



**NORTHERN  
SUBURBS  
FOOTBALL**  
EST. 1957

# UNDER 14+ COACHING TOOL

MAIN MOMENT	BP BALL POSSESSION Attacking	BPO BALL POSSESSION OPPONENT Defending	BPO > BP TRANSITION Switch from defence to attack	BP > BPO TRANSITION Switch from attack to defence
KEY PRINCIPLES	Structured build up	Win the ball back ASAP	Move into BP positions	Move into BPO positions
	Controlled possession in middle third	Deny opponent space and time	Quick forward passing	Press the ball carrier
	Combination play	Limit opponent ability to create chances	Quick movement forward	Make field as small as possible
	Creating scoring chances		Make field as big as possible	

## IS YOUR SESSION:

### SAFE

Is the field safe? Free from debris, sharp objects, vehicles, older players, dogs, running water, roads, is there lightning (30/30 rule), is it over 32 degrees?

### ORGANISED

Are you organised? Do you have a session plan (if not, see below)? Do you have balls, cones, bibs? Do you know your players?

### ENJOYABLE

Are you players smiling, laughing, enjoying themselves? This is the greatest feedback you will receive!

### ENGAGING

Are players involved in the sessions and paying attention? Avoid long lines, long drink breaks, confusing set-ups, very challenging tasks. Keep it simple, keep it fun

**REGISTER NOW**  
TO RECEIVE SESSION CONTENT  
[www.myfootballclub.com.au](http://www.myfootballclub.com.au)

Register as a coach on MYFOOTBALLCLUB and you will receive an appropriate session plan EVERY MONDAY during the season.

Additional resources can be found at:  
[www.ffacoachingresource.com.au](http://www.ffacoachingresource.com.au)



## Session components

<b>PP</b>	<b>PASSING PRACTICE</b> Introduce your theme for the night and have players actively warming up physically, whilst becoming focussed mentally, preferably with a ball. You can use the FIFA11+ warm up to begin.
<b>PG</b>	<b>POSITIONING GAME</b> Create a possession game with players in realistic positions. Ensuring the game is free for players to make their own decisions and reinforce basic possession, positioning and technical principles.
<b>GT</b>	<b>GAME TRAINING</b> Conscious teaching from the coach and learning from the players takes place based on the session objective. Create the realistic scenario by setting the exercises in the correct field position and having players in positions. Challenge the players! Make effective interventions and provide feedback to help your players achieve the session objective. Ask smart questions to have the players thinking.
<b>TG</b>	<b>TRAINING GAME</b> This is the traditional 'end of training game'. Dedicate at least 25 minutes and use the time to observe and reflect as to whether learning and progression has taken place.

<b>C</b>	<b>COACHING STYLE</b> Provide feedback in the drink break or change of activities without interrupting the game. Use player role models.
<b>H</b>	<b>HOW YOU SCORE/WIN</b> Increase opportunities to score.
<b>A</b>	<b>AREA</b> Increase or decrease the game challenges by changing the size/shape of the playing area, i.e. long and narrow, short and wide, smaller/larger.
<b>N</b>	<b>NUMBERS</b> Use different team numbers of players to overload the advantage of one team or vary the number of turns at goal, etc.
<b>G</b>	<b>GAME RULES</b> Change the rules slightly, i.e. no tackling, minimum number of passes, etc.
<b>E</b>	<b>EQUIPMENT</b> Vary the equipment used, i.e. a bigger goal, smaller goals, more goals
<b>I</b>	<b>INCLUSION</b> Engage the players in modifying the practices: provide options they could choose from to encourage ownership. Consider what can a player do as opposed to what they can't or your perception of what they can or can't do.
<b>T</b>	<b>TIME</b> Reduce or extend the time to perform actions, i.e. how many passes in 20 seconds, get a shot at goal within 30 seconds.