



COACHING GUIDELINES FOR 12-16 YEAR OLDS

Prepared by Chris O'Connor and Kevin Best

CONTENTS

Foreword.....	3
Season sessions summary.....	4
Coaching session structure.....	5
Core skills.....	6
Different playing systems.....	7
The role of each player's position.....	7
Match day preparation.....	9
Coaches – good practice.....	10
20 week season plan.....	11
Training Game Options.....	32



FOREWORD

Guidelines have been released by FFA and FNSW over the past few years in an effort to provide coaches with valuable information, which has been obtained from all round the world, on how to develop players in Australia. The guidelines have been developed to produce better prepared players, who will be the future of Central Coast football and beyond. The guidelines should be implemented by all local club coaches, who should adopt the main principles in developing players. A coaches committee has summarised the guidelines to suit local club needs.

The role is:

- 1 To encourage beginners to make friends with the ball in a team or group environment, and if necessary, in an isolated (individual) environment with the coach or assistant.
- 2 To organise different game related activities with the ball, where the players can practice different skills, which will assist them to better enjoy the game proper.

These skills have been identified as the core skills being: first touch, striking the ball, running with the ball and 1V1 ability, together with positioning and communication, which are the constants, associated with all four of those skills. Three distinct age groups have been identified and concentrating on:

5-7 core skills

8-11 core skills, group skills, positioning and communicating

12-16 team skills, positioning and communicating.

The sessions in this booklet target 12-16 year olds playing 11v11 in a match and with a squad of 13/14 players for training.

In regard to the Training Game, eight other options, if deemed appropriate, are included at the end of this booklet.

Kevin Best



COACHING SESSIONS SUMMARY

Two sessions with the same theme, per week. Duration 90 minutes per session

No	MONTH	SEASON	THEME
1	March Week 01	Pre	Playing System And Player Positioning In Possession
2	March Week 02	Pre	Transition When Team Regains Possession
3	April Week 01	Early	Structured Build Up From The Back
4	April Week 02	Early	Maintain Possession In Midfield
5	April Week 03	Early	Creating Scoring Chances And Converting Them
6	April Week 04	Early	Practice Set Plays With Core Skills
7	May Week 01	Early	Goalkeeping When Team Has Possession
8	May Week 02	Early	Playing System & Player Positioning Not In Possession
9	May Week 03	Mid	Transition When Team Loses Possession
10	May Week 04	Mid	Practice Set Plays In Defence
11	June Week 01	Mid	Goalkeeping When Team Does Not Have Possession
12	June Week 02	Mid	Constructive Communication
13	June Week 03	Mid	Structured Build Up From The Back
14	June Week 04	Mid	Maintain Possession In Midfield
15	July Week 01	Late	Creating Scoring Chances And Converting Them
16	July Week 02	Late	Practice Set Plays With Core Skills
17	July Week 03	Late	Structured Build Up From The Back
18	July Week 04	Late	Maintain Possession In Midfield
19	Aug Week 01	Late	Creating Scoring Chances And Converting Them
20	Aug Week 02	Late	Practice Set Plays With Core Skills



COACHING SESSION STRUCTURE

FIVE COMPONENTS OF A COACHING SESSION

1	WARM UP AND PASSING PRACTICES	The warm-up, incorporating specific passing, first touch and football-related movements, designed to help achieve the session objective
2	POSITIONING GAMES & GAME TRAINING	The theme is developed by the introduction of limited opposition, providing opportunities for appropriate perception and decision-making in a realistic setting. The main part of the session, where optimum learning and teaching take place
3	TRAINING GAME	The part where the players play competitively and freely, while the coach assesses the success of the session
4	SPECIFIC FITNESS ENHANCEMENT	Adds extra load on performance and ensure that all players are keeping pace with the rest of the team
5	WARM DOWN	Light mobility work and stretching

The Warm Up - The warm-up should incorporate the muscle groups and activities that are required during training. The intensity of the warm-up should begin at a low level gradually building to the level of intensity required during training. The aim is to prepare the player for the upcoming activity, help prevent injury, increase the body's core temperature, increase heart rate, increase breathing rate.

Passing Practices - Coaches should avoid 'wasting time' in the warm-up component of a session by performing isolated, non-relevant activities. The balls should be used straight away (or as soon as possible after some light, general warming up). Two touch passing is an excellent way to improve the players' 1st touch, striking the ball, and positioning.



WHAT ARE CORE SKILLS?

With the Ball ATTACK	Core Skills
Controlling the Ball	First Touch
Travelling while in possession of the ball	Running with the Ball
Passing the Ball	Striking the Ball
Shooting	
Crossing	
Heading	
Changing speed and/or direction with the ball	1v1
Using a fake to deceive an opponent	

First touch - Position yourself where you can see the ball and the target. Observe the situation and decide what you will do before the ball arrives. Move the ball with your first touch to allow you to pass to a team-mate with your second. Try to face forward and pass forward.

Striking the ball - Pass with good ball speed (ball travels quicker than opponents can run). Pass in front of your team-mate. Look for passes behind the last defender. Try faking the pass, or a 'no-look' pass.

Running with the ball - Try to run at space between defenders. Position yourself ahead of the ball where you can receive the ball past a defender. If a defender doesn't close you down,

continue to run forwards. If a defender closes you down, get close to him before passing to a team-mate and continuing your run.

1v1 - When you're close to the sideline and a defender is running next to you, find a way to create space to run inside, cross the ball or pass to a team-mate. When you approach a defender, fake to accelerate with the ball, but instead stop and cut inside behind the defender. Also, if you have your back to the opponent, fake to accelerate wide with the ball, but instead, stop and cut inside behind the defender. Start to slow down and/or fake to stop, but then accelerate and cut inside (or cross) ahead of the defender.

The Two Constants (Positioning and Communicating) The two 'constants' (positioning and communication) are built in to every training session. These are the two things a player does both with and without the ball, and since, for most of the game, they are without the ball, it is wise to develop them. Positioning is especially a major factor in the core skills of 'First Touch' and 'Striking the Ball (Passing)'.

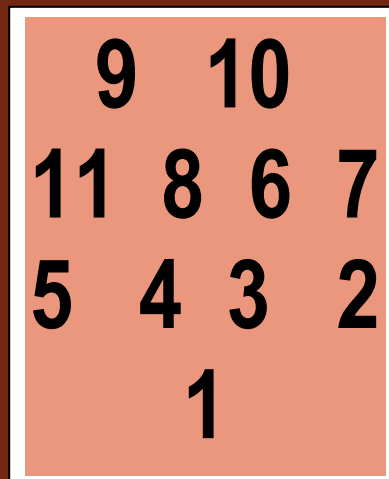
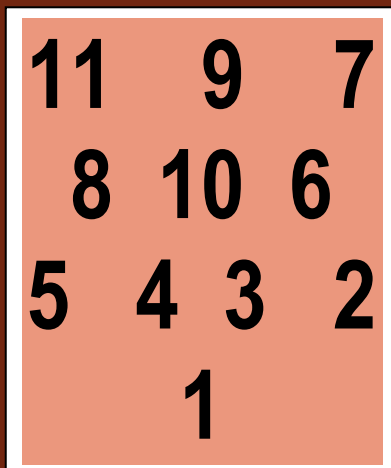
Without the Ball ATTACK	Logical Arrangement
Moving in order to receive the ball now	Positioning
Moving in order to receive the ball soon	
Moving in order to distract / displace defenders	
Moving in anticipation of loss of possession	
Giving information to team-mates (verbal and non-verbal)	Communication

Other "without the ball" functions which need addressing are: Pressing, Marking, Intercepting, Tackling.



RECOMMENDED PLAYING SYSTEMS

12-16 (11V11) SYSTEMS 4,3,3 AND 4,4,2



THE ROLE OF A PLAYER IN EACH POSITION

GOALKEEPER No. 1 Ball possession (own team)

Playing out & support to defence line Goal kick Volley and dropkick Throwing & rolling Positioning in relation to the play

Ball possession Opponent

Starting position and footwork Stance / set position Duel 1 v 1 (opponent coming towards goal) Catching technique (scoop, cup, W) Diving Parrying/deflecting Handling crosses (intercepting & punching) Tactical insight / decision making

Goalkeeping Condition

Explosivity in goalkeeping actions Quick recovery between two explosive actions Maintaining explosivity of goalkeeper actions Maintaining quick recovery between explosive goalkeeper actions Flexibility/agility Coordination

Personal characteristics

Organizing & leadership (BPO & BP) Ability to perform under pressure Bravery & decisiveness Ability to learn (is the player 'coachable'?) Ability to focus / concentrate Presence / personalty / charisma Handling disappointments General attitude, discipline & conduct Self image / assessment

WIDE DEFENDERS No. 2 & 5 Ball Possession (own team)

Receiving / first touch Running with the ball Passing Crossing Handling speed Tactical insight re. playing out and attacking Ability to use both feet Transitioning BPO to BP

Ball Possession Opponent 1 v 1

(dueling & tackling) Preventing & blocking crosses Defensive heading Defensive positioning Squeezing & covering the central defenders Tactical insight re. defensive decision making Transitioning BP to BPO

Football Condition

Explosivity in football actions Quick recovery between two explosive actions Maintaining explosivity during 90 minutes Maintaining quick recovery during 90 minutes Speed & coordination

Personal Characteristics

Task conscientious Aggressiveness Initiative Motivation Ability to learn (is the player 'coachable'?) Ability to maintain focus General attitude, discipline & conduct Handling disappointments Self image / assessment

CENTRAL DEFENDERS No. 3 & 4 Ball Possession (own team)

Receiving / first touch Short passing in playing out Long passing Running with the ball Handling speed Tactical insight re: playing out and attacking Ability to use both feet Transitioning BPO to BP

Ball Possession Opponent 1 v 1

(dueling & tackling) Defensive heading Defensive positioning Covering (fullbacks & central defender) Tactical insight re: defensive decision making Transitioning BP to BPO

Football Condition

Explosivity in football actions Quick recovery between two explosive actions Maintaining explosivity over whole game Maintaining quick recovery over whole game Speed & coordination

Personal Characteristics

Task consciousness Coaching & leadership Solid, resilient, winner mentality Motivation Ability to learn (is the payer 'coachable'?) Ability to maintain focus General attitude. discipline & conduct Handling disappointments Self image / assessment

WIDE MIDFIELDERS No.6 & 8 Ball Possession (own team)

Receiving / first touch Passing & (feeling for) combination play Running with the ball

(penetration) Creating scoring chances ("killer pass") Goal scoring ability Ability to keep ball under pressure Positional play

Handling speed Tactical insight/decision making

Ability to use both feet Transitioning from BPO to BP **Ball Possession Opponent** 1 v 1 (dueling & tackling) Marking, tracking & pressuring Defensive positioning (intercepting passes/cutting pass lines) Tactical insight: 'reading the game; anticipating

Transitioning BP to BPO

Football Condition Explosivity in football actions Quick recovery between two explosive actions

Personal Characteristics

Task conscientious Game intelligence/vision Decisiveness Motivation Ability to learn (is the player 'coachable'?) Ability to maintain focus General attitude, discipline & conduct Handling disappointments Self image/assessment

CENTRAL MIDFIELDER No.10

Ball Possession (own team)

Receiving / first touch Effective running with & without the ball Effective combination play 1v1 (ability to take on defenders) Finishing skills (shooting / heading) Creating opportunities ('killer' pass) Ability to keep the ball in tight areas Handling speed Tactical insight / positioning Ability to use both feet Transitioning from BPO to BP

Ball Possession Opponent

Transitioning BP to BPO Disrupting and tracking Pressuring/duelling Defensive positioning (blocking pass lines) Tactical insight: 'reading' the game, anticipating

Football Condition Explosivity in football actions Quick recovery between two explosive actions

Maintaining explosivity over whole game Maintaining quick recovery over whole game

Speed & coordination

Personal Characteristics

Creativity, ability to improvise Game intelligence / cleverness Task awareness and consciousness Ability to learn (is the player 'coachable?') Ability to maintain focus General attitude, discipline & conduct Handling disappointments Self image / assessment

WIDE ATTACKERS No. 7 & 11

Ball Possession (own team)

Receiving / first touch Effective combination play 1v1 (ability to take on defenders) Running with the ball Finishing skills (shooting / heading) Creating opportunities (cross / 'killer' pass) Handling speed Tactical insight/positioning Ability to use both feet

Ball Possession Opponent

Transitioning BP to BPO

Disrupting and tracking Pressuring /duelling Defensive positioning Tactical insight:

'reading' the same, anticipating

Football Condition Explosivity in football actions Quick recovery between two explosive actions Maintaining explosivity over whole game Maintaining quick recovery over whole game

Speed & coordination

Personal Characteristics

Creativity Calm in pressure situations Game cleverness Motivation Ability to learn (is the player 'coachable?') Ability to maintain focus General attitude, discipline & conduct Handling disappointments Self image / assessment

CENTRAL ATTACKER No. 9

Ball Possession (own team)

Receiving / first touch Effective combination play (wall pass. 3rd man) 1 v 1 (ability to take on defenders) Running with the ball Finishing skills (shooting / heading) Goal scoring instinct Creating opportunities Shielding the ball under pressure of opponent Handling speed Tactical insight / positioning Ability to use both feet

Ball Possession Opponent

Transitioning BP to BPO

Disrupting and tracking

Pressuring / duelling Defensive positioning ('leading' to a flank) Tactical insight: 'reading' the game, anticipating

Football Condition Explosivity in football actions Quick recovery between two explosive actions

Maintaining explosivity over whole game Maintaining quick recovery over whole game

Speed & coordination

Personal Characteristics

Calm in pressure situations Finisher Game cleverness Motivation Ability to learn (is the player 'coachable?') Ability to maintain focus General attitude, discipline & conduct Handling disappointments Self image / assessment.



MATCH DAY PREPARATION

FOCUS

From the end of last training session until match kicks off

Post-Training

Check injuries and availability Name team Clarify match kick-off, venue, meeting point, arrival time, etc.

Pre-Match

Avoid long-winded speeches.

Let the players focus

Give key tasks based on recent training

Clarify Team Tasks and Player Tasks of importance

Refresh and reinforce the Key Principles from the Team Model

Consider less time delivering grand addresses to whole squad, and more time in dialogue with individuals and small groups

Provide a ball-centred warm-up

PERFORMANCE

From match kick-off until final whistle (Remind yourself of the key behaviours to avoid and to demonstrate in the lists above)

First Half

Analyse! Observe and record the key points.

Main points of reference are the Team Model and the recent focus areas.

Try to observe and assess individual performance against expected outcomes.

Write some main points of feedback to give players at half-time.

Summarise the performance of the opposition. Their strengths and weaknesses.

Half-time

It is a good idea to divide the half-time window into three 5-minute blocks

First 5 minutes: the players will need to attend to certain personal things, and it is also wise to encourage them to discuss the issues from the first half. The coach can address certain individuals and/or prepare the key points of their team talk.

Second 5 minutes: a team talk focused on learning from the first half and preparing for the second half. Don't dwell on the past, try to affect the future.

Third 5 minutes: final preparations before leaving dressing room, player interaction, coach discusses with individuals/small groups.

Avoid substituting a player who has had a difficult first half. It is much better to provide the player, the information they need to take on board, and then see whether they improve in the second half. This will tell you a lot about the player and their development potential.

Second Half

Again, the coach should focus on individual performance. This is a good opportunity to see how players respond to half-time feedback, as well as how they respond to changing game situations.

Avoid the temptation to transform into a results-driven coach as the game progresses; this is especially apparent when the team is losing and the coach starts shouting all sorts of advice to try to get a goal.

Two key points to bear in mind here: 1) observe how the players respond, eg: to being a goal down: this tells you a lot about them, 2) maintain the playing style, don't throw it out the window and play 'short-term winning' football. Continue with observation and note-taking

RE-FOCUS

Post-match

Players cool-down, rehydrate and refuel. Injuries are assessed and evaluated

A short de-brief is a good idea. This should ideally be focused on 'what we aimed to do and how well we did it' and 'these were the challenges the opposition provided and this is how we responded.' There should be no emotional post-mortems. Try to give appropriate praise and some things for the players to consider the learning opportunity the match provides

Pre-Training

Session Planning is governed by the Season Plan. The coach simply refers to the appropriate cycle, week and day for guidance on the over-arching topics. The previous match(es) can be referred to in two ways:

1) by planning the specific exercises to reflect situations from the match in which the players need practice to improve,

2) by intervening in training sessions making reference to the last Match: 'This is how we lost possession far too often last weekend: can you see now how your positioning should be?' In other words, the Annual Plan does not get tossed in the bin because the team has lost a few games, or because the coach wants to prepare in order to avoid losing to a strong opponent next week.



COACHING – GOOD PRACTICE

COACHING - COMMUNICATION MANAGEMENT

FACTOR	WORDS (Ears)	PICTURES (Eyes)
Attention	Do they know you're talking to them? Can they hear clearly? Possible audio distractions?	Can they see clearly? Possible visual distractions?
Interest	Tone of voice (variety, impact)	Body language positive Appropriate setting?
Understanding	Clearly spoken. Not too many words. Key words stressed/repeated. Key point clear (not buried)	Clear demo /replay/rehearsal? Clear image on screen / whiteboard / tactic board, etc?

Coaches who continually talk while the exercise is ongoing are often engaged in giving players instructions on what to do. This must be avoided. Coaches should WATCH what players do and THINK more than they TALK

Match Day Guidelines:

Coaches should avoid the following behaviours:

- Avoid shouting instructions to your players (let them play, while you observe)
- Avoid criticizing your players on the field
- Avoid abusing opposing players and staff
- Avoid complaining about decisions and/or berating Match Officials
- Avoid reacting to every incident on the field, whether positive or negative
- Avoid knee-jerk substitutions

Coaches should aim to demonstrate the following behaviours:

- Appear calm and composed
- Observe what is actually happening in the game, and record your observations
- Focus on individual performances and progress
- Give praise to good football, whether by your team or by the opposition
- Show respect and appreciation to Match Officials, and insist on the same from your players
- When a refereeing decision goes against you, 'focus on what you can control', 'leave the past behind' and teach players to do the same (eg, prepare for the resulting set play)
- Show patience and persistence; if a player is having difficulty, help him to deal with the situation, rather than substituting him immediately.

'COACHING PROCESS'

TASK	Set the planned Exercise Task. This task, in the context of the chosen set-up, was designed to challenge the players in the specific aspect of the designated core skill
OBSERVATION	Observe how well the players can perform the task. Given the built-in challenge mentioned above, you would naturally expect to observe things that need improving.
INTERVENTION	Intervene to provide feedback and guide players towards improved skill performance. This includes: <ul style="list-style-type: none"> - clarifying the player actions required to achieve the task - give players cues to support learning - give feedback on performance - ask questions to stimulate and engage players - 'step up, step down' if required

40 SESSIONS – A SEASON PLAN

TWO SESSIONS WEEKLY – SAME THEME



WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS No.:01
UNDER 12 TO UNDER 16 YEAR OLDS
PERIOD: MARCH WEEK 01 PRE SEASON – TWO SESSIONS WEEKLY – SAME THEME
Session Theme

Playing System and player positioning in possession

Total Duration: 90 minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.

For 12-16s, the area for the entire session should be 50x40m (preferred) and not less than 35x35m.

The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

15 The Beginning - Warm Up

381 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a co-ordinated passing practice. Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6. This warm up should be similar to the team's match day warm up.

25 The Middle - Group Work – Game Training

700 POSITIONAL SUPPORT PLAY IN POSSESSION

Coach players to provide support play in the tactics of 2 styles of system play. Be explicit with the role of each position in attack e.g. 1442, 1433 (11v11)

Start with one defender and gradually increase to three defenders followed by decreasing attacking team numbers. Walk through it to start. Rotate players' roles.

Coach players their position and role as they progress up and down the field.

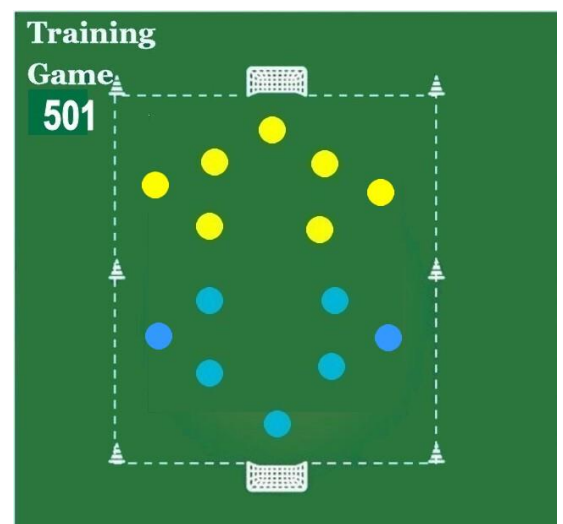
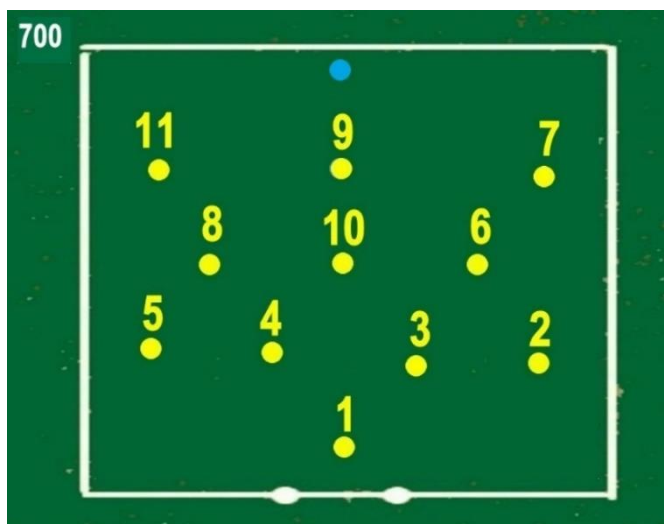
Start from the GK and finish when the team secures the ball on the goal line at the other end of the grid. If the defending team wins possession, they are required to pass the ball back to the GK.

Coach (a) 11v1, 11v2, 11v3, 10v4, 9v5, 8v6

(b) 6v1, 6v2, 6v3, 6v4, 6v5, 6v6, 6v7, 7v7.

Players, who receive the ball, should have an understanding of what they plan to do with it before it arrives.

"Do I play out?", "Can I play forward?", "Can I play left?" "Can I play right?"



30 Small Game - Team Work

501 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Variations (1) Create uneven PLAYER NUMBERS on each team (e.g. 8v6 or 6v8), to test the object of the session theme and ensure the players understand their roles. Also introduce a "Magic" player whose role is to play with any team which has the ball, or vice versa, any team which does not have the ball. (2) Change the LOCATION OF GOALS. See eight options in the last pages of this booklet, which, if desirable, can be used to emphasise the session theme e.g. playing wide. (3) Change the DURATION OF GAME to ensure that you will finish on time to perform Fitness and Warm down

Act as the referee providing players with advice on the run and stopping the game only if deemed essential. Just let them play preferably with goalkeepers at each end.

15 Fitness

888 SPEED IMPROVEMENT

Coach the player in the right technique to improve speed for fitness over 20 metres - suggested 4 100% effort with 1 minute rest. Also, coach sprinting backwards, jumping, ladder work and 6X5m sprints. One runner at a time, walk back to start.

5 Warm Down

889 Coach warm down after training or game for fitness - light jogging followed by stretching (calves, quads, hamstrings, groin).

Session Theme

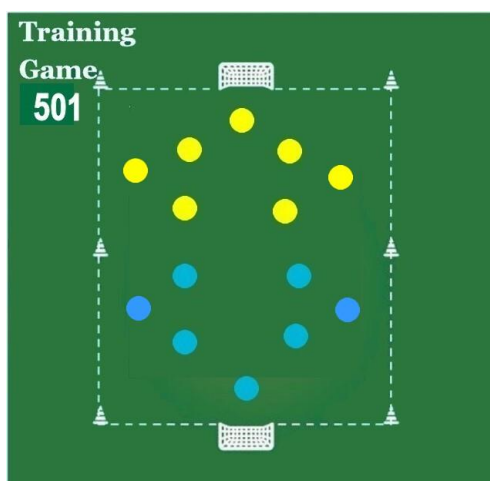
Total Duration: 90 Minutes

For 12-16s, the area for the entire session should be 50x40m (preferred) and not less than 35x35m.

15 *The Beginning - Warm Up*

25 *The Middle - Group Work – Game Training*

- to move to distract or displace defenders and make fake runs to drag defenders away from the ball holder.
- to move in anticipation of the loss of possession.



889 Coach warm down after training or game for fitness - light jogging followed by stretching (calves, quads, hamstrings, groin).

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS No.:03
UNDER 12 TO UNDER 16 YEAR OLDS
PERIOD: APRIL WEEK 01 EARLY SEASON – TWO SESSIONS WEEKLY – SAME THEME
Session Theme

Structured Build up from the back

Total Duration: 90 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.

For 12-16s the area should be 50x40m (preferred) and not less than 35x35m.

The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

15 The Beginning - Warm Up

381 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a co-ordinated passing practice. Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6. This warm up should be similar to the team's match day warm up.

25 The Middle - Group Work - Game Training

720 POSITIONAL SUPPORT PLAY IN POSSESSION

Coach effective possession - structured build up - playing out from the back including the goalkeeper.

Providing options left, right, middle and far (from goalkeeper to middle third).

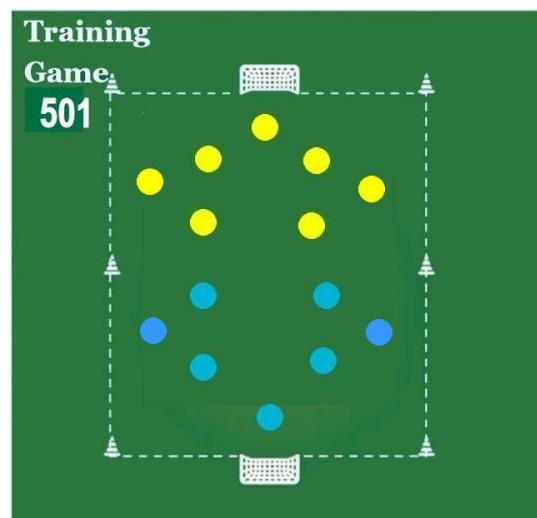
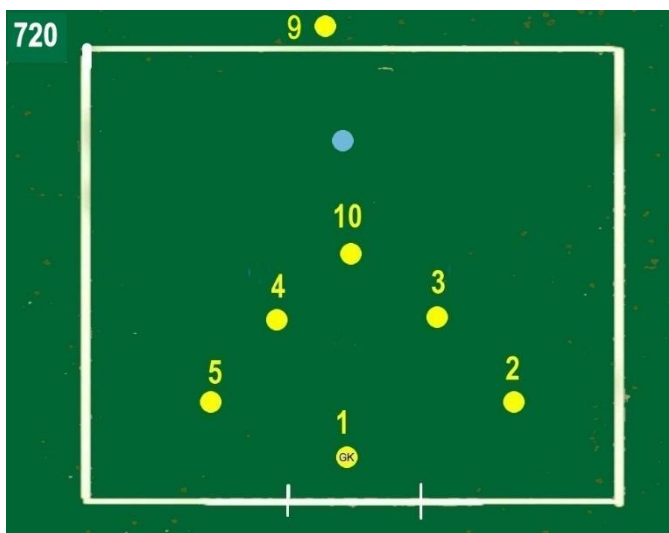
Attacking the space from the back third into the middle third.

Play out from the back using the GK or a goal kick. The object is to get the ball to a midfield target who is able to move anywhere across and along the front grid line or half way line. After receiving the ball under control, the target player(s) kicks the ball back to the GK and rotates to another position.

Variation (not including the target player):

Coach 6v1, 6v2, 6v3, 6v4, 6v5, 6v6, 6v7, 6v8 Variation: Increase target players to two

Improve playing out from the back and target backs to move forward in an active support role.



30 Small Game - Team Work

501 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Variations (1) Create uneven PLAYER NUMBERS on each team (e.g. 8v6 or 6v8), to test the object of the session theme and ensure the players understand their roles. Also introduce a "Magic" player whose role is to play with any team which has the ball, or vice versa, any team which does not have the ball. (2) Change the LOCATION OF GOALS. See eight options in the last pages of this booklet, which, if desirable, can be used to emphasise the session theme e.g. playing wide. (3) Change the DURATION OF GAME to ensure that you will finish on time to perform Fitness and Warm down

Act as the referee providing players with advice on the run and stopping the game only if deemed essential. Just let them play preferably with goalkeepers at each end.

15 Fitness

885 SPEED IMPROVEMENT

Coach extended acceleration speed improvement 10secs(gradual) 5 secs(full sprint) 10secs(gradual) for fitness. Distance will vary with different age groups. Calculate the standard distance from a test jog over 10sec. Start season at 5 repetitions increase to 10 during the season. Rest time 1 minute (reduce later in the season) Duration 10-20 minutes

5 Warm Down

889 Coach warm down after training or game for fitness - light jogging followed by stretching (calves, quads, hamstrings, groin).

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS No.:04
UNDER 12 TO UNDER 16 YEAR OLDS
PERIOD: APRIL WEEK 02 EARLY SEASON – TWO SESSIONS WEEKLY – SAME THEME
Session Theme

Maintain possession in midfield

Total Duration: 90 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.

For 12-16s the area should be 50x40m (preferred) and not less than 35x35m.

The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

15 The Beginning - Warm Up

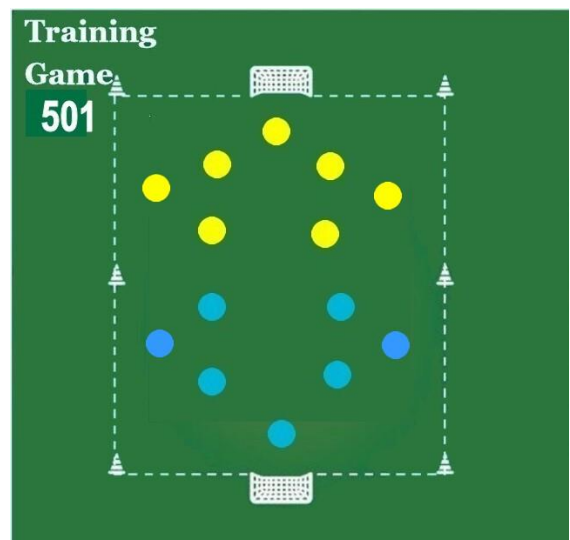
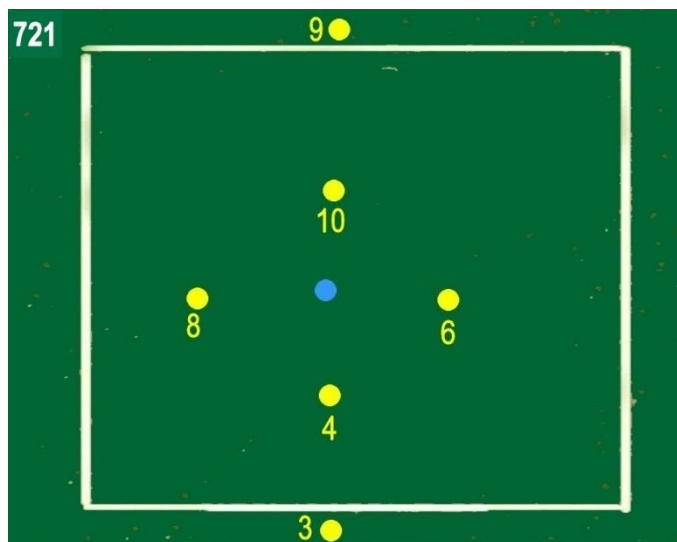
381 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a co-ordinated passing practice. Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6. This warm up should be similar to the team's match day warm up.

25 The Middle - Group Work - Game Training

721 POSITIONAL SUPPORT PLAY IN POSSESSION

Coach effective possession - controlled possession in the middle third - linking with back 4 and the strikers. Incorporate play against opponents organised (i.e. the same number of players or more) and against opponents disorganised (i.e. less players). Attack opponents through the middle. Keep possession in tight area to play forward.

The object is to encourage controlled possession whilst at the same time moving forward quickly but safely. Start with 6v1 with two support players outside the grid. If the defenders win possession the ball is passed to one of the support players. Player rotation can be managed when the support player receives the ball, they swap places with the passer. Variation (not including the two outside support players) : 6v1, 6v2, 6v3, 6v4, 6v5, 6v6.



30 Small Game - Team Work

501 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Variations (1) Create uneven PLAYER NUMBERS on each team (e.g. 8v6 or 6v8), to test the object of the session theme and ensure the players understand their roles. Also introduce a "Magic" player whose role is to play with any team which has the ball, or vice versa, any team which does not have the ball. (2) Change the LOCATION OF GOALS. See eight options in the last pages of this booklet, which, if desirable, can be used to emphasise the session theme e.g. playing wide. (3) Change the DURATION OF GAME to ensure that you will finish on time to perform Fitness and Warm down

Act as the referee providing players with advice on the run and stopping the game only if deemed essential. Just let them play preferably with goalkeepers at each end.

15 Fitness

888 SPEED IMPROVEMENT

Coach the player in the right technique to improve speed for fitness over 20 metres - suggested 4 100% effort with 1 minute rest. Also, coach sprinting backwards, jumping, ladder work and 6X5m sprints. One runner at a time, walk back to start.

5 Warm Down

889 Coach warm down after training or game for fitness - light jogging followed by stretching (calves, quads, hamstrings, groin).

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS – No.05
UNDER 12 TO UNDER 16 YEAR OLDS
PERIOD: APRIL WEEK 03 EARLY SEASON – TWO SESSIONS WEEKLY – SAME THEME
Session Theme

Creating scoring chances and converting them

Total Duration: 90 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.
 For 12-16s the area should be 50x40m (preferred) and not less than 35x35m.

The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

15 *The Beginning - Warm Up*

- 381** Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a co-ordinated passing practice.
 Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.
 This warm up should be similar to the team's match day warm up.

25 *The Middle - Group Work - Game Training*

722 POSITIONAL SUPPORT PLAY IN POSSESSION – ATTACKING IN THE FINAL THIRD

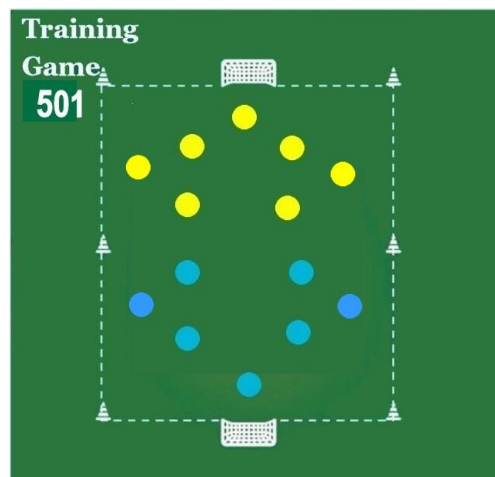
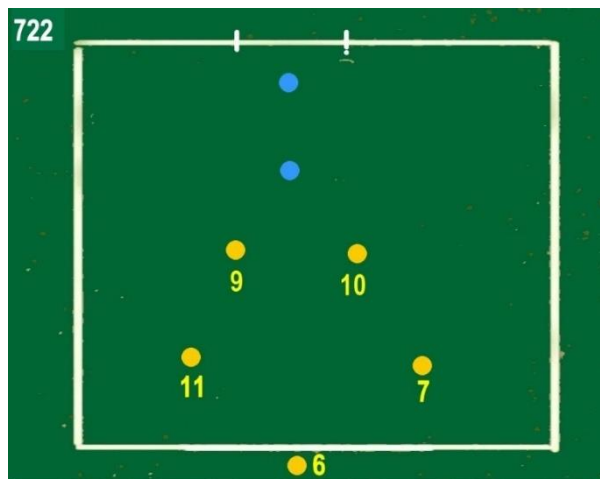
Coach individual skill to create scoring chances and to convert scoring chances.

Beat defender in front of you to shoot on goal. Short passing in tight areas.

The object is to create and convert scoring opportunities. If the defending team gains possession they kick the ball back to the feeder player behind the grid line. Rotate players into different positions.

Variations (including a goalkeeper and feeder):

5v2, 5v3, 5v4, 5v5, 6v2, 6v3, 6v4, 6v6, 7v2, 7v3, 7v4, 7v5, 7v6, 7v7.



30 *Small Game - Team Work*

501 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Variations (1) Create uneven PLAYER NUMBERS on each team (e.g. 8v6 or 6v8), to test the object of the session theme and ensure the players understand their roles. Also introduce a “Magic” player whose role is to play with any team which has the ball, or vice versa, any team which does not have the ball. (2) Change the LOCATION OF GOALS. See eight options in the last pages of this booklet, which, if desirable, can be used to emphasise the session theme e.g. playing wide. (3) Change the DURATION OF GAME to ensure that you will finish on time to perform Fitness and Warm down

Act as the referee providing players with advice on the run and stopping the game only if deemed essential. Just let them play preferably with goalkeepers at each end.

15 *Fitness*

881 SPEED IMPROVEMENT

Coach intermittent exercise with durations of work and rest for fitness (groups of 2 or 3 players - one group at a time to enable adequate rest between work) e.g. 25 X 10m, 10 X 25m, 5 X 50m sprints or 4 X 400m, 3 X 550, 2 X 800m.

5 *Warm Down*

- 889** Coach warm down after training or game for fitness - light jogging followed by stretching (calves, quads, hamstrings, groin).

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS – No.06

UNDER 12 TO UNDER 16 YEAR OLDS

PERIOD: APRIL WEEK 04 EARLY SEASON – TWO SESSIONS WEEKLY – SAME THEME

Session Theme

Practice set plays with core skills

Total Duration 90 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.

For 12-16s the area should be 50x40m (preferred) and not less than 35x35m.

The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

15 *The Beginning - Warm Up*

381 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a co-ordinated passing practice.

Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.

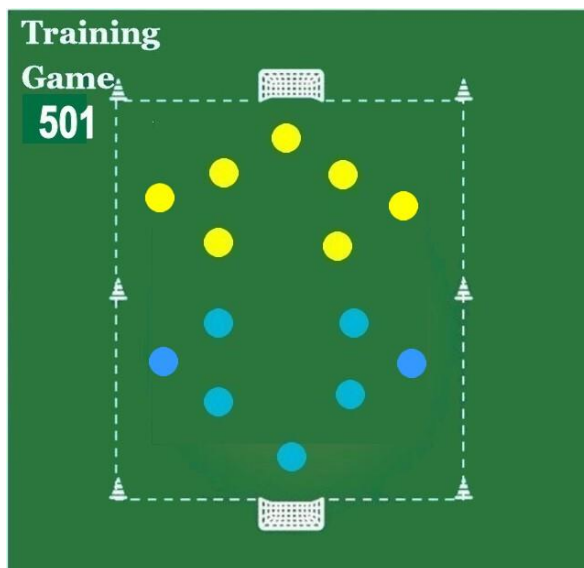
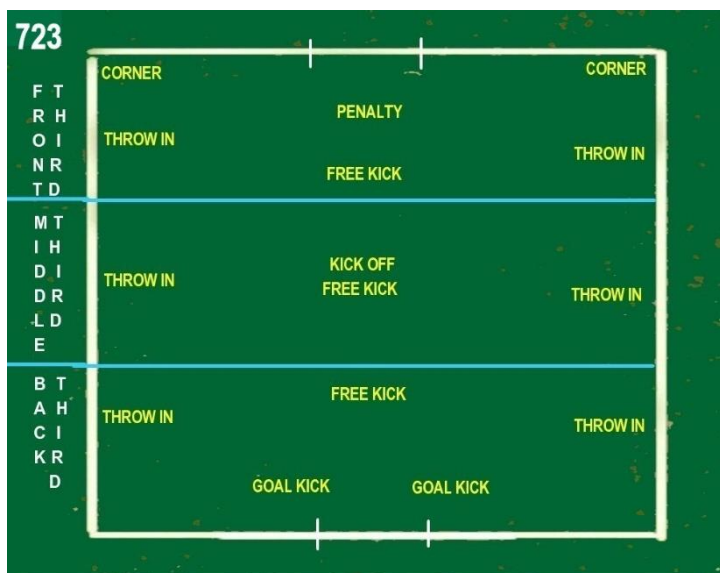
This warm up should be similar to the team's match day warm up.

25 *The Middle - Group Work - Game Training*

723 SET PLAYS WITH CORE SKILLS

Coach the execution in 3 different kick offs, kick ins, throw-ins, free kicks, corners, penalties and goal kicks to ensure you maintain possession and not needlessly give possession away to the opposition with its execution. Both throw-ins and free kicks should be divided into three sectors of the field, namely back, mid and front thirds. Set plays should be dealt with as a reward and executed efficiently to benefit the team and possibly lead to a goal. The less players involved, the better

Variation: 2v1, 2v2, 2v3, 3v1, 3v2, 3v3. Other players can be used as decoys or defenders.



30 *Small Game - Team Work*

501 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Variations (1) Create uneven PLAYER NUMBERS on each team (e.g. 8v6 or 6v8), to test the object of the session theme and ensure the players understand their roles. Also introduce a "Magic" player whose role is to play with any team which has the ball, or vice versa, any team which does not have the ball. (2) Change the LOCATION OF GOALS. See eight options in the last pages of this booklet, which, if desirable, can be used to emphasise the session theme e.g. playing wide. (3) Change the DURATION OF GAME to ensure that you will finish on time to perform Fitness and Warm down

Act as the referee providing players with advice on the run and stopping the game only if deemed essential. Just let them play preferably with goalkeepers at each end.

15 *Fitness*

885 SPEED IMPROVEMENT

Coach extended acceleration speed improvement 10secs(gradual) 5 secs(full sprint) 10secs(gradual) for fitness. Distance will vary with different age groups. Calculate the standard distance from a test jog over 10sec. Start season at 5 repetitions increase to 10 during the season. Rest time 1 minute (reduce later in the season) Duration 10-20 minutes

5 *Warm Down*

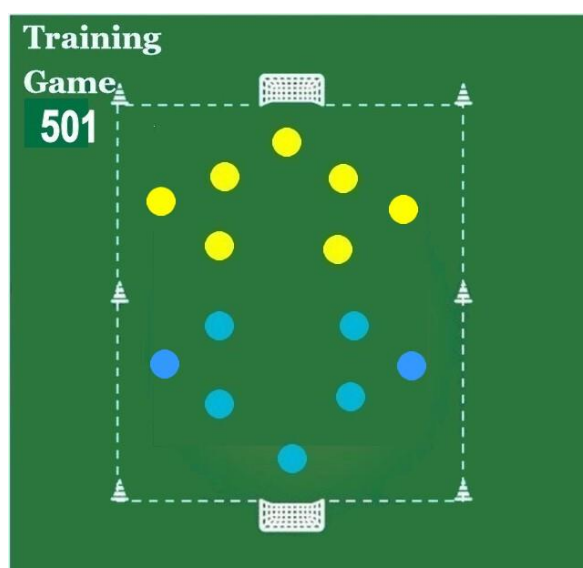
889 Coach warm down after training or game for fitness - light jogging followed by stretching (calves, quads, hamstrings, groin).

Goalkeeping when team has possession

The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6. This warm up should be similar to the team's match day warm up.

If an opposition player gains possession they immediately shoot toward goal – no running with the ball. Rotate players around the different positions.



889 Coach warm down after training or game for fitness - light jogging followed by stretching (calves, quads, hamstrings, groin).

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS No.08
UNDER 12 TO UNDER 16 YEAR OLDS
PERIOD: MAY WEEK 02EARLY SEASON – TWO SESSIONS WEEKLY – SAME THEME
Session Theme

Playing System and player positioning not in possession

Total Duration: 90 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.

For 12-16s the area should be 50x40m (preferred) and not less than 35x35m.

The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

10 The Beginning - Warm Up

381 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a co-ordinated passing practice.

Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.

This warm up should be similar to the team's match day warm up.

35 The Middle - Group Work - Game Training

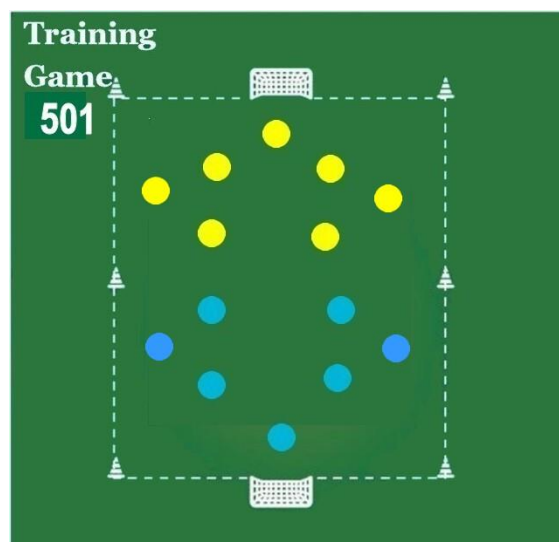
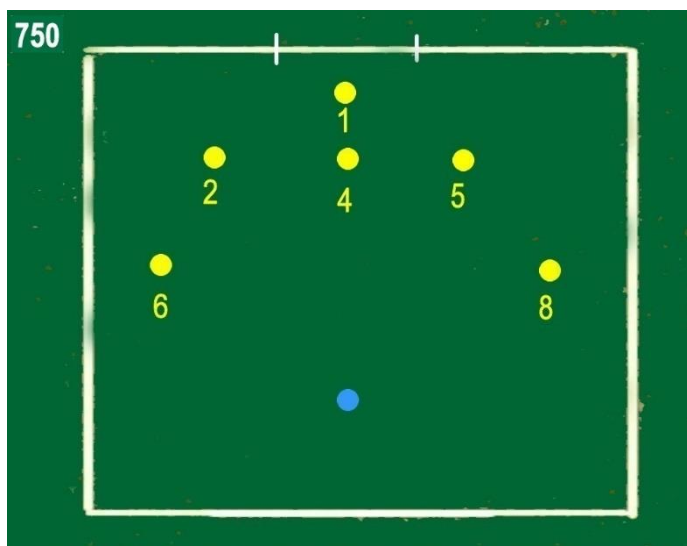
750 POSITIONAL SUPPORT PLAY WHEN NOT IN POSSESSION

Coach players to provide support play in the tactics of 2 styles of system play be explicit with the role of each position in defence e.g. 1442, 1433 (11v11).

Coach the goalkeeper to retain possession when distributing the ball. The object is to get the ball to the target player on the outside of the grid.

Variation: 5v1 (includes the GK and the support (target) player), 5v2, 5v3, 5v4, 5v5, 6v2, 6v3, 6v4, 6v5.

If an opposition player gains possession they immediately shoot toward goal – no running with the ball. Rotate players around the different positions



30 Small Game - Team Work

501 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Variations (1) Create uneven PLAYER NUMBERS on each team (e.g. 8v6 or 6v8), to test the object of the session theme and ensure the players understand their roles. Also introduce a "Magic" player whose role is to play with any team which has the ball, or vice versa, any team which does not have the ball. (2) Change the LOCATION OF GOALS. See eight options in the last pages of this booklet, which, if desirable, can be used to emphasise the session theme e.g. playing wide. (3) Change the DURATION OF GAME to ensure that you will finish on time to perform Fitness and Warm down

Act as the referee providing players with advice on the run and stopping the game only if deemed essential. Just let them play preferably with goalkeepers at each end.

10 Fitness

881 SPEED IMPROVEMENT

Coach intermittent exercise with durations of work and rest for fitness (groups of 2 or 3 players - one group at a time to enable adequate rest between work) e.g. 25 X 10m, 10 X 25m, 5 X 50m sprints or 4 X 400m, 3 X 550, 2 X 800m. Duration 15-20 minutes

5 Warm Down

889 Coach warm down after training or game for fitness - light jogging followed by stretching (calves, quads, hamstrings, groin).

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS No.09

UNDER 12 TO UNDER 16 YEAR OLDS

PERIOD: MAY WEEK 03 MID SEASON- TWO SESSIONS WEEKLY – SAME THEME

Session Theme

Transition when team loses possession

Total Duration: 90 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.

For 12-16s the area should be 50x40m (preferred) and not less than 35x35m.

The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

10 *The Beginning - Warm Up*

381 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a co-ordinated passing practice. Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6. This warm up should be similar to the team's match day warm up.

35 *The Middle - Group Work - Game Training*

751 POSITIONAL SUPPORT PLAY WHEN POSSESSION IS LOST

Coach players their role.

- Press the ball carrier immediately, the closest player should be alert
- Pressing to limit options for opposition all players
- Marking to eliminate opposition participation and passing options
- Win back the ball as soon as possible
- Deny opponents time and space to build up
- Limit opponent's ability to create scoring chances
- Making the field as small as possible
- Intercepting opposition ball movement
- Tackling opposition to neutralise ball movement and/or gain possession

Roles in the three different zones

A In the final third, win ball back from goalkeeper - pressure and blocking.

B In the midfield, prevent opponents from progressing to final third.

C In the back third, deny opponent's scoring chances immediately pressure and show them away from goal.

Variation: A+B 6v4, 6v5, 6v6, 6v7, 6v8. B+C 8v4, 8v5, 7v7, 6v8, 5v8, 4v8.

30 *Small Game - Team Work*

501 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Variations (1) Create uneven PLAYER NUMBERS on each team (e.g. 8v6 or 6v8), to test the object of the session theme and ensure the players understand their roles. Also introduce a "Magic" player whose role is to play with any team which has the ball, or vice versa, any team which does not have the ball.

(2) Change the LOCATION OF GOALS. See eight options in the last pages of this booklet, which, if desirable, can be used to emphasise the session theme e.g. playing wide. (3) Change the DURATION OF GAME to ensure that you will finish on time to perform Fitness and Warm down

Act as the referee providing players with advice on the run and stopping the game only if deemed essential. Just let them play preferably with goalkeepers at each end.

10 *Fitness*

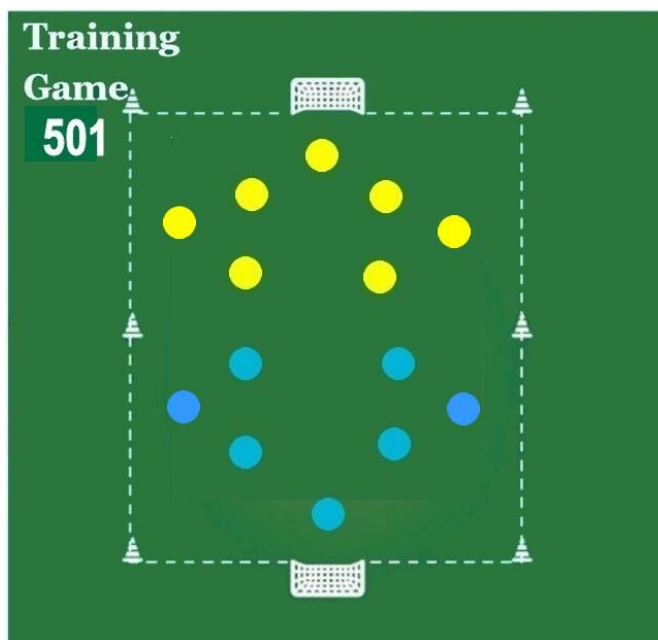
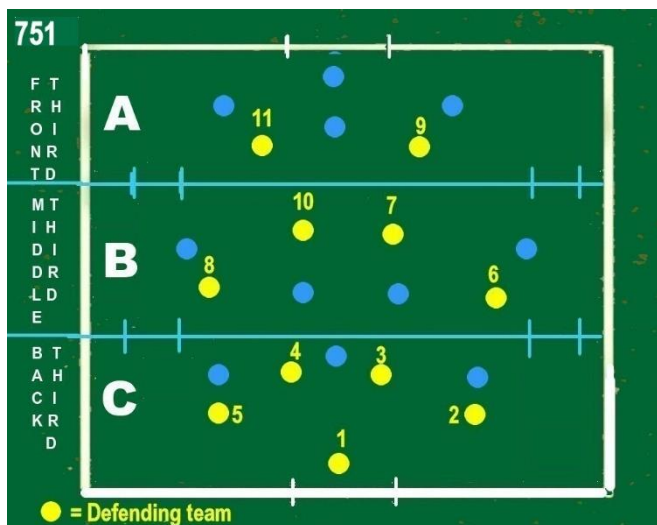
885 SPEED IMPROVEMENT

Coach extended acceleration speed improvement 10secs(gradual) 5 secs(full sprint) 10secs(gradual) for fitness.

Distance will vary with different age groups. Calculate the standard distance from a test jog over 10sec. Start season at 5 repetitions increase to 10 during the season. Rest time 1 minute (reduce later in the season) Duration 10-20 minutes

5 *Warm Down*

889 Coach warm down after training or game for fitness - light jogging followed by stretching (calves, quads, hamstrings, groin).



WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS No.10

UNDER 12 TO UNDER 16 YEAR OLDS

PERIOD: MAY WEEK 04MID SEASON – TWO SESSIONS WEEKLY – SAME THEME

Session Theme

Practice setplays in defence

Total Duration: 90 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.

For 12-16s the area should be 50x40m (preferred) and not less than 35x35m.

The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

10 *The Beginning - Warm Up*

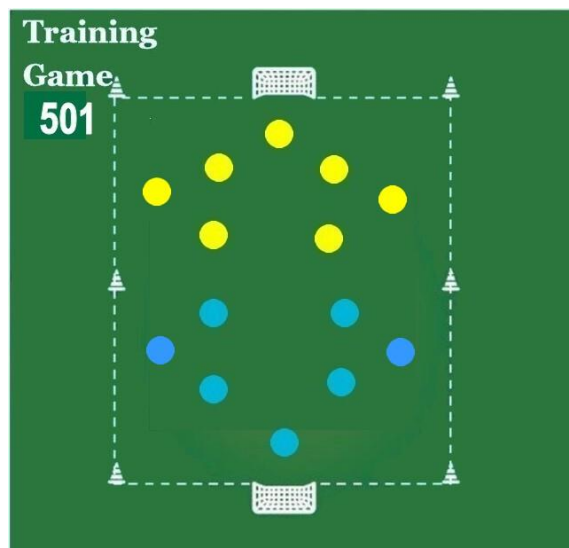
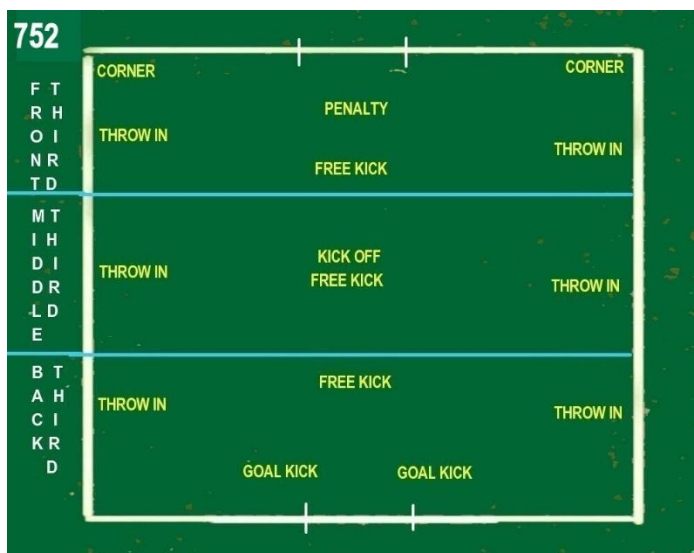
381 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a co-ordinated passing practice.

Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.
This warm up should be similar to the team's match day warm up.

35 *The Middle - Group Work - Game Training*

752 POSITIONAL SUPPORT PLAY WHEN NOT IN POSSESSION - SET PLAYS

Coach players how to defend against set plays - corners, throw-ins, free kicks, goal kicks. Coach players the difference between tightly marking, loose marking and zonal coverage. Both throw ins and free kicks should be divided into three zones of the field, namely back third, middle third and front (final) third. Coach setting up a wall when a set play is awarded within shooting. Involve the goalkeeper in the back third and mark up tight. In mid field mark up close and goal side. In the final third, mark loosely and track runners. Coach 7v7, 6v8, 5v9, 8v6, 9v5.



30 *Small Game - Team Work*

501 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Variations (1) Create uneven PLAYER NUMBERS on each team (e.g. 8v6 or 6v8), to test the object of the session theme and ensure the players understand their roles. Also introduce a "Magic" player whose role is to play with any team which has the ball, or vice versa, any team which does not have the ball. (2) Change the LOCATION OF GOALS. See eight options in the last pages of this booklet, which, if desirable, can be used to emphasise the session theme e.g. playing wide. (3) Change the DURATION OF GAME to ensure that you will finish on time to perform Fitness and Warm down

Act as the referee providing players with advice on the run and stopping the game only if deemed essential. Just let them play preferably with goalkeepers at each end.

10 *Fitness*

888 SPEED IMPROVEMENT

Coach the player in the right technique to improve speed for fitness over 20 metres - suggested 4 100% effort with 1 minute rest. Also, coach sprinting backwards, jumping, ladder work and 6X5m sprints. One runner at a time, walk back to start.

5 *Warm Down*

889 Coach warm down after training or game for fitness - light jogging followed by stretching (calves, quads, hamstrings, groin).

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS No.11

UNDER 12 TO UNDER 16 YEAR OLDS

PERIOD: JUNE WEEK 01 MID SEASON – TWO SESSIONS WEEKLY – SAME THEME

Session Theme

Goalkeeping when team does not have possession

Total Duration: 90 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.

For 12-16s the area should be 50x40m (preferred) and not less than 35x35m.

The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

10 *The Beginning - Warm Up*

381 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a co-ordinated passing practice.

Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.

This warm up should be similar to the team's match day warm up.

35 *The Middle - Group Work - Game Training*

753 GOALKEEPING IN DEFENCE

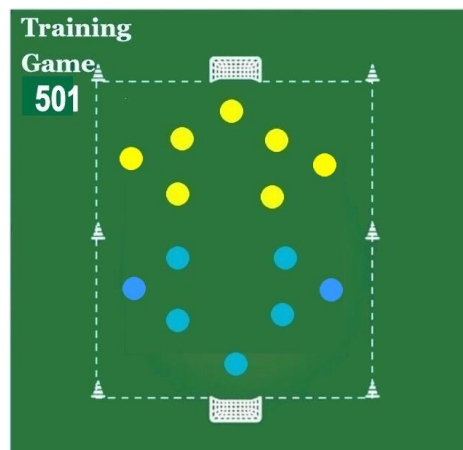
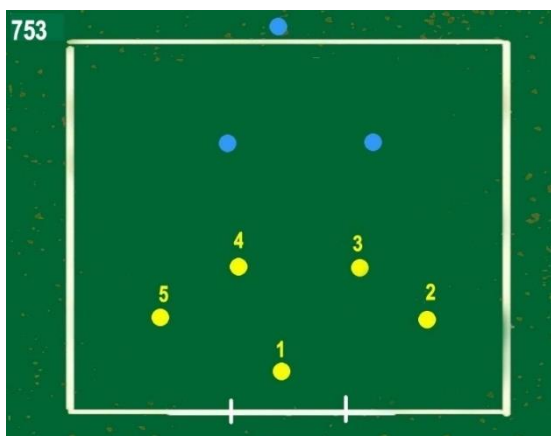
Coach the goalkeeper

- foot work, positioning in 1v1, when to come out and when to stay on line
- open stance for crosses and when to come off line, narrowing the angle to reduce scope of goal mouth
- to improve handling and diving technique for low balls, medium height balls, head high balls and high balls using different angles, different situations and under pressure.
- when to punch and when to catch
- to communicate quickly and decisively with his team mates in attack and defence particularly when setting up a defensive wall including the number of players required for the wall.

Coach 5v2, 5v3, 5v4, 5v5, 5v6, 5v7.

The defence should use the GK as much as possible, and the GK should roll the ball out, if possible, otherwise the GK can distribute to the support player outside the grid at the far end or half way line. If the defence wins possession, they play it to the support player. The support player then initiates another push forward to test the defence.

The support player, without entering the grid, can be used by the attacking players. The support player is not included in the numbers above. Rotate players into different positions.



30 *Small Game - Team Work*

501 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Variations (1) Create uneven PLAYER NUMBERS on each team (e.g. 8v6 or 6v8), to test the object of the session theme and ensure the players understand their roles. Also introduce a "Magic" player whose role is to play with any team which has the ball, or vice versa, any team which does not have the ball. (2) Change the LOCATION OF GOALS. See eight options in the last pages of this booklet, which, if desirable, can be used to emphasise the session theme e.g. playing wide. (3) Change the DURATION OF GAME to ensure that you will finish on time to perform Fitness and Warm down

Act as the referee providing players with advice on the run and stopping the game only if deemed essential. Just let them play preferably with goalkeepers at each end.

10 *Fitness*

881 SPEED IMPROVEMENT

Coach intermittent exercise with durations of work and rest for fitness (groups of 2 or 3 players - one group at a time to enable adequate rest between work) e.g. 25 X 10m, 10 X 25m, 5 X 50m sprints or 4 X 400m, 3 X 550, 2 X 800m. Duration 15-20 minutes

5 *Warm Down*

889 Coach warm down after training or game for fitness - light jogging followed by stretching (calves, quads, hamstrings, groin).

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS No. 12

UNDER 12 TO UNDER 16 YEAR OLDS

PERIOD: JUNE WEEK 02MID SEASON – TWO SESSIONS WEEKLY – SAME THEME

Session Theme

Constructive communication

Total Duration: 90 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.

For 12-16s the area should be 50x40m (preferred) and not less than 35x35m.

The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

10 *The Beginning - Warm Up*

381 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a co-ordinated passing practice.

Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.

This warm up should be similar to the team's match day warm up.

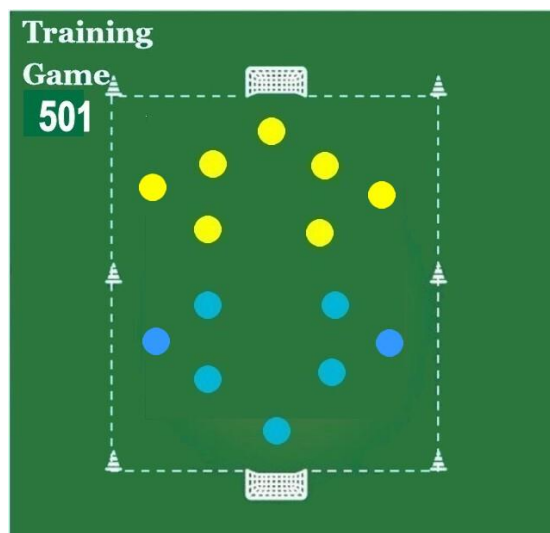
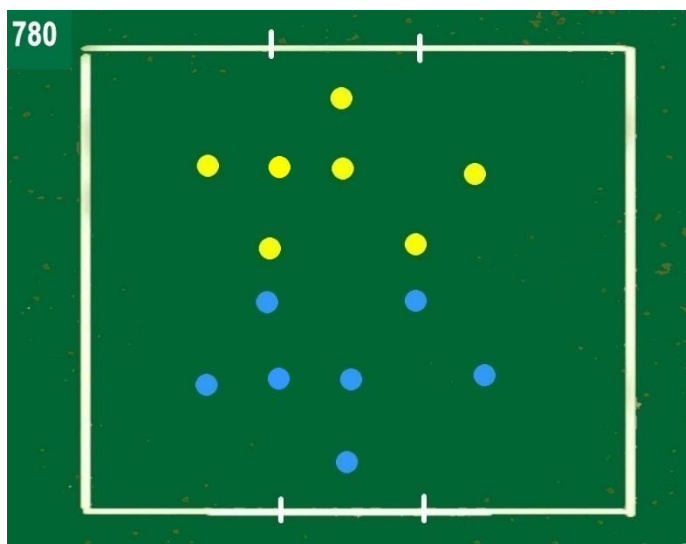
35 *The Middle - Group Work - Game Training*

780 COMMUNICATION

Coach players, including goalkeepers, when and where to provide constructive communication to team mates on or off the ball e.g. 'man on', 'turn', 'time', '1-2', 'keepers', 'away', etc etc ... Ensure the message is beneficial and not confusing. Short and sweet is good.

Coach 7v7, 6v8, 8v6

EXAMPLES: "Away", "Cross it", "Down the line", "Dummy", "Everyone out", "Far post", "Keep the shape", "Keeper's ball", "Leave it", "Look around", "Lose him/her", "Man/player on", "Mark up", "Near post", "On your bike", "One two", "Push them out", "Have a shot", "Take him/her on", "Take him/her out", "Time", "Turn", "Wall it up", "Yes", "Yours".



30 *Small Game - Team Work*

501 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Variations (1) Create uneven PLAYER NUMBERS on each team (e.g. 8v6 or 6v8), to test the object of the session theme and ensure the players understand their roles. Also introduce a "Magic" player whose role is to play with any team which has the ball, or vice versa, any team which does not have the ball. (2) Change the LOCATION OF GOALS. See eight options in the last pages of this booklet, which, if desirable, can be used to emphasise the session theme e.g. playing wide. (3) Change the DURATION OF GAME to ensure that you will finish on time to perform Fitness and Warm down

Act as the referee providing players with advice on the run and stopping the game only if deemed essential. Just let them play preferably with goalkeepers at each end.

10 *Fitness*

885 SPEED IMPROVEMENT

Coach extended acceleration speed improvement 10secs(gradual) 5 secs(full sprint) 10secs(gradual) for fitness. Distance will vary with different age groups. Calculate the standard distance from a test jog over 10sec. Start season at 5 repetitions increase to 10 during the season. Rest time 1 minute (reduce later in the season) Duration 10-20 minutes

5 *Warm Down*

889 Coach warm down after training or game for fitness - light jogging followed by stretching (calves, quads, hamstrings, groin).

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS No.:13

UNDER 12 TO UNDER 16 YEAR OLDS

PERIOD: JUNE WEEK 03 MID SEASON– TWO SESSIONS WEEKLY – SAME THEME

Session Theme

Structured Build up from the back

Total Duration: 90 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.

For 12-16s the area should be 50x40m (preferred) and not less than 35x35m.

The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

15 *The Beginning - Warm Up*

381 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a co-ordinated passing practice. Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6. This warm up should be similar to the team's match day warm up.

25 *The Middle - Group Work - Game Training*

720 POSITIONAL SUPPORT PLAY IN POSSESSION

Coach effective possession - structured build up - playing out from the back including the goalkeeper.

Providing options left, right, middle and far (from goalkeeper to middle third).

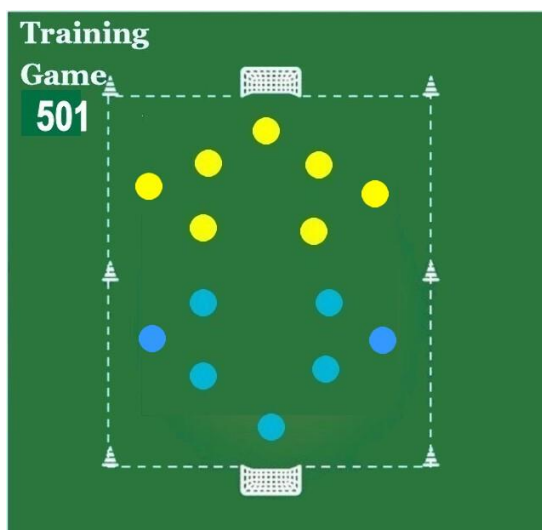
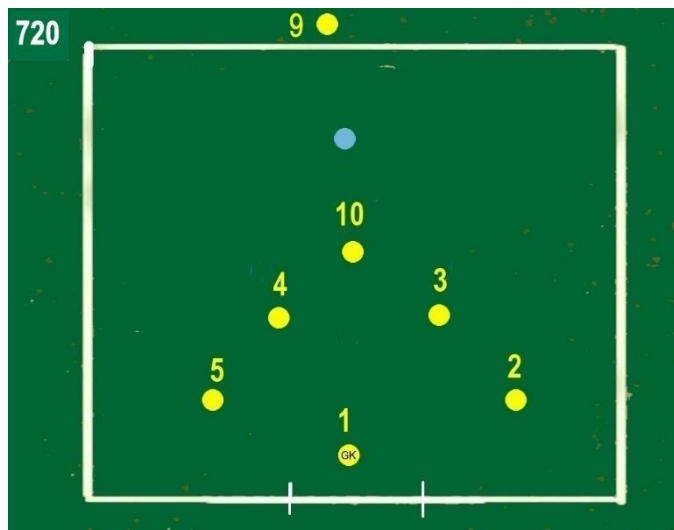
Attacking the space from the back third into the middle third.

Play out from the back using the GK or a goal kick. The object is to get the ball to a midfield target who is able to move anywhere across and along the front grid line or half way line. After receiving the ball under control, the target player(s) kicks the ball back to the GK and rotates to another position.

Variation (not including the target player):

Coach 6v1, 6v2, 6v3, 6v4, 6v5, 6v6, 6v7, 6v8 Variation: Increase target players to two

Improve playing out from the back and target backs to move forward in an active support role.



30 *Small Game - Team Work*

501 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Variations (1) Create uneven PLAYER NUMBERS on each team (e.g. 8v6 or 6v8), to test the object of the session theme and ensure the players understand their roles. Also introduce a "Magic" player whose role is to play with any team which has the ball, or vice versa, any team which does not have the ball. (2) Change the LOCATION OF GOALS. See eight options in the last pages of this booklet, which, if desirable, can be used to emphasise the session theme e.g. playing wide. (3) Change the DURATION OF GAME to ensure that you will finish on time to perform Fitness and Warm down

Act as the referee providing players with advice on the run and stopping the game only if deemed essential. Just let them play preferably with goalkeepers at each end.

15 *Fitness*

885 SPEED IMPROVEMENT

Coach extended acceleration speed improvement 10secs(gradual) 5 secs(full sprint) 10secs(gradual) for fitness. Distance will vary with different age groups. Calculate the standard distance from a test jog over 10sec. Start season at 5 repetitions increase to 10 during the season. Rest time 1 minute (reduce later in the season) Duration 10-20 minutes

5 *Warm Down*

889 Coach warm down after training or game for fitness - light jogging followed by stretching (calves, quads, hamstrings, groin).

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS No.:14

UNDER 12 TO UNDER 16 YEAR OLDS

PERIOD: JUNE WEEK 04 MID SEASON– TWO SESSIONS WEEKLY – SAME THEME

Session Theme

Maintain possession in midfield

Total Duration: 90 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.

For 12-16s the area should be 50x40m (preferred) and not less than 35x35m.

The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

15 *The Beginning - Warm Up*

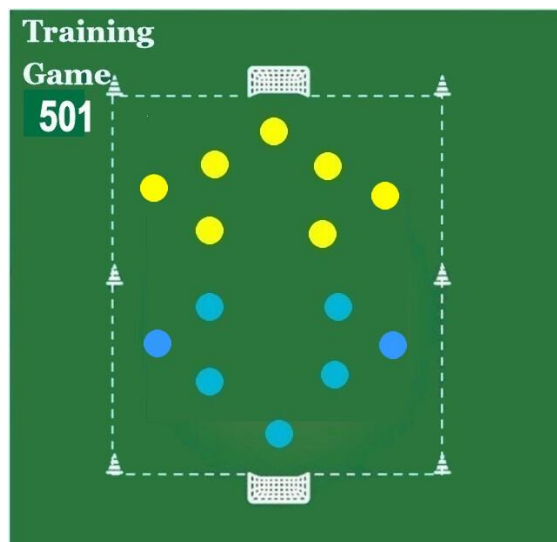
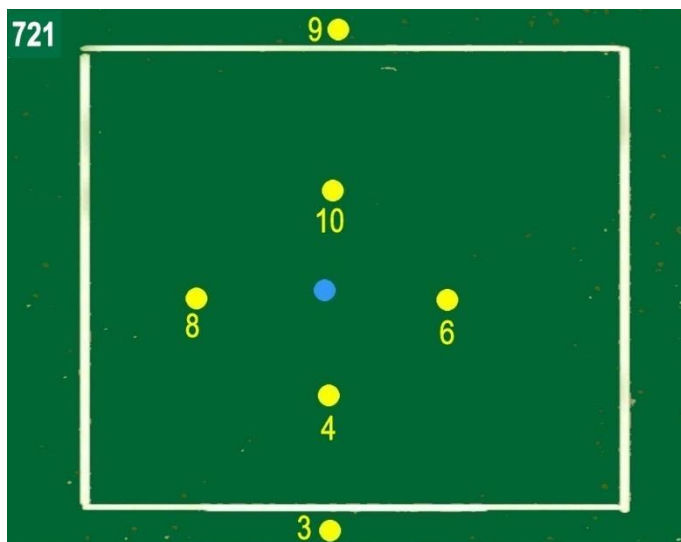
381 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a co-ordinated passing practice. Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6. This warm up should be similar to the team's match day warm up.

25 *The Middle - Group Work - Game Training*

721 POSITIONAL SUPPORT PLAY IN POSSESSION

Coach effective possession - controlled possession in the middle third - linking with back 4 and the strikers. Incorporate play against opponents organised (i.e. the same number of players or more) and against opponents disorganised (i.e. less players). Attack opponents through the middle. Keep possession in tight area to play forward.

The object is to encourage controlled possession whilst at the same time moving forward quickly but safely. Start with 6v1 with two support players outside the grid. If the defenders win possession the ball is passed to one of the support players. Player rotation can be managed when the support player receives the ball, they swap places with the passer. Variation (not including the two outside support players) : 6v1, 6v2, 6v3, 6v4, 6v5, 6v6.



30 *Small Game - Team Work*

501 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Variations (1) Create uneven PLAYER NUMBERS on each team (e.g. 8v6 or 6v8), to test the object of the session theme and ensure the players understand their roles. Also introduce a "Magic" player whose role is to play with any team which has the ball, or vice versa, any team which does not have the ball. (2) Change the LOCATION OF GOALS. See eight options in the last pages of this booklet, which, if desirable, can be used to emphasise the session theme e.g. playing wide. (3) Change the DURATION OF GAME to ensure that you will finish on time to perform Fitness and Warm down

Act as the referee providing players with advice on the run and stopping the game only if deemed essential. Just let them play preferably with goalkeepers at each end.

15 *Fitness*

888 SPEED IMPROVEMENT

Coach the player in the right technique to improve speed for fitness over 20 metres - suggested 4 100% effort with 1 minute rest. Also, coach sprinting backwards, jumping, ladder work and 6X5m sprints. One runner at a time, walk back to start.

5 *Warm Down*

889 Coach warm down after training or game for fitness - light jogging followed by stretching (calves, quads, hamstrings, groin).

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS – No.15

UNDER 12 TO UNDER 16 YEAR OLDS

PERIOD: JULY WEEK 01 LATE SEASON – TWO SESSIONS WEEKLY – SAME THEME

Session Theme

Creating scoring chances and converting them

Total Duration: 90 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.

For 12-16s the area should be 50x40m (preferred) and not less than 35x35m.

The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

15 *The Beginning - Warm Up*

381 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a co-ordinated passing practice.

Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.

This warm up should be similar to the team's match day warm up.

25 *The Middle - Group Work - Game Training*

722 POSITIONAL SUPPORT PLAY IN POSSESSION – ATTACKING IN THE FINAL THIRD

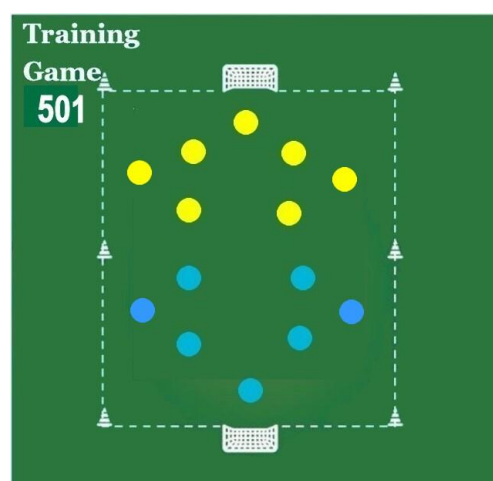
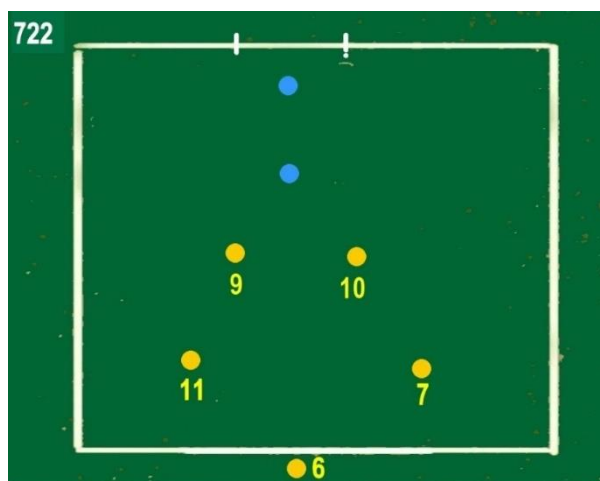
Coach individual skill to create scoring chances and to convert scoring chances.

Beat defender in front of you to shoot on goal. Short passing in tight areas.

The object is to create and convert scoring opportunities. If the defending team gains possession they kick the ball back to the feeder player behind the grid line. Rotate players into different positions.

Variations (including a goalkeeper and feeder):

5v2, 5v3, 5v4, 5v5, 6v2, 6v3, 6v4, 6v6, 7v2, 7v3, 7v4, 7v5, 7v6, 7v7.



30 *Small Game - Team Work*

501 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Variations (1) Create uneven PLAYER NUMBERS on each team (e.g. 8v6 or 6v8), to test the object of the session theme and ensure the players understand their roles. Also introduce a “Magic” player whose role is to play with any team which has the ball, or vice versa, any team which does not have the ball. (2) Change the LOCATION OF GOALS. See eight options in the last pages of this booklet, which, if desirable, can be used to emphasise the session theme e.g. playing wide. (3) Change the DURATION OF GAME to ensure that you will finish on time to perform Fitness and Warm down

Act as the referee providing players with advice on the run and stopping the game only if deemed essential. Just let them play preferably with goalkeepers at each end.

15 *Fitness*

881 SPEED IMPROVEMENT

Coach intermittent exercise with durations of work and rest for fitness (groups of 2 or 3 players - one group at a time to enable adequate rest between work) e.g. 25 X 10m, 10 X 25m, 5 X 50m sprints or 4 X 400m, 3 X 550, 2 X 800m.

5 *Warm Down*

889 Coach warm down after training or game for fitness - light jogging followed by stretching (calves, quads, hamstrings, groin).

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS – No.16

UNDER 12 TO UNDER 16 YEAR OLDS

PERIOD: JULY WEEK 02 LATE SEASON – TWO SESSIONS WEEKLY – SAME THEME

Session Theme

Practice set plays with core skills

Total Duration 90 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.

For 12-16s the area should be 50x40m (preferred) and not less than 35x35m.

The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

15 *The Beginning - Warm Up*

381 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a co-ordinated passing practice.

Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.

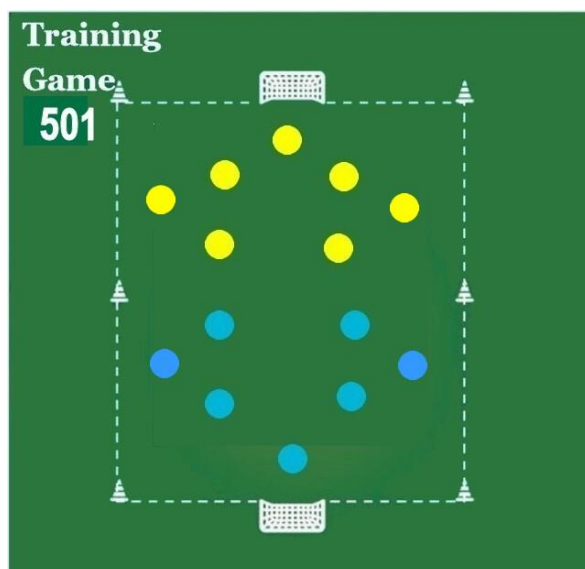
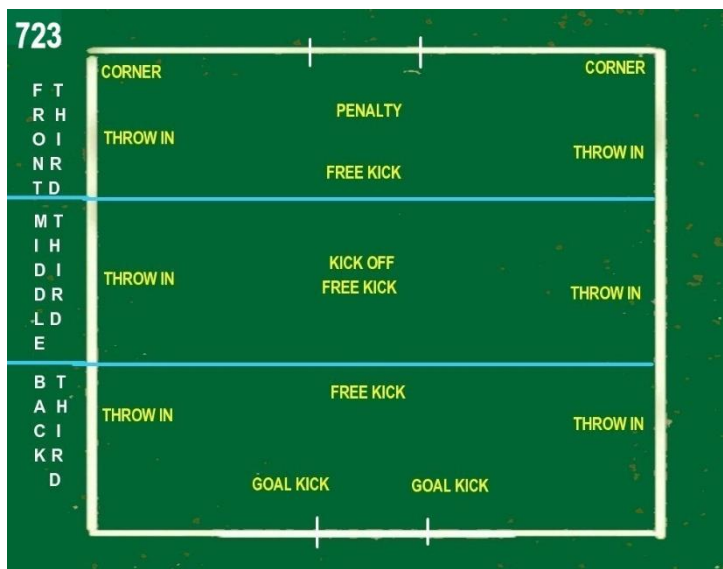
This warm up should be similar to the team's match day warm up.

25 *The Middle - Group Work - Game Training*

723 SET PLAYS WITH CORE SKILLS

Coach the execution in 3 different kick offs, kick ins, throw-ins, free kicks, corners, penalties and goal kicks to ensure you maintain possession and not needlessly give possession away to the opposition with its execution. Both throw-ins and free kicks should be divided into three sectors of the field, namely back, mid and front thirds. Set plays should be dealt with as a reward and executed efficiently to benefit the team and possibly lead to a goal. The less players involved, the better

Variation: 2v1, 2v2, 2v3, 3v1, 3v2, 3v3. Other players can be used as decoys or defenders.



30 *Small Game - Team Work*

501 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Variations (1) Create uneven PLAYER NUMBERS on each team (e.g. 8v6 or 6v8), to test the object of the session theme and ensure the players understand their roles. Also introduce a "Magic" player whose role is to play with any team which has the ball, or vice versa, any team which does not have the ball. (2) Change the LOCATION OF GOALS. See eight options in the last pages of this booklet, which, if desirable, can be used to emphasise the session theme e.g. playing wide. (3) Change the DURATION OF GAME to ensure that you will finish on time to perform Fitness and Warm down

Act as the referee providing players with advice on the run and stopping the game only if deemed essential. Just let them play preferably with goalkeepers at each end.

15 *Fitness*

885 SPEED IMPROVEMENT

Coach extended acceleration speed improvement 10secs(gradual) 5 secs(full sprint) 10secs(gradual) for fitness. Distance will vary with different age groups. Calculate the standard distance from a test jog over 10sec. Start season at 5 repetitions increase to 10 during the season. Rest time 1 minute (reduce later in the season) Duration 10-20 minutes

5 *Warm Down*

889 Coach warm down after training or game for fitness - light jogging followed by stretching (calves, quads, hamstrings, groin).

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS No.:17

UNDER 12 TO UNDER 16 YEAR OLDS

PERIOD: JULY WEEK 03 LATE SEASON– TWO SESSIONS WEEKLY – SAME THEME

Session Theme

Structured Build up from the back

Total Duration: 90 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.

For 12-16s the area should be 50x40m (preferred) and not less than 35x35m.

The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

15 *The Beginning - Warm Up*

381 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a co-ordinated passing practice. Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6. This warm up should be similar to the team's match day warm up.

25 *The Middle - Group Work - Game Training*

720 POSITIONAL SUPPORT PLAY IN POSSESSION

Coach effective possession - structured build up - playing out from the back including the goalkeeper.

Providing options left, right, middle and far (from goalkeeper to middle third).

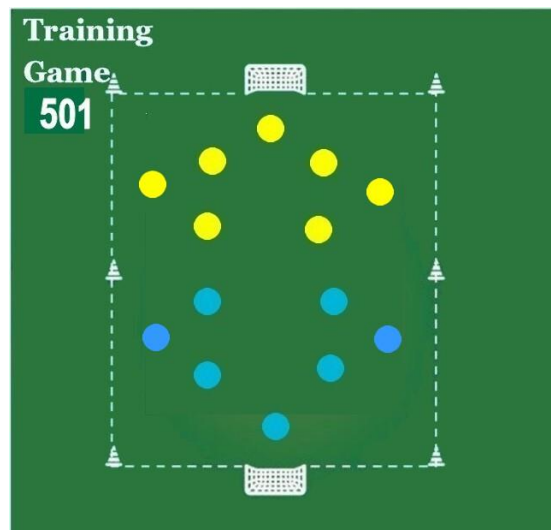
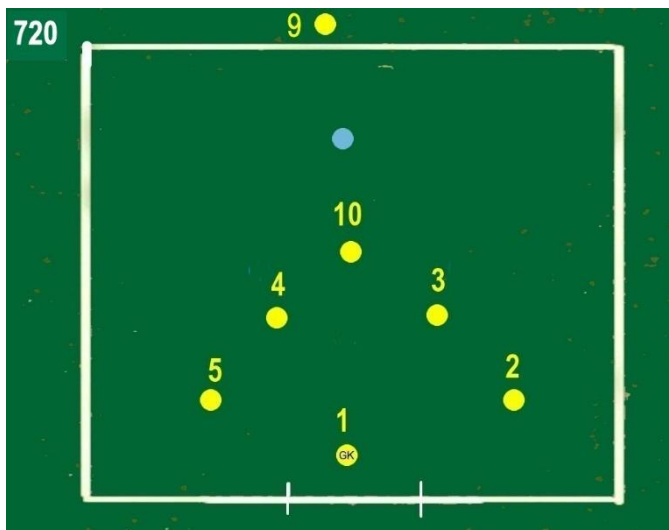
Attacking the space from the back third into the middle third.

Play out from the back using the GK or a goal kick. The object is to get the ball to a midfield target who is able to move anywhere across and along the front grid line or half way line. After receiving the ball under control, the target player(s) kicks the ball back to the GK and rotates to another position.

Variation (not including the target player):

Coach 6v1, 6v2, 6v3, 6v4, 6v5, 6v6, 6v7, 6v8 Variation: Increase target players to two

Improve playing out from the back and target backs to move forward in an active support role.



30 *Small Game - Team Work*

501 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Variations (1) Create uneven PLAYER NUMBERS on each team (e.g. 8v6 or 6v8), to test the object of the session theme and ensure the players understand their roles. Also introduce a "Magic" player whose role is to play with any team which has the ball, or vice versa, any team which does not have the ball. (2) Change the LOCATION OF GOALS. See eight options in the last pages of this booklet, which, if desirable, can be used to emphasise the session theme e.g. playing wide. (3) Change the DURATION OF GAME to ensure that you will finish on time to perform Fitness and Warm down

Act as the referee providing players with advice on the run and stopping the game only if deemed essential. Just let them play preferably with goalkeepers at each end.

15 *Fitness*

885 SPEED IMPROVEMENT

Coach extended acceleration speed improvement 10secs(gradual) 5 secs(full sprint) 10secs(gradual) for fitness. Distance will vary with different age groups. Calculate the standard distance from a test jog over 10sec. Start season at 5 repetitions increase to 10 during the season. Rest time 1 minute (reduce later in the season) Duration 10-20 minutes

5 *Warm Down*

889 Coach warm down after training or game for fitness - light jogging followed by stretching (calves, quads, hamstrings, groin).

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS No.:18

UNDER 12 TO UNDER 16 YEAR OLDS

PERIOD: JULY WEEK 04 LATE SEASON– TWO SESSIONS WEEKLY – SAME THEME

Session Theme

Maintain possession in midfield

Total Duration: 90 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.

For 12-16s the area should be 50x40m (preferred) and not less than 35x35m.

The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

15 *The Beginning - Warm Up*

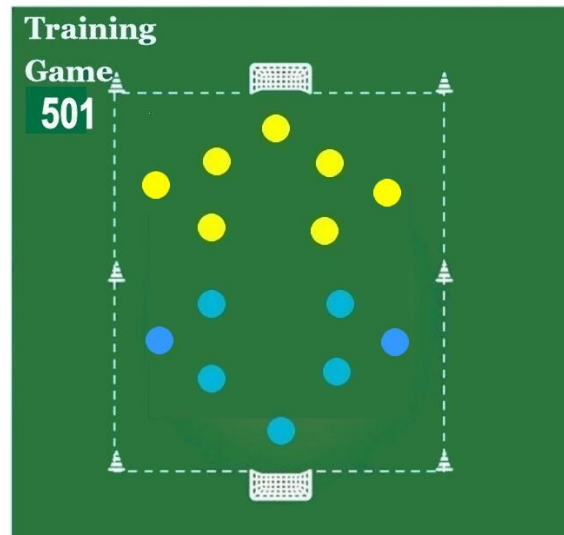
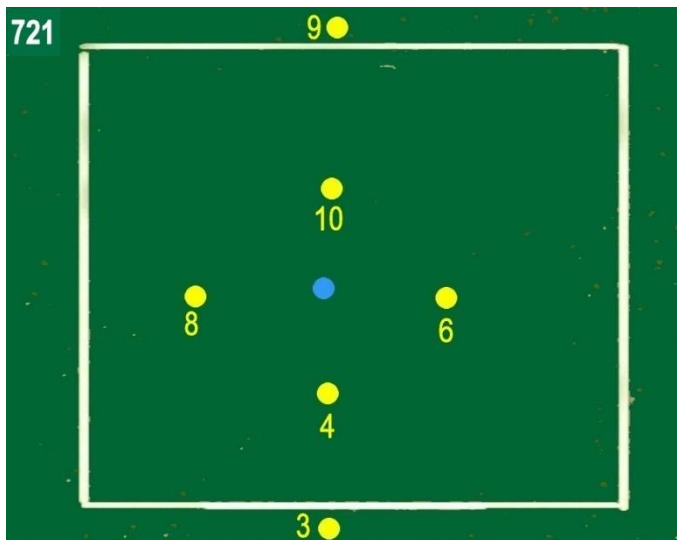
381 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a co-ordinated passing practice. Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6. This warm up should be similar to the team's match day warm up.

25 *The Middle - Group Work - Game Training*

721 POSITIONAL SUPPORT PLAY IN POSSESSION

Coach effective possession - controlled possession in the middle third - linking with back 4 and the strikers. Incorporate play against opponents organised (i.e. the same number of players or more) and against opponents disorganised (i.e. less players). Attack opponents through the middle. Keep possession in tight area to play forward.

The object is to encourage controlled possession whilst at the same time moving forward quickly but safely. Start with 6v1 with two support players outside the grid. If the defenders win possession the ball is passed to one of the support players. Player rotation can be managed when the support player receives the ball, they swap places with the passer. Variation (not including the two outside support players) : 6v1, 6v2, 6v3, 6v4, 6v5, 6v6.



30 *Small Game - Team Work*

501 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Variations (1) Create uneven PLAYER NUMBERS on each team (e.g. 8v6 or 6v8), to test the object of the session theme and ensure the players understand their roles. Also introduce a "Magic" player whose role is to play with any team which has the ball, or vice versa, any team which does not have the ball. (2) Change the LOCATION OF GOALS. See eight options in the last pages of this booklet, which, if desirable, can be used to emphasise the session theme e.g. playing wide. (3) Change the DURATION OF GAME to ensure that you will finish on time to perform Fitness and Warm down

Act as the referee providing players with advice on the run and stopping the game only if deemed essential. Just let them play preferably with goalkeepers at each end.

15 *Fitness*

888 SPEED IMPROVEMENT

Coach the player in the right technique to improve speed for fitness over 20 metres - suggested 4 100% effort with 1 minute rest. Also, coach sprinting backwards, jumping, ladder work and 6X5m sprints. One runner at a time, walk back to start.

5 *Warm Down*

889 Coach warm down after training or game for fitness - light jogging followed by stretching (calves, quads, hamstrings, groin).

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS – No.19

UNDER 12 TO UNDER 16 YEAR OLDS

PERIOD: AUG WEEK 01 LATE SEASON – TWO SESSIONS WEEKLY – SAME THEME

Session Theme

Creating scoring chances and converting them

Total Duration: 90 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.

For 12-16s the area should be 50x40m (preferred) and not less than 35x35m.

The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

15 *The Beginning - Warm Up*

381 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a co-ordinated passing practice.

Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.

This warm up should be similar to the team's match day warm up.

25 *The Middle - Group Work - Game Training*

722 POSITIONAL SUPPORT PLAY IN POSSESSION – ATTACKING IN THE FINAL THIRD

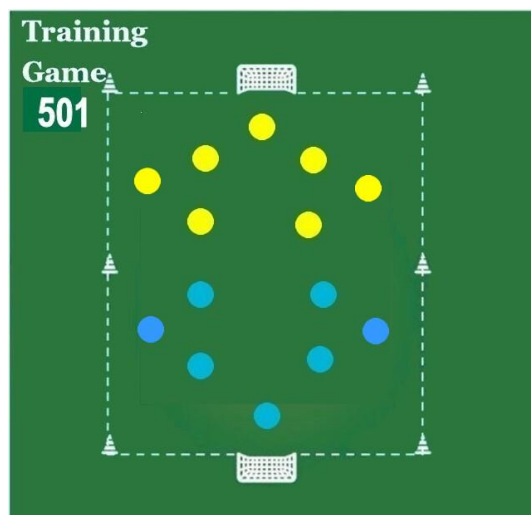
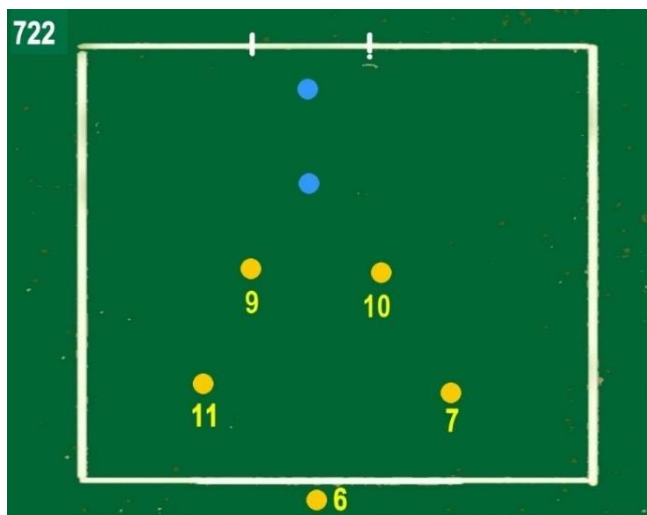
Coach individual skill to create scoring chances and to convert scoring chances.

Beat defender in front of you to shoot on goal. Short passing in tight areas.

The object is to create and convert scoring opportunities. If the defending team gains possession they kick the ball back to the feeder player behind the grid line. Rotate players into different positions.

Variations (including a goalkeeper and feeder):

5v2, 5v3, 5v4, 5v5, 6v2, 6v3, 6v4, 6v6, 7v2, 7v3, 7v4, 7v5, 7v6, 7v7.



30 *Small Game - Team Work*

501 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Variations (1) Create uneven PLAYER NUMBERS on each team (e.g. 8v6 or 6v8), to test the object of the session theme and ensure the players understand their roles. Also introduce a "Magic" player whose role is to play with any team which has the ball, or vice versa, any team which does not have the ball. (2) Change the LOCATION OF GOALS. See eight options in the last pages of this booklet, which, if desirable, can be used to emphasise the session theme e.g. playing wide. (3) Change the DURATION OF GAME to ensure that you will finish on time to perform Fitness and Warm down

Act as the referee providing players with advice on the run and stopping the game only if deemed essential. Just let them play preferably with goalkeepers at each end.

15 *Fitness*

881 SPEED IMPROVEMENT

Coach intermittent exercise with durations of work and rest for fitness (groups of 2 or 3 players - one group at a time to enable adequate rest between work) e.g. 25 X 10m, 10 X 25m, 5 X 50m sprints or 4 X 400m, 3 X 550, 2 X 800m.

5 *Warm Down*

889 Coach warm down after training or game for fitness - light jogging followed by stretching (calves, quads, hamstrings, groin).

WYOMING FOOTBALL CLUB JUNIOR COACHING SESSIONS – No.20

UNDER 12 TO UNDER 16 YEAR OLDS

PERIOD: AUG WEEK 02 LATE SEASON – TWO SESSIONS WEEKLY – SAME THEME

Session Theme

Practice set plays with core skills

Total Duration 90 Minutes

ALLOCATED TRAINING AREA – The size of the area allocated to each team will be decided by the Club management.

For 12-16s the area should be 50x40m (preferred) and not less than 35x35m.

The diagrams below should be adjusted to relate to the actual area available, including when the area is broken into two equal halves.

15 *The Beginning - Warm Up*

381 Coach warm-up with mobility activities associated with the game (e.g. turns, short sprints, ladder work etc..) and with a co-ordinated passing practice.

Coach quick striking the ball, quick fakes, quick second touch and quick running the ball - groups of 3-6.

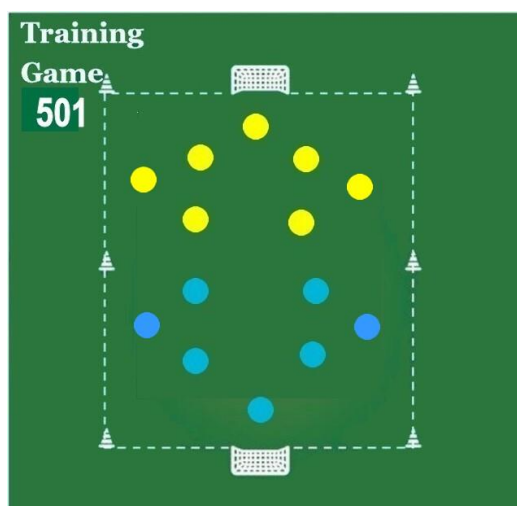
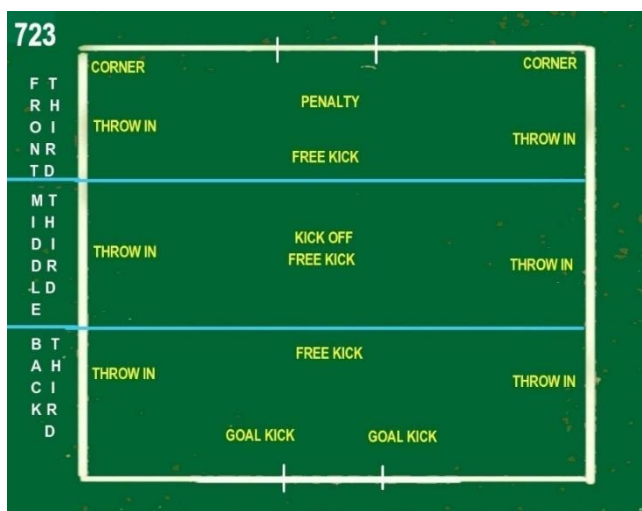
This warm up should be similar to the team's match day warm up.

25 *The Middle - Group Work - Game Training*

723 SET PLAYS WITH CORE SKILLS

Coach the execution in 3 different kick offs, kick ins, throw-ins, free kicks, corners, penalties and goal kicks to ensure you maintain possession and not needlessly give possession away to the opposition with its execution. Both throw-ins and free kicks should be divided into three sectors of the field, namely back, mid and front thirds. Set plays should be dealt with as a reward and executed efficiently to benefit the team and possibly lead to a goal. The less players involved, the better

Variation: 2v1, 2v2, 2v3, 3v1, 3v2, 3v3. Other players can be used as decoys or defenders.



30 *Small Game - Team Work*

501 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session.

Variations (1) Create uneven PLAYER NUMBERS on each team (e.g. 8v6 or 6v8), to test the object of the session theme and ensure the players understand their roles. Also introduce a "Magic" player whose role is to play with any team which has the ball, or vice versa, any team which does not have the ball. (2) Change the LOCATION OF GOALS. See eight options in the last pages of this booklet, which, if desirable, can be used to emphasise the session theme e.g. playing wide. (3) Change the DURATION OF GAME to ensure that you will finish on time to perform Fitness and Warm down

Act as the referee providing players with advice on the run and stopping the game only if deemed essential. Just let them play preferably with goalkeepers at each end.

15 *Fitness*

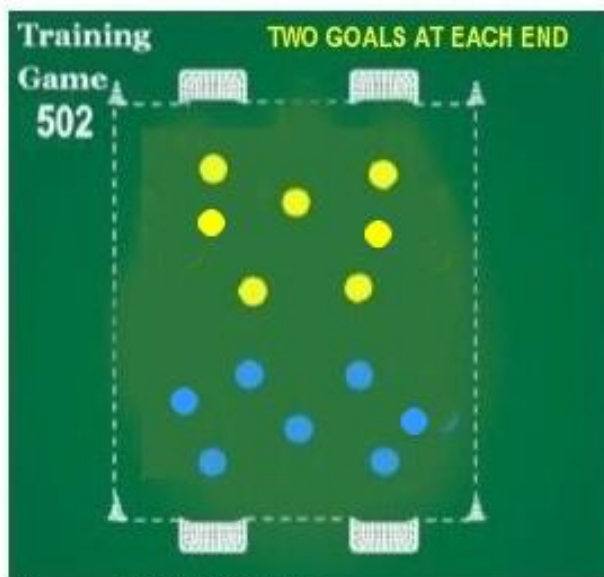
885 SPEED IMPROVEMENT

Coach extended acceleration speed improvement 10secs(gradual) 5 secs(full sprint) 10secs(gradual) for fitness. Distance will vary with different age groups. Calculate the standard distance from a test jog over 10sec. Start season at 5 repetitions increase to 10 during the season. Rest time 1 minute (reduce later in the season) Duration 10-20 minutes

5 *Warm Down*

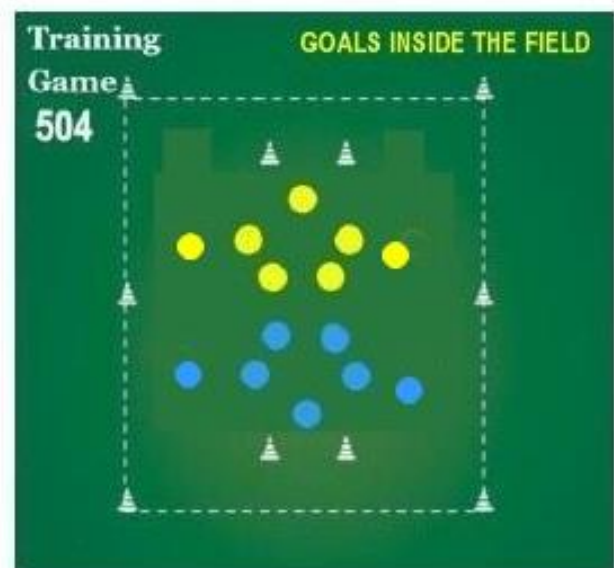
889 Coach warm down after training or game for fitness - light jogging followed by stretching (calves, quads, hamstrings, groin).

OTHER TRAINING GAME SET UPS



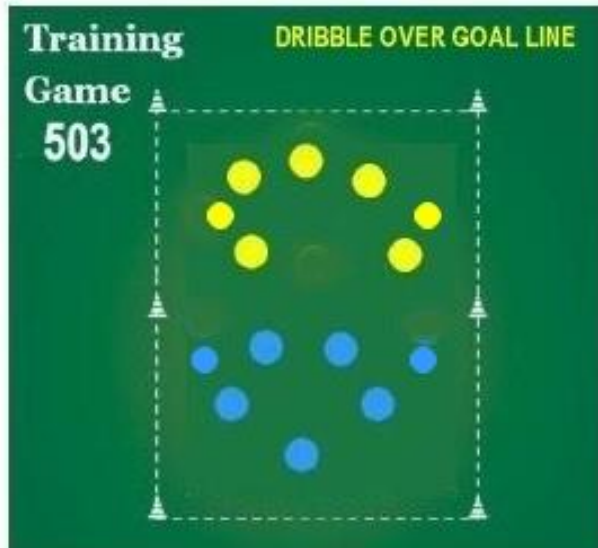
502 TRAINING GAME

Coach to vary the player numbers and duration of game. Two goals at each end. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. Play with no goalkeepers. Encourage shooting and scoring.



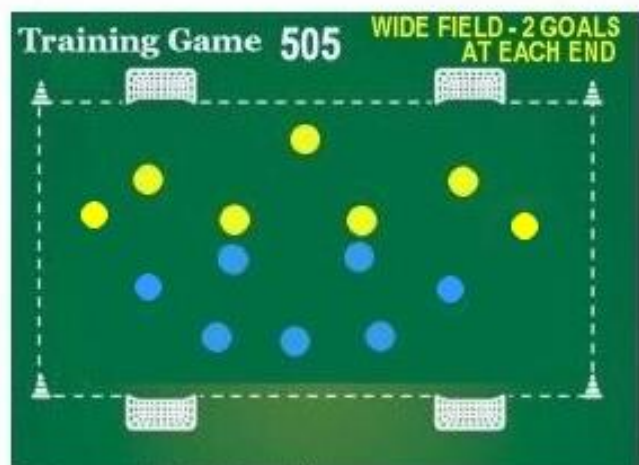
504 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session. Coach to vary the player numbers and duration of game. One goal each end to be located on the field about a quarter of the way from the back line. Goal can be scored from the front or back of the goal. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. With or without goalkeepers.



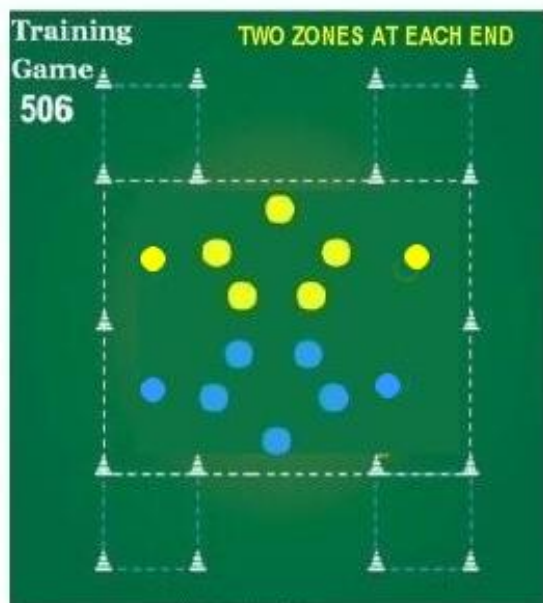
503 TRAINING GAME

Coach to vary the player numbers and duration of game. No goals at each end. Players must run the ball across opponents' back line, under control, to score points/goal. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. The game encourages dribbling and 1v1 skills.



505 TRAINING GAME

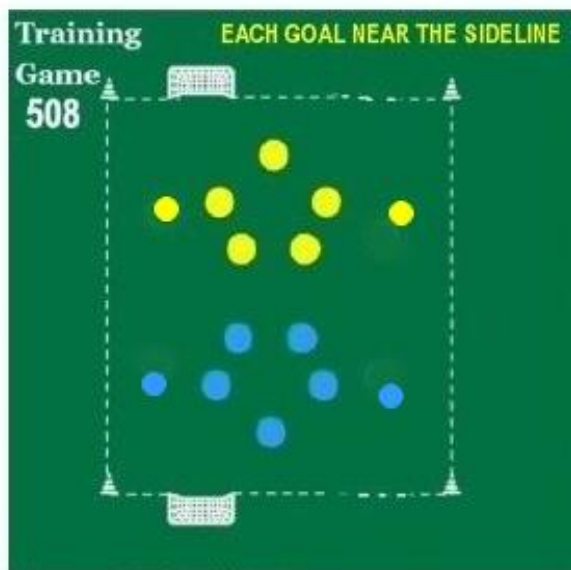
Coach to vary the player numbers and duration of game. Two goals at each end but located on the longer side of the field. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential. This game develops awareness of space.



506 TRAINING GAME

Coach to vary the player numbers and duration of game. No goals at each end. Players must run the ball wide across opponents' back line, into scoring zone, under control, to score points/goal. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential.

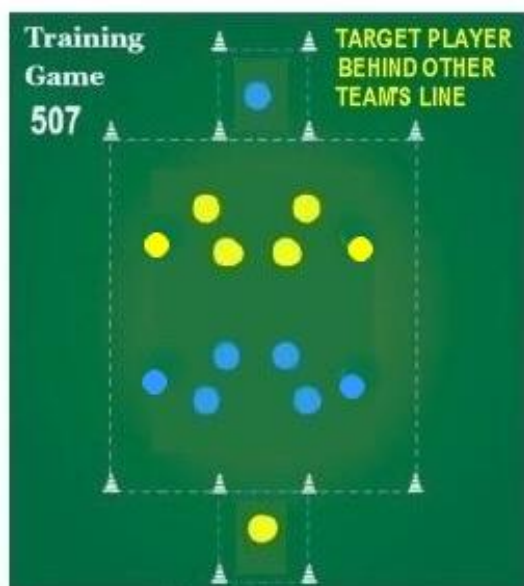
This game encourages dribbling and 1v1 skills.



508 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session. Coach to vary the player numbers, location of goals (near the sideline and duration of game. No goal keeper. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential.

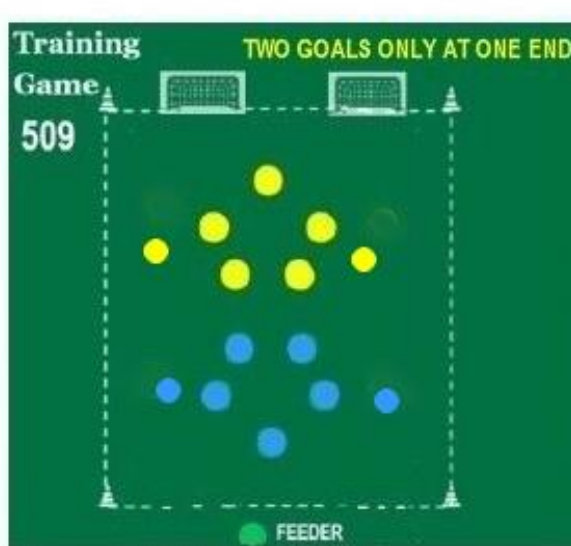
There are no goalkeepers. The game encourages players to play wide and to shoot and score.



507 TRAINING GAME

Coach a SSG with the same theme used during the early part of the coaching session. Coach to vary the player numbers, location of goals and duration of game. No goal keeper only a player behind the goals to receive the ball from the attacking team. Coach to act as the referee providing players with advice on the run and stopping the game only if deemed essential.

There are no goalkeepers.



509 TRAINING GAME

Finish with a small sided even game for observation. Teaching the rules and practicing set plays is very valuable in this game.

No Goalkeepers. Two goals at the same end, to score in. The game is played with the same rules as a normal game. If you kick off, you are the attacking team. The situations where the defending team regains possession is when the opposition scores or when the defending team wins possession and passes to the Feeder at the back of the grid. Players need to be reminded regularly who is the attacking side. Game encourages shooting and scoring.