

South West Qld Zone

Youth Football Development

“The New Coach”

Where Do I Start



**Building Foundation
for the Future**

The Training Session

It is essential that if any “coaching” is done throughout the session

It is presented to the player in a supportive and encouraging manner.

Shouting or threatening will only hinder a players skill development

Start of training— welcome players

Time for the coach to-

- Overview the session and set the stage
- Deal with any administration issues
- Have a short talk with each player on arrival

Basic Training Program 1

Dribbling in square, screening	10mins
Three versus one in 10x10 grids	10mins
Four versus two in 20x20 grids	10mins
Possession game with 4 goals	15mins
One versus one 20x10 grid two goals	15mins
Smallsided game 5v5	20mins

Basic Training Program 1

Three versus one in 10x10 grids	10mins
Four versus two in 20x20 grids	10mins
Technique practice	10mins
Throw, head, catch football	10mins
Shooting practice	15mins
Small sided game	20mins

Opening Activity - fun warm-up and games

Time for the coach to -

- Focus on enjoyment as the children warm up
- Give **praise** and lots of it
- Develop basic movement patterns
- Demonstrate positive habits of warming up to avoid injuries

Revision

Time for the coach to -

- Reinforce skills from previous sessions
- Focus on key points of a desired action
- Give **praise** and lots of it
- Players to demonstrate practiced skills

Session	Time Minutes	#1	#2	#3	#4	#5	#6	#7	#8
Start	5	Welcome the players., watch the early arrivals demonstrate their homework, overview the session etc							
Opening Activity	10	Fun games (involving basic movements) and technique/skill activities							
Revision	10/15	Controlling	GK / Heading	Dribbling	Dribbling	Passing	Passing	Receiving	Shooting
Technique / Skill Activity	10/15	Dribbling	Dribbling	Passing	Passing	Receiving	Receiving	Shooting	GK / Heading
Games	15/20	Needs no explanation – have fun, reinforce technique/skills – it is why the players are here!!!							
Conclusion	10	Fun activity – could be the same as your opening activity –general administration, say goodbye							

Skill Development

Time for the coach to -

- Introduce a new skill / action
- Ensure each child understands the skill/ action
- Group children together according to their level of ability and development needs
- Ensure a systematic practice environment

Skill Development

- Allow players time for repetition
- Observe the players actions in a controlled environment
- Correct any fundamental errors
- Praise good work

Rooball Sessions

An example of a number of rooball sessions are outlined with an approximate time allocated for each segment

Coaches may choose to continue to repeat this format with only slight modifications without any detriment to the players development or enjoyment

A Junior Training Session

Seven basic parts:

- Start of training
- Opening activity
- Revision
- Technique/Skill Development
- Modified Games
- Conclusion Activity
- Evaluation

Once at the ground

Arrive at least 15 to 20 minutes early -

- Decide on the size of the training area
- Mark it out with markers or poles
- Have balls and bibs ready as the players arrive
- Explain the practice—structure, rules, outcome
- Control it enthusiastically, (praising at every opportunity)

Once at the ground

When the practice is under way, keep in mind what is next and how you will switch your organisation and area.

Keep in mind what practice the players enjoy most and put the in your program often, but still keep it varied.

Skill Development

The coach is also able to -

- Correct errors or introduce a new playing behaviour
- Support and encourage good play
- Demonstrate to the children what to do and not tell them what not to do

Skill Development

- Progress a players development at the appropriate time
- Make the activity more challenging as required
- Ensure a realistic practice environment

Modified Games

This time allows the players to -

- Learn from playing in games
- Allow time to play without instruction or intervention
- Ensure maximum participation & involvement
- Express themselves and have fun

Finishing Activity

The coach can use this brief time to -

- Finish with a fun activity
- Develop good warm-down habits
- Emphasise key points of the training session
- **Praise** children for good work (equally)
- Organise equipment (who puts it away)
- Provide information (time, date, Venue of the next training or game)

What's needed by the coach?

To train the players a coach needs -

- Knowledge and a plan of action
- A suitable and safe training area
- The correct size and type of football
- Training bibs
- Safe markers

What is needed by the players?

At training the players require -

- Suitable attire and safe footwear
- **Shin pads**
- Water bottle

Examples of Area Sizes

Numbers	Under 7 / 8	Under 9 / 10	Under 11 / 12	Under 13 / 16
3 v 3	20 x 15	25 x 20	30 x 20	35 x 25
4 v 4	30 x 20	35 x 25	40 x 25	40 x 30
5 v 5	35 x 30	40 x 30	45 x 30	50 x 40
6 v 6	40 x 30	45 x 30	45 x 35	55 x 40

Planning a Training Session

It is essential that a coach plans each training session in advance.

This will lead to an enjoyable session for the children and the coach will feel more competent with their approach and delivery of the session content.

Planning a Training Session

Each session should give the players a variety of activities and be related to the ability and the development need of the child.

A 45–80 minutes is a realistic time frame with obvious adaptation for weather or facilities and the players age.

Why Plan?

To assist the coach ensure each session -

- Is safe for the players and coach
- Is motivating by its content and structure
- Leads to a players ongoing development
- Is fun for the players and coach
- Is suitable for the players ability
- Is challenging and progressive

What Children Enjoy

1. Having an exciting close game
2. Receiving medals or trophies
3. Beating their opponents
4. Being with friends
5. Wearing the correct uniform
6. Competing and trying to win
7. Playing, using the skills of the game
8. Improving their skill level
9. Having a good relationship with the coach
10. Being selected in the team not on bench

Children Placed in Order

1. Improving their skill level
2. Playing, using the skills of the game
3. Having a good relationship with the coach
4. Being selected in the team not on bench
5. Competing and trying to win
6. Having an exciting close game
7. Being with friends
8. Wearing the correct uniform
9. Beating their opponents
10. Receiving medals or trophies

How Children Learn

- By watching and copying
- By repetition of the skill / action
- When having fun and enjoying the activity
- In small sided games through involvement
- Through Praise and positive reinforcement

How Children Learn

- By Knowledgeable coaching instruction
- When encouraged to be creative
- From trial and error / trial and solution
- By asking questions—and the child thinking the answer and solving the problem