



MLFC
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Technical Syllabus



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Acknowledgement

In line with all other practices within the Technical Syllabus we will monitor and review this Technical Coaching Programme to ensure we always stay ahead of ourselves but our main thinking (Philosophy) on youth development will rarely change.

It must be acknowledged that the content of this document is drawn from many sources, including English Football Association (The Future Game) FFA National Curriculum and many professional Schools from across the world. The comprehensive knowledge contained within this document is therefore not the brainchild of one individual but of many who have made valuable contributions.

Diagrams are created using Soccer Specific

MLFC – Technical Syllabus

The aim of Program is to play a key role in supporting the long-term vision of the School by producing players capable of playing in the 1st team that will be successful in the league as well as producing players capable of competing with Australia's NPL. Ultimately the role of all involved will be for players to continue to play in the future and making football a major part of their lifestyle.

Mission Statement

- To create a top class learning and development programme that shares the values and vision of the School
- To foster a culture and environment of honesty, excellence, pride and unity.
- To maintain and continually improve a programme throughout the development structure that nurtures young players so that they achieve their maximum potential.

The Plan

Having understood the aims in supporting the overall vision of, how do we plan to turn those aims into results on a day-to-day basis?

The answer lies in the implementation of a comprehensive program which seeks to establish itself as the best of its kind in WA.

Strategic Plan

1. **Established 1st Team Players** - to have an established 1st team
2. **Facilities** - to offer training facilities that are second to none (long term)
3. **People** - to offer a balanced staff structure that creates a top class learning and development programme, sharing the views and vision of the School in an environment that fosters honesty, excellence, pride and unity.
4. **Coaching** - to maintain and continually improve a programme throughout the development structure that nurtures young players to achieve their maximum potential.

In line with all other practices within the Technical Syllabus we will monitor and review this Technical Coaching Programme to ensure we always stay ahead of ourselves but our main thinking (Philosophy) on youth development will rarely change. While it is the responsibility of Mark Lee Football Coaching to produce a Technical Coaching Programme which caters for all of the Schools youth players it must be acknowledged that the content of this, document is drawn from many sources. The comprehensive knowledge contained within this document is therefore the brainchild of one individual but of many who have made valuable contributions

All coaching staff will be given the opportunity to make their own contributions and comments on this document. They will then have therefore consented to this document and must now be prepared to deliver its contents and support it. I hope this document becomes a useful tool in the development of young players for the future of the School.

The FFA National Curriculum

In 2008 the FFA released a document which should be adhered to by all Australian FFA Grassroots Schools. The FFA National Curriculum is freely available to all Associations, Schools and parents.

The ultimate goal for the FFA is to produce players that will be able to compete on the world stage, but in doing so ensuring that participants are getting the opportunity to play the best game in the world.

The FFA National Curriculum recommends the following should be adhered to in every session for all players:

- **Is Football being Played?**
- Is Football being Learned and therefore Taught?
- **Is Football being experienced and therefore enjoyed?**
- Do the players understand the football purpose of the exercise?
- **Do the players recognise the game related intention?**
- Are the players being challenged to improve as a team and an individual?

Pattern of Play

The pattern of play and coaching philosophy will fall in line with the FFA and to encourage players to play and attacking, creative style of football. Players should be encouraged to take the ball in area of the pitch and have the ability to play their way out of trouble.

FFA Recommended Playing Formations

Under current FFA Guidelines the following ages are **recommended** to play these formations:

Age Group	Playing Numbers	Formation
U6 & U7	4v4	All players are strikers, midfielders and defenders
U8 & U9	7v7	1-3-3
U10 & U11	9v9	1-3-2-3
U12 +	11v11	1-4-3-3

The preferred shape will be 1-4-3-3 although coaches have the freedom to adjust to other patterns and shapes from time to time.

Defensive

- Expect – React with Speed and stay on feet
- Aggressive in the challenge
- Coach players how to defend off the ball
- Press and suffocate the opponent
- Remain compact when under pressure

Attacking

- Creative and Attacking Football
- Make the pitch as big (width and depth)
- Express themselves in the right areas
- Play forward if possible
- Keep the Ball
- Be Patient
- Create Space and Make Angles
- Play out from the back/GK

Transition

- From losing to winning the ball
- Play Quick and Smart
- 4 Seconds on regain
- From possession to out of possession
- Change of Attitude “where’s the ball”
- Work together to “press” “ambush” and “cover”

Playing Out from the Back

- Goalkeepers are always encouraged to play out from the back and only kick the ball from hands if the following is possible:
- Overload at opposition end (2v1, 3v2 etc).
- Drop kick to team mate.

From Fightball to Football

Generally in Australian Youth Football far too much emphasis is placed on results and this hinders the development of skill, creativity and tactical cleverness. Of course everyone wants to win, but if winning is made too important coaches will neglect to teach young players the proper skills and not allow them to play with freedom. Young players should always be encouraged and allowed to make mistakes without fear and pressure being placed on them.

Coaching

All coaches are responsible for implementing the Technical Program.

It is our program and not my program!

"It is amazing how much can be achieved, when nobody cares who takes the credit"

Coach John Wooden

- The session is about the players and not the coach
- The coaches body language has a greater impact on the players than the session and actual words
- Session must be set up and planned as soon as possible (ideally before the players arrive)

The Coach is:

Leader – sets a good example and always backs the players

Energiser – full of enthusiasm which will rub off on the players

Attention to detail – plans, evaluates and delivers fun and exciting sessions

Role Model – punctual, well mannered and approachable

Nurturer – develops players no matter what their ability (no favourites)

As a coach we have a wonderful opportunity to do the following with the students:

- Provide Leadership with integrity at all times when working with the students
- Understand that all students are individuals and provide the necessary tools for them to participate, perform and reach their potential
- Make coaching sessions appropriate, challenging, enjoyable and educational
- Create environments that allow students to reach their potential

Helping young player's deal with their everyday issues and pressures as they grow is hugely important to their long term development as players and people.

A player's performance in training and matches can be influenced by a number of factors. All of these need to be considered when forming the opinion of a player's ability and when deciding on which is the correct team to place them into:

- Date of Birth
- Physical Maturity
- Body Type
- Psychological Maturity
- Social Maturity
- Emotional Maturity
- Previous Playing Experience
- Own Team's standards
- Position suitability
- Coaching and Instructions given to the player
- Recent Sporting Activity

Session De Brief – the responsibility of every coach

- What did I want to happen?
- What actually happened?
- What caused the gap between the two (positive or negative)?
- What am I going to do about it – how can it be improved?

Typical Training Session Checklist

1. Are all balls pumped up and ready for use?
2. Are the bibs neatly organised into colours and ready for use?
3. All cones in colour order. Cones/Markers are a visual aid, having the same colours for your exercise/grids will help the players identify the area they are working in.
4. Set up a drinks/bags area and equipment area, approximately 3m x 3m each
5. Set-up Area. All work can if you have limited space be completed within a 30x20m area. This keeps all the players engaged and you can have improved levels of communication between the group.
6. Do not spend time setting up areas during the session – all areas must be set up at the start, ideally before players even arrive.

As players arrive they will put their drinks bottles, bag, etc in the designated area marked out by four cones. Encourage them to get a ball each and practice juggling, football bowls, football tennis etc and when there are enough players they can play circle ball with players around the outside keeping the ball off one defender in the middle (4v1, 5v1, 5v2 etc).

7. Sessions should be no longer than 45-80mins depending on age group.
8. Give the players regular hydration breaks between activities, these last no longer than **60 seconds**, unless conditions are extremely hot. If possible use shaded areas as much as possible during the summer months.
9. All players jog off together and come back together as a team (team cohesion on and off pitch)
10. Make your sessions energetic and fun. If you are in a positive mindset then the players will be too. Have good body language and enjoy it!
11. Do not talk for longer than 30 seconds maximum before moving on. Players want to play!

After Session

Ensure all players sensibly collect all the equipment and bring it back into you. Bibs folded neatly, cones in colour order and balls back in the bag. Make sure that no empty bottles are left in the drinks area.

Gather all of the players in after the cool down and make sure they have their water bottles with them. Brief them on the session/match and focus on the positives.

All players shake your hands with each other and you before leaving the training pitch as a group.

Record any injuries so you/School can act upon it and ring any injured players the next day to see how they are.

Players only leave if their parents are present. Only speak with the parents after the players have left the training pitch. No parents should be allowed on the training pitch until after the session.

Make sure that all players leave the training pitch on a positive high looking forward to the next session/match.

Buzz Words and Triggers

Term	Description
<i>10km Football</i>	Relaxed football (Low Intensity)
<i>90km Football</i>	Quick, attacking football (High Intensity)
<i>Always Face the Ball</i>	Can the player see the ball and be available at all times.
<i>Ambush</i>	2 or 3 players surround the attacker and steal the ball
<i>Arrive on Touch</i>	Arrive to attacker as the ball arrives at their feet
<i>B.O.T.S</i>	Ball-Opposition-Target-Space
<i>Bounce</i>	Player passes ball back to team mate with 1 touch
<i>Do Not Force</i>	Be Patient and look for the right time to play forward.
<i>Effect the Game</i>	Encourage positive contribution from all players
<i>Excite</i>	Belief in ability to beat players in 1v1
<i>Eye Contact</i>	Head up at all times and play with your eyes
<i>Fantasy</i>	Have Fantasy in Attack
<i>Fire & Ice</i>	Fire in Belly to win the ball. Ice in veins be cool in possession
<i>Four passes</i>	Restrict opponent to 4 passes if we lose the ball or at kick off
<i>Jacks (can be any name)</i>	Player gets a call to leave (dummy) the ball
<i>Keep the Ball</i>	Move the ball and keep possession
<i>Love the Ball</i>	Enjoying having the ball
<i>Move the Ball, Move yourself</i>	Always keep on the move after moving the ball
<i>No Fear</i>	Take risks, don't worry about making a mistake.
<i>No Regrets</i>	Don't leave the pitch wishing you could have given more
<i>Overloads</i>	2v1, 3v2's etc in defence and attack
<i>Playing in the Future</i>	Knowing what you are going to do before you receive the ball
<i>Press</i>	Defender closes attacker down and puts them under pressure
<i>Protect and Threaten</i>	Protect the danger area but threaten the ball.
<i>Safe Side</i>	Pass the ball to the player's safe side away from defender
<i>Showtime</i>	Opportunity for players to showcase their talents
<i>Step in</i>	Defender or Midfielder breaking the lines to create an overload
<i>Support the Ball</i>	Support Player with ball front, back and side
<i>Switch</i>	Move the ball from left to right or vice versa
<i>The Pitch is your playground</i>	Focus on freedom and enjoyment.
<i>Transition</i>	On losing the ball in attack, become a defender and vice versa.
<i>Trust nobody in defence</i>	Vitally important to maintain possession
<i>Where's the Out?</i>	Switch the play from tight area to player in space
<i>Width & Depth</i>	Use the width and depth when in possession

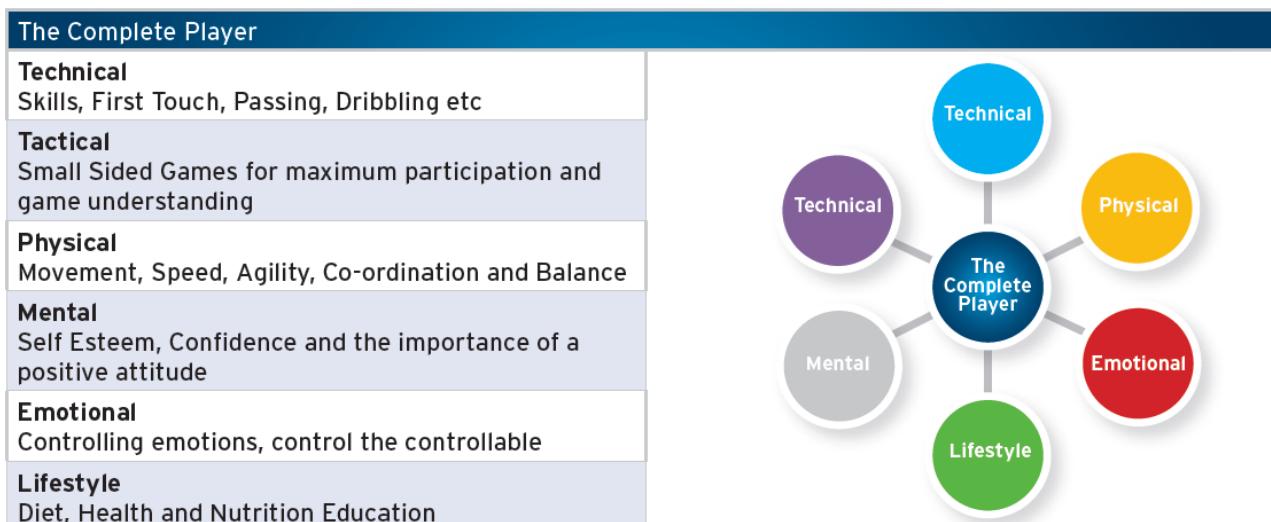
The Player

F	Freedom	Allow the player to play without fear and to try things with no pressure
R	Responsibility	Let the players make their own decisions, encourage them to help each other
E	Entertain	Make it all about fun and enjoyment, put on a show for the audience
D	Desire	Be the best you can be. Train Like a Number 2

The Coach

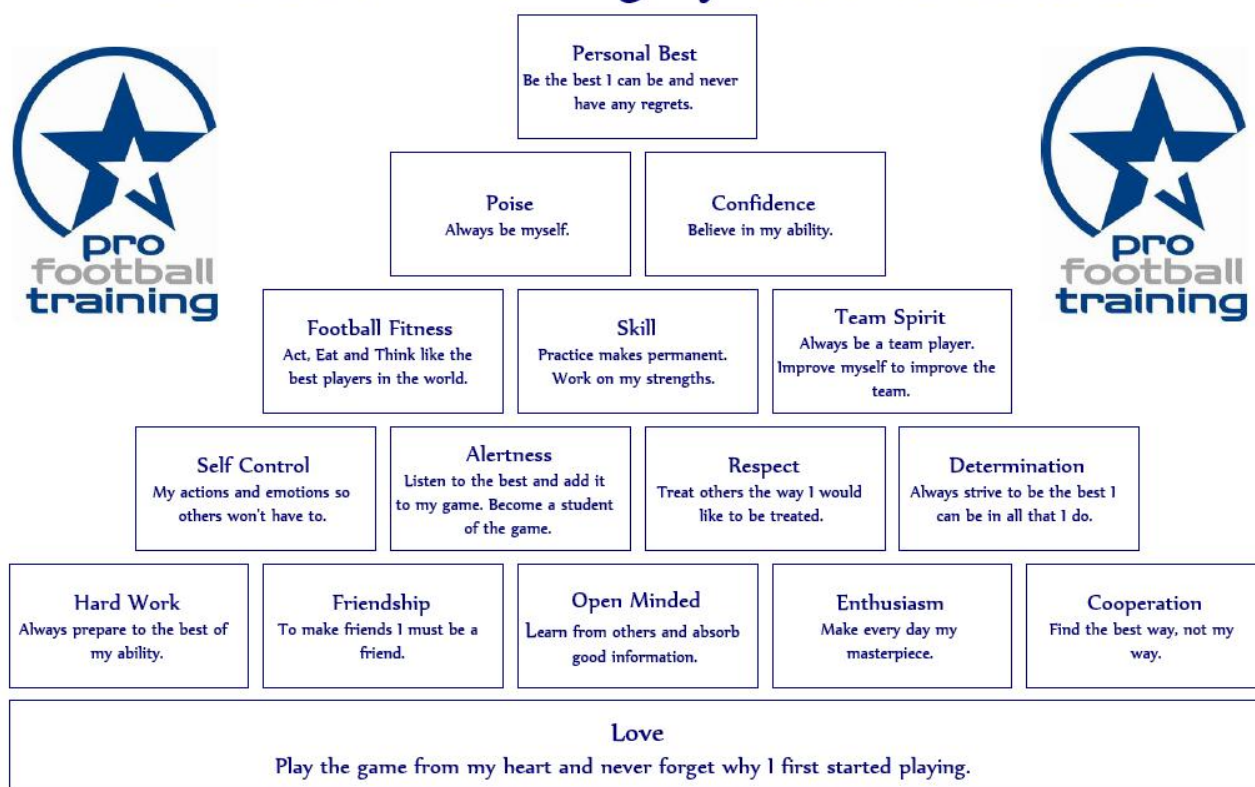
F	Framework	Prepare the plan for the players to execute
O	Organisation	Discipline, be on time and have sessions set-up when the players arrive
C	Contribution	Assess the Ability and Attitude of your players
U	Understanding	Understand the game, know how and when to change things
S	Self Belief	Trust yourself and show leadership to your players

The Complete Player



The Pyramid To Success

Pro Football Training Pyramid to Success



Warm Ups

SAQ Dynamic Flex

Teachers can do the SAQ P Award. Contact mark@mlfc.com.au for more information.

It is now widely accepted in the world of sport that a Dynamic Flex warm-up prior to training or playing a game of football is the preferred method of preparing your players for the physical demands of the game. The Dynamic Flex warm-up does not promote any form of static stretching; it is a warm up that takes a player from a state of rest to one of readiness to perform by increasing:

1. Body temperature, specifically core (deep) muscle temperature
2. Heart rate and blood flow
3. Breathing rate
4. The elasticity of muscular system
5. The activation of the Neuro-muscular system
6. Mental alertness

It is important to practice the movements that are going to be used in the game as part of the warm up, so that players adapt psychologically and physiologically to the demands of the game and their position. Therefore the Dynamic Flex warm-up is “warming up on the move”.

Recent research indicates that the use of static stretching is more likely to cause injury and has not real benefit to preparing players as part of a warm up. In fact it also decreases the power of muscles for over an hour so if you use static stretching you are actually making players *weaker*. Ask yourself this, do you pull a muscle standing still or moving? The answer is of course, moving. So how can you prepare a muscle by stretching it statically? Dynamic stretching by contrast has shown to increase muscle warmth and therefore its elasticity. ‘Neuro-muscularly’ it prepares the body for a whole range of movements required within a game, and “switches-on” the player mentally. Furthermore it dramatically reduces soft tissue injuries, injuries that can have a major impact on the strength of your squad.

Pre-training and pre-game warm up

It is important to differentiate between warming up for training and warming up for a game.

Pre-training warm up can be longer, varied and combined with other physical conditioning skills such as mechanics and fast feet. Keeping pre-training varied helps maintain players’ motivation and prevent sessions becoming a boring routine.

Pre-game warm up should be shorter with a focus on preparing players to be multi-directionally explosive immediately from the kick off. This is not the time to introduce a varied warm up; keep to a simple, familiar structure so that the players’ main focus is the game.

Dynamic Flex is suitable for all levels and age groups of the game from young to old, from professional to amateur, from male to female. All will benefit.

Caution

Recent observations of a number of warm ups that comprise a mixture of Dynamic Flex movements and static stretching. The argument of the coaches/trainers was that this provided the best of both worlds. However, **any static stretching – irrespective of the use of dynamic movement patterns – is detrimental to performance prior to training and playing.** There should be no static stretching whatsoever at this stage.

SCHOOL 1-4-3-3 Dynamic Flex Warm-Up

All of the Teams playing 11v11 are encouraged to warm-up in this way.

Dynamic Stretching

Walk – Jog – Skip – Shuffle – Dynamic Groins – Dynamic Calves – Dynamic Quads – Dead Leg – High Knees – Heel Flicks – Hamstring Walk – Russian Walk – Side to Side – Carioca – Jog and roll arms – Skip and roll arms

Following dynamic stretching more complex football specific movements

Press – Defend – Headers – Volleys – Curved Runs – Changes of direction and speed – Shuffle Left/Right – Turn and Recover – Fast Feet Forwards/Backwards/Left and Right – Look Away Pass – On your Back/Front

You are only limited by your imagination!



Pre Match Warm Up

Preparation for an under 12 match, 10.00am Kick Off

9.25am 1-4-3-3 Dy Flex Warm-Up

9.35am Unit Work

- Defenders work together (headers, volleys, pressing etc)
- Wide Players (crosses, overlaps)
- Midfielders (passing, juggling, driven passes)
- Strikers (shooting and receiving with back to goal)
- Goalkeepers (handling and distribution with feet and hands)

9.45am SSG Possession with Starting 10 (Gk works with subs on shooting and crossing)

- 30x20m area. Players pass and move in area
- Players pass and move in area on 1 and 2 touch
- Pass and Move (change speed, change direction)
- 2 x 30secs 5v5 Games

9.50am Players Free Time

9.55am Pressing Runs x 5 over 10m

10.00am Players Load Up (dynamic, explosive movements until kick off)

10.30am Half Time

- Players have 2 mins to hydrate and recover, staying on their feet moving.
- Only use half time for short instructions

10.35am Players back onto field for Dy Flex and Loading

11.05am End of Game

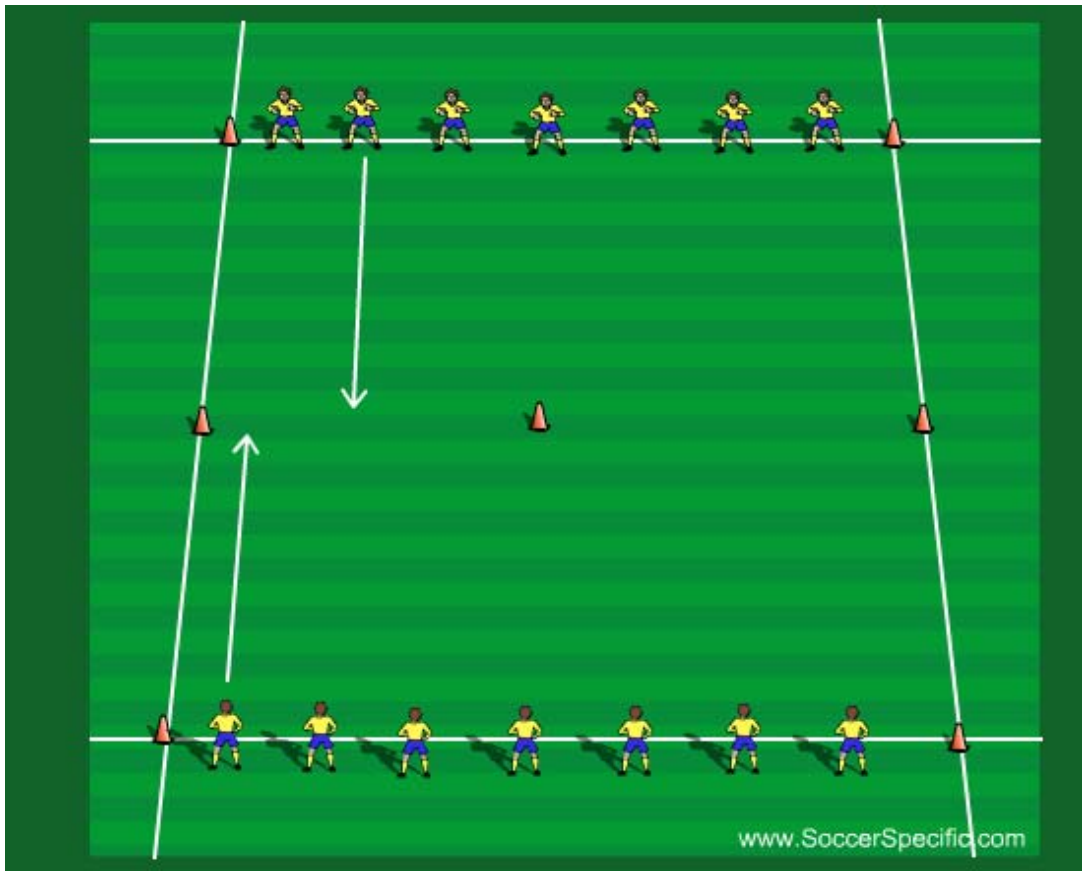
- Dy Flex Cool Down and Hydration/Nutrition
- Pool Recovery if possible (Beach/Rec Centre)

11.10am Short De-Brief of Game (all positive)

All players must leave feeling positive, looking forward to training no matter what the result.

Dynamic Flex Warm-Ups

1. Dynamic Flex Grid



Players stand opposite each other and work together staying in line. This session is ideally done in a 30mx20 area which can then be used for your session as a SSG or possession session.

Progressions

3. Line of players has a ball and feeds the other line with a pass/volley etc before changing roles.
4. 1 player dribble and other player defends
5. 1 player feeds for feeds for a volley, header etc and other player plays back into hands.

Use your imagination but make sure you always follow the Dynamic Flex progressions before introducing the ball.

2. Split Grid



30x20m area with 4 inside area. Central cone divides the area.

Players must stay in their area until coach progresses the warm-up (players can be bibbed in different colours and stay in teams for SSG's at the end of the session)

Dynamic Flex with players moving in various directions

Progression

1. Introduce a ball per area. Players start off by throwing and catching ball before moving off with dynamic movements.
2. After pass change pace and direction
3. Players use feet when movement is understood.
4. After pass check around the cone (always facing the ball)
5. After pass change area and join the next area until you return to your starting area.
6. Players use the full area passing and moving. When a good level of understanding has been reached they must find a new square when playing the pass.

3. Brazilian Style

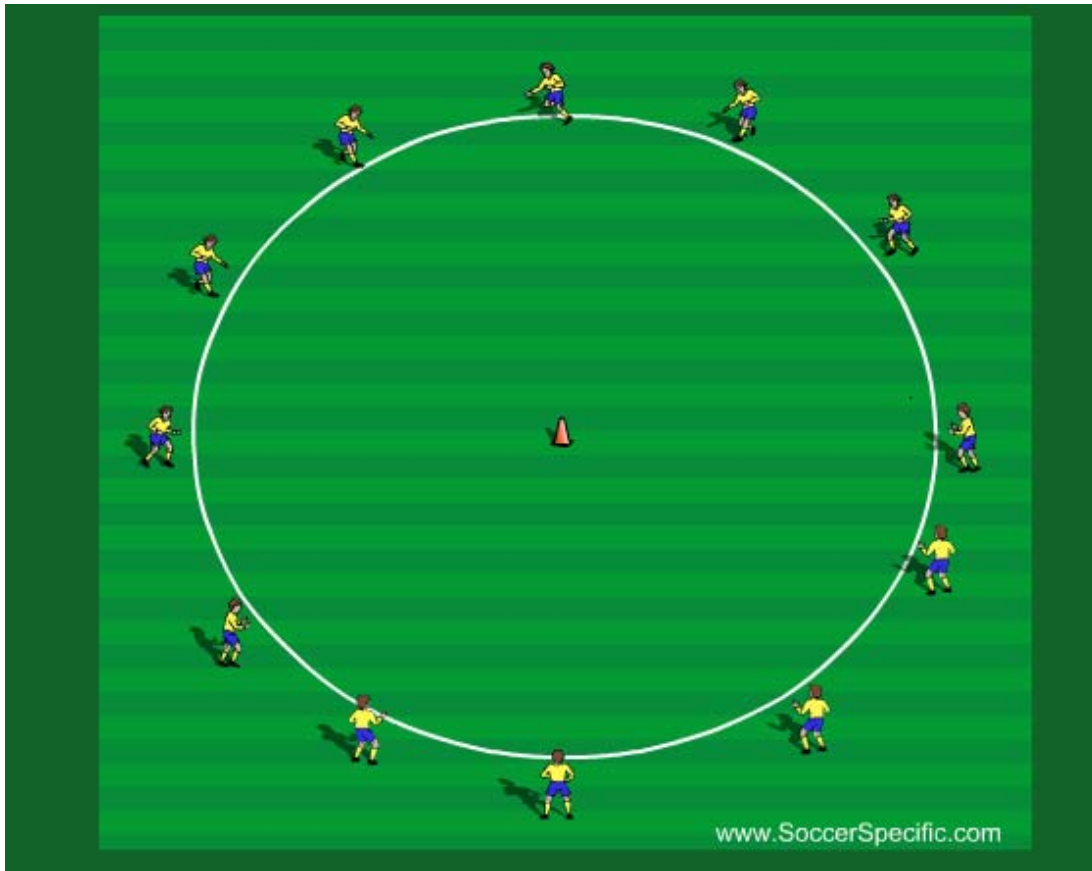


Players perform a dynamic flex over 15 metres working in Indian File.

Progressions

1. On coaches command groups switch (side step with player next to them)
2. On coaches command 'turn' players sharply turn and change direction.
3. Players from the back can shuffle in between their own line until they reach the front and process continues.
4. Finish with 3-5 short 10m races. On your command (clap, shout, ball drop etc) the players at the front race through before performing dynamics on the way back.

4. Dynamic Flex – Circle Warm Up



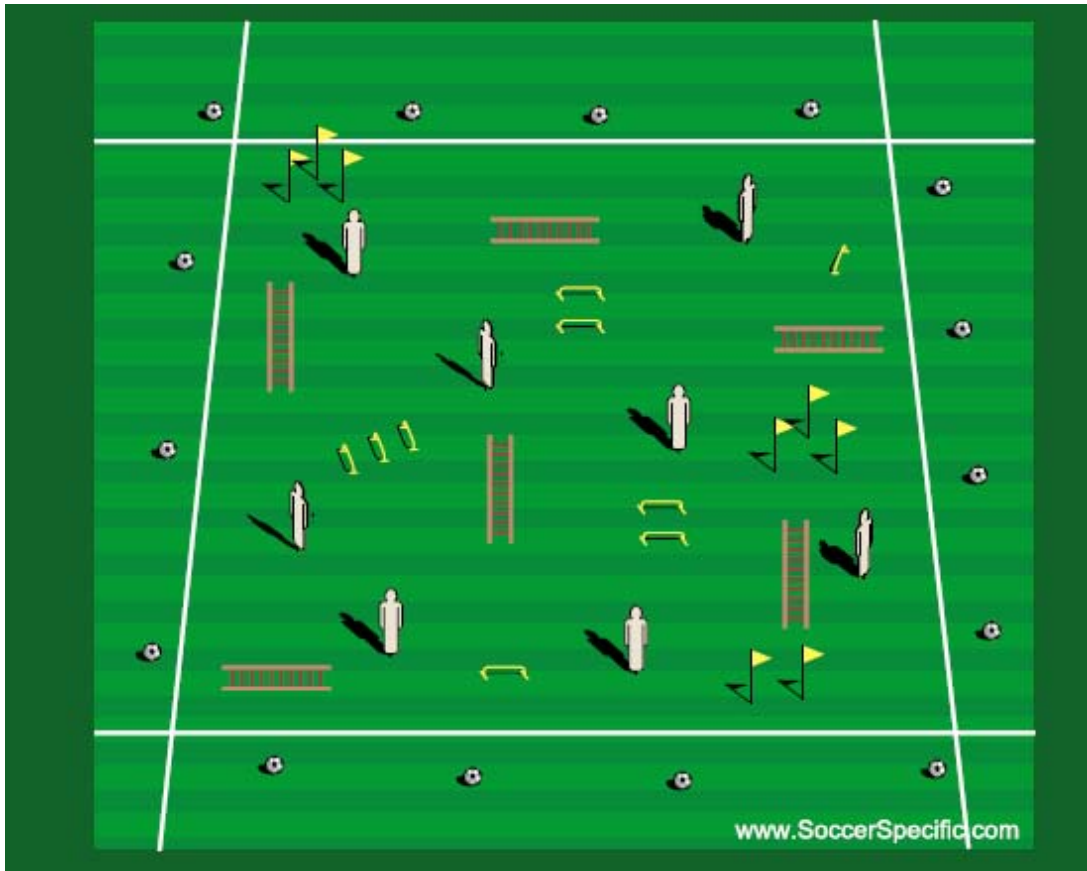
Players form a circle around the central cone (15m away)

Dynamic Flex forward and backward

Progression

1. Side Step around circle
2. Press middle cone and then turn and sprint back to start (similar to ball been played in behind and they have to turn and recover)
3. On coaches command "Change" players change direction.
4. On coaches command players explode and burst across circle to find another place.
5. Introduce balls with players dribbling across area before passing, setting, playing a one/two or overs.

5. Pro Football Training Dynamic Football Specific Warm Up



Ideally you will use all of the SAQ equipment but these can be replaced with cones, poles etc.

Players perform Dynamic Flex in area without using equipment.

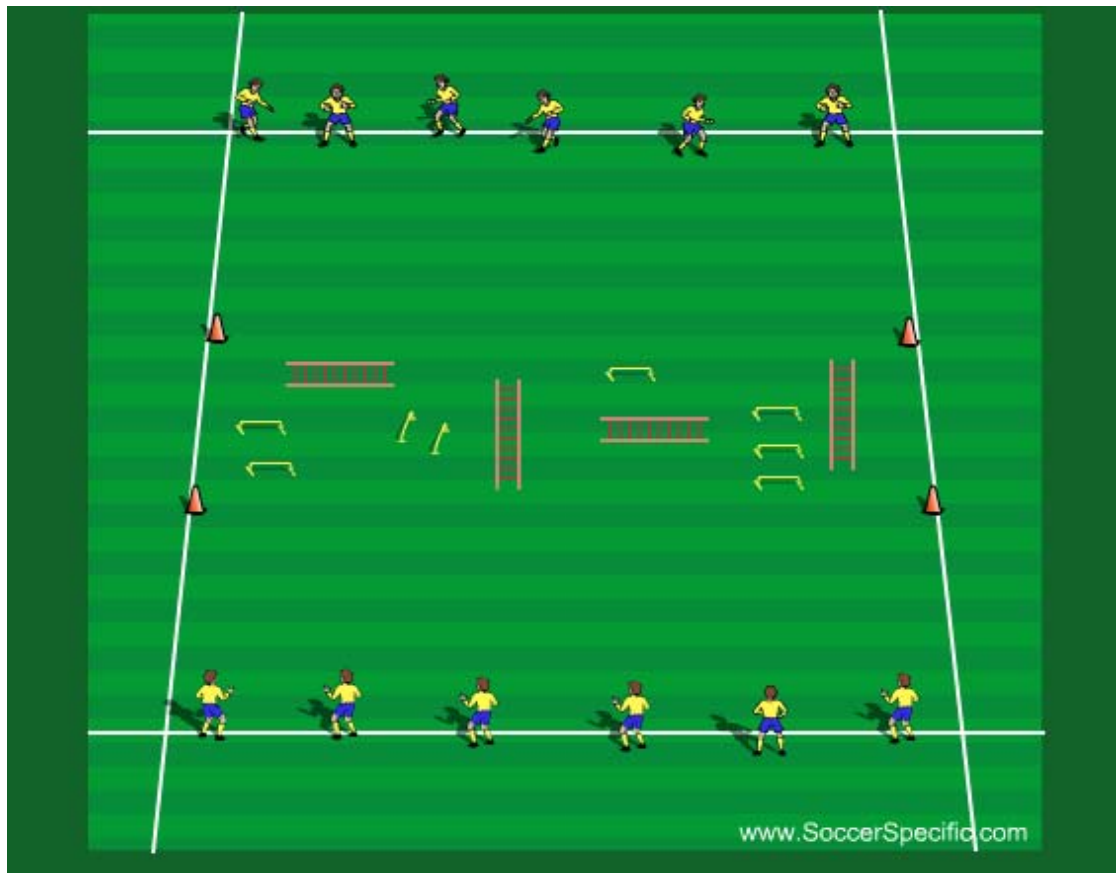
When players are fully warmed up they react to the coaches commands and do the following:-

1. Choose 1 piece of equipment and explode through using football movements
2. Choose 2 pieces of equipment
3. Partner up with 1 player on the ball and 1 inside the area. As above but after performing a movement they receive a ball from the outside (catch, pass, volley, header, etc) before returning to the area.

Perform 3 reps before changing roles.

This is an excellent session for football specific movements and game related situations.

6. Dynamic Flex – Pro Football Training Warm Up



Players perform Dynamic Flex

Progression

1. On coaches command players change groups and work through some of the equipment.
2. Introduce the ball and players explode across after they have played a pass.
3. Players pass, explode across and then check back into own area.
4. Players encouraged to perform movements they do in a game before running through equipment (jump and head, dive and catch, volley, defend etc)

Game Centred Practices

1. To Improve Attacking Play from Wide Areas



Pitch is split into 3 zones with 2 wide channels

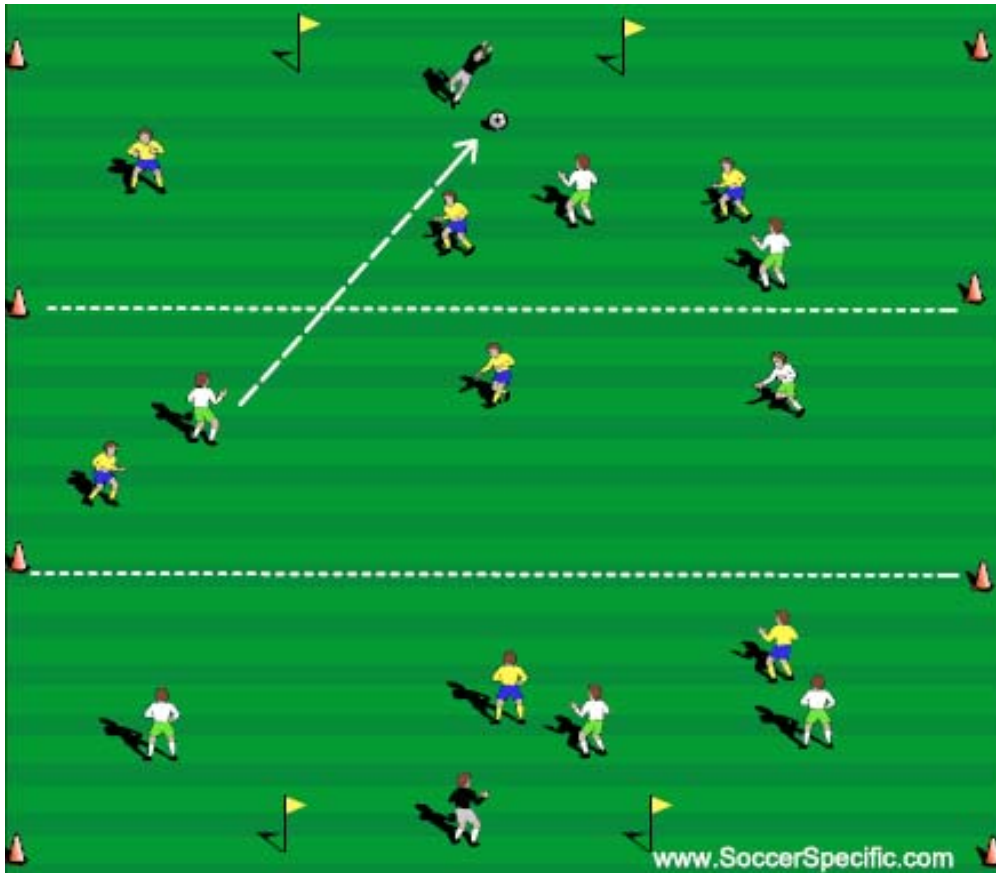
When player passes into next zone they can enter zone to create an overload

Players look to play wide as much as possible and can only pass to their team mates on the outside. Left Midfielder or Right Midfielder.

Key Factors

- Forward passing
- Overloads (2v1's, 3v2's)
- End Product (Shot, Cross, Goal)
- Press the Ball
- Move the Ball, Move Yourself
- Outside players always alive and switching

2. Improve Playing Out from the Back



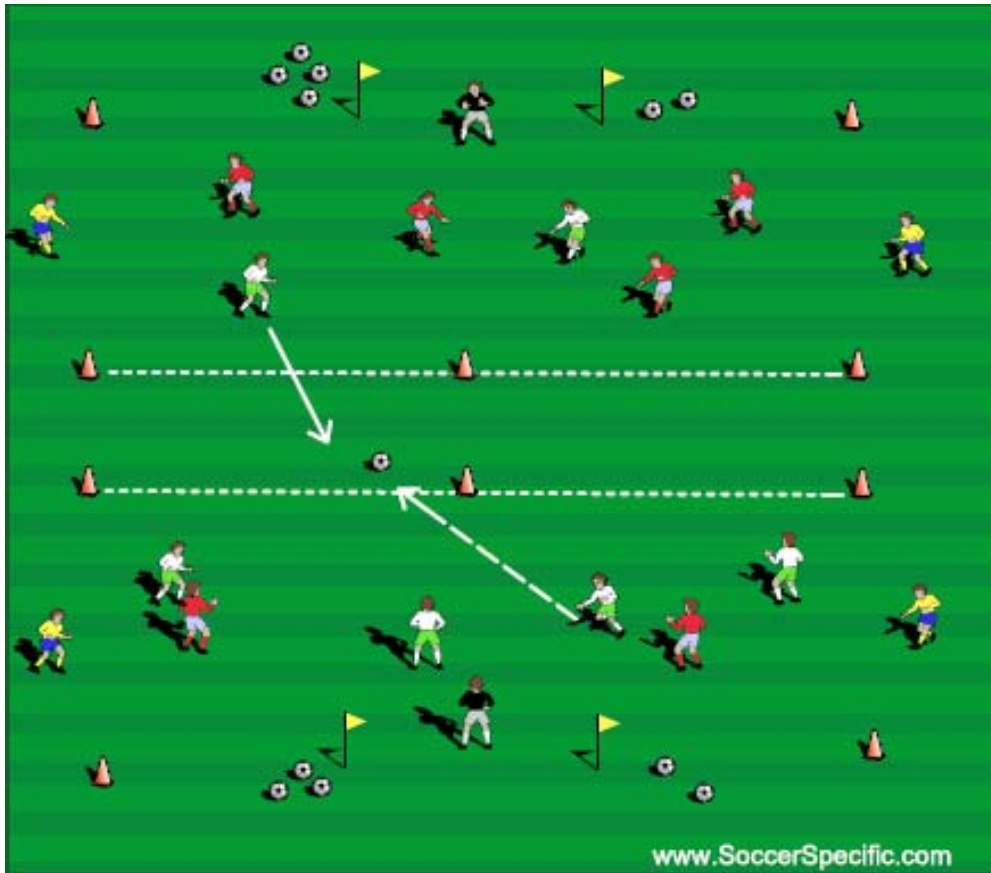
Pitch is split in 3 zones

Players can follow pass into next zone to create an overload (2v1, 3v2 etc)

Key Factors

- Creating Space
- Quality Passes
- Create and Make Use of overloads
- Forward Passing
- Defending is an attitude – win the ball back
- Be Confident to step in and shoot, pass

3. Improve Quick Play and Movement in Attacking Third



4v2 in Each Half with wide players in channels

Defenders are live on first touch. Coach plays ball in on ground/air to named player.

1 of attacking players can drop into the middle area to receive the ball

1 of the defenders can join in whilst the full back tucks into cover

Key Factors

- Creating Space
- Quality Passes
- Create and Make Use of overloads
- Receiving on back foot
- Face Forward to play forward
- Creative in attacking third – take chances!

4. To Improve Forward Passing and Third Man Runs



3 Teams of 4

4v4 with 4 end players

Players try and pass forward to end players who then bounce back to player making a third man run

Key Factors

- Forward Passing
- Timing of Runs
- Support (Front, Back and Side)
- Quality of pass. Can you face forward? If not then bounce.
- Intelligence to see the next pass and move to receive the ball
- Players on outside to stay alive and play of 1 or 2 touch if possible.
- Change the point of attack
- Stay alive in transition “where’s the ball?”

5. To Improve Shooting Opportunities from long range



4v2 in each half

Take Shooting Opportunities at every opportunity

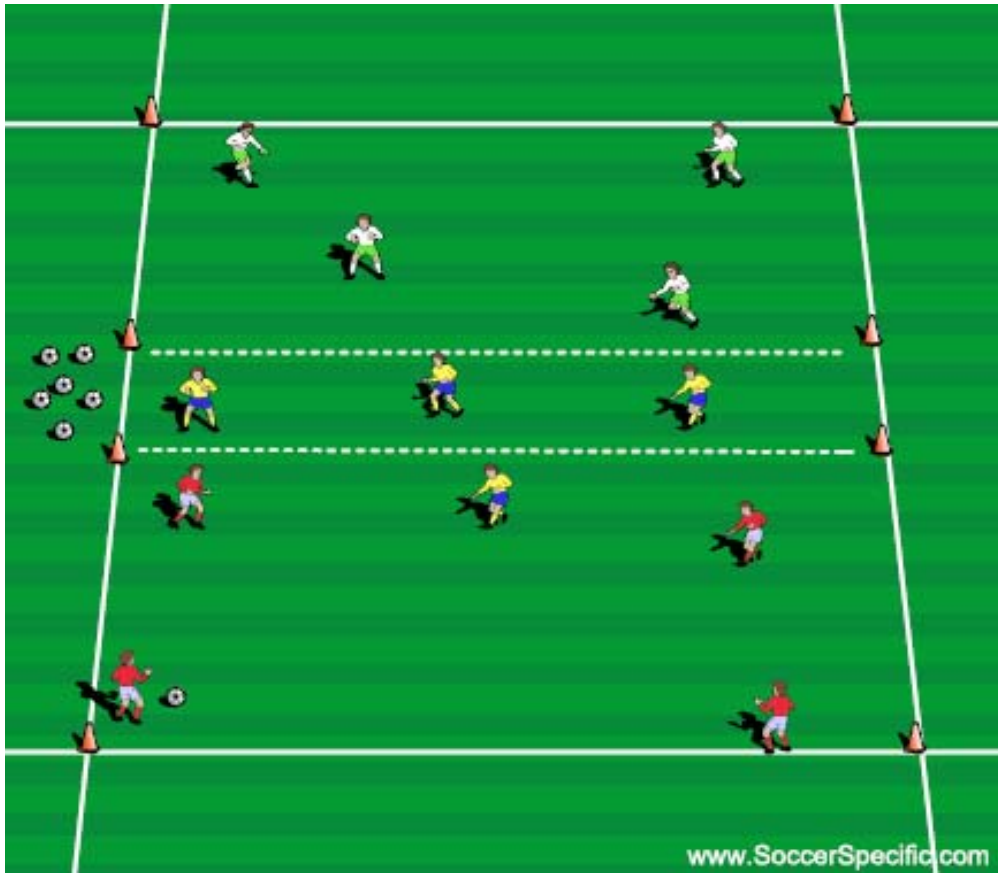
Rotate Defenders

Score Rebounds – Follow in the shot

Key Factors

- Technique/Quality of Shooting
- 1st Touch
- Create opportunities with attacking and imaginative play
- Communication from GK to defenders (press, cover, show left/right etc)
- Be confident to beat the defender in 1v1
- Play safe side to strikers

6. To Improve Possession “Keep the Ball” – Part 1



Pitch is divided into 3 zones

Divide Squad into 3 teams

2 attacking teams and 1 defending

1 Defender presses when attacking team take first touch

Attacking team must get x amount of passes before transferring the ball

If defender wins the ball the attacking team change with the defending team

Key Factors

- Make good angles to receive the ball
- Good first touch and weight of pass
- Don't force it.
- Can you play an angled pass rather than a straight one?
- Take your touch in the direction you are going to play next
- Disguise your pass (look away/body language)
- Keep the Ball and Enjoy possession
- Work smart to win the ball back

7. To Improve Possession “Keep the Ball” – Part 2



1 Goal and a GK or corner goals if no GK.

Divide players into 2 teams

Attacking Team position themselves in 1st area.

Defending Team on outside

1 defender enters area to win the ball. If attacking team makes 4 passes they can then use 2 areas. An extra defender enters the area. This follows until the attacking team have full use of the pitch and play v 3 defenders. When attacking team make 12 passes they can try and score.

If ball is won by defenders the exercise stops and teams change roles

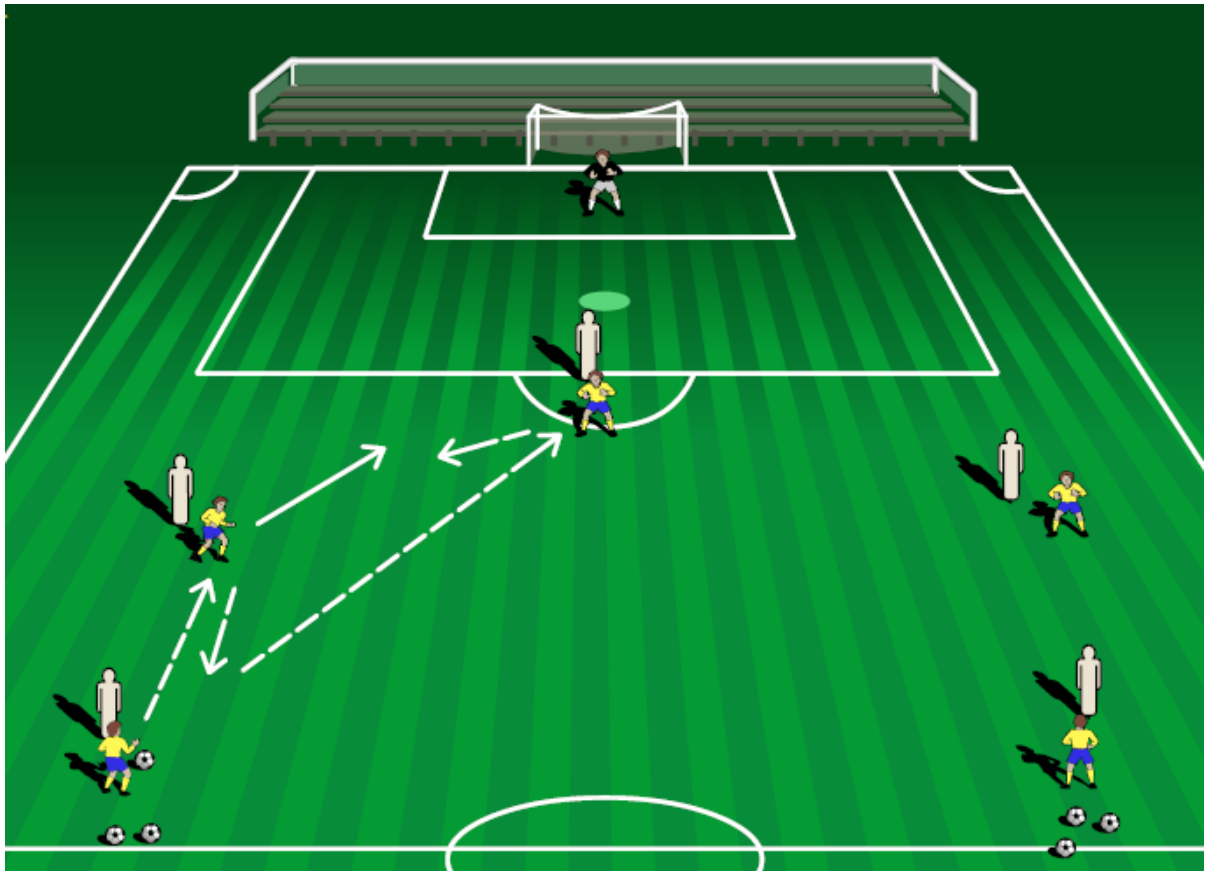
Coach can ask defenders to play the ball back to GK etc if they win it before the roles are reversed.

Key Factors

- Make good angles to receive the ball
- Good first touch and weight of pass
- Don't force things. Move the Ball and Yourself
- Use the whole area (width and depth in attack)

Technical and Tactical Sessions

1. Shooting – Part 1



Ideally have the use of a goal and net if possible.

Use players in their positions

Left Back takes a touch out of feet and plays Left Midfielder

LM sets (plays ball back) for LB and makes a spin to receive from the Striker

LB plays S who sets for LM to shoot on goal

Players join station they pass to

Work both sides

Key Factors

- Always start with a rolling ball (tricks, feint etc)
- Play ball in with confidence and power
- Check Away before receiving the ball
- Allow players to play what they see (think outside the box) when they understand the practice

2. Shooting – Part 2



Ball is played into striker for a one/two (bounce/set)

Player rolls ball either side of the poles

Striker then turns and shoots on goal

After shot he checks back to receive ball for a set

Ball is played into striker for a 1 touch lay off behind poles to either midfielder

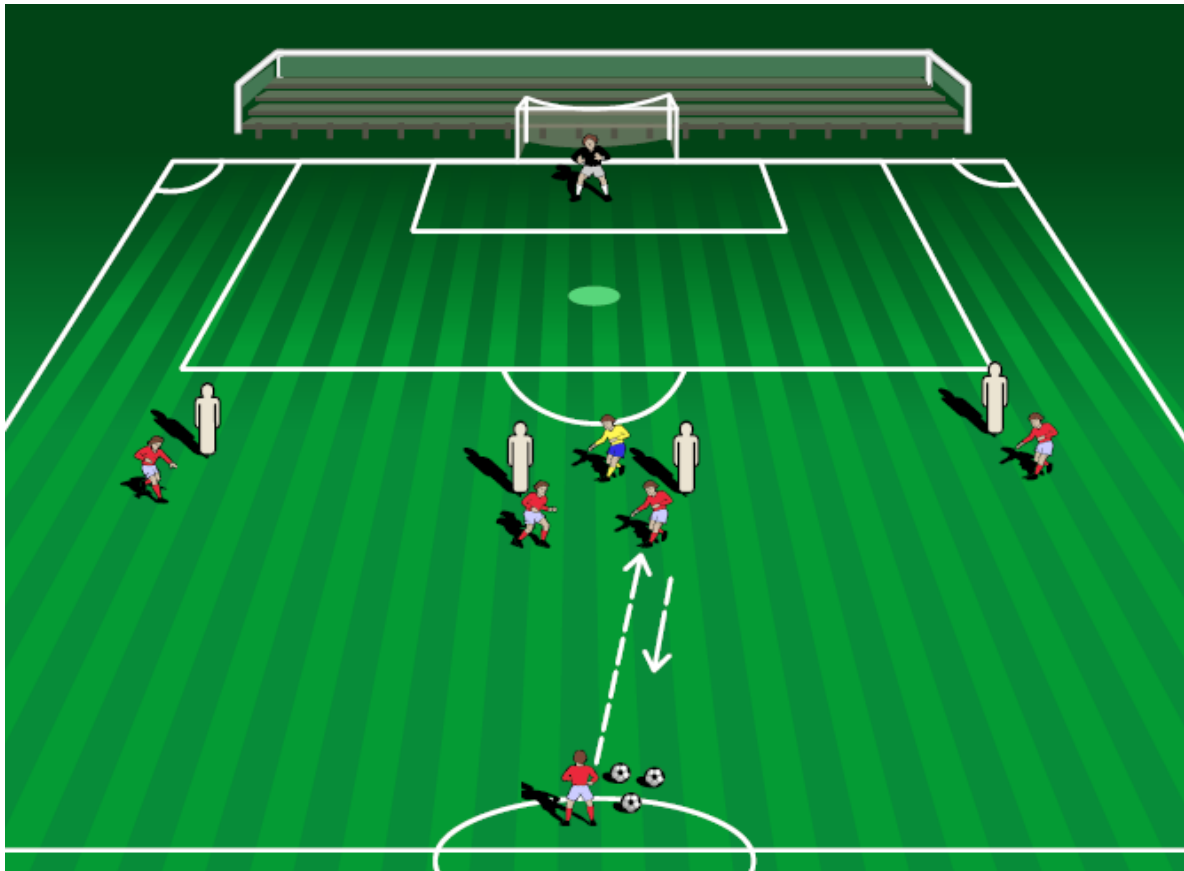
Midfielder shoots first time on goal

Striker and other midfielder continue run for possible rebound.

Key Factors

- Hit the Target
- Don't switch off. Timing of Run
- Good weight on pass

3. Crossing and Finishing – Part 1



Players play against defensive 4 (mannequins or poles)

Only add in a defender when they are getting success (cross and shot on goal)

Practice starts with CM playing a ball into Striker.

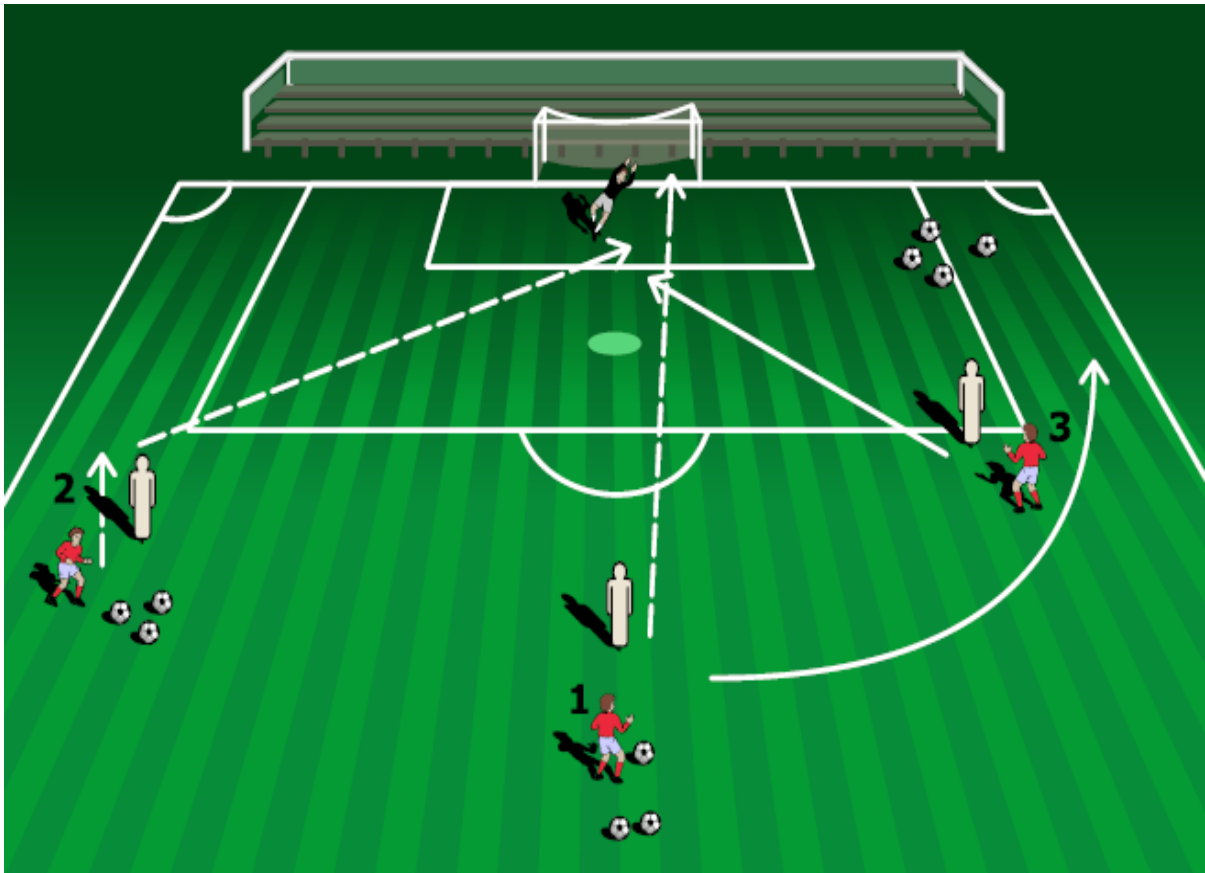
Striker bounces ball back

Allow the players to play and see what they come up with.

Key Factors

- Players must stay level with mannequins/poles to stay onside
- Make it realistic. You can give them x amount of time to score or a amount of passes
- All players encouraged to check away to receive the ball
- Encourage overlaps, one/twos, look-aways etc
- Organise teams who play against each other to try and score the most goals in a certain amount of time.

4. Crossing and Finishing – Part 2



Player 1 beats mannequin and shoots on goal before making an overlap to cross.

Player 2 beats mannequin and crosses for player 3 who makes a near post run.

Player 2 then sets off for the front post

Player 3 recovers and makes a curved run to the back post

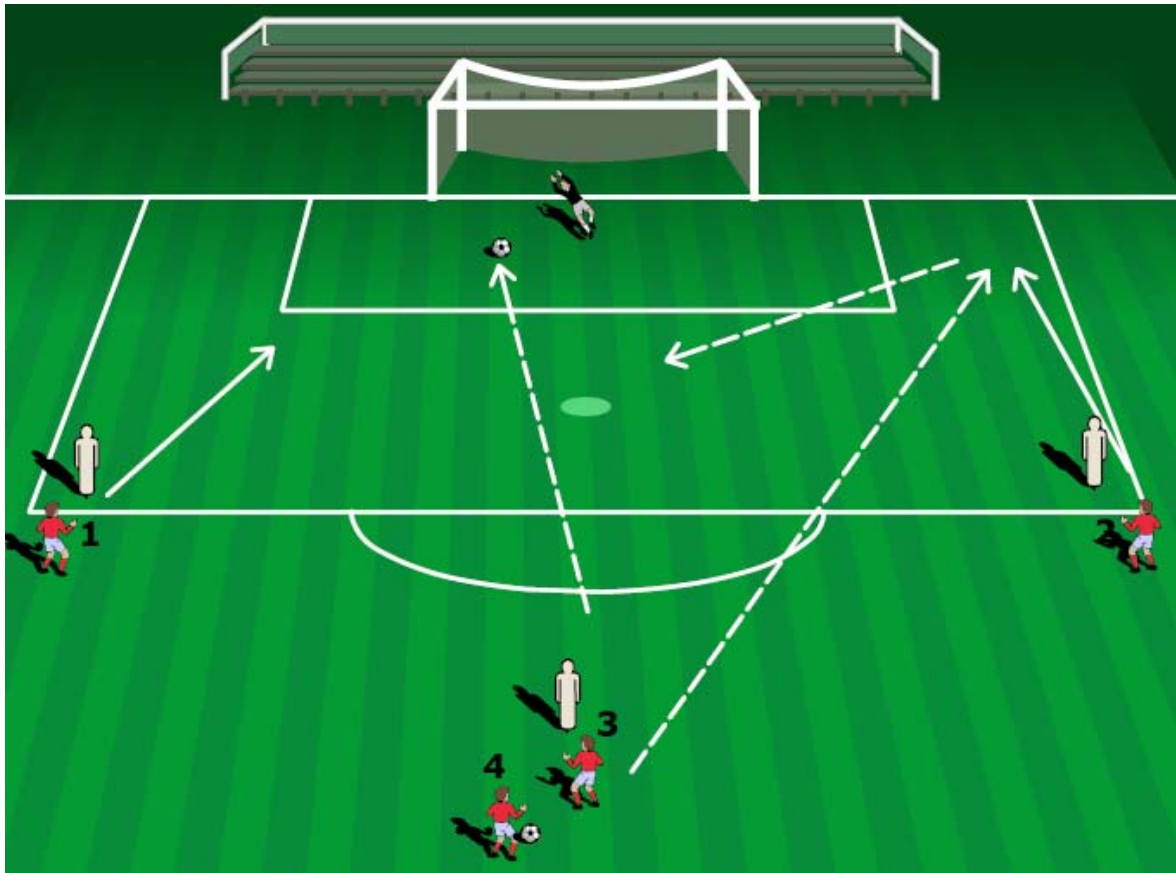
Players 1 crosses the ball for 2 and 3 to try and score

Can you score 3 goals?

Key Factors

- Timing of Runs – don't get there too early!
- Make it realistic
- Players Rotate
- Make it competitive (teams play to see how many goals they can score)

5. Crossing and Finishing – Part 3



Player 3 beats mannequin and shoots on goal

Player 3 then turns and receives a one/two from Player 4

Player 4 (can play left or right) then plays a ball behind full back for Player 2

Players 1, 3 and 4 then try to finish the cross from Player 2

Player 1 (back post) Player 3 (front post) Players 4 (top of the box)

Key Factors

- Good weight of pass behind the full back
- Make it realistic and 1 touch if possible
- Players Rotate
- Encourage players to think outside the box:
 - Player 4 may play ball wide and go on an overlap to cross
 - Player 3 fakes and plays ball wide instead of shooting
 - Wide players cut inside and shoot on goal

6. Passing



To improve taking the ball on back foot and passing accuracy

Players pass the ball around the square taking the ball on the back foot

Encourage players to check away before receiving the ball

Play the ball “safe side” away from the pole/defender

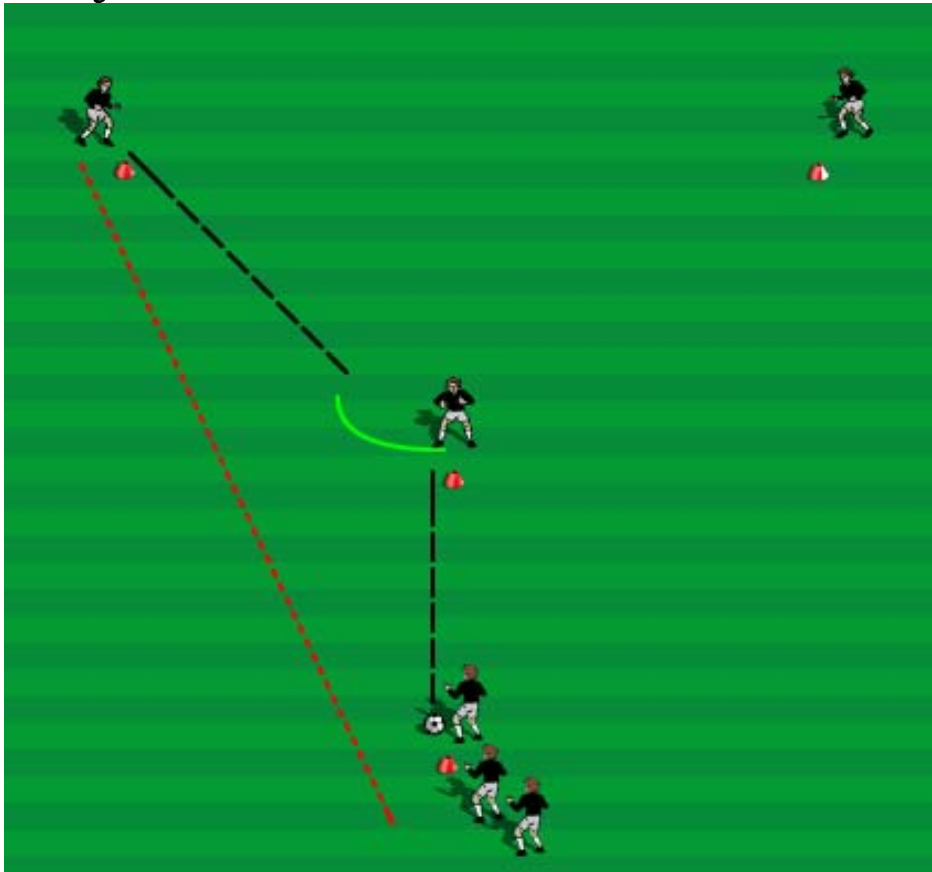
Progressions

1. Pass and follow the pass
2. Pass and the receiving player sets for the ball to be played on an angled pass.
3. On coaches command the players go in the opposite direction
4. 2 balls going in same direction (and opposite when players improve)

Key Factors

- Good 1st touch and pass
- Correct weight on pass
- Players must stay switched on

7. Y-Passing



Players set up as the diagram shows in a Y-formation with the balls starting at the base of the Y. The size of the area depends on the age and ability of the players

Player 1 plays a simple pass to Player 2, who has checked off at an angle to receive the pass.

Player 2 then turns with the ball and passes the ball to player 3 on the outside.

Player 2 dribbles the ball back to the start and passes the ball to player 3 on the outside. Player 3 dribbles the ball back to the start position with all players moving on to replace the player they previously passed to.

Progression:

Player 1 passes to Player 2 who plays the ball back to Player 1

Player 1 then plays the pass out to Player 3

Progression:

Players use their imagination in navigating through the exercise

Key Factors

Movement

Weight of Pass

Communication

Imagination

8. Dynamic Passing & Moving



Dynamic Passing & Moving
2x 30x20 Pitches
4 Teams, 1 ball per team

Players pass and move within their pitch, e.g. Yellow Team only passes to Yellow.
On the command, players change pitch by dribbling the ball across from one pitch to the other.

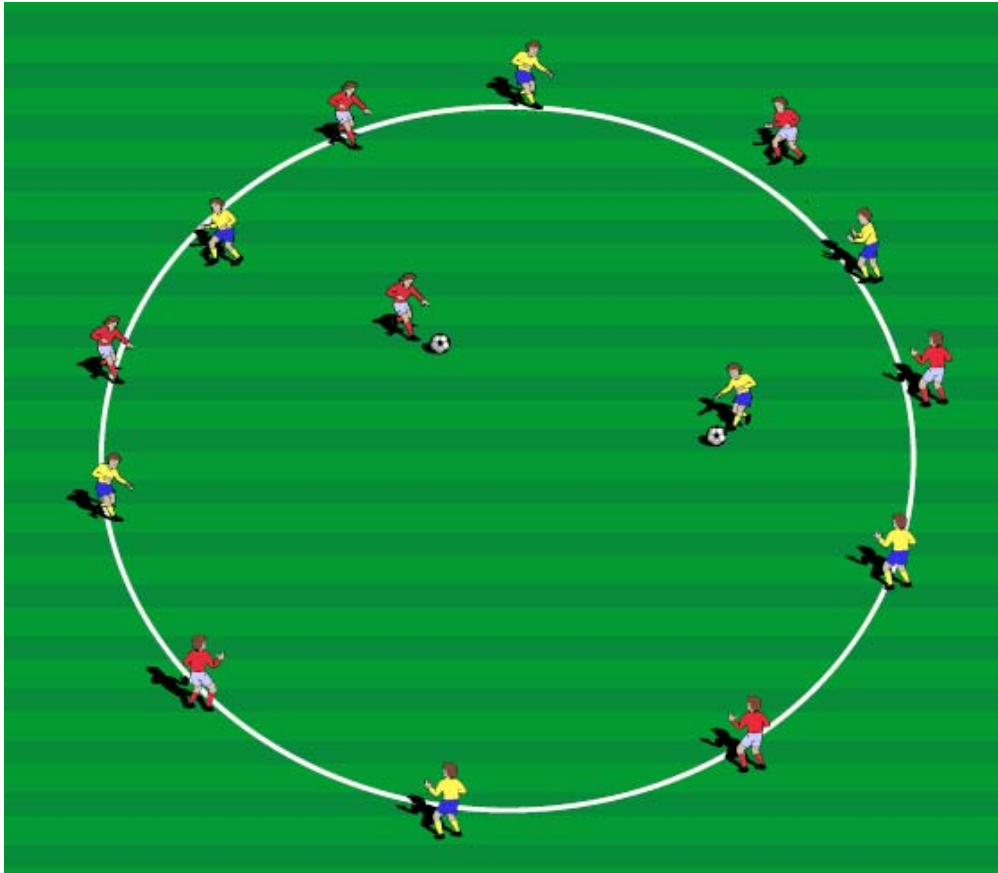
Progression:

Instead of dribbling the ball, one player breaks onto the opposite pitch then calls for the ball, team mates then pass the ball across.

Key Factors

Accuracy of passing
Good Movement
Good Communication
Find and using the Space – B.O.T.S

9. Passing and Running with the Ball



Organise group into colours

Players stay alive on the outside

Players dribble in circle and pass to same colour on the outside

Progressions

1. Play a one/two
2. Take Over
3. Pass and Press

Key Factors

- Good First Touch
- Use Both Feet
- Play with head up
- Take the ball away on an angle (away from defender)

10. Long and Short Passing



Players double up and practice passing over short (5-15m) and long distances (15-30m)

2 players in an 8x8m grid

Ball is passed into grid and players play a one/two before driving the ball into opposite player's grid

Encourage the players to make good angles for their team mates (in front and at an angle)

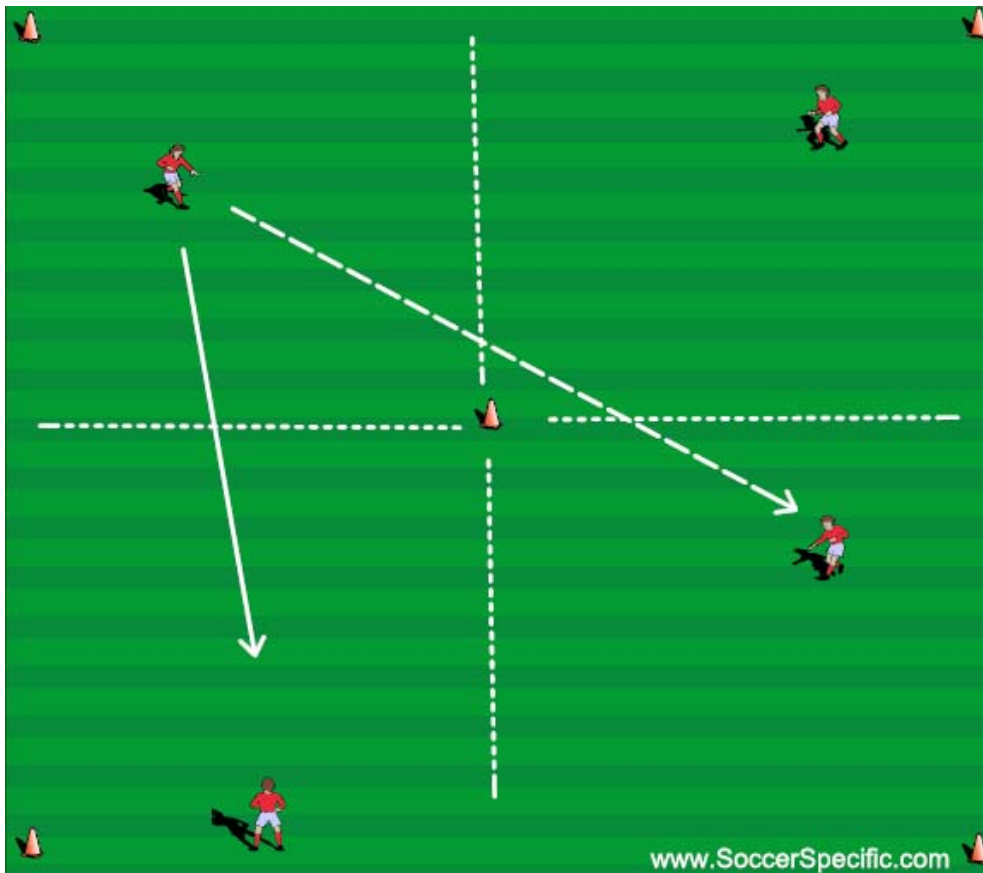
This is a superb game to test touch and passing accuracy

Play for points. 1-2 min games.

Key Factors

- Good Angle for pass
- Good technique when driving the ball
- Encourage the use of both feet
- Curled Passes. Driven Passes. Lofted/Chipped Passes. Drawn/Faded Passes.

11. Passing and Movement – Part 1



Players work in their own grid (10mx10m) passing and moving

Start with passing the ball using hands until players understand concepts.

Progressions

1. Pass and move into next grid (clockwise) until you get back to starting grid
2. Pass and check around cone
3. Pass and overlap player you are passing to.
4. Pass and sprint into other square (always facing the ball)

Key Factors

- Make eye contact before passing the ball
- Always Face the Ball
- Change of Speed and Direction after pass
- Good First Touch
- Take the Ball in the direction you are playing to next

12. Passing and Movement – Part 2



Players work in a 10x10m square with a cone in the middle (making 4 squares)

Players play the ball to each other and must find a new square after passing.

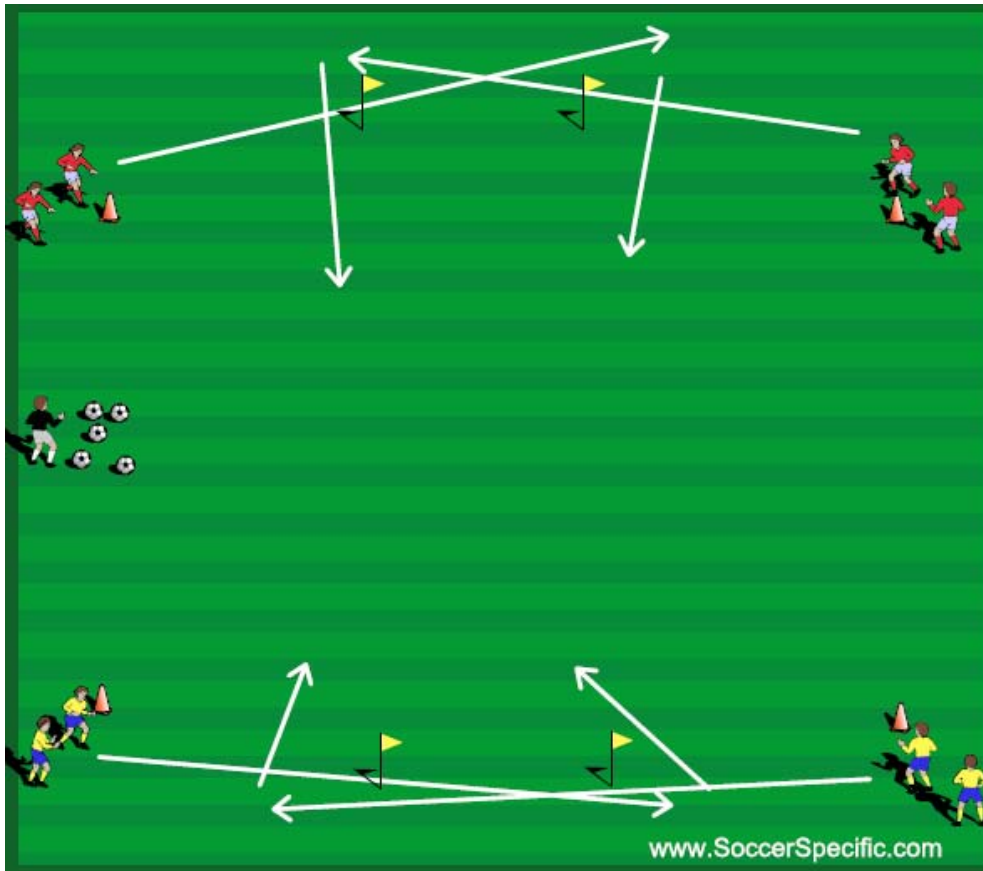
Encourage the players to always face the ball

Communication through eye contact/pointing and talking

Progressions

1. Pass and overlap player passed to.
2. Pass and press the ball (player receiving takes the ball off at a different angle)
3. Pass and join other grid (have other grids of players working together (see diagram above))
4. Pass and move to next grid (clockwise) until you get back to starting grid. Repeat in opposite direction.
5. Take out the middle cones and players pass and move in big grid to own team mates
6. Yellow pass to White. Green Pass to Red.

13. Defending and Attacking – Part 1



On Coaches command the players sprint around there goal and then play against opposing team 2v2.

To score players can dribble or pass ball between flags

Use GK if possible

Depending on ages use press and cover examples to educate the players

Encourage attacking team to engage (pick out defender and dribble at them) opposition and use of overlaps and tricks to get in and beyond the defending team

Key Factors - Attacking

- Engage the defender – can you beat them in 1v1?
- Make a good angle or overlap to receive a pass. Can you play a one/two?

Key Factors - Defending

- Nearest Man presses, team mate covers
- Ambush?
- Win the ball and start attacks
- Switch on quickly in transition

14. Defending and Attacking – Part 2



Players play 1v1 into goal or by dribbling the ball through the gates at the end of the pitch (1 point) or turning and scoring in the goal (2 points)

Make sure you have enough footballs with you.

Coach rolls ball onto the pitch for players to play 1v1

You can have multiple games been played as long as you communicate with the players when their ball will be played onto pitch

Game can be started from different areas of the pitch (half way line)

Encourage players to try feints, tricks and different moves to wrong foot the defender

Key Factors

- Be Strong and Protect the Ball. Use arms and body
- Can you face the defender?
- As a defender, close the ball and do not dive in “stay on your feet”

Fun Games for 6 to 9 Year Olds

For the vast majority of the SCHOOL players a game related approach is the most enjoyable, logical and scientifically proven way of learning the game.

The FFA highlights this and the leading countries in the world all encourage a street football approach to coaching children.

If they don't have fun, they won't come back

Children view drills for exactly what they are, boring and monotonous. If you keep running drills not only will you lose your player's interest, ultimately, you will lose your players. No child is going to come to your sessions week after week if they are not having fun.

So, how do you overcome this? The answer is simple, play games which will:-

- Let them have fun
- Engage them
- Educate their football intelligence.
- Promote teamwork
- Fire their creativity
- Keep them coming back for more

Games are the best way to teach a range of basic Football skills. I have covered all of the basic skills such as passing, shooting, dribbling, heading and even goalkeeping.

Above all else, children want to have fun. That's why the FFA want us to teach football through games. More recently the FFA has mandated that all players from the age of 6-11 must play small sided games – a huge step in the development of the game here in Australia.

Engage them

How do you get a child to buy into your games? Make them engaging.

The games in are based on things that every child can relate to, and a whole host of other ideas as inspiration.

Educate your Players

Games can educate your players beyond the learning of basic football skills. SSG's should be based on simple sets of rules and educate players they are introduced in a fun environment and with achievable, desirable objectives.

Introduce Teamwork

Young children can be selfish, they are not always keen to share their toys and they strive to achieve objectives independently. They only worry about themselves and the ball – hence the reason for them all swarming around the ball at every opportunity.

The Technical Syllabus introduces teamwork in a variety of ways.

- Working independently.
- Working in pairs.
- Working as a group.

Age Appropriate Training

U6 – U9

- Very short attention span. All want the ball. No ability to play as a team.
- Give them simple rules. Learning through trial and error.
- Play lots of 1v1, 2v2, 3v3, 2v1 etc short (2min max) games
- They can not handle lots of information.
- Encourage parents to help with training
- They are still clumsy and need help with coordination
- They want to have fun and have short bursts of energy and enthusiasm
- Max session should be 45mins

U10 – U13

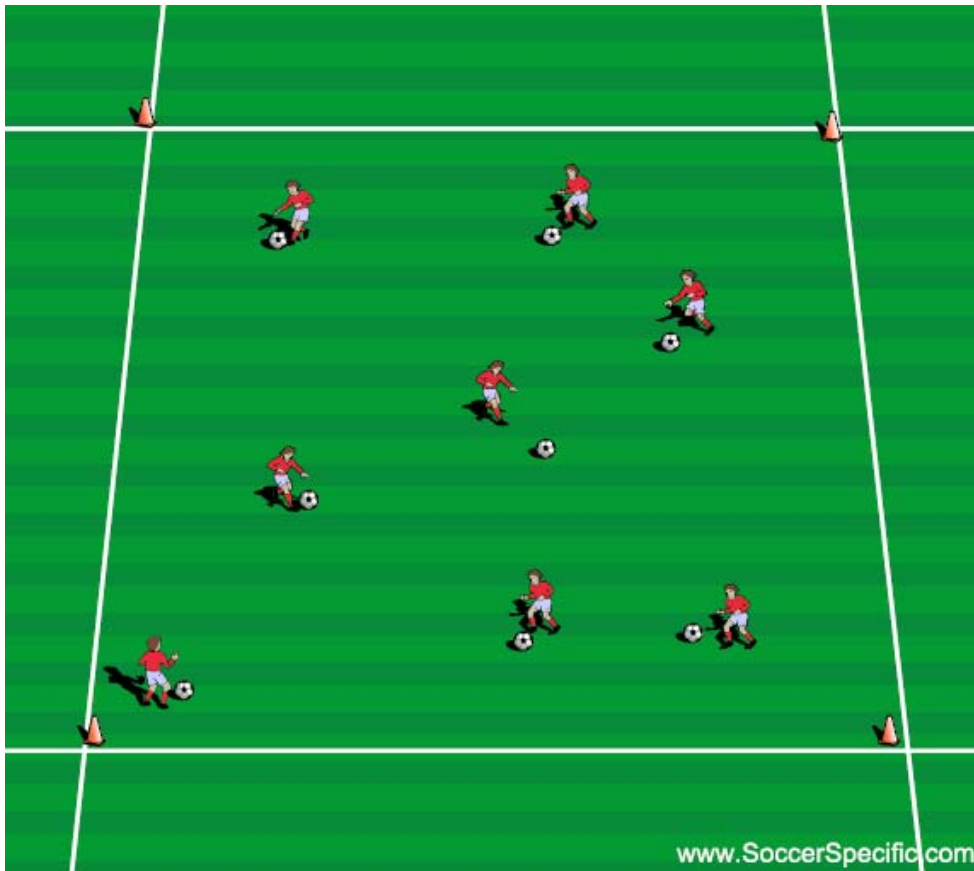
- Lots of individual play but players understand the importance of passing
- Players want to experience playing in all positions
- 4 Core Skills of Striking the ball, 1st touch, 1v1's and Running with the ball
- They can learn new motor skills very quickly
- Start to understand how to work together
- Encourage lots of ball manipulation and juggling work
- Sensitive to criticism so praise is very important to them
- Max session should be 60 mins

U14 – U17

- Sudden Mood Changes – understand them.
- More work and team work and roles within the team (Job Descriptions)
- Understanding of movement when they do not have the ball
- They resist authority. Don't be their parents or teachers.
- Max session should be 75 mins
- Mental and Physical Training
- More work and team work and roles within the team (Job Descriptions)
- They act first before thinking and need guidance due to this.
- Lots of possession work, defensive and attacking games
- Socially Aware, critical of own performance and others
- Competitive and Comparing with others. Identity Search
- Imitates Idols
- Understanding 11v11 game and their own role
- Growth Spurts which may lead to injuries and lack of coordination
- May look clumsy and that they are not progressing
- SAQ Position Specific Work
- Individual Training Programs (MILOKIT – please contact mark@mlfc.com.au for more info)
- Max session should be 75 -90 mins
- Post adolescence and Pre maturity
- Balance and Coordination has returned
- Football Specific Conditioning can now be trained
- Lots of football related games
- Defending, Attacking and Possession Overload Sessions
- SAQ Position Specific Work

Fun Games

1. World Cup Final



Warm Up and Technical Practice - World Cup Final Brazil v Australia

Coach commentates on the game and players react to his/her commentary

Players have a ball each and work in and around the 100,00 packed stadium

5 min left in the World Cup and Brazil are winning 3-1. Can the Aussie's make a comeback?
NB - Obviously any teams can be used.

Examples of Movement without the ball

- Sliding Tackle
- Overhead Kick
- Look Away Pass
- Corner Kick – player places ball, hand on corner flag and then curls into area.
- Diving Safe from the keeper
- Press/Defend
- Goooooaaaaa!!!!!!! Player shoots and scores before setting off to celebrate.

Australia draw level and then the ref blows for a penalty kick

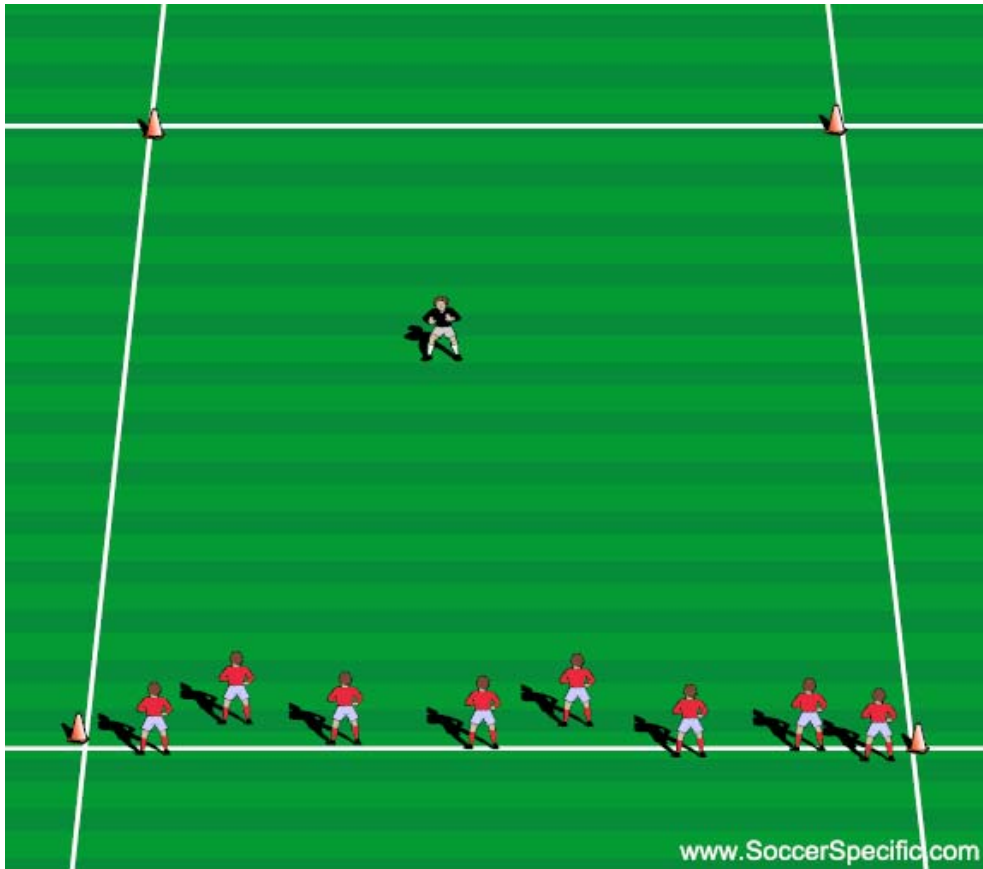
Players go down clutching their legs "Ahh My Leg!!)

Dust themself down. Place Ball on the Spot

Pull Socks Up, Tuck Shirt In

On the whistle run up and score.....Australia Win the World Cup!

2. How Long's Left Ref?



This game can be mixed with a dynamic warm up
Coach is the Ref and has a yellow and red card (yellow and red cone)
Ref wants to catch the players out and will give them a red card if they get too close to him in the player tunnel. Players try to get past the ref and into the football stadium.

Players start on the line and listen for ref's instructions

Players shout "How Long's Left Ref?"

Ref checks watch and calls out a time "6 mins left"

Players walk/jog/bound/fast feet etc 6 steps

This proceeds until the players get closer to the pitch

Commands from Ref/Coach

Injury Time – Players fall to the ground clutching their legs "Ahh my leg"

Yellow Card – Ref runs to each player showing them the yellow card. Players fall to knees with hands together pleading "Please don't send me off ref!!!"

Red Card – Ref chases the players who try to get into the football stadium or back to the safety of the dressing room

3. Imaginary Football

Dynamic Warm Up and Football Specific

Start the warm up by telling the players that today's training is about improving their juggling skills.

Players find a space in the training ground and start by dribbling an imaginary ball around the pitch using all of their skills and turns.

When ready the coach instructs them to juggle the ball using all parts of their body and showing off some amazing skills (back of the neck, balancing on nose, juggling with shoulders etc)

Players can also be encouraged to sit on the floor and juggle the imaginary ball using all body surfaces.

As they get warmer increase the ranges of movement:

- Driven Pass
- Curled shot
- Speed Dribble in and out of team mates
- Overhead Kick
- Diving Header
- Celebration
- Sliding Tackle
- Keeper Saves from the Top Corner
- Throw In
- Corner Kick
- Free Kick
- Run like a Striker (short sprints, holding off the defender, curved runs etc)
- Run like a Midfielder (long strides, shots from distance, challenge for a header)
- Run like a Defender (defend, press, jump and head, sliding tackle)

This is an excellent imaginary game which works on the specific technical movements. Be creative and deliver a fun and interactive session which taps into the players imaginations.

4. Gladiator



Players have a ball each and dribble around the Gladiator arena.

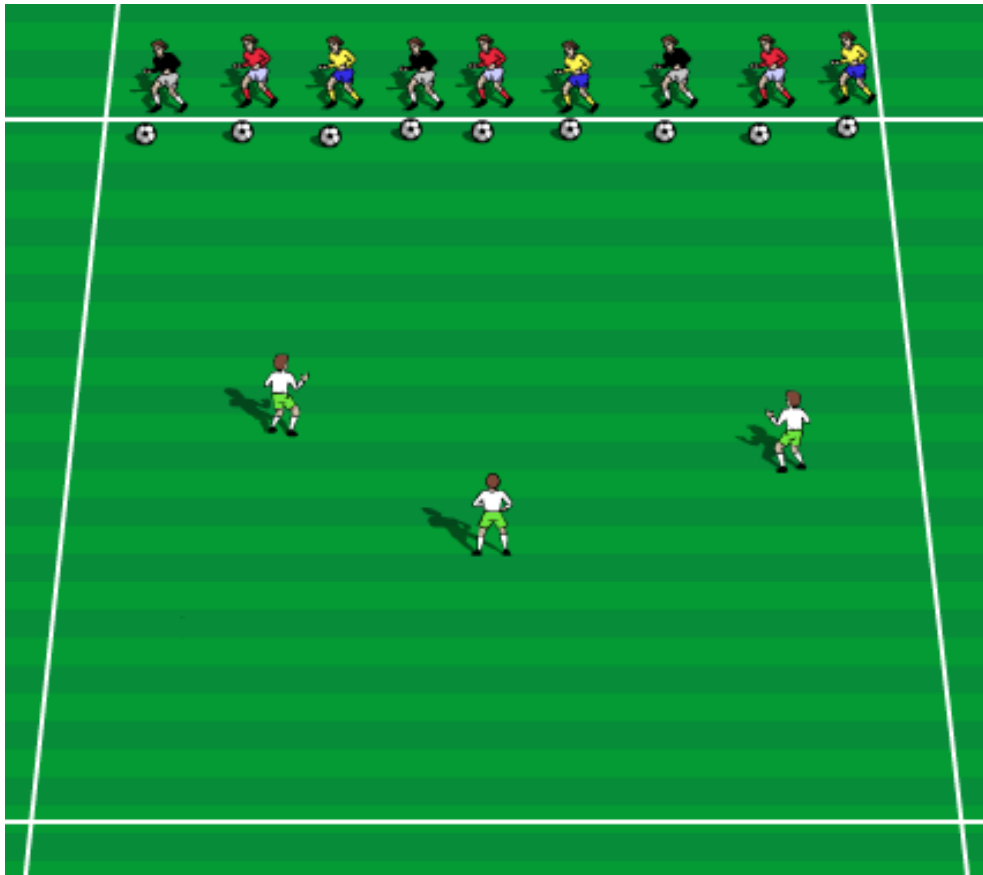
On coaches command they try to protect their ball whilst kicking other players ball out of the area.

If a player's ball is kicked out they must do a skills lap of the grid and do one of the following:-

1. Dribble in and out of slalom poles
2. Pass the ball down the side of the ladder, quick feet through and collect ball
3. Pass and hurdle
4. Slalom dribble through the cones

When they have completed the skill they can enter the Gladiator Arena.

5. Manchester City Dribbling Game



Manchester City Academy - Dribbling Game

30x20 Area

4 Teams, 1 Team Defends, 3 Teams have a ball each player

Players with a ball try to dribble across the area trying to avoid the defenders.

Defenders attempt to win the ball back and dribble it out of the area.

When players lose their ball, they are out and have to make their way to the side, keeping the ball up/dribbling etc whilst waiting for the game to finish.

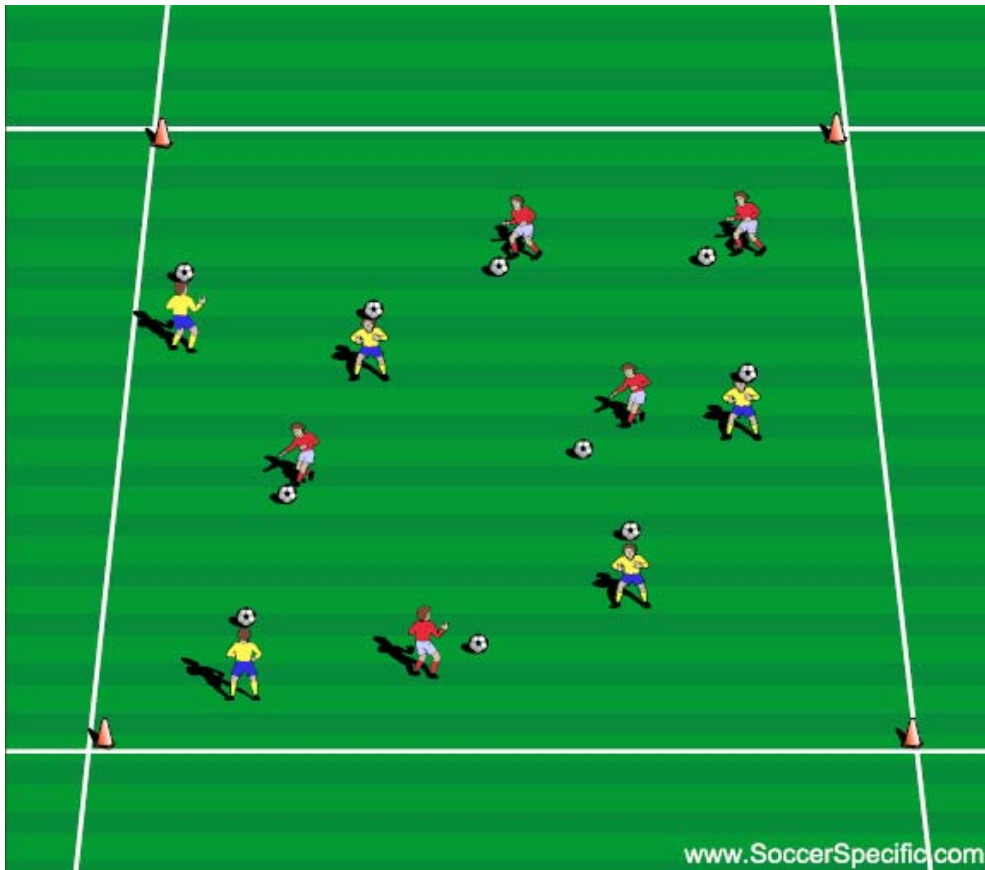
Actions are repeated until one team loses all its players, this team then becomes the defending team in the middle.

Defenders can work together "Ambush" opponents or work one on one to win the ball back.

Progression

Add Goals around the outside, so when defenders win the ball back they attempt to score.

6. Megs



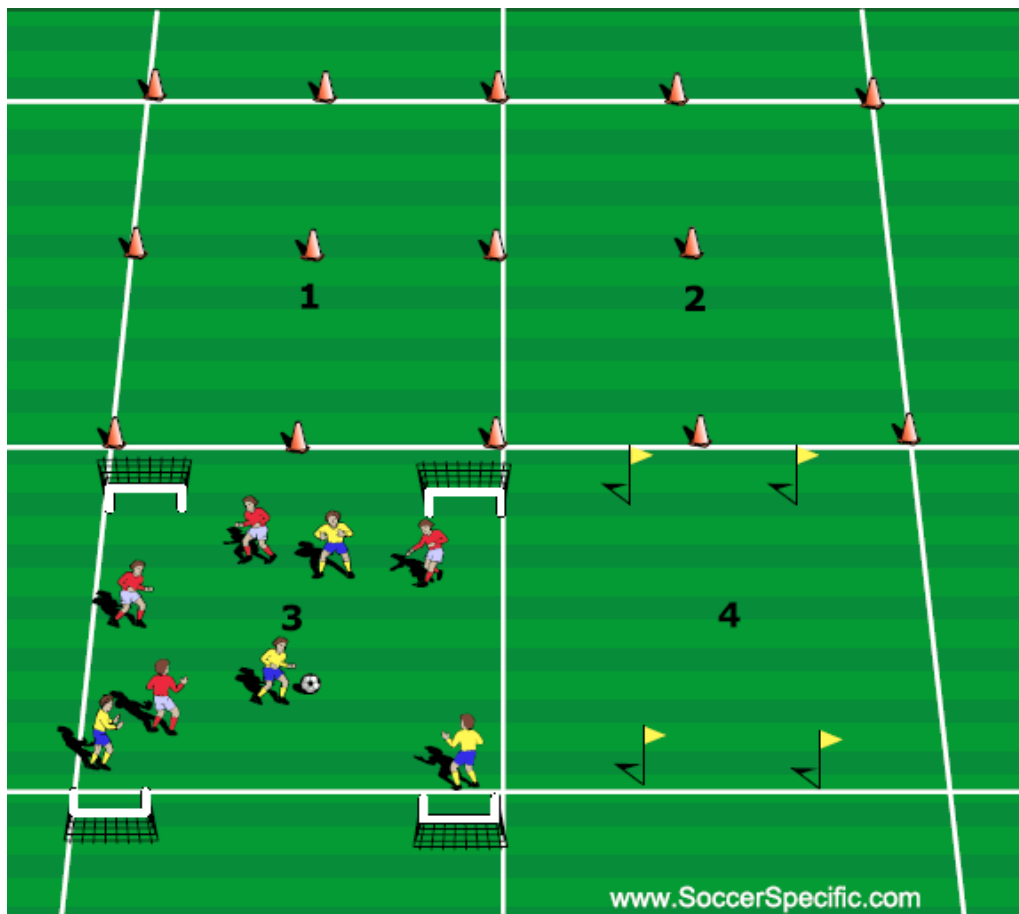
Players have a ball each and follow their partner trying to stay as close as possible and keeping their ball under control. On coaches command “Change” the roles reverse.

Progression

- Yellow partner holds ball above his/her head and opens legs
Partner with the ball tries to get as many “megs” as possible whilst keeping their ball under control in 30 seconds with their partner.
- Yellows have 30 seconds and dribble around area trying to get as many megs as possible.

Small Sided Games

1. Fourz



Ideally you have 8, 16 or 24 players

Each player will play the following games:-

3 x 30 secs 1v1 Games

2 x 45 secs of 2v2 Games

3 minute 4v4 Four Goal Game

Players keep scores and the team with the most points/goals at the end wins

This is an ideal game and can be used for the whole session or even as part of a friendly tournament against other teams.

2. 2 Games on 1 Pitch



To encourage quick decision making, awareness and player movement.

This game is similar to a crowded pitch where players have to make lots of decisions and must play with their head up to see their team mates.

Red v Yellow playing with the goals

Green v White playing 4 goal football

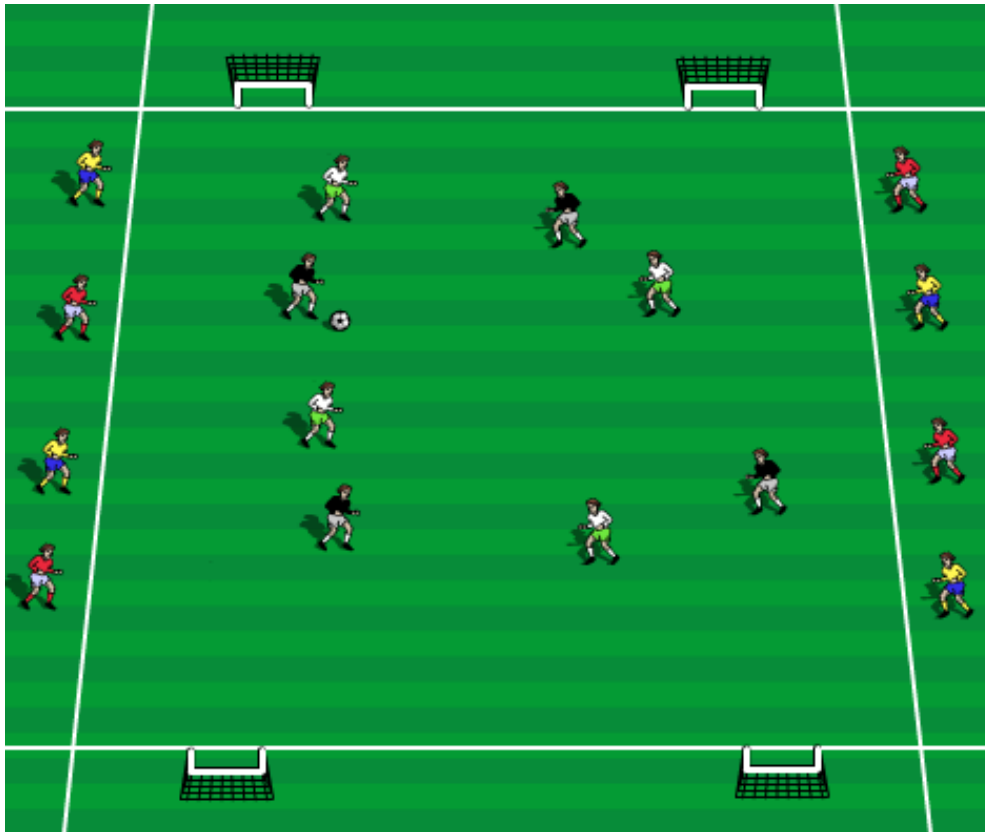
2-3 min games

Teams play each team 1 or 2 times on different pitch.

Progression

1. 1,2 or 3 touch max
2. Must try and beat a player in 1v1 when you receive the ball
3. 1 touch finish

3. Four Goal Game



4 Goal Game

4 teams of 4

2 teams play against each other inside the area, with the two teams on the outside acting as rebounders (wall pass) to ensure the pace of the game is kept high.

Progressions

1. Teams can score in any of the 4 goals
2. Throw in 2 balls
3. Add in a neutral player to create an overload

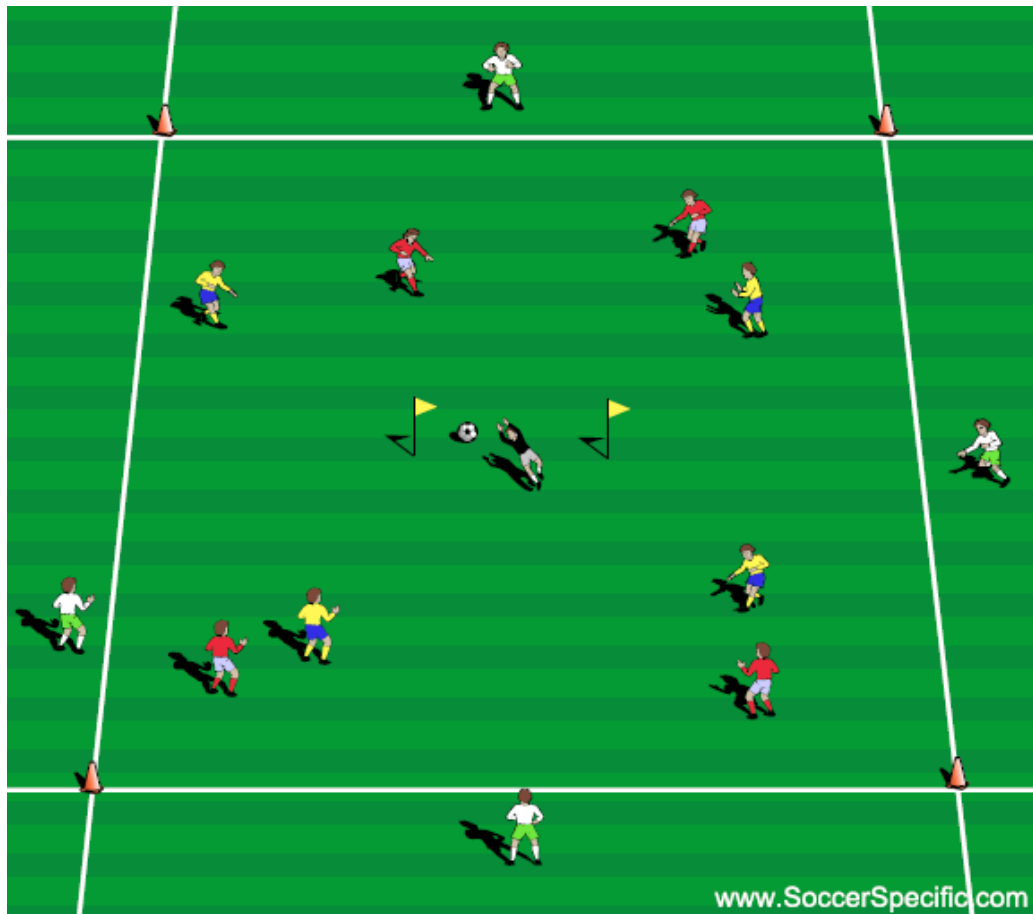
Key Factors

Bounce - Playing combinations with the outside players

Change the point of attack, two goals instead of one.

Width - Players encouraged to play with outside players.

4. Back to Back Goal Game



Players can score a goal from any side

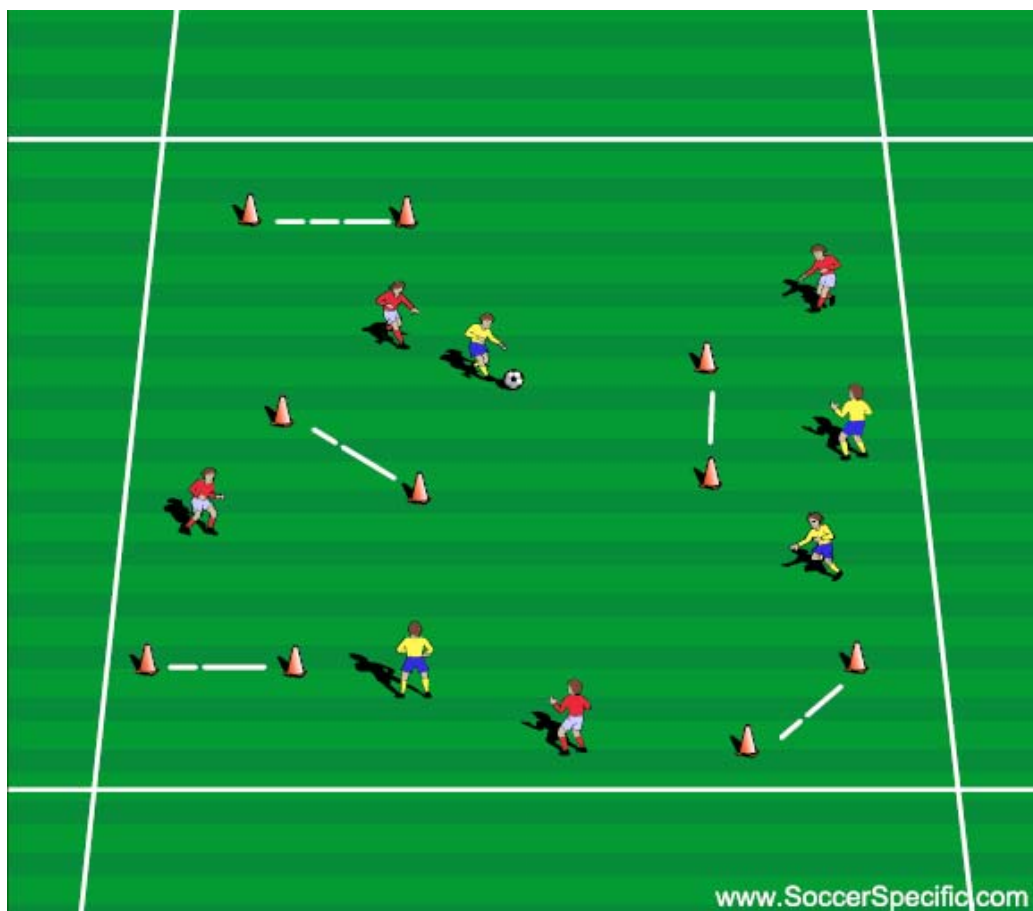
Players on the outside are always on the attacking team

Encourage GK to throw the ball out if he/she saves it to the team that were defending. Players should go high and wide to receive the ball from GK (similar to full backs in a game situation)

Progression

1. Play a 3v3 in each half until players understand the concept
2. 1 team keeps possession for 1 min while the other team tries to score.
3. Goal can only be scored with a header or a volley

5. Gates Game



Players try and dribble or pass the ball through the gates

Make sure you have 1 extra gate than players

E.g. – 5v5 game would require 6 gates

This prevents players from standing in front of the gates as there is always a spare gate to score in.

Progressions

1. Both teams have a ball and pass and move around pitch trying to score with no defenders. This will allow them to understand the game before they play with opposition.
2. Players can only dribble to score
3. Players can only pass through to score
4. 1 team defends and keeps possession whilst the other team tries to score through the gates.

6. Knock Off Game



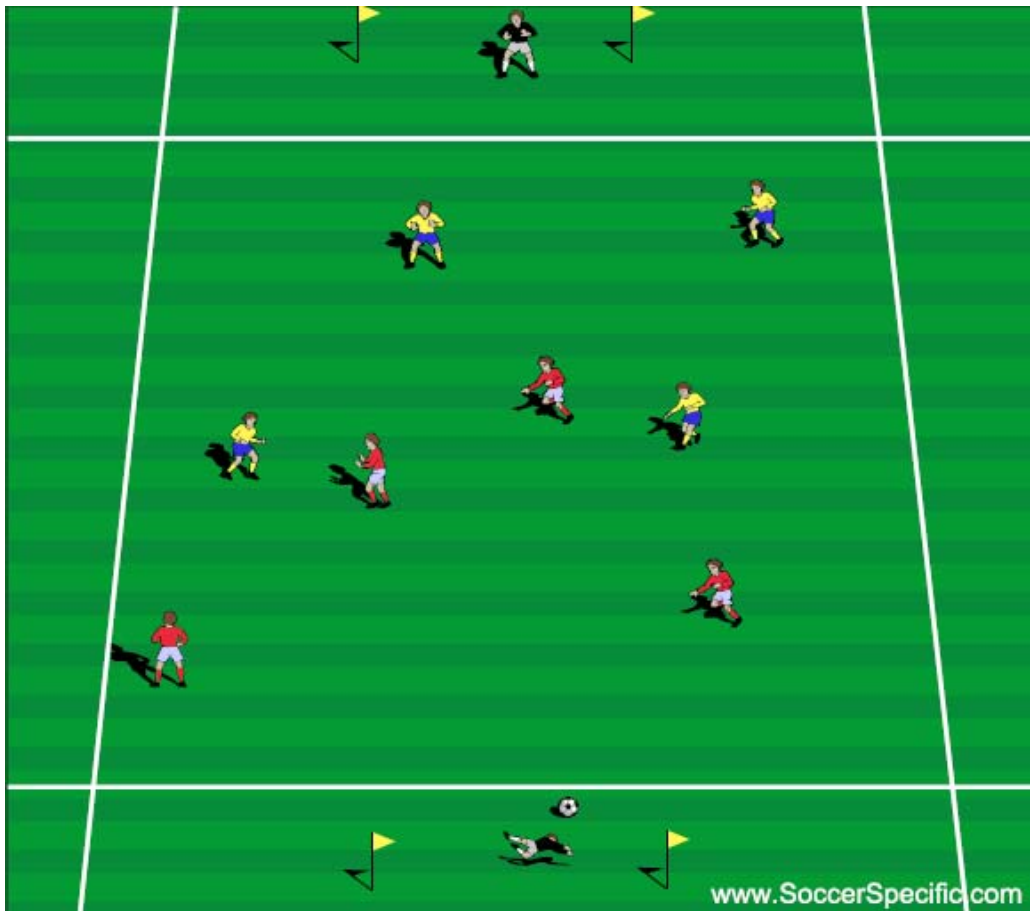
Players score by passing and knocking the ball off the cone.

Team wins when all of the opposing balls have been knocked off or they have scored the most goals at the end of the time limit.

Progressions

- 1 touch pass to finish
- Players must use weak foot to score
- A 'bounce', 'overlap' or 'jacks' must occur in the attack before a shot can be taken

7. Long Range Shooting Game



This game encourages players to shoot from distance

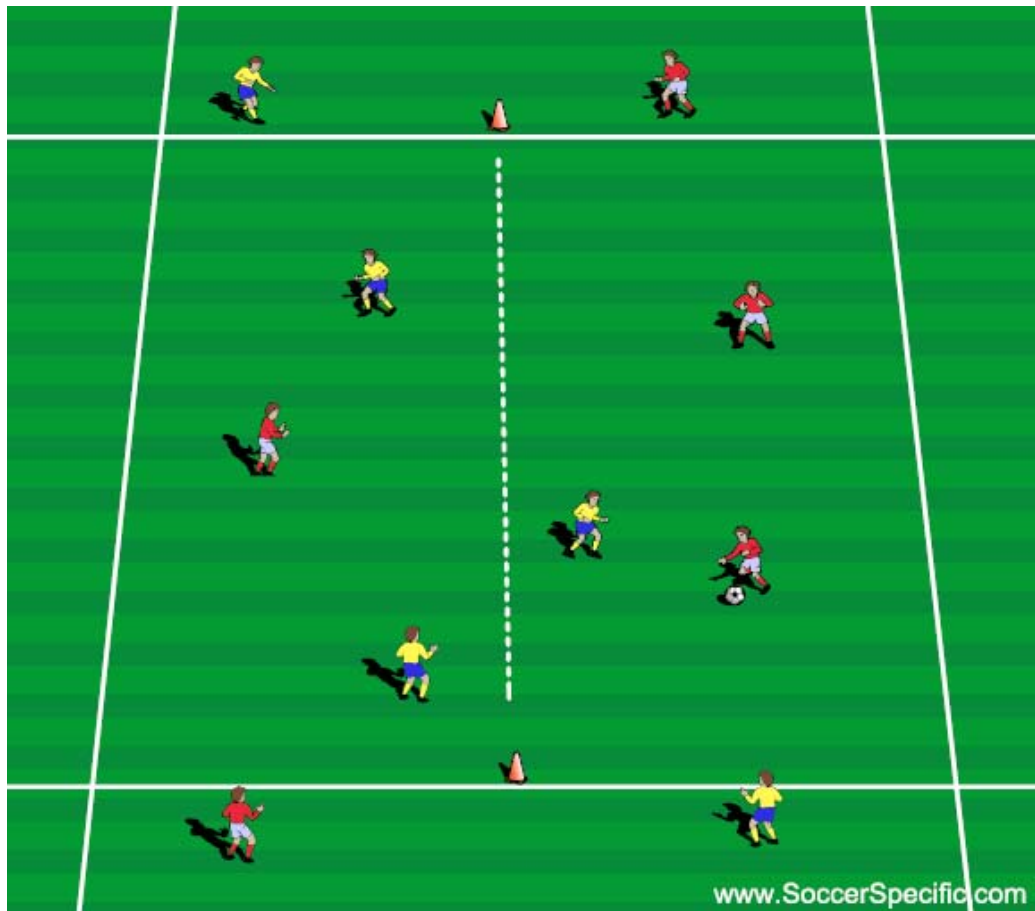
Players can only have a shot from the inside the field.

Key Points

Encourage players to shoot using different parts of the foot

- Inside
- Outside
- Toe
- Laces

8. Passing Angles Game



This game encourages players to make angled passes which are the best to use in the game.

Reds pass and move and play the ball into end player when given the opportunity.

End player takes a touch onto the field and swaps with the players that passed him/her the ball.

Reds now attack their player at the other end.

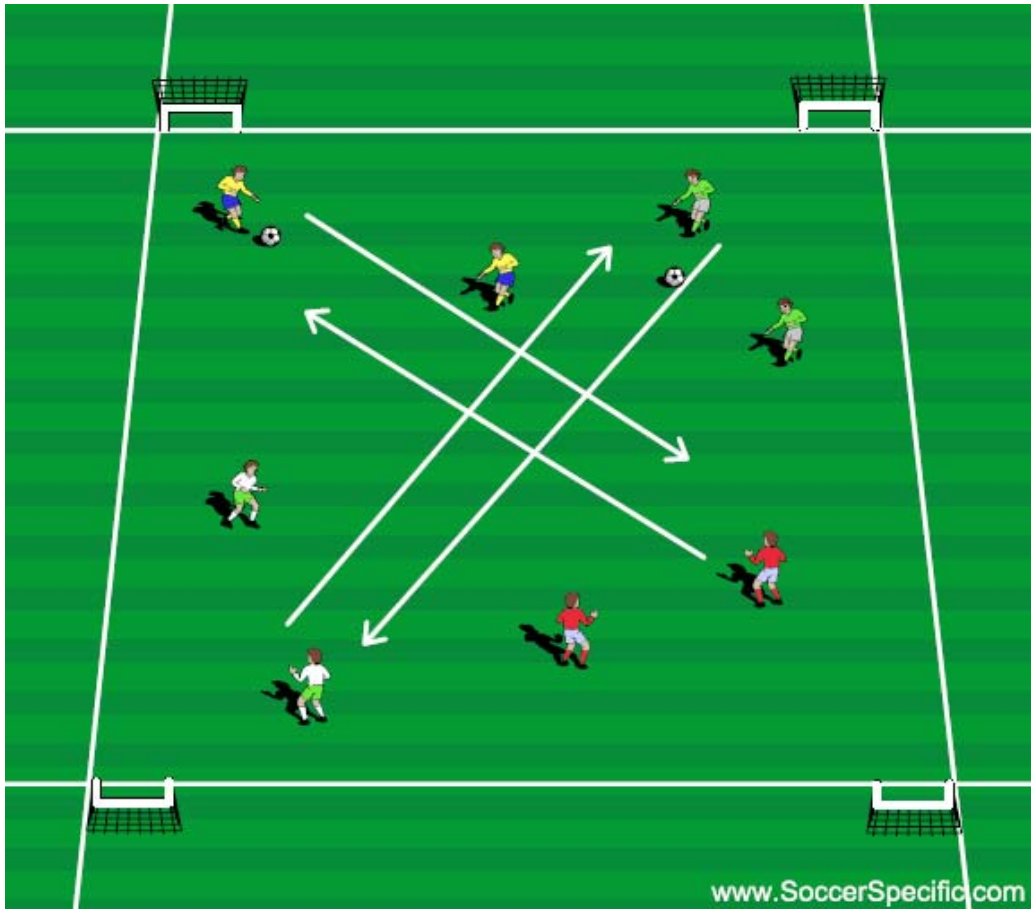
Progressions

1. If players can not play forward encourage them to turn, protect and start again.
2. Players on the outside must swap positions to encourage the angled pass.

Key Points

- Move the Ball, Move Yourself
- Play with head up and get eye contact
- Face Forward, Play Forward
- Take Ball on Back Foot
- Correct choice of pass (driven, curled, rolled etc)

9. Playground Chaos Game



This game was created in the playground where children wear the same uniform colours and there are many games going on but children always knew who was on their team!

Whites v Greens

Reds v Yellows

Teams can only score in opposition's goal but can play on the whole pitch.

Key Points

- Move the Ball, Move Yourself
- Eye Contact
- Encourage flair and creativity in 1v1's
- Make the pitch big when you have the ball
- Close the pitch in when defending

10. Dribbling Race



This is an ideal game to improve awareness, dribbling and turning skills and is also competitive.

1. Players from each team run to ball, turn and dribble back to their own team
 - insides only, toe taps, left/right foot only etc
2. Player dribble ball across area to opposite team.

Game

When players understand the movements and concepts they can play a competitive game.

On coaches command the first player from each team sprints to collect and dribble the ball back to their own team's cone.

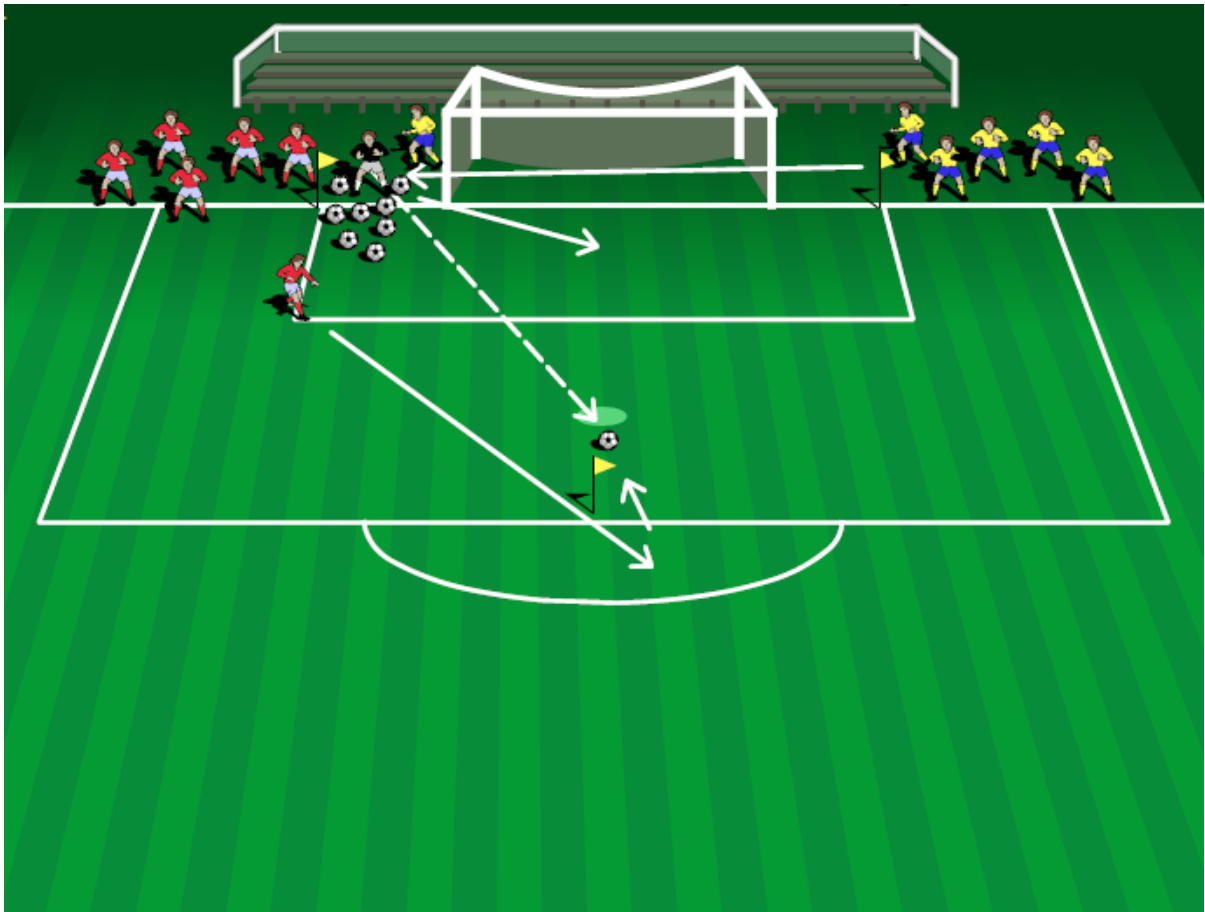
The next player does the same until all of the balls have been collected

Team with the most footballs wins

Progression

Players are allowed to steal from other groups until time is up or x amount of footballs have been collected.

12. Around the Goal Game



A competitive game to improve shooting, speed and goalkeeping

On coaches command players start the game.

Yellow player sprints around the goal and becomes a goalkeeper.

Red player sprints around pole and tries to score.

Coach has all of the footballs and rolls the ball out for the red players.

After 1 minute the teams swap

Which team can score the most goals?

Progressions

Make sure your work left and right sides

Coach throws for players to volley. Head, control and shoot etc

If the Goalkeeper saves the ball he/she can kick/throw away. When there are no footballs left for the coach the game ends.

13. Football Bowls



This game is ideal to play when players first arrive or at the end of the session as part of the cool-down.

Players need a ball each and an extra one to be used as the Jack.

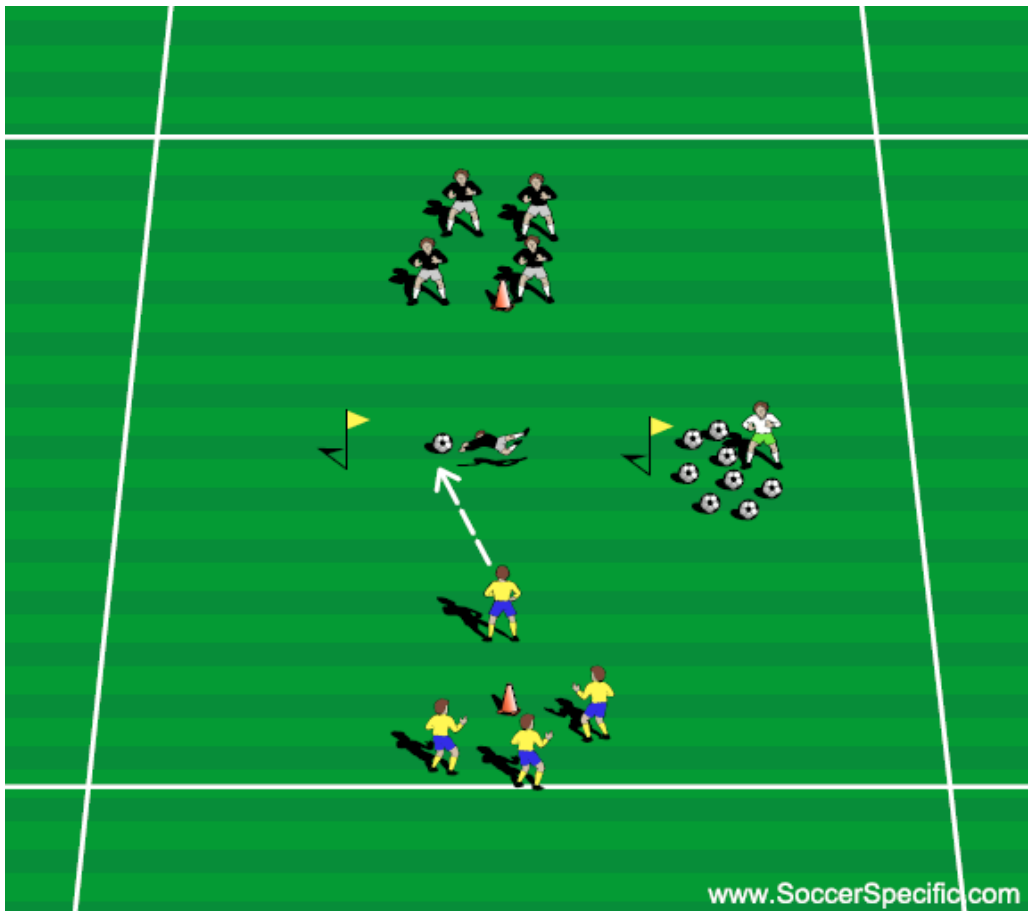
Each player has a turn one after the other

The player who passes his ball nearest to the Jack wins the game and he/she starts off the next game.

Play for 5-10 minutes. The winning player from each game then plays in a 1 shot final with the other winners.

NB – when the game has been won the players can start and play in any direction.

14. Diving Headers and Goalkeepers



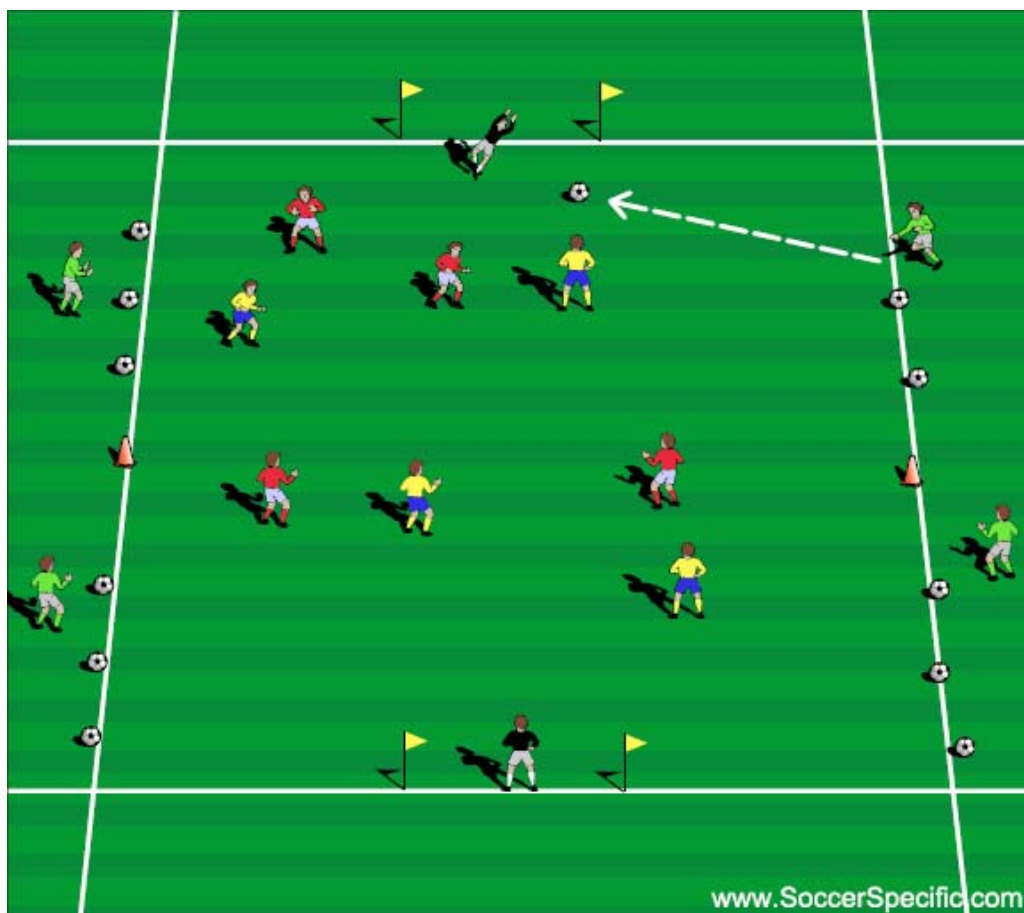
This is a fun game to develop heading, diving headers and goalkeeping

Coach throws the ball for the yellow player to try and head past the goalkeeper

The yellow player then becomes the goalkeeper

Which team will score the most goals?

15. Crossing and Finishing Game



Small Sided Game

When the yellow or red team get x amount of passes they can play the ball to the wingers/full backs (green players)

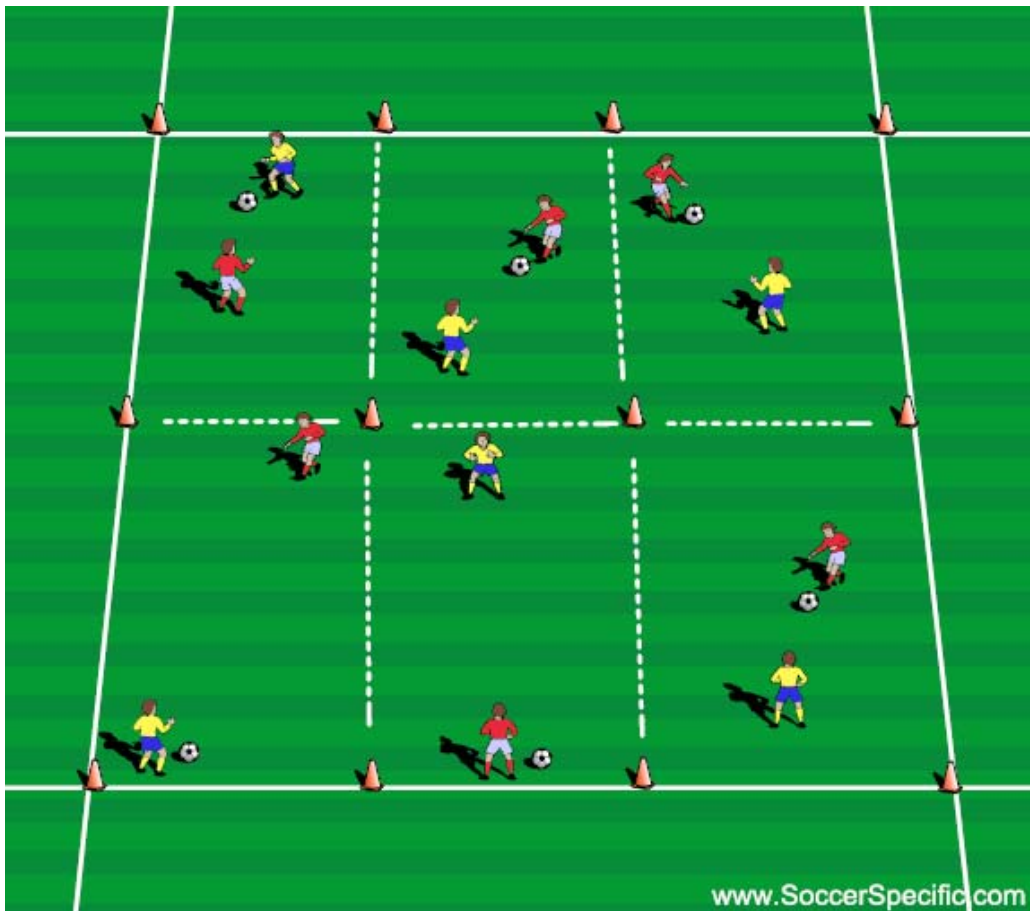
The wingers then cross from one of the static balls

Put the balls on top of cones for younger players so they can get the ball in the air.

Encourage the players to overlap on the outside and whip, chip or drive their crosses

Encourage the red and yellow players to constantly move and never be static in the box.

16. 1 v 1 Knockout



Yellow player passes to the red player and becomes the defender

Red player receives the ball and attempts to dribble past the defender and over the line.

Players keep score. Winners at the end of 30 seconds move up a grid

Losers stay where they are or if in 'winning zone' (top right grid) have to move all the way back to the bottom right grid.

Key Points

Imaginative Play

Confidence and Self Belief to take the defender on and score a point

Good Attitude to defend, win the ball and score a point

Example Session Plan



ACTIVITY #1

Set up: Ball Each Warm-Up

Area: 30x20

Organise players into teams depending on how many players you have, 4 teams of 3 is ideal.

Each player has a ball each

Instructions: Players move around the area with the ball, encourage them to use both feet and find space all the time. Gradually add in conditions, e.g. right foot only, left foot only, turns, tricks.

Increase intensity with their movement, e.g. Change pace, Change Direction, Speed it up, Slow it down

Work on specific skills, turns, etc

Include juggling the ball, kick and a catch, develop touch with each part of the body

Coaching Points: If the players are bunching together call 'Freeze', get the players to find a space and restart the exercise. Players to work on being as comfortable with the ball as possible. Look to integrate aspects of the session planned



ACTIVITY #2

Set up: Manchester City Academy - Dribbling Game

30x20 Area

4 Teams, 1 Team Defends, 3 Teams have a ball each player

Instructions: Players with a ball try to dribble across the area trying to avoid the defenders.

Defenders attempt to win the ball back and dribble it out of the area when they do win it.

When players lose their ball, they are out and have to make their way to the side, keeping the ball up whilst waiting on the exercise completing.

Actions are repeated until one team loses all its players, this team then becomes the defending team in the middle.

Coaching Points: Awareness of where the gaps are and confidence in dribbling the ball.

Defenders can work together "Ambush" opponents or work one on one to win the ball back.

Progression: Add Goals around the outside, so when defenders win the ball back they attempt to score.



ACTIVITY #3

Set up: Dynamic Passing & Moving

2x 30x20 Pitches

4 Teams, 1 ball per team

Instructions: Players pass and move within their pitch, e.g. Yellow Team only passes to Yellow.

On the command, players change pitch by dribbling the ball across from one pitch to the other.

Progression:

Instead of dribbling the ball, one player breaks onto the opposite pitch then calls for the ball, team mates then pass the ball across.

Coaching Points: Accuracy of passing

Good Movement

Good Communication

Find and using the Space



ACTIVITY #3

Set up: End of Session Game

GK, two teams

20x30 to 40x60 Dependant on Session Participants

Instructions: Free Game Time, emphasis on all coaching points that have been covered throughout the session.

Coaching Points: Freedom to play, experiment and enjoyment.

Job Descriptions

Give to all players and their parents so they can self reference before and after matches/training.

Talent

Athleticism

Leadership

Effectiveness

Natural Pace

Technique

Individuality

Desire

Coach

- Ability to create a positive learning environment
- All players are equal
- Positive Role Model for all
- Observe – Listen – Assess – Intervene
- Resist temptation to over coach
- Trust, Honesty and Fairness with your players
- Be a Seller, Not a Teller. Encourage them to buy into your/teams philosophy
- Be a Leader



Goalkeepers

- Communication and Bravery
- Concentration
- Shot Stopping
- Commanding in the Air
- Positional Awareness (in relation to the ball)
- Be a Sweeper – start our attacks!
- Decision Making (when to throw, roll out or kick from hands)
- Comfortable with the ball at feet
- Good Distribution (start attacks)



Centre Backs

- Comfortable on the Ball
- Ability to 'Step In'
- Good in the air
- Strong in the tackle
- Range of passing long/short
- Positional Awareness (depth)
- SAQ
- Communication/Leadership



Full Backs

- SAQ
- Ability to create goals
- Overlaps/Switches
- Be a Winger!
- Up and Down Pitch (good energy and recovery)
- Strong in the tackle
- Cover Back Post. Stay in touch with defensive line
- Effective (cross, shot, pass)



Centre Midfielders

- Both Footed
- Creative
- Range of passing (long and short)
- Good Energy (Box to Box)
- Effective (shot, pass, goal)
- Strong in the tackle
- Be the teams heartbeat
- SAQ
- Play in the Future



Wide Midfielders

- SAQ
- Ability to run with the ball
- Tricks and Turns in 1v1
- Understanding of role (when to have width and when to play narrow)
- Strong relationship with full back
- Ability to deliver quality passes
- Ability to create and score goals



Forwards

- Ability to be a link up player and play with back to goal (protect)
- Ability to beat a player in 1v1 on either side
- Always in position to receive on half turn
- Good awareness
- SAQ
- Be clever and smart in and around 18 yard box
- Score Goals with both feet
- Be our first line of defence
- Work smart off the ball



From Discovery to Performance

The Technical Coaching Programme is divided into 'Key stages' which range from Discovery to Performance - Excellence being the ultimate achievement of playing in the first team.

The SCHOOL Foundation will be along the lines of the following:

- U6 – U9 – Discovery
- U10 – U13 – Skill Acquisition
- U14 – U17 – Game Training
- U18 – First Team Performance

We are fully aware that each player will grow, develop and mature at different stages throughout their time in the Program. Therefore, it is important that we have a programme which is age specific. For example, at Foundation stage, the programme (small sided games, guided discovery coaching) and its demands will vary considerably to that of a player who has reached the U15 – First Team stage (technical and tactical practice, train to win) of their development.

The Technical Coaching Programme is a working document for all as a whole and coaching staff within the Development Programme must be regarded as an important resource in their work to develop players. With the aid of this document it is important that all coaches, within the program attempt to create an atmosphere that guides, energises and excites all our young players.

In the eyes of these young players the coach must be seen as their leader, role model and the person who is ultimately responsible for their development and that of the SCHOOL Program.

The Schools focus is **development** and **not to win games and leagues** – players all want to win and will be competitive in training and games. All organisations in world football that have focused on development above winning on match day have been the most successful.

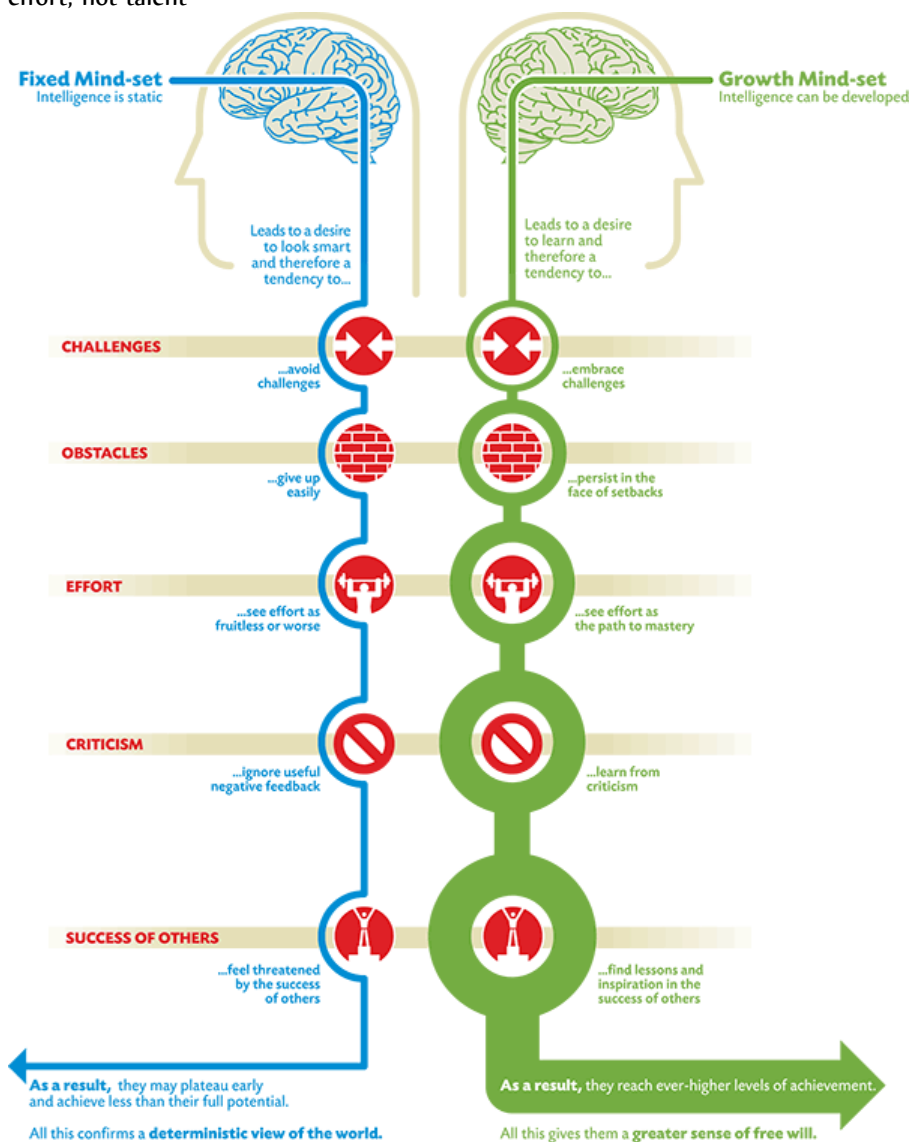
Coaches are there to develop and make each member of their squad feel special and receive the same amount of respect, guidance and encouragement.

Growth Mindsets

As coaches we can educate the players and parents to develop a growth mindset over a fixed mindset.

Coaches and Parents should always:

- Encourage players that their abilities can be transformed through purposeful practice
- Players should feel that challenges are an opportunity to learn rather than see them as a threat and potential to fail.
- Always praise effort, not talent



GRAPHIC BY NIGEL HOLMES

As coaches we should encourage the players to have an intrinsic motivation to improve all areas of their game. However they should only do this if they generally love to play.

Pushy parents and coaches will achieve nothing and if anything have a negative effect on the development of the player.

If the motivation is intrinsic then it can have a very powerful effect on the player's development as they will be able to push themselves for longer and have a greater desire to master their skills.