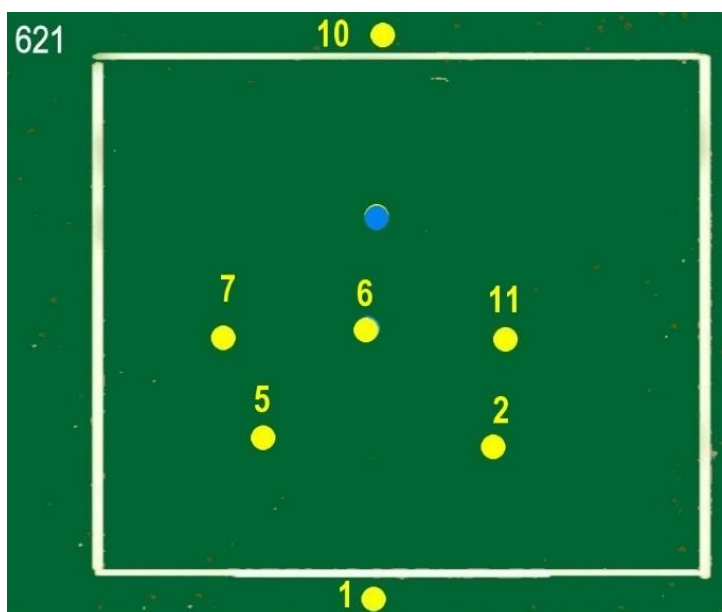
Coach effective possession - controlled possession in the middle third - linking with back 4 and the strikers. Incorporate play against opponents organised (i.e. the same number of players or more) and against opponents disorganised (i.e. less players). Attack opponents through the middle. Keep possession in tight area to play forward.

The object is to encourage controlled possession, whilst at the same time, moving forward quickly, but safely. Start with 7v1. If the defenders win possession the ball is passed to one of the support players.

Player rotation can be managed when the support player receives the ball, they swap places with the passer.

Variation (including the two outside support players):

(8-9) 7v1, 7v2, 7v3, 6v4, 5v5. (10-11) 9v1, 9v2, 9v3, 8v4, 7v5, 6v6.



30 Small Game - Team Work

501 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. Use goalkeepers at both ends.

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS – No.19
UNDER 8 TO UNDER 11 YEAR OLDS
PERIOD: AUGUST WEEK 03 – LATE SEASON

Session Theme

Creating scoring chances and converting them

Target core skills are 1V1 and first touch including set plays

Total Duration: 60 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.
For 08-11s, the area for the entire session should be (preferred) (8-9) 30x30m (10-11) 40x30m, and not less than (8-9) 20x20m (10-11) 30x30m. The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

10 *The Beginning*

381 WARM UP

Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a 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.

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The Middle - Group Work

622 POSITIONAL SUPPORT PLAY IN POSSESSION

Coach individual skill to create scoring chances and to convert scoring chances.

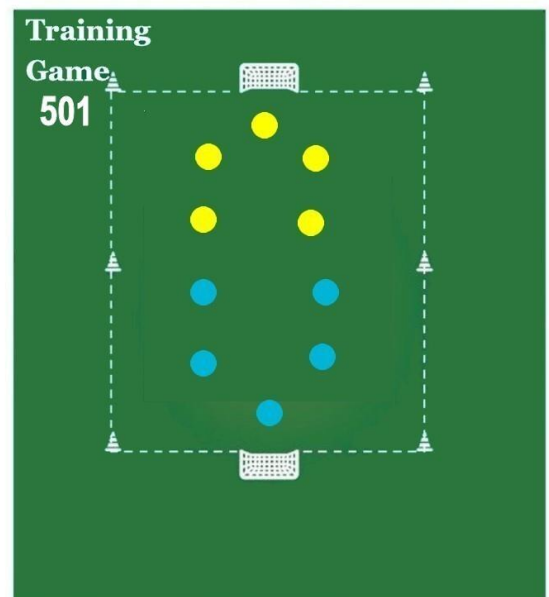
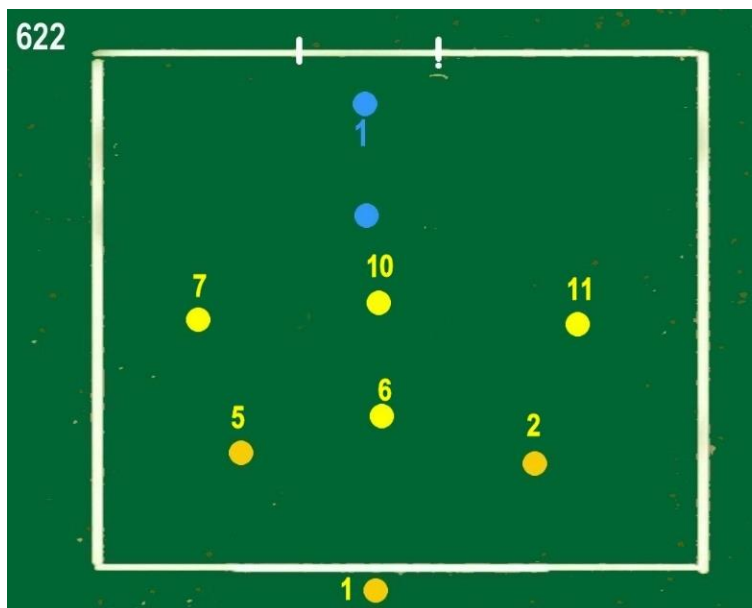
Beat defender in front of you to shoot on goal.

Short passing in tight areas.

The object is to create and convert scoring opportunities. If the defending team gains possession they kick the ball back to the feeder player behind the grid line.

Rotate players into different positions.

Variations : (8-9) 7v2, 7v3, 6v4, 5v5. (10-11) 9v2, 9v3, 8v4, 7v5, 6v6.



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Small Game - Team Work

501 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. Use goalkeepers at both ends

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS – No.20

UNDER 8 TO UNDER 11 YEAR OLDS

PERIOD: AUGUST WEEK 04 – LATE SEASON

Session Theme

Practice set plays and utilising the goalkeeper

Target core skills are striking the ball and running the ball

Total Duration 60 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.
For 08-11s, the area for the entire session should be (preferred) (8-9) 30x30m (10-11) 40x30m, and not less than (8-9) 20x20m (10-11) 30x30m. The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

10 The Beginning

381 WARM UP

Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a 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

623 SET PLAYS WITH CORE SKILLS

Coach the execution in 3 different kick offs, throw-ins, free kicks (direct and indirect), corners, penalties and goal kicks to ensure you maintain possession and not needlessly give possession away to the opposition with its execution.

Select one of the core skills (striking the ball, running with the ball, 1V1, 1st touch, plus positioning, communicating) to coach with the execution of a set play.

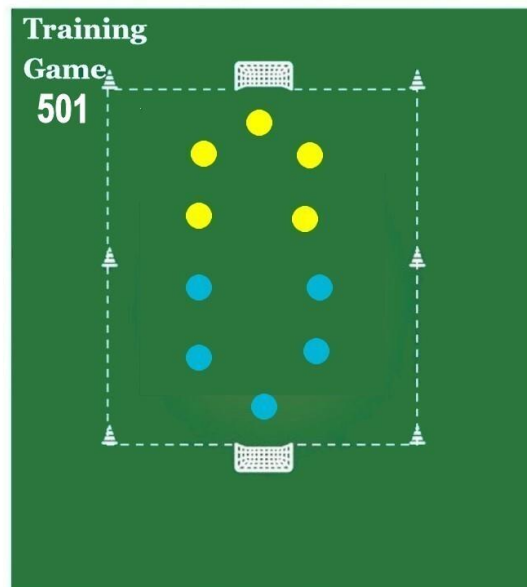
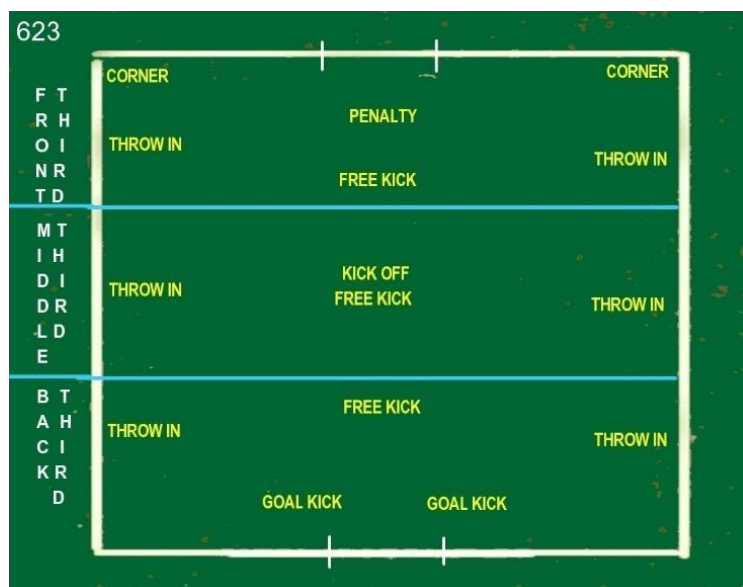
Both throw-ins and free kicks should be divided into three sectors of the field, namely back, mid and front thirds.

Set plays should be dealt with as a reward and executed efficiently to benefit the team and possibly lead to a goal.

The less players involved, the better

Variation: (8-9) & (10-11) 2v1, 2v2, 2v3, 3v1, 3v2, 3v3

Other players can be used as decoys or defenders. Set up a grid with a target outside the grid. Vary location of target.

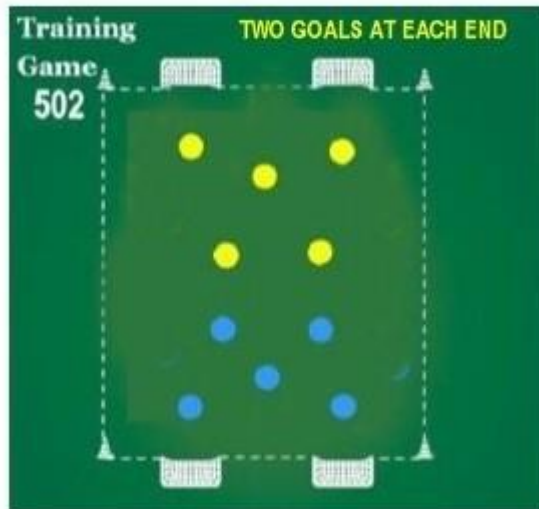


30 Small Game - Team Work

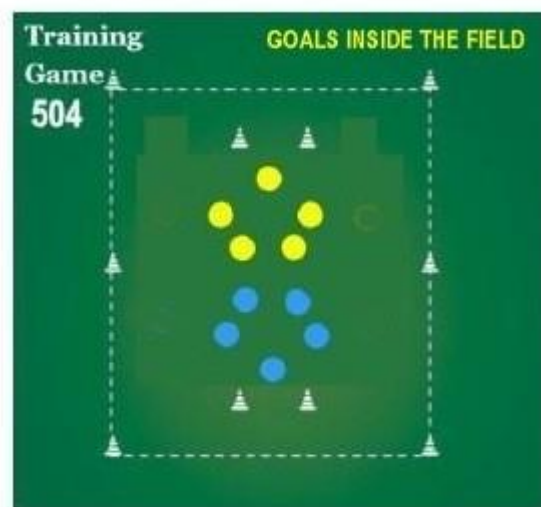
501 TRAINING GAME

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. Use goalkeepers at both ends.

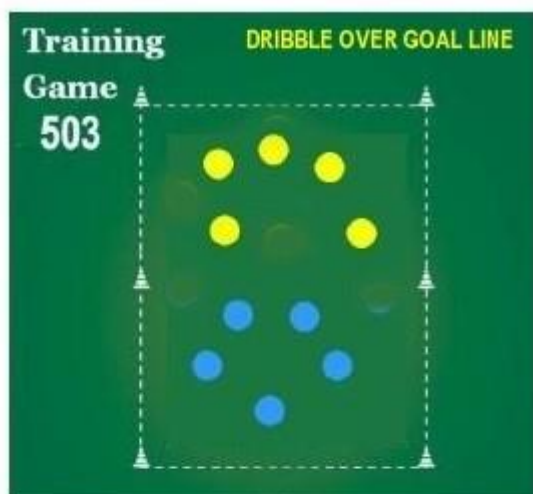
OTHER TRAINING GAME SET UPS



502 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.



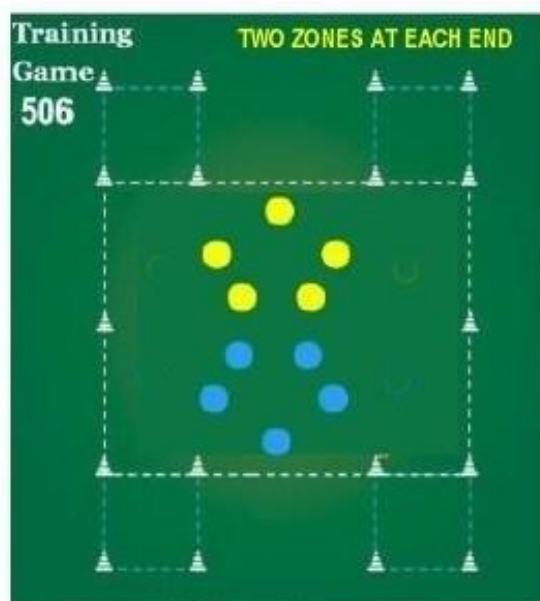
504 TRAINING GAME
Coach a SSG with the same theme used during the early part of the coaching session. Coach to vary the player numbers and duration of game. One goal each end to be located on the field about a quarter of the way from the back line. Goal can be scored from the front or back of the goal. 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.



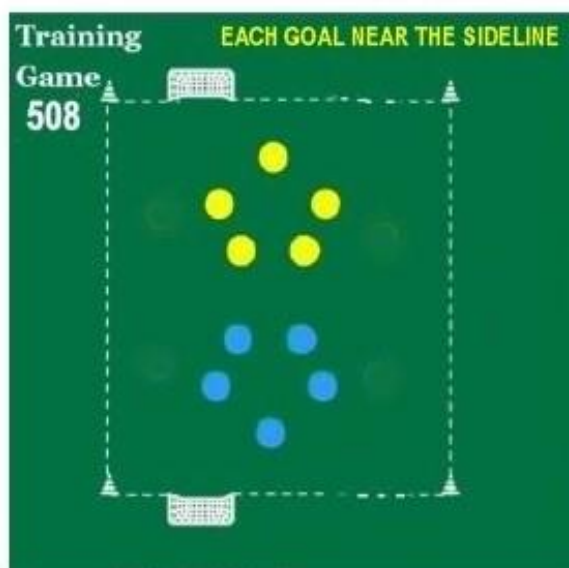
503 TRAINING GAME
Coach to vary the player numbers and duration of game. No goals at each end. Players must run the ball across opponents' back line, under control, to score points/goal. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential.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



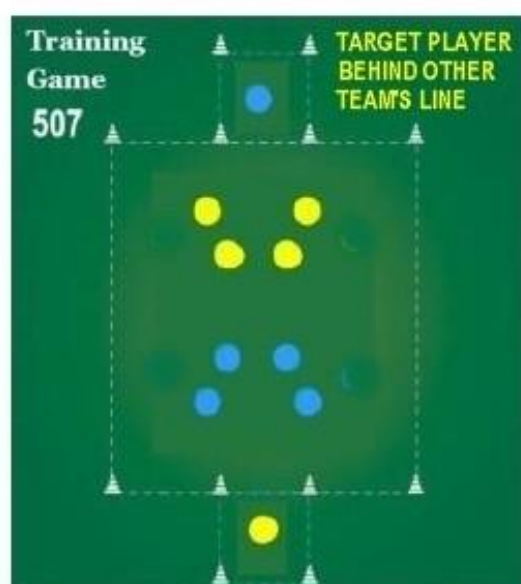
505 TRAINING GAME
Coach to vary the player numbers and duration of game. Two goals at each end but located on the longer side of the field. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. This game develops awareness of space.



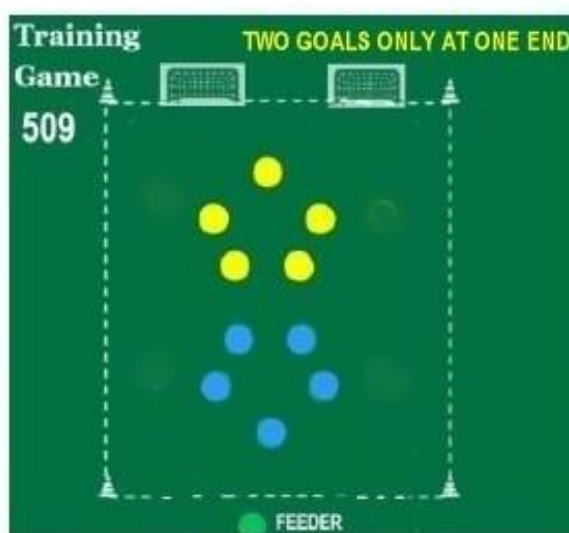
506 TRAINING GAME
Coach to vary the player numbers and duration of game. No goals at each end. Players must run the ball wide across opponents' back line, into scoring zone, under control, to score points/goal. Coach to act as the referee providing players with advice on the run and stopping the game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



508 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.



507 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.



509 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.