

UNDER 6 - 8 COACHING TOOL

Session components

B	<p>BEGINNING GAME</p> <p>The purpose of the beginning component is to stimulate the physical and mental side of your players, a warm up to the session ahead.</p> <p>Try competitive races or games with and without the ball, making it fun and inclusive.</p>
M	<p>MIDDLE GAME</p> <p>The middle game is where we conduct fun football exercises. Try to include an opposition to challenge your players in a realistic football scenario.</p> <p>You can try games to enhance passing, shooting, dribbling and decision making.</p>
E	<p>END GAME</p> <p>Let them play! Set up a normal game.</p> <p>As a coach/facilitator, step back and observe whether your players are enjoying themselves and trying some of the skills you have introduced.</p>

If your session is not working can you... **C.H.A.N.G.E.I.T.**

C	<p>COACHING STYLE</p> <p>Provide feedback in the drink break or change of activities without interrupting the game. Use player role models.</p>
H	<p>HOW YOU SCORE/WIN</p> <p>Increase opportunities to score.</p>
A	<p>AREA</p> <p>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.</p>
N	<p>NUMBERS</p> <p>Use different team numbers of players to overload the advantage of one team or vary the number of turns at goal, etc.</p>
G	<p>GAME RULES</p> <p>Change the rules slightly, i.e. no tackling, minimum number of passes, etc.</p>
E	<p>EQUIPMENT</p> <p>Vary the equipment used, i.e. a bigger goal, smaller goals, more goals</p>
I	<p>INCLUSION</p> <p>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.</p>
T	<p>TIME</p> <p>Reduce or extend the time to perform actions, i.e. how many passes in 20 seconds, get a shot at goal within 30 seconds.</p>

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

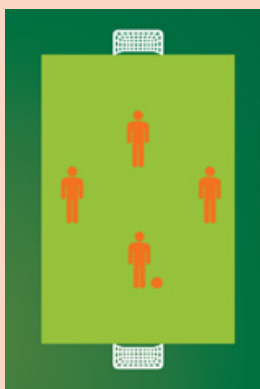
Are you players smiling, laughing, enjoying themselves? This is the greatest feedback you will receive!

ENGAGING

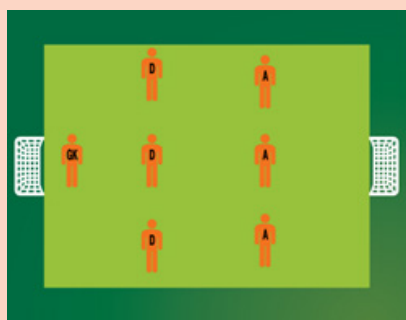
Are players involved in the sessions and paying attention? Avoid long lines, long drink breaks, confusing set-ups, very challenging tasks. Keep it simple, keep it fun

GAME

**Under 6 & 7
4 vs 4
(Diamond
formation)**



**Under 8 & 9 - 7 vs 7
(1-3-3 formation)**



Pregame

Warm-up – Try an activity or exercise that you have played/practiced with the players at training.

Team talk – Encourage players to work on key points and skills you have practiced at training ie. Dribbling into space

Mid-Game

Encourage the players to be involved and try their new skills.

DO not over instruct from the sideline, allow players to make their own decisions

Let them play!

Half-time

Role model positive player actions:

“Johnny, I loved the way you dribbled into the space”

If all else fails... **just LET THEM PLAY!**

REGISTER NOW
TO RECEIVE SESSION CONTENT
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

For further information please contact Ed Ferguson – edward.ferguson@nsfa.asn.au