

## **GLENHAVEN FOOTBALL CLUB U6/7 COACHING TIPS**

The following are some coaching tips that you may find helpful:

### Meeting with Parents

One of the first things I suggest you do is arrange a meeting with parents. This is a chance to set expectations of parents for the season. Topics to touch on:

- Introduce yourself and manager
- Equal playing time for all players (club value)
- Behaviour of parents – no verbal or physical abuse of officials or opposition players or parents (club value).
- Training day/s and time/s
- Focus of coaching for the year – running with ball and ball control
- Playing style - RUN WITH THE BALL and NO BIG KICKS, call your name when you get the ball, run around the opposition (not through them), players without the ball go behind the player with the ball (give player with ball space to run with ball).

### Training sessions

- For new teams, the first training session is a 'get to know you' one as not all players (and parents) in the team will know each other. This can be done with fun games such as chasings (coach calls a player's name and the other players need to chase that player), stuck in the mud (the player catching others needs to say the name of the other players as they tag them), duck duck goose (a player circles the other players sitting in a circle and says name of each player as they pat them on the head then when they pat a player on the head and say goose the sitting player has to get up and chase the person who was patting the players on the head around the circle until this person sits in the vacant position).
- For the second training session, show the players the basics behind football. That is, stopping the ball (instep), passing the ball (instep), moving the ball from side to side (instep and outside of the foot), and running with the ball ('pinky' toe). These are the basic skills that players and coaches need to focus on when drills are introduced.
- For the third training session on, use the model training sessions from the Football Federation of Australia (FFA) National Curriculum. By following the model training sessions, I estimate that it will take about 30 mins to prepare for each training session. This will give you time to read and understand the drills in each model training session as well as plan your training session to avoid wasting time between drills. Please find following a link to the FFA website to view and download a copy of the National Curriculum:

<http://www.myfootballclub.com.au/index.php?id=187>

P84, 85-125 of the National Curriculum provides information, a training program and model training sessions for this phase.

P50 of the National Curriculum provides coaching tips for U6-7 teams.

- Should you not use the model training sessions from the Football Federation of Australia (FFA) National Curriculum, I suggest you divide your training session into 3 parts: running with ball drills, ball control drills and fun games.

- Encourage the parents to participate. This will help you as you only have 45mins and also it shows them what skills you are teaching the players so if players want to kick ball at home with parent then the parent can re-enforce the learnings at training.
- Train as an age group (with a co-ordinator) or as individual teams

### Saturdays

- For games, the structure for kick-offs is one player on the ball with one player at arm's length, either side and one at arm's length behind the player with the ball. The player with the ball must call the name of the player they are passing too (eg: "James") and the player receiving the ball must also call their name (eg: "James' ball"). The structure for all kick-ins (side or end) is one player with the ball on the line with one player opposite (about 2m) and one player at arm's length either side of the player opposite the player with the ball. Again, the player with the ball must call the name of the player they are passing too (eg: "James") and the player receiving the ball must also call their name (eg: "James' ball").
- Encourage all players to RUN WITH THE BALL and NO BIG KICKS. Also, encourage players to call their name every time they get the ball (eg: "James' ball"), run with the ball around the opposition (not straight through them), have all players that do not have the ball go behind the player running with the ball (this gives the player running with the ball the room to go around the opposition with running into their own players). Going behind doesn't mean single file, just wherever they are on the field at the time should they be in front of the player running with the ball. Before each game reinforce the above by asking the players the following questions:
  - What is the aim of playing football? To score a goal (response)
  - What do you need to score a goal? The ball (response)
  - What do you do when you get the ball? Call your name (response)
  - Do you run through the opposition or around them? Around (response)
  - What do the players who do not have the ball do? Go behind the player with the ball (response)
- For games in U7's, depending upon ability, introduce 2 attacking players and 2 defensive players for games. The 2 attacking players always challenge for the ball and the 2 defensive players stay behind the attacking players but follow the ball (not standing still). If the attacking players win the ball then they try to score a goal. If the opposition gets past the attacking players then the defensive players challenge for the ball then try to score a goal. For example, if the opposition has a kick-off or kick-in (side or end), our team is in a line setback from them to give them space and as soon as play starts, our 2 attacking players break from the line to challenge for the ball with the defensive players staying where they were but following the ball. Should this happen in our half and our attacking players win the ball and enter the opposition half, encourage the defensive players to move up to the half way line. Rotate players so that they experience both attacking and defensive positions.
- Encourage, do not yell
- If you have not practiced something in training do not expect to give instructions on Saturday and for the players to carry it out.

### Coaching Course/Certificate

All coaches are encouraged to complete the 'grassroots' coaching course. The cost to attend is free and requires a 3 hour commitment. The Gladesville Hornsby Football Association (GHFA) is

conducting a 'grassroots' coaching course and coaches must sign in online for the course PRIOR to the commencement date:

U6-9 Discovery Phase (Grassroots) – Wednesday 23 March at Christie Park (see 2016 GHFA Calender)

Support and Resources

Please contact the Director of Coaching Paul Neville if you would like help with any coaching issue.

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