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Football NSW - Week Twelve - Coaching Session Plans



Hi Andrew, welcome to week twelve of our coaching session plans!

Week twelve will see some age groups going over previous sessions, we promise there is no mistake!

Coming into the back end of the season, this is the perfect time to ace those one percenters' to ensure that your team is firstly growing and developing, but are building especially coming into finals.

Don't forget that in your session plan you will be able to find the following

- **Step Up & Step Down concepts for Drills**
- **Hints & Tricks**
- **Possible Coaches Remarks**

This week for some is the perfect time to go the extra mile and step up the pace on some of the drills, especially if this is your second session on a particular skill

Here's each age group will be focusing on this week...

AGES 4 - 9 Discovery Phase - Drill: 1V1 - Session 2

AGES 9 - 13 Discovery Phase - Drill: First Touch - Session 3

AGES 13 - 17 Discovery Phase - Drill: Transition from BP to BPO - Session 2

AGES 17+ Discovery Phase - Drill: Attacking Central Areas

This year your coaching sessions are even more detailed, with plenty of activities with the ability to increase the intensity or decrease the tempo depending on your age groups skill level. Below you will find a link of a two page coaching session, which is designed to be printed double-sided to still keep all your important information on just one page

Week Twelve - Coaching Session Plans

Below you will find a coaching session plan which will be tailored to your designated age

Below you will find a coaching session plan which will be catered to your designated age group.

This week the main program focus of the coaching session will be striking the ball, with various techniques, drills and games to work on this skill.

Ages 4 - 9 Discovery Phase Coaching Session Plan

Ages 9 - 13 Skills Acquisition Phase Coaching Session Plan

Ages 13 - 17 Game Training Phase Coaching Session Plan

Ages 17+ Performance Phase Coaching Session Plan

Key Tips For The Season



Know Your Role

1. Facilitate fun and learning with a football. Provide a safe and enjoyable environment.
2. Explain Training / Game day rules and reasons behind them.
3. If you are coaching your child's team, remember to treat them fairly.



Activities to Guide the Season

1. Training activities always try to use the ball.
2. If in doubt, just play a game and get the kids to S.O.C.H.A.N.G.E.I.T.
3. Football NSW will provide training sessions based on the National Curriculum.



Set Yourself a Goal

1. Can each player touch the ball 250 times during the session.



Communicate with Parents

1. Meet parents at start of the year. Outline philosophy around playing times & acceptable behaviours.

2. A good, active, well-planned training session should be around

- Ages from **5 yrs - 9 yrs**
= 60mins.
- Ages from **10 yrs - 13 yrs**
= 75mins
- Ages from **13 yrs - 17 yrs**
= 75mins
- **17 years +** = 75 mins

3. Enjoy playing, not watching. Get every player involved in the practice.

2. Help foster / develop love for the game - long term development vs short term winning.

3. That they support the children and not 'coach' from the sideline.

Upcoming Courses

Ready to take a course? Find one at the link below:

[FIND A COURSE](#)

Ask the Coach

Got a question for our coaching staff? Not a problem, click on the button below to submit a question to the Football NSW Coaching Team

[SUBMIT YOUR QUESTIONS HERE](#)

Kind regards,

Football NSW

footballnsw.com.au/coaches



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