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***Coaching for the future***

# My coaching philosophy

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**For the individual and the team to reach their personal potential**

The core of my philosophy is geared towards player development in the four key areas

- Technical
- Tactical
- Physical
- Psychological

# Where does coaching begin

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- **Vision** (what do you want to bring to the team)
  - ? Winning
  - ? Performance
  - ? Enjoying the game
- **Session planning**
  - Why
  - What
  - How
- **Preparation for training**
  - Arrive early to setup
  - Correct equipment (balls, bibs, cones – based on your session plan)
- **Observation**
  - Observe the skill or tactic
  - Intervention
  - Through demonstration, explanation and repetition
- **Communication**
  - Be brief, concise, (in AGE SPECIFIC language)

# Age related session timeframes

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Age group	Time
U / 6	45 minutes
U / 8	45 – 60 minutes
U / 10	60 – 75 minutes
U / 12	75 minutes
U / 14	75 – 90 minutes
U / 16	90 minutes
Senior	90 -120 minutes

# COACHING GRASSROOTS FOOTBALL

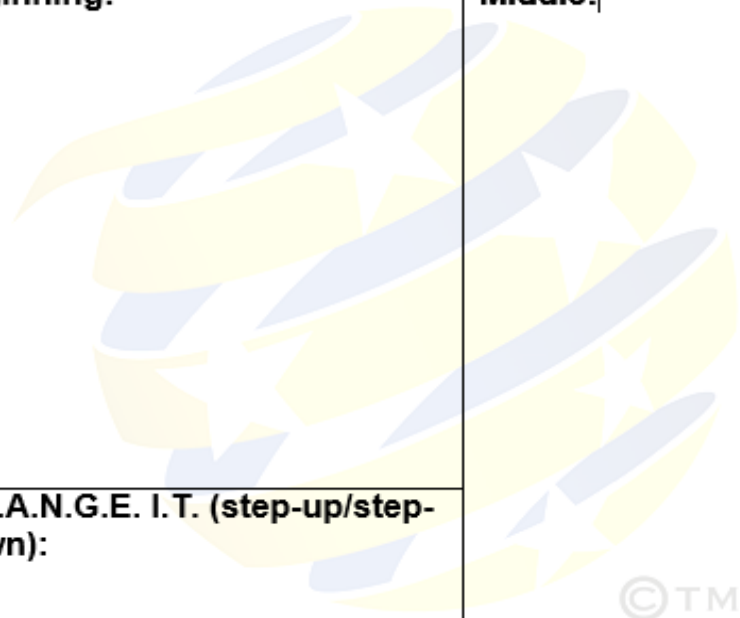


Better Coaches, Better Football



## Session Plan Template

<b>Date:</b>	<b>Attendance:</b>	<b>Equipment needed:</b>
<b>Venue:</b>		
<b>Duration:</b>		
<b>Introduction</b> (aims for session, reminders, etc.):		
<b>Beginning:</b>	<b>Middle:</b>	<b>End (game or modified game):</b>
<b>C.H.A.N.G.E. I.T. (step-up/step-down):</b>		<b>Coaching points/comments:</b>
<b>Review/evaluation</b> (key points from session, what worked and what did not, modifications for next session, etc.):		



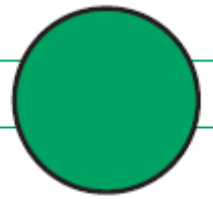
FOOTBALL  
FEDERATION  
AUSTRALIA

# Activity formats

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## The Beginning

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### 1. General Movement

(run, jump, land, stop, start, balance, agility, co-ordination, twist, turn, etc )

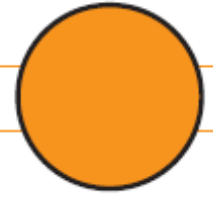
### 2. Tagging Games

### 3. Ball Mastery

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## The Middle

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### 1. Passing and Receiving

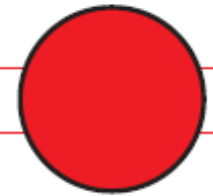
### 2. Dribbling

### 3. 1v1

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## The End

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### 1. Shooting games

### 2. Small-sided games

# Sample Training Session

Ages  
5-8

1. Play (3v3 Game)
2. Pause: Water Break
3. Corrective Game: Example (Multiple 1v1 games)
4. Pause: Water Break
5. Play (3v3 Game)
6. Pause Water Break
7. Corrective Game Example (4v1 Rondo)
8. Pause: Water Break
9. Play (3v3 Game)



# Sample Training Session

Ages

11 - 12

1. Pre-warm-up: Juggling/5v2/6v2/7v2 Rondo
2. Warm-up the Spirit (Example: Chain Tag Game)  
stretching
3. Rondos / Positional Games / Possession  
Games/Perception Games 3v3, 5v5
4. Analytical Exercise: Technique (Example: 2 touch  
passing for 10 minutes)
5. 7v7 Game (3-2-1)

# Sample Training Session

Ages

13-14

1. Pre-warm-up: Juggling/5v2/6v2/7v2 Rondo
2. Warm-up the Spirit (Example: Ball Tag Game)/Stretching
3. Rondos, Positional Games, Possession Games/Perception Games/Technical and Tactical Training
4. Small-Sided Games, 7v7 Game (3-2-1)

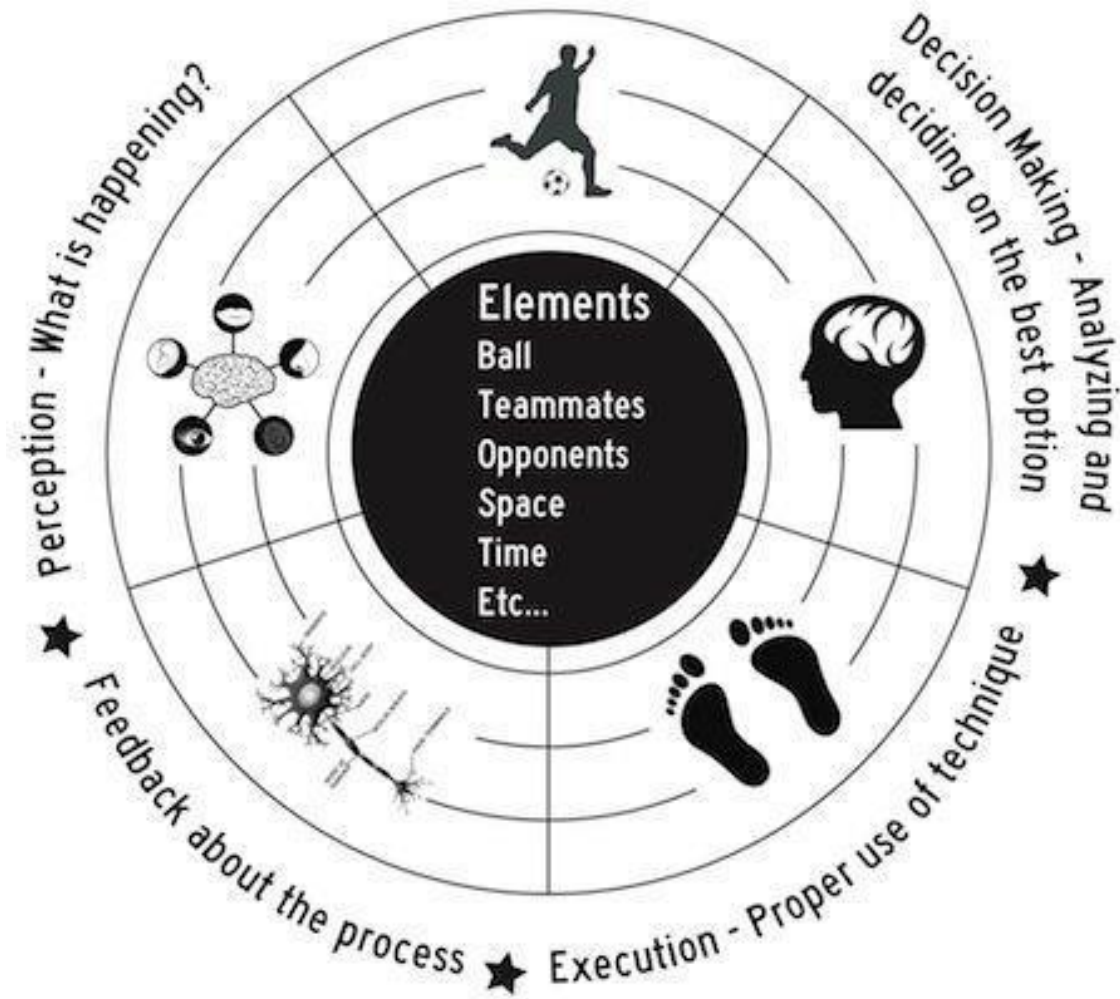
# Sample Training Session

Ages

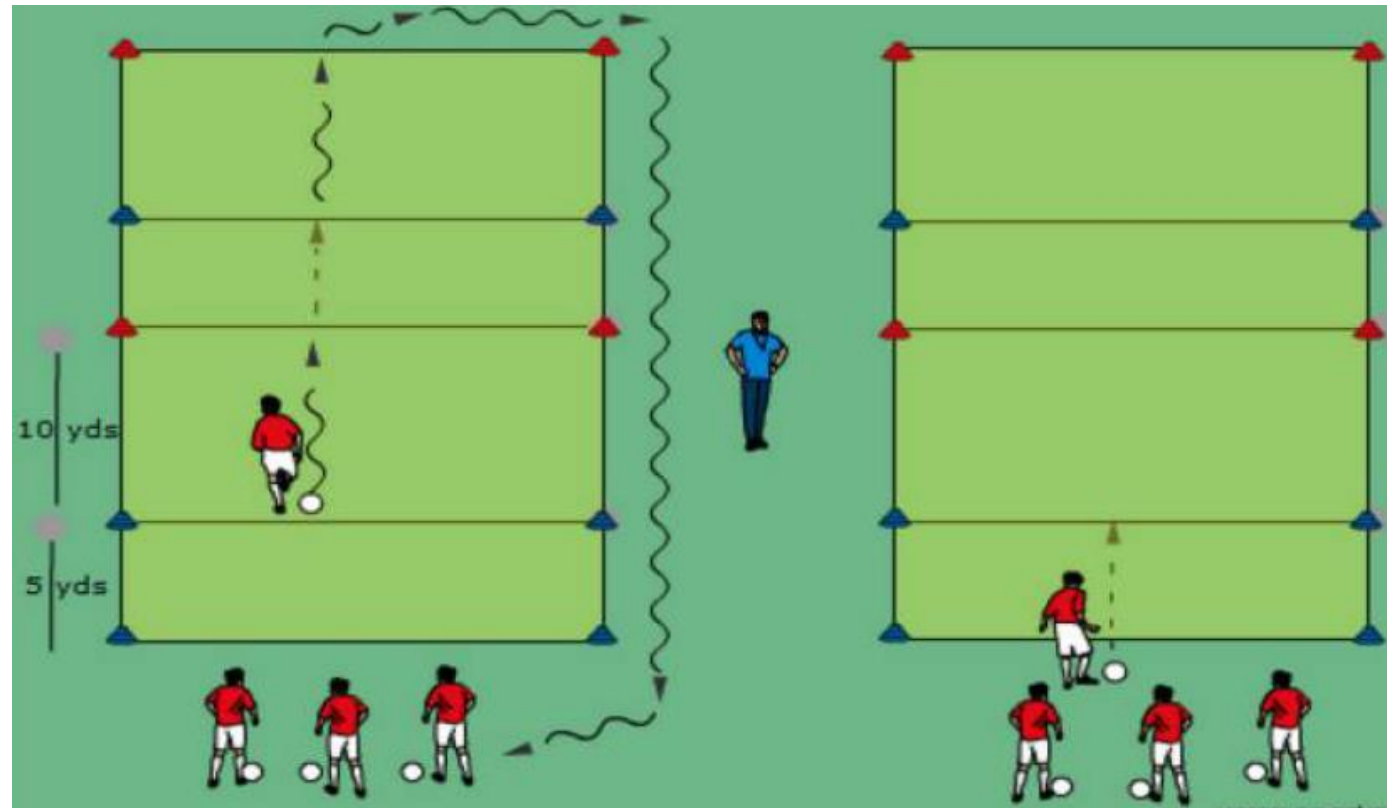
15-18

1. Pre-warm-up: Juggling/5v2/6v2/7v2 Rondo
2. Warm-up the Spirit (Example: Ball Tag Game)/Stretching, Agility, Rondos, Technique, Positional Games
3. Strength Resistance, Speed, Possession, Positional Games, Technical and Tactical Training
4. Small-Sided Games, 2 Team Game.

The steps of the learning process.

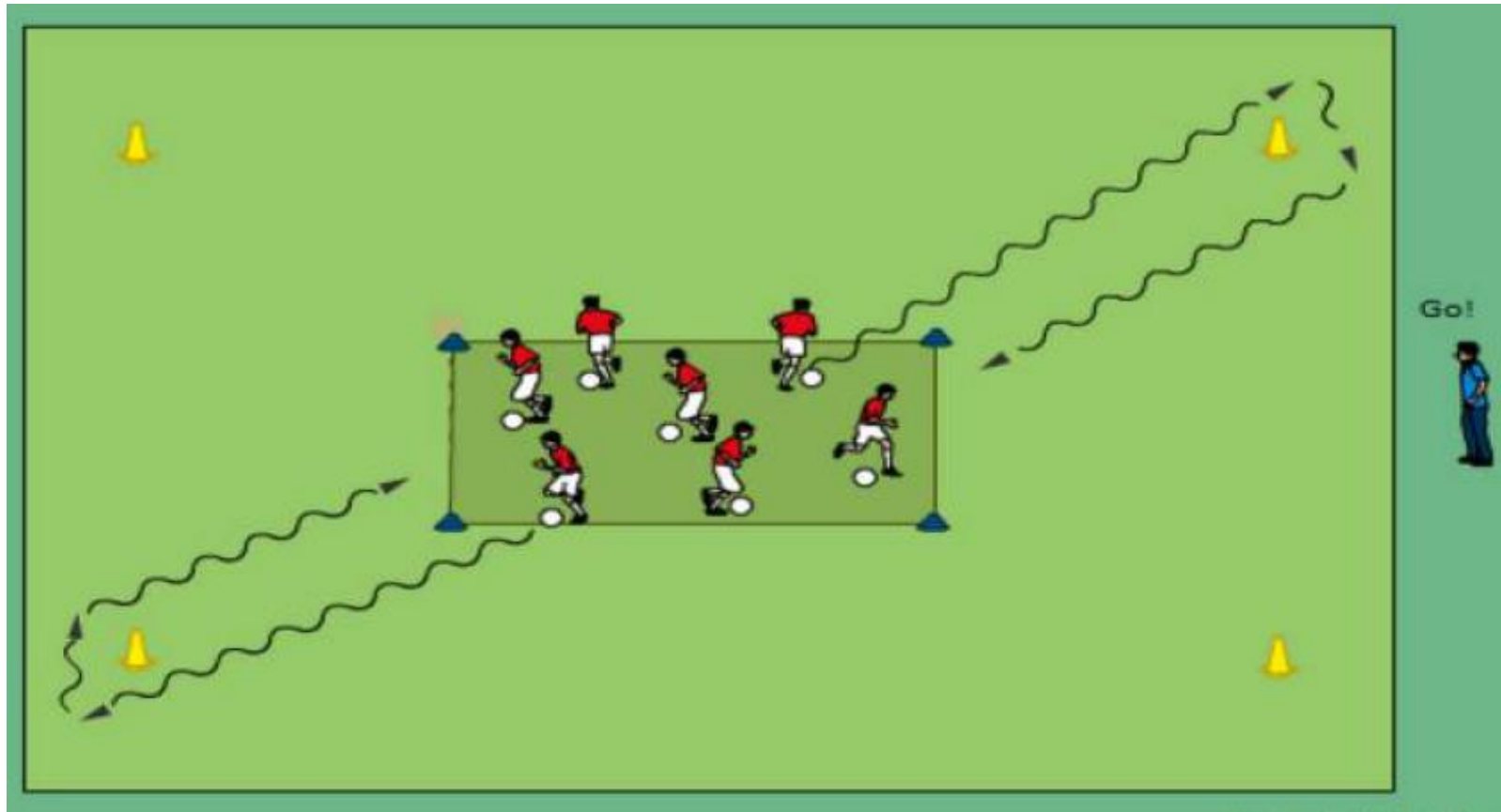


# Warm up 'Soft touch – Dribbling'



# Warm up 'Soft touch – Cone Dribble'

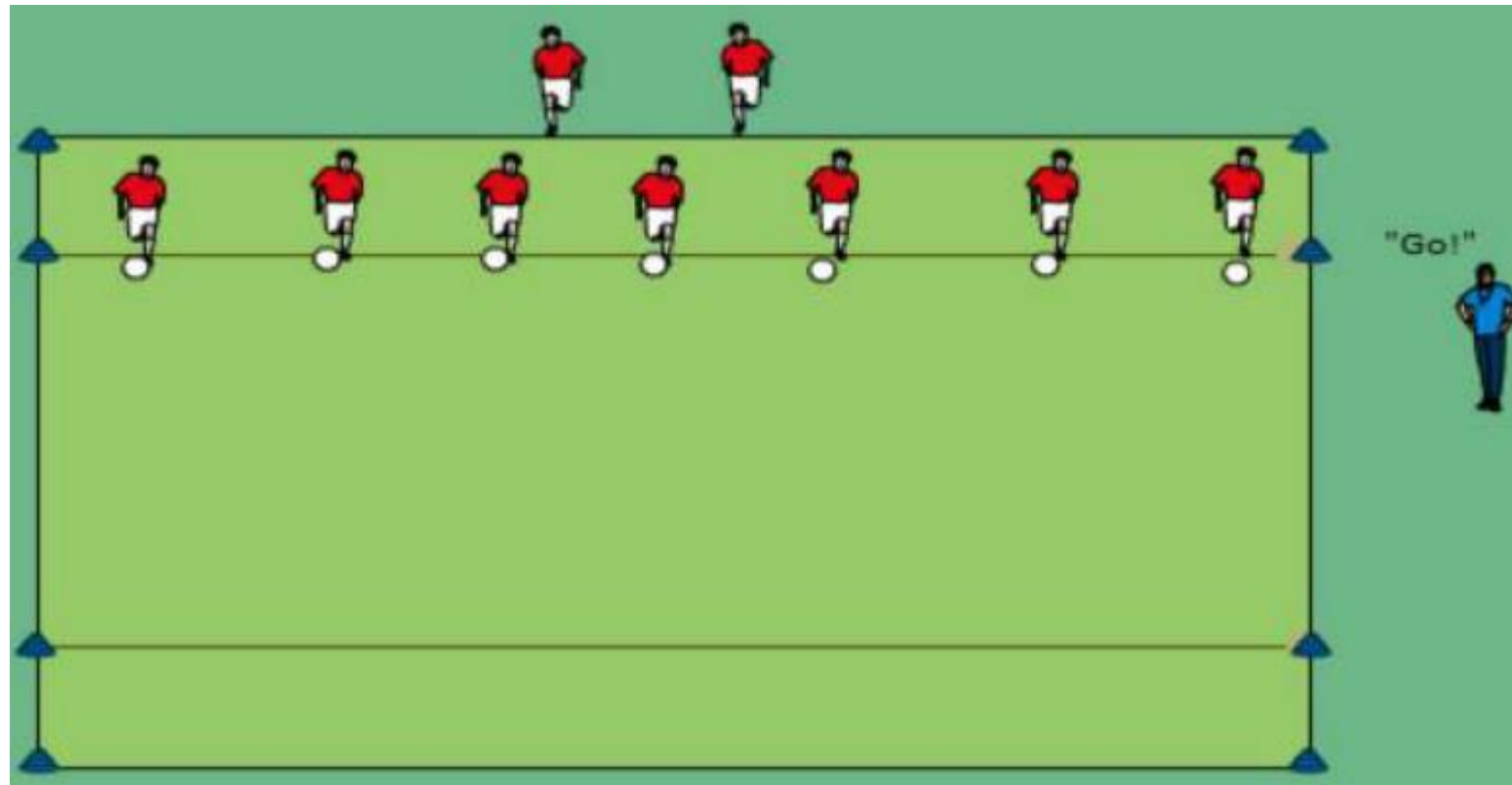
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# Catch up

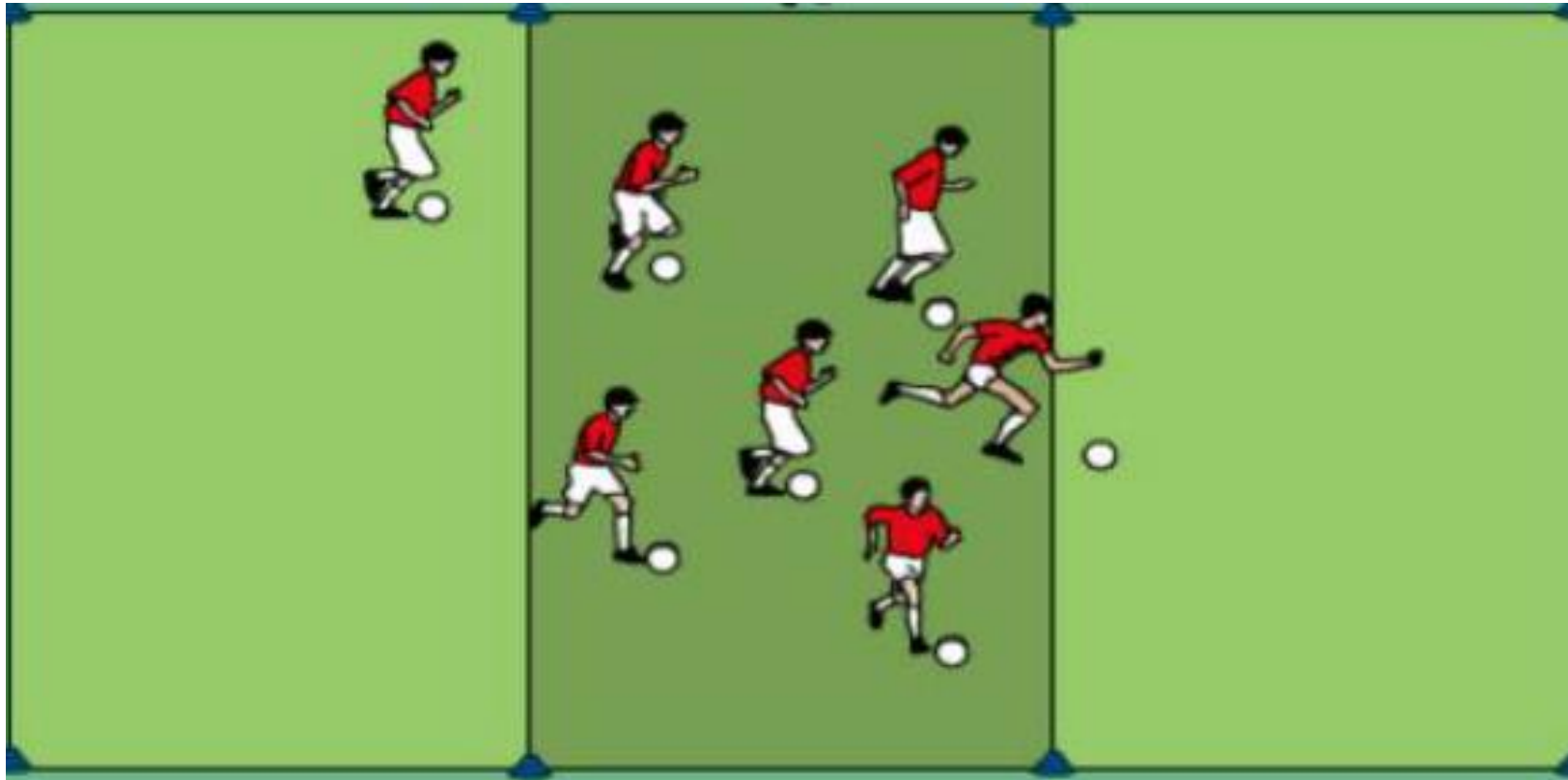
Speed dribbling

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# Dribbling

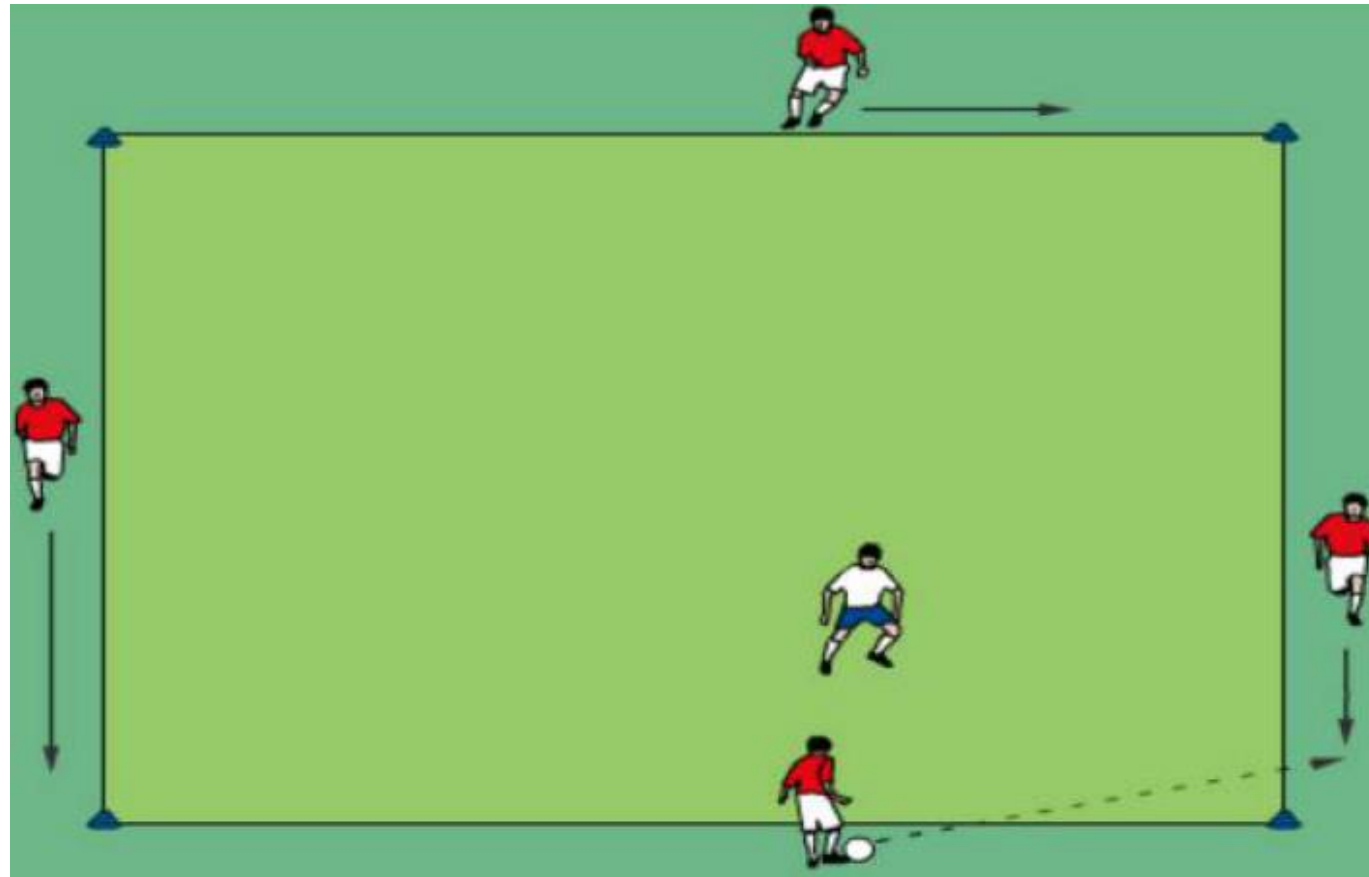
3 Zone dribble





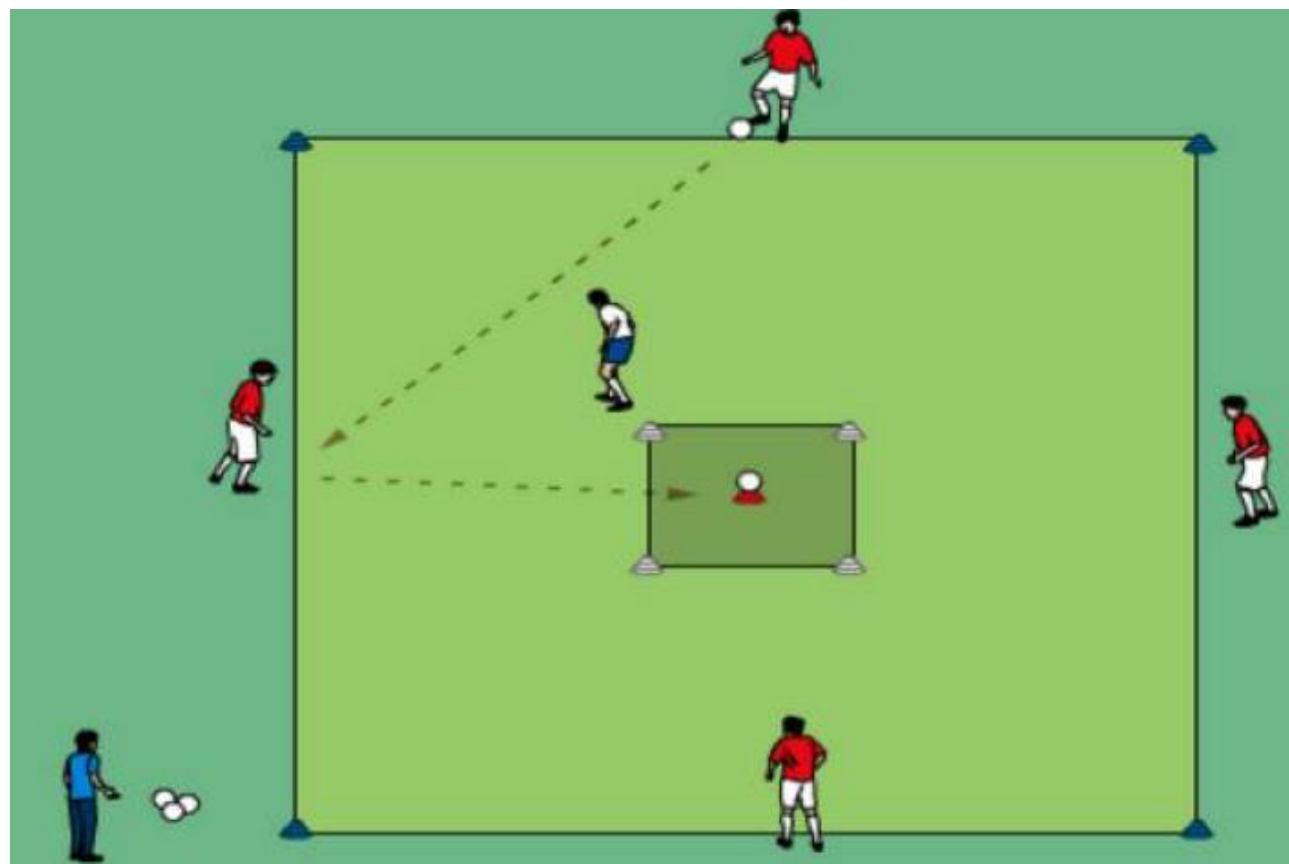
# Passing

*Aim – keeping possession*



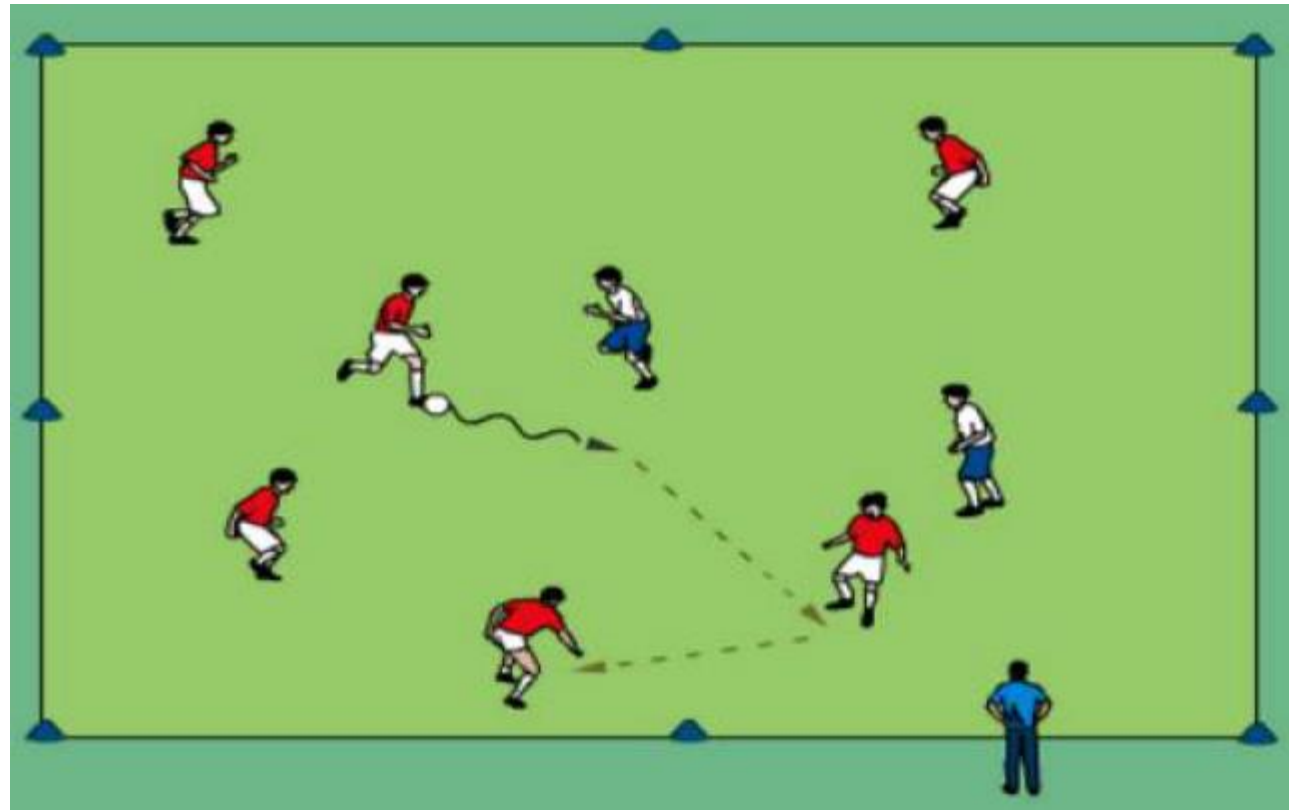
# Passing

Possession + target



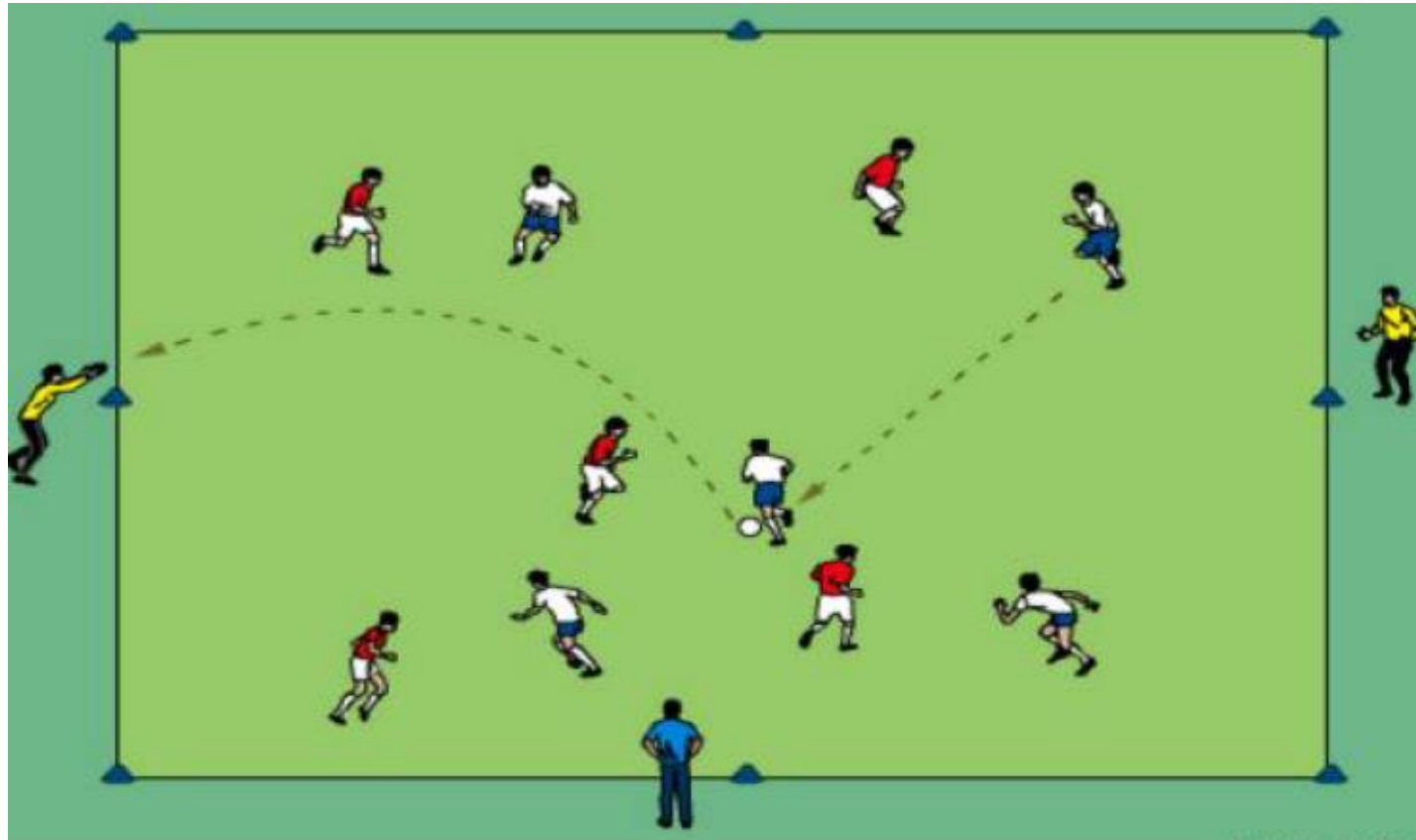
# Possession

6v2



# Possession

5V5



**Thank you**