



Pagewood Botany Football Club

“we do the business”

Coaching Booklet

This booklet was designed by Pagewood Botany Football Club (PBFC) to assist coaches and ensure the consistent development of all players.

This booklet should serve as a guideline to coaches around how training methods and practices should occur.

Contents

This booklet covers:

1. The 4 core skills that a coach must focus on to improve the players
2. The outline of an example training session
3. Examples of practices a coach may use to cover a successful training session

If you require assistance with coaching throughout the season, do not hesitate to ask one of the head coaches at PBFC. Contact details are located on the back page.



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Pyramid of development

- Start from **BOTTOM** to **TOP** master each step by fun session and games
- Drill are welcomed if all kids are participating

Use as much equipment and variations as you can think of

- Shoes, bottles as cones
- Parents as defenders
- Parents as moving goals or targets
- Rope for agility, speed, coordination
- Different sizes balls for ball control
- Barefoot- develop ball mastery
- Use some balls to catch and throw while playing soccer
- Combine session with friend coach
- Use other team for a game at the end of session
- Bonding and team games

Ask for new ideas on Saturday to any head coach in Jellicoe park



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How to do :

→ **Ball mastery**

- ◆ **A lot of touches on the ball per time in challenging environment - limit space, limit time, ensure looking around, split attention, add speed**

→ **Receiving and passing**

- ◆ **Form of passing drills or games in a restricted space, space awareness, do not stop the incoming ball, move it into space, manage both while moving, jogging, sprinting**

→ **1v1**

- ◆ **Games 1v1 on 2,3,4 goals, targets, to score you need to dribble through ... and then score, don't let one game go for too long other kids will be just watching and not playing, don't be afraid to use organised chaos(more couples play 1v1 at the same time on the same goals)**

→ **Speed**

- ◆ **Speed with/without the ball, speed of certain parts of body- agility ladder, races, relays with/without the ball**

→ **Finishing**

- ◆ **How do you win a game? By scoring goals-allow learning on that skill, types of shooting**

→ **Group play**

- ◆ **Small sided games, don't do big numbers (9v9 in U6, kids won't understand), training games 3v3 and 4v4 max, team who is not playing has to achieve 5 juggles to enter the game or etc.**



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The Training Focus

For greatest player development, training should occur at least twice a week, and include a game on the weekend. PBFC are committed to improving individual player skills, and require coaches to focus their training on the following 4 skills:

1. **First Touch on the ball:** The ability for a player to control receiving ball
2. **Running with the Ball:** The ability of players to dribble the ball
3. **1v1:** The ability of players to take on an opposition defender
4. **Striking the Ball:** The ability of a player to accurately shoot at goal

The Training Outline

Each training session should be broken up into **3** components.

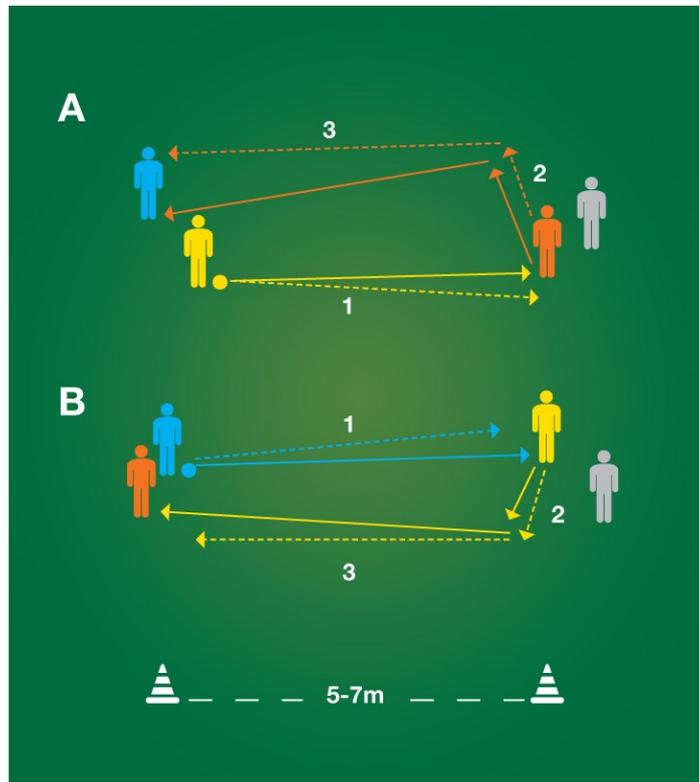
Component	Time (min)	Definition
Skill Introduction	15	“Warm up” An activity designed to set the tone of the session and allow the players to understand what skill you are focusing on. This warm up should increase in intensity and difficulty
Skill Training	20	An activity designed to replicate the skill where it would occur in a game situation. This activity should allow the players to be challenged and make decisions.
Skill Game	20	The final component of a training session is always a game. The players focus on playing, the coach assesses the success of the session. The Skill Game should include as many as possible of the elements of the real game and be organised in such a way that the designated core skill has to be used regularly. Skill Games are preferably small-sided games to maximise the number of repetitions/touches.



Example Training Sessions

FIRST TOUCH

Skill Introduction



Players in fours (fives is also fine, and is a way of reducing intensity, if required) with one ball between them. 2 pairs facing each other 5m-7m apart. The yellow player starts by passing the ball to the orange player and following their pass at speed.

The orange player uses their first touch to move the ball away from the yellow player, and with the second touch passes to the blue player. The orange player follows their pass and jogs to the back of the opposite line.

In example A, the orange player has moved the ball to the right because the yellow player approached him/her slightly to his/her left side.

In example B, the yellow player has moved the ball to the left because the blue player approached him/her to his/her right.

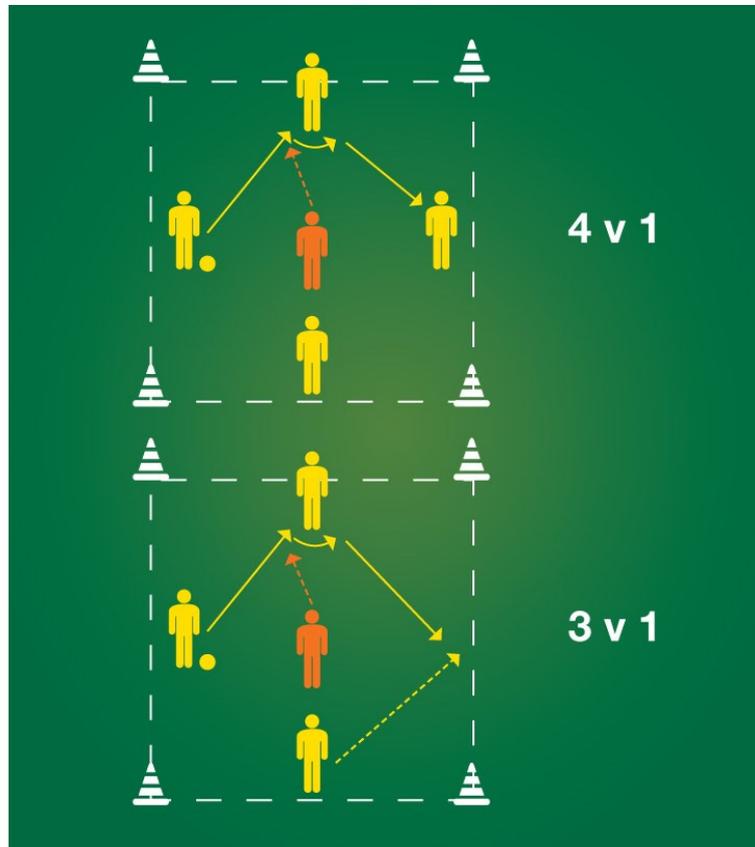
The coach can also direct the passer to follow the pass by running directly at the receiver. Therefore the receiver has the option of going left or right, ideally the receiver will fake to move the ball in one direction, and then with his/her first touch move the ball the other way.



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Skill Training



Positioning Games with **two touches** as a **mandatory** requirement (i.e. first touch = control the ball, second touch = pass the ball).

Disallowing a direct pass forces the players to have a good first touch in order to move the ball away from the defender(s) and keep possession!

Which positioning game to use depends on the level of the players and ranges from 4 v 1 (easiest), 3 v 1, 5 v 2 and 4 v 2 (most difficult).

The grid size also depends on the level and capabilities of the players with 15m x 15m as a starting point (15m x 20m for the 5 v 2).

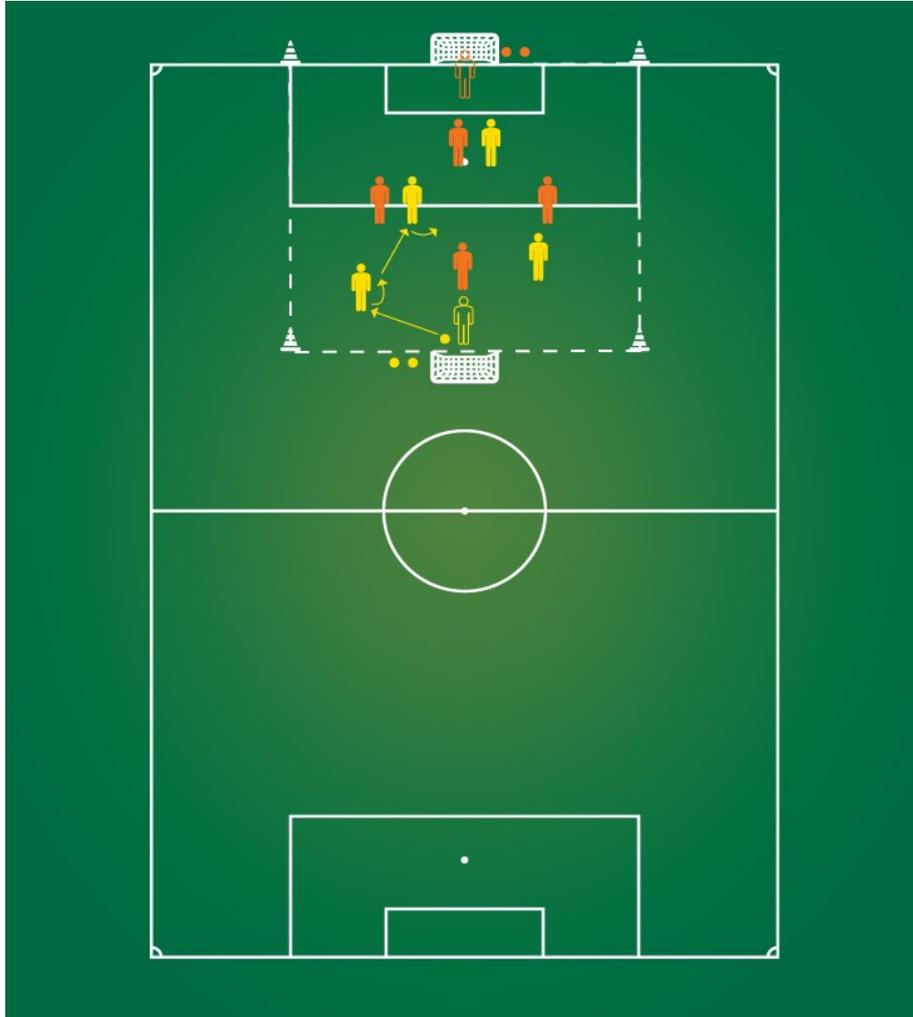
The coach can make the exercise more challenging for the players by simply decreasing the space or easier by making the grids bigger.



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Skill Game



5 v 5 with the restriction that with every ball contact each player must take two touches.

NOTES ON THIS EXERCISE

Disallowing direct play forces the players to have a good first touch in order to move the ball away from the defender(s) and keep possession!

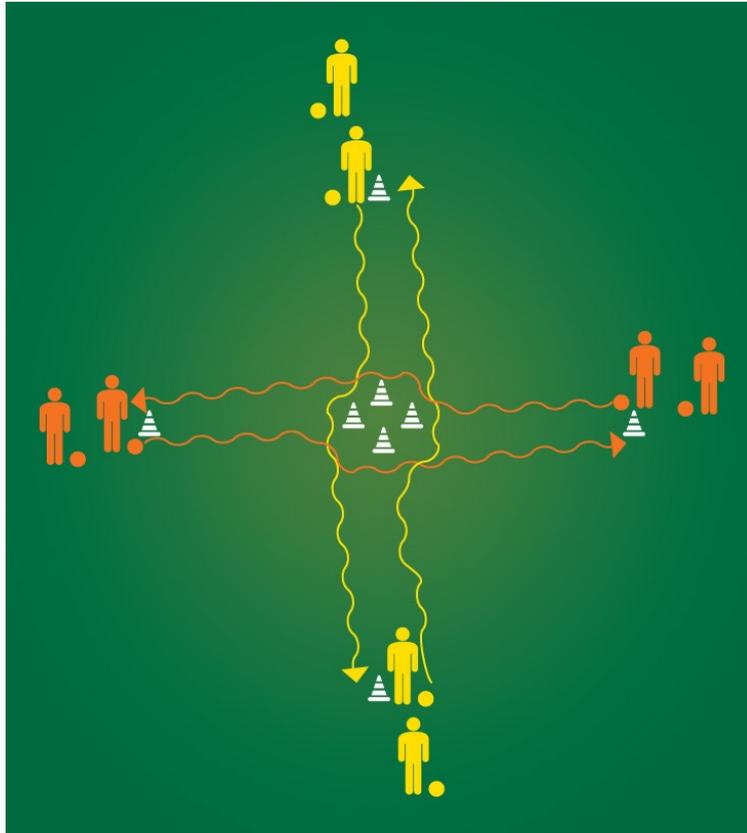


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1 v 1

Skill Introduction



4 markers placed 12-15m opposite of each other with 4 markers centrally in a diamond 1m-1.5m apart (see diagram).

Max. 2 players with ball line up at the markers. On the coaches call two players opposite each other start dribbling to the other side. In the middle they perform a prescribed or free feint to go around the **right side** of the markers and accelerate to the opposite marker. After 2 minutes: now go around the **left side**.

VARIATIONS:

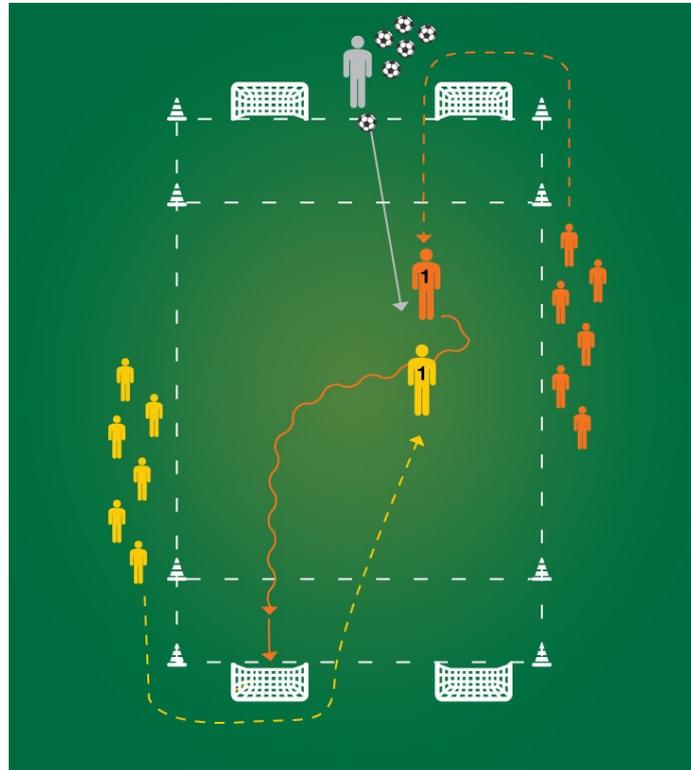
- Speed up tempo (maintain proper execution)
- Take out the markers (perception and communication)
- Introduce skill moves such as step over, roll the ball away from opponent etc.



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Skill Training



In a grid of approximately 20m x 30m two small goals are placed on each byline with markers on the corners and on the sideline at 5m from the corners to mark the ‘scoring zone’.

Two teams of 6 players maximum line up behind the markers on the sideline as shown. The coach is positioned with the balls between the two goals on one side of the pitch.

On a signal from the coach orange #1 and yellow #1 sprint around the corner marker and the nearest goal. The coach serves in favor of the orange player who take on the yellow player at maximum speed. The attacker can finish in either of the 2 goals but must finish from INSIDE the 5m ‘scoring zone’. If the defender wins the ball they can score in one of the opposite goals (one attempt max. each). When the action has ended the players line up on the opposite side.

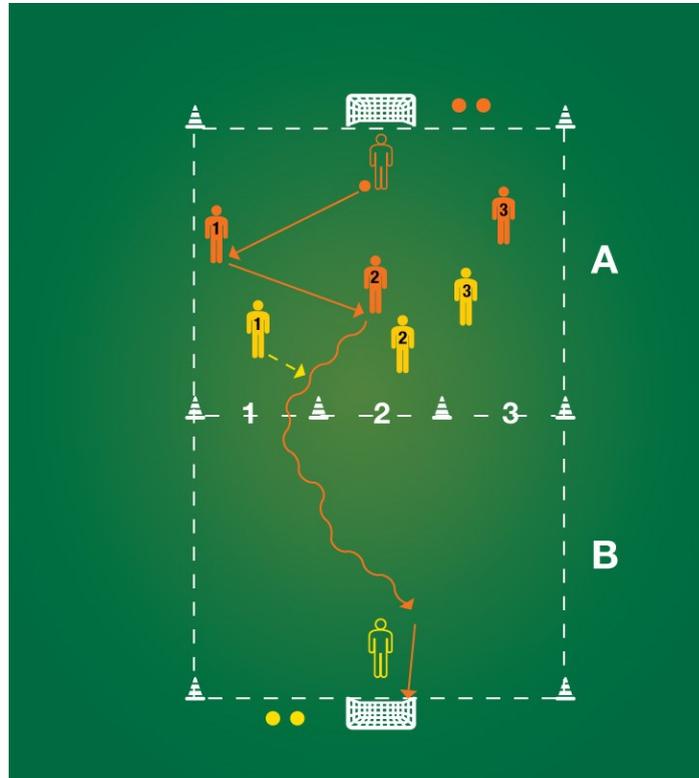
The coach can manipulate the 1 v 1 through the angle with which they serve the ball.



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Skill Game



3 v 3 on a pitch (20m wide x 40m long) with big goals and goalkeepers. Placed on the halfway line are 3 equal sized 'gates' as shown in the diagram. Each player (orange or yellow) must defend their 'own' designated gate when the opponent has the ball (i.e. player #1 defends gate 1, player #2 defends gate 2 etc).

The orange goalkeeper starts the game with all outfield players of both teams in grid A. The orange team combines till one orange player beats their opponent 1 v 1 and moves through one of the gates into grid B and tries to score.

If orange scores the game starts again in grid A.

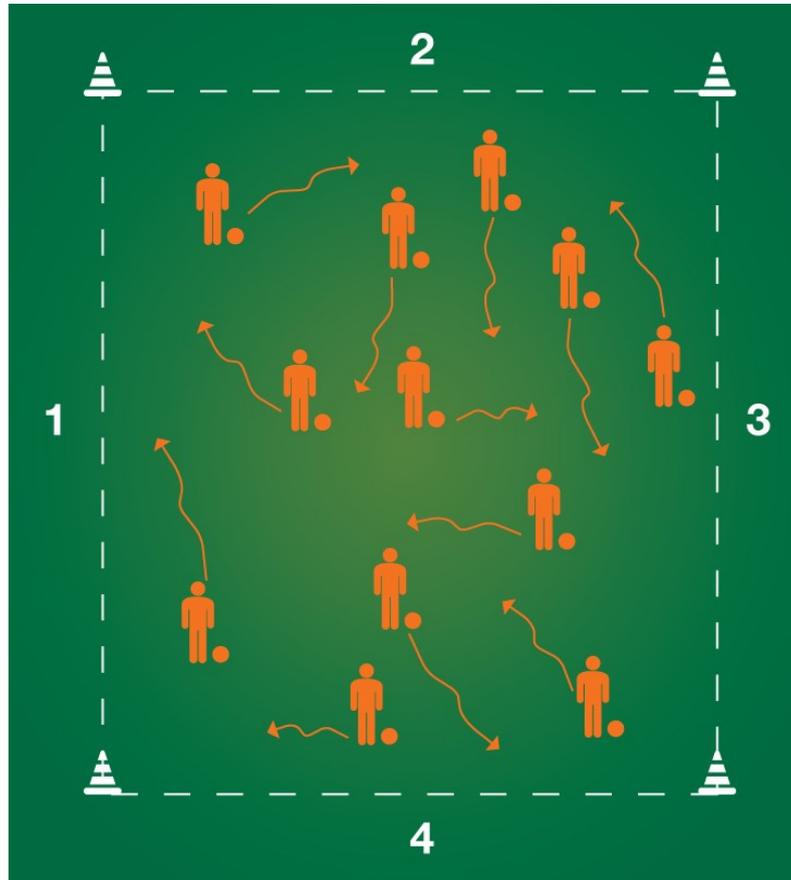
If yellow wins the ball in grid A they can immediately score. If yellow scores, the game restarts in grid B with possession for yellow.

If the yellow goalkeeper wins the ball in grid B, the game restarts in grid B with possession for the yellow team.



RUNNING WITH THE BALL

Skill Introduction



All players running with a ball freely in a grid of approximately 30m x 30m to warm up.

First 2-3 minutes: “low speed/intensity”, “use both feet”.

Next 2-3 minutes: “accelerate when you see a free space in front of you; now only use your right/left foot”.

Now split the players into 4 groups and number them 1 to 4 placing them on all 4 sides. When the coach calls a number, these players run with the ball as quickly as they can across the area and back (opposite group will need to move back to give the others room to turn!).

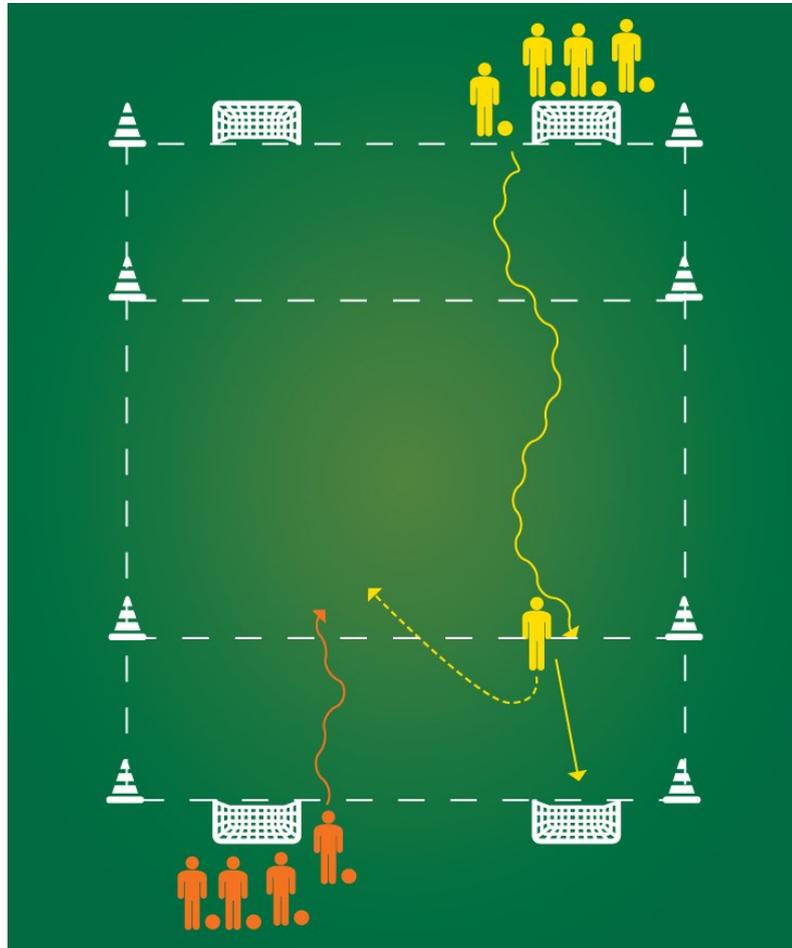
Now 2 groups at the same time: “take care; vision; if necessary slow down and then accelerate again”. **Look out for collisions!**



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Skill Training



A grid of 30m x 20m; 4 small goals and a 5m-7m shooting line at each end

Evenly split teams positioned as shown

Minimum 4, maximum 8 players per grid; if the group is bigger then make two grids

The exercise starts with the first player of the yellow team running with the ball to the opposite side and shooting the ball into the goal. They can only shoot once they have crossed the line into the shooting zone

As soon as the yellow player shoots at goal, the first orange player starts running with the ball to the opposite side

As soon as the yellow player has had their shot at goal, they turn and chase the orange player to try and catch up with them and prevent them from scoring

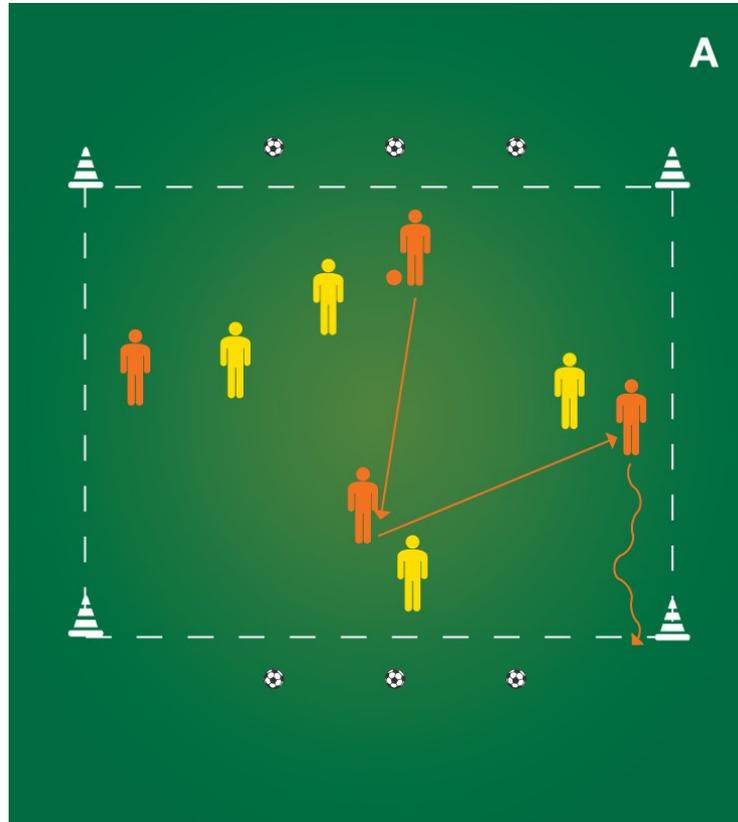
Count the goals! Which team scores the most goals?.



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Skill Game



4 v 4 line football

Grid size approximately 30m wide by 20m long (pitch shape is short but wide)

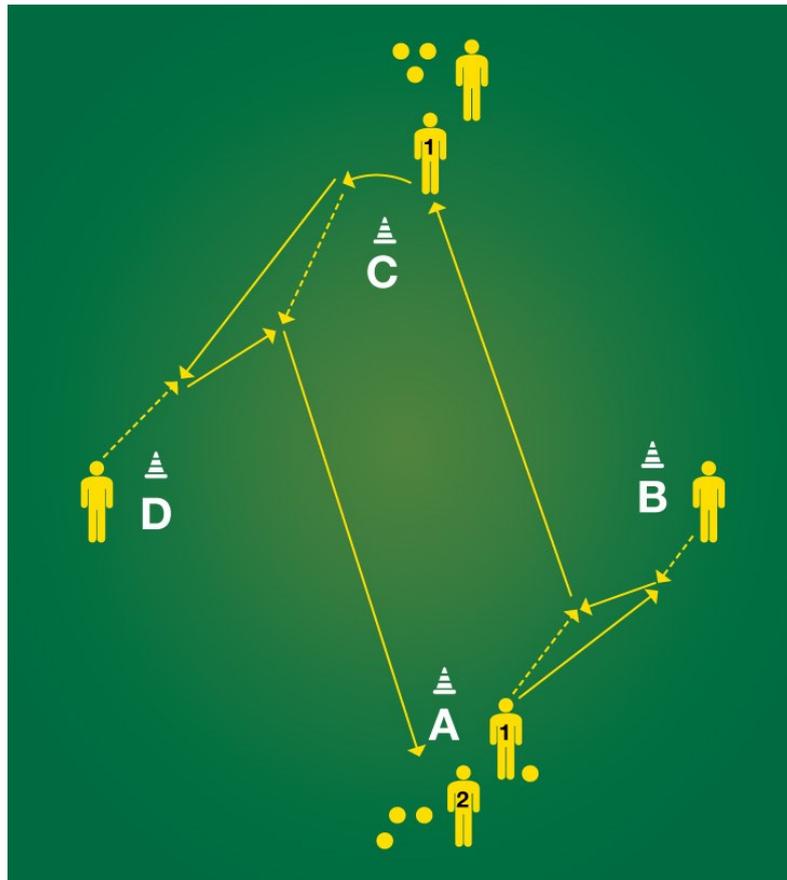
EXPLANATION OF THE GAME

4 v 4 small sided game; to score a goal a player must run with the ball across the opponent's by-line (see diagram A).



STRIKING THE BALL

Skill Introduction



6 players are positioned as shown, distance between the cones 7m-8m.

The passing exercise starts with player #1 at cone A passing the ball to the feet of the player at cone B (who moves away with a dummy run as if getting away from an imaginary defender, then checks back to the ball to receive it).

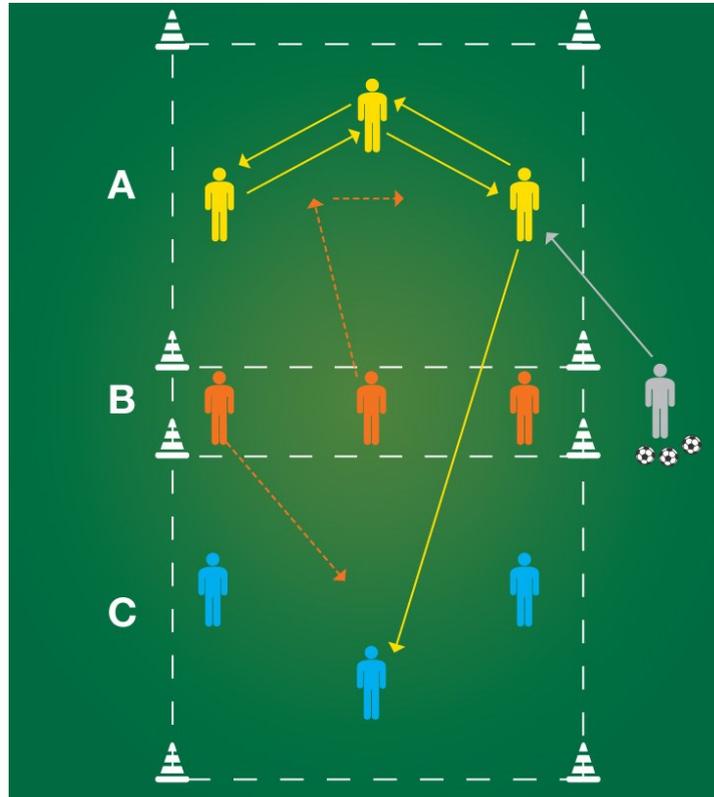
B bounces back to A1 who plays the killer pass to the first player at cone C.

C1 moves the ball (1st touch) and passes to the player at cone D (2nd touch) and the same pattern is repeated.

All players involved move to the next cone after completing their action/pass (from cone A to B; B to C; C to D and D to A). Every 2-3 minutes: change the direction (use other foot)



Skill Training



3 v 1 killer pass positioning game with 9 players.

Organisation

Two grids of about 12m x 12m (A & C) separated by a grid of 12m x 5m (B).

Three teams of 3 players with different colour bibs, one team in each grid as shown.

The coach is positioned with the balls centrally, next to grid B.

The coach starts the game with a pass to a yellow player in grid A. At that moment one orange player from grid B sprints into grid A to defend/win the ball:

3 v 1 in grid A.

Yellow must now look for the right moment to play a killer pass through grid B (with the two remaining orange defenders) to a blue player in grid C. Then immediately another orange player sprints into grid C to defend while the defender from grid A returns to grid B.

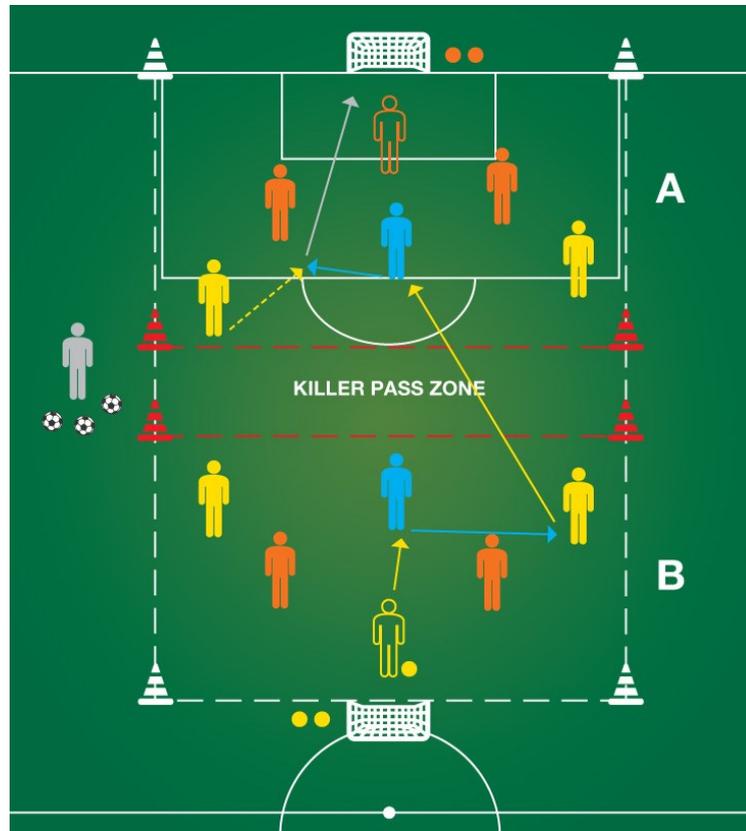
If a defender wins the ball in grid A/C or the defenders intercept the killer pass in grid B, they change grids with the team that lost the ball.



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Skill Game



5 v 5 (include goalkeepers) + 2 'neutral' players on a 40m x 50m pitch with big goals, divided in two grids (A & B) by a 5m 'killer pass zone' (see diagram). 2 defenders + goalkeeper and 2 attackers in each half as well as a 'neutral' player ('joker'). All players must stay in their designated grids.

The game starts in grid B with yellow + the joker playing 4 v 2 against the 2 oranges. They must try to play a 'killer pass' through/across the middle zone to a yellow player or the joker in grid A. If the orange players intercept the ball they can score immediately.

The yellow players + joker in grid A try to score against the 2 orange defenders + goalkeeper (3 v 3). If they score the game starts again in grid B. If they lose the ball to orange, the game continues/re-starts in grid A with orange + joker playing 4 v 2 against the 2 yellow players. Players to change roles/grids every 3-5 minutes.



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SAMPLE COACHING CYCLE

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
TUES	First Touch	Running with the Ball	First Touch	Running with the Ball	First Touch	Running with the Ball
THURS	Striking the Ball	1 v 1	Striking the Ball	1 v 1	Striking the Ball	1 v 1



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COACHES KEY CONTACTS

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