



# Football South Coast Club Coaching Handbook For Players Aged 5-9

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A user guide to provide club coaches with the tools to begin coaching junior football in accordance to Federation Football Australia National Curriculum.

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# Introduction

The aim and purpose of this handbook is for Football South Coast to give all our current club coaches working with 5-9 year olds a coaching resource that provides some foundation and structure so that the coach can begin to explore coaching junior soccer in accordance to the FFA National Curriculum.

In addition to the handbook Football South Coast encourages all junior coaches to attend the Grassroots Coaching Certificate and Skill Training Certificate previously known as the Junior Licence to further enhance not only their junior's experience of soccer but also that of themselves as the coach.



“At FSC we have a belief and passion that junior player development is vital to ensure the quality of football in this region. Junior development is not only about our representative players - it is fundamentally about grass roots development and giving every junior as part of our competition access to great football.

A big part of this process involves our coaches and this booklet is just one of the ways FSC is currently working on to provide all of our coaches with the techniques to effectively train and coach every player that is part of FSC competitions.

Coaches at all levels play a crucial role in ensuring that football is an enjoyable experience for everyone and lay the foundation for the development of better players. Each coach is a significant part of our sport and integral in making football the great sport it is. We hope that you get lots of guidance from this book and thank you for being such a key part of the football family in your time and devotion to our great code.”

Ann-Marie Balliana

Managing Director & Chief Executive Officer  
Football South Coast



“At Football South Coast we build on the 4 core skills from the national curriculum. We provide motivation and a friendly environment for young players to progress at their own rate.

One of the building blocks that we encourage are the discovery phase and the skills acquisition phase. During the discovery phase we allow a lot of varied fun football related games and encourage the beginning of fundamental technique. In other words we just love them to play.

During the skills acquisition phase our FSC coaches provide a solid foundation for technical skill, we provide highly motivated football related activities. The children enjoy the 4 core skills, ball mastery and learn to develop 1v1 practices.

FSC believes that this booklet will guide and develop our grassroots coaches to enhance their knowledge and understanding of what it is to be grassroots coach in our football community.”

Glenn Fontana

Technical Director

Football South Coast



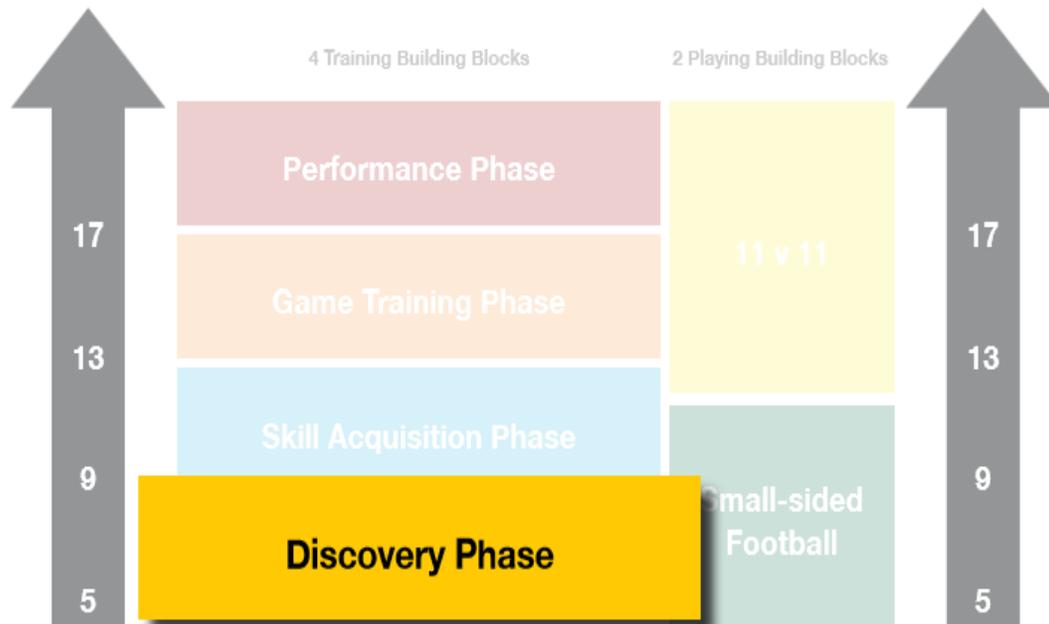
# Who are you coaching?

The FFA has designed a **BUILDING BLOCK** model that illustrates what development phase a player is in depending on their age.



# The Discovery Phase

*Coaching 5-9 year olds!!!*



When dealing with this age group it's important to know that:

- They are still clumsy, because they are still developing their coordination
- They have a short span of attention and are quickly and easily distracted
- They are self-centered and not yet able to really work together (so do not ask them to perform team play, it's impossible for them)
- They play to participate for short bursts of energy and enthusiasm
- They are unable to handle a lot of information

With this in mind, the message for your training sessions for this age group is

**Just let them play a lot of varied fun football related games!!!**

# Discovery Phase

## *Designing a training session*

The principle for designing a training session in this age group is to keep the focus **on one of the 4 CORE SKILLS**, this is achieved by having a 3 part structure to your session.

Skill Introduction	Skill Training	Skill Game
(The Start)	(The Middle)	(The End)

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***Skill Introduction (The Start) (10 minutes)***

***Skill Training (The Middle) (15 minutes)***

***Skill Game (The End ) (20 Minutes)***

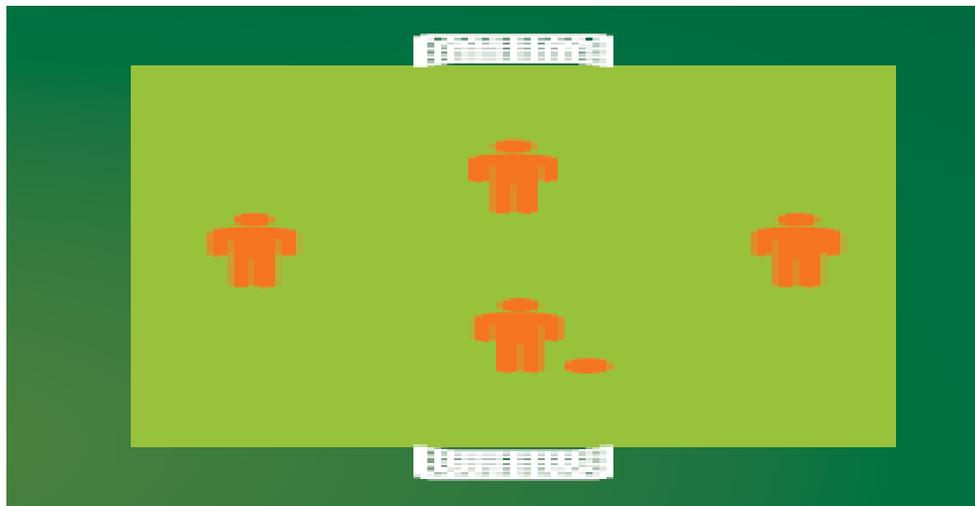


# Hints and Tips

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- Two weekly training sessions of 45 minutes and one game at the weekend is a maximum safe workload for U/6-U/7 and 60 minutes for U/8-U/9 year olds.
- Plan your sessions in advance (if and when possible)
- Arrive early and set up the area
- Give clear, short instructions
- Demonstrate quickly and efficiently
- Keep session flowing
- Vary the activities but keep it simple
- Be enthusiastic and give lots of praise
- Encourage after mistakes
- Be patient
- Have fun (both kids and you)
- Keep everyone active (avoid having kids standing around)

# U/6-7 Playing Formation



Teams of 4 players (No Goalkeepers)

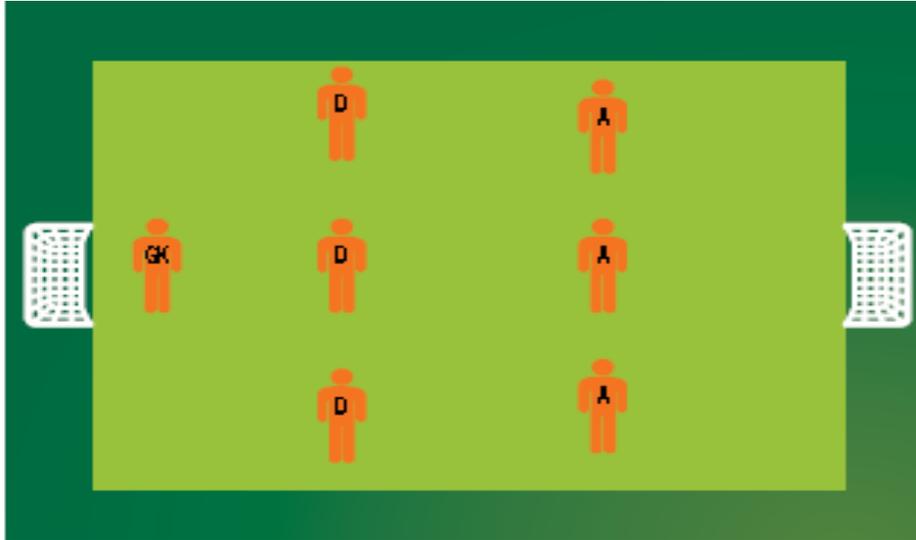
## Coaching Tips:

- No coaching, only praise and encouragement
- Natural development through just playing and discovering through trial and error
- Emphasis on fun and building love of the game

The best coach is not the one who shouts instructions the whole game, but is the one that observes and allows his players to just simply play and have fun

- In 4v4 football, the coach should not worry about anything other than encouraging kids to try and score when they have the ball and win it back when the other team has the ball to prevent them from scoring,
- Aim for equal playing time

# U/8-9 Playing Formation



Teams of 7 players (one goalkeeper and 6 outfield players)

## Coaching Tips

- The players now begin to understand what the game's purpose is (winning by scoring more goals than the opponent)
- There will still be a lot of individual play but players start to understand that they have to work together
- A basic feeling for team play
- Preference for a specific position begins to show
- The coach should still let every player play in every position
- In 7 v 7 football, the coach should still not be too concerned with 'tactics'.
- The focus in training is on the individual player, so in the weekend game the players should have the opportunity to apply their skills in a game setting.
- The coach organises the players into two lines of three with a Goalkeeper behind.
- Coach should rotate players around at half time
- Aim for equal playing time

# Discovery Phase

## Model Session 1

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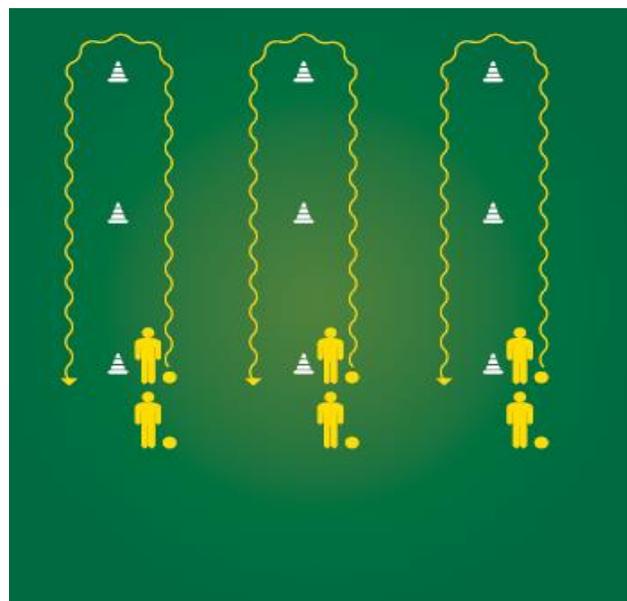
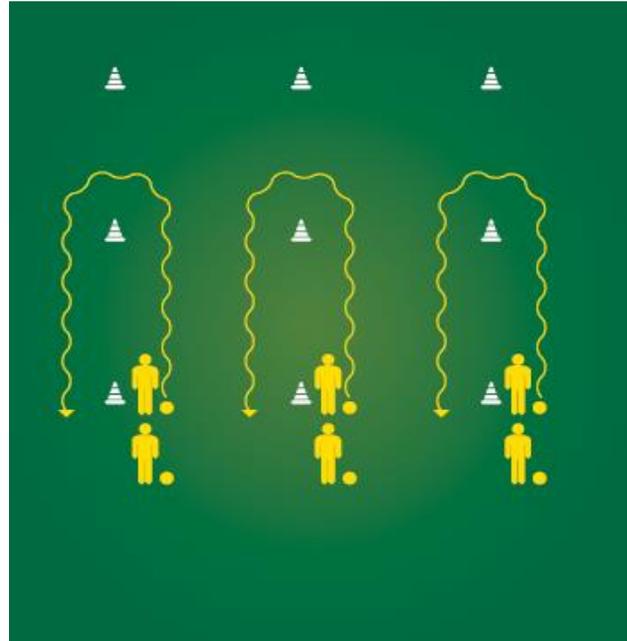
### The Beginning (Warm Up): Relays

#### Explanation

- Each player starts with a ball, dribbles around the marker and returns to the start  
The next player goes when first player returns to starting point

#### Guidelines

- Avoid long queues
- Keep players as active as possible
- Give a quick drinks break when necessary
- All relays can be performed with or without the ball
- The more skill your players acquire, the more the ball should be used and the greater the challenges can be



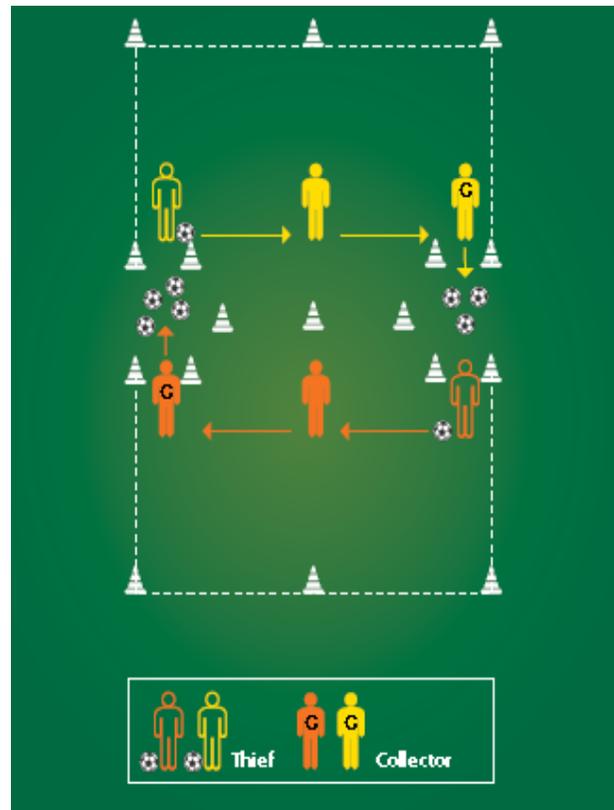
## Model Session 1

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### The Middle

#### Explanation: Robin Hood

- Two teams of three split up as shown. Each Team starts with an equal number of balls in their 'safe'.
- When game begins, each team can start stealing balls from their opponents 'safe'
- There is one 'thief' who takes a ball and passes it across the first 'moat' to their team-mate, they then pass it across the second 'moat' to their teams 'collector' who puts it in the teams 'safe'
- Meanwhile their opponents are doing the same with their balls.
- After a set time period see which team has the most balls in their 'safe'
- The team that passes and controls the balls best will have the most balls in their 'safe'



**You can't use your hands only your feet!!**

## Model Session 1

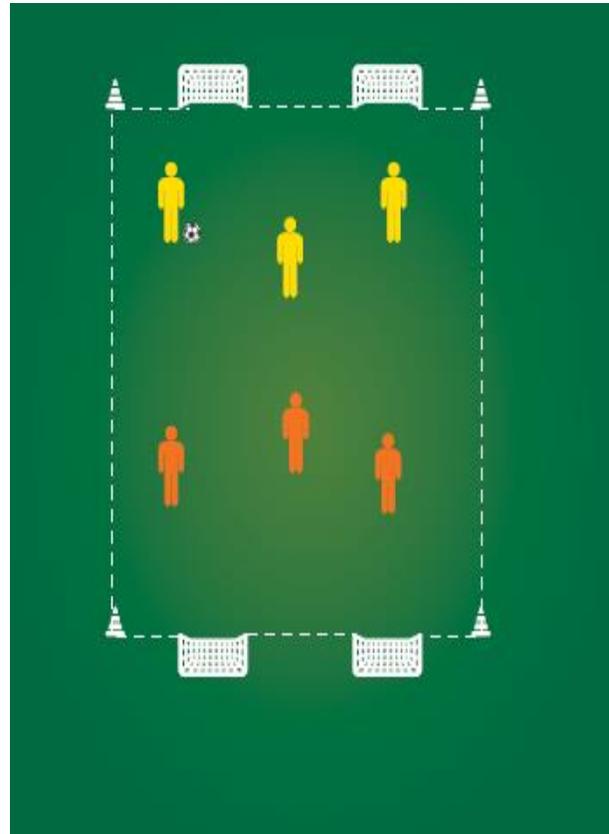
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### The End

#### Explanation: 4 Goal Football

- Length - 20 metres
- Width – 15 metres
- Goal: 2 goals (2m wide) on each end-line
- There are no goalkeepers
- Goals can be scored in either of your opponents goals
- This game encourages shooting and scoring

**Let the players play!!!!!!**



## Model Session 2

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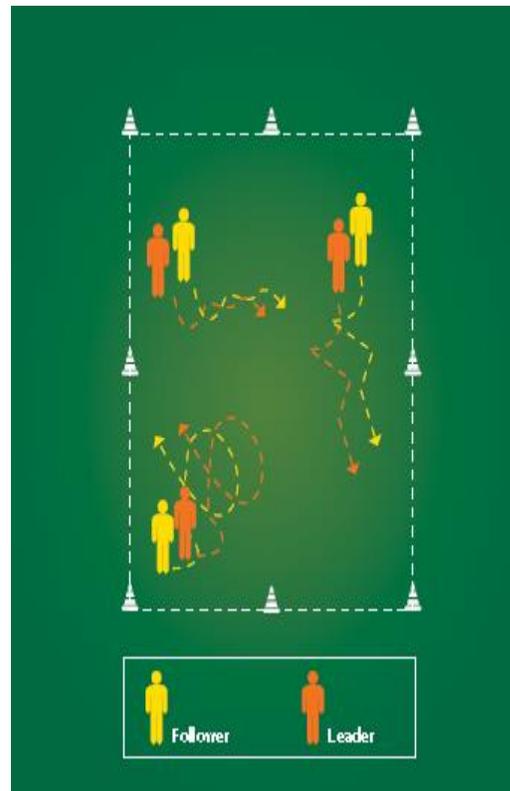
### The Beginning (Warm Up)

#### Explanation: Me and my shadow

- Players get into pairs; one is designated as 'leader' and the other as 'follower'.
- The 'leader' moves around in the field, changing speed and direction
- 'Leader' can add a hop or a jump to give variation
- The 'follower' then copies everything the 'leader' does.
- Change roles regularly and also change partners regularly

#### Progression:

- The leader only has a ball
- The leader and the follower both have balls
- The follower has a ball ( this can be difficult so instruct 'leader' to jog at medium speed around the area)



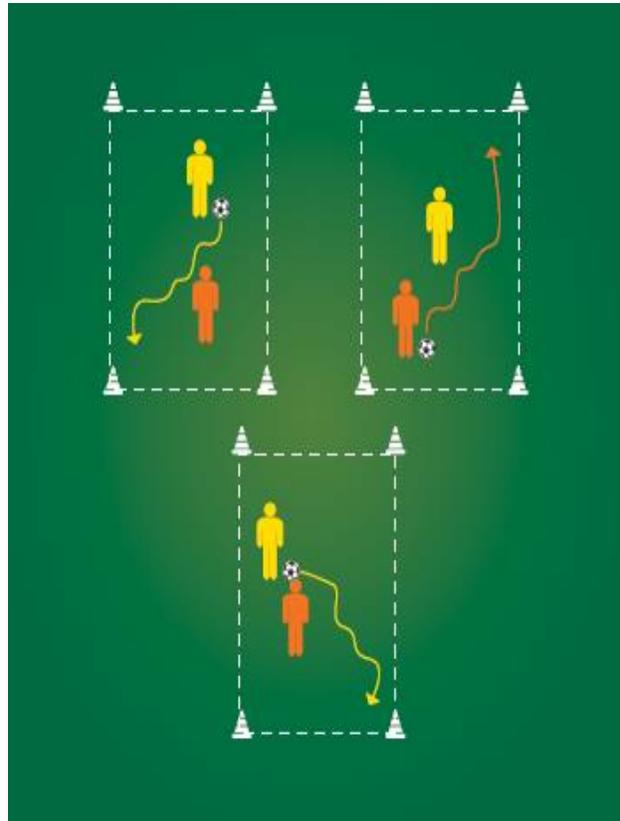
## Model Session 2

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### The Middle

#### Explanation: 1v1 Mini Games

- Make three small areas about 10m x 7m
- Players play 1v1 on each mini-field and score by dribbling the ball over the opponents line
- Think safety, avoid situations where players could dribble into each other
- Keep rotating so opponents are changed regularly. Rotation allows a period of rest.
- Allow frequent drinks breaks
- Games should last no longer than 1 minute
- Create mini goals with extra cones.



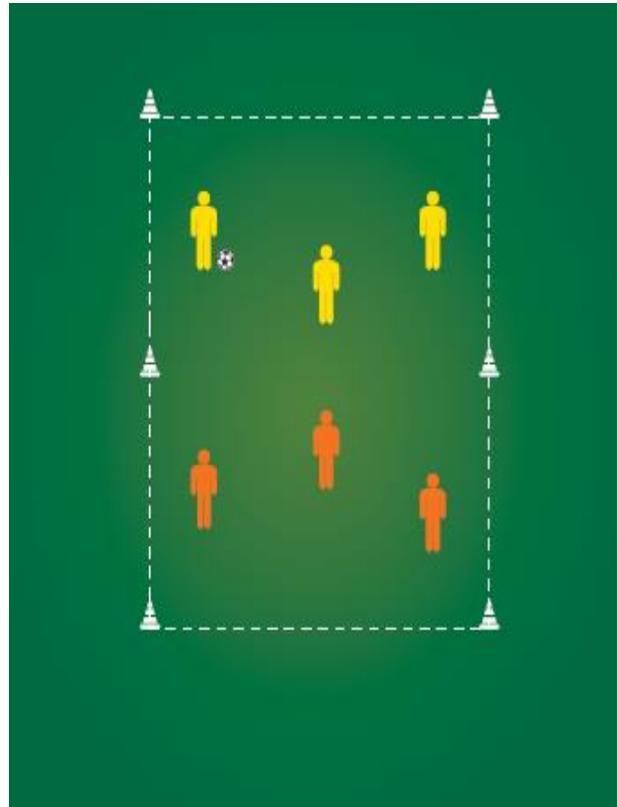
## Model Session 2

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### The End

**Explanation: Line football 3v3 (4v4, 5v5)**

- Length: 20m
- Width: 15m
- Goal: none
- Usual rules, but method of scoring is to dribble the ball across the opponents' end line
- This game encourages dribbling and 1 v 1 skills





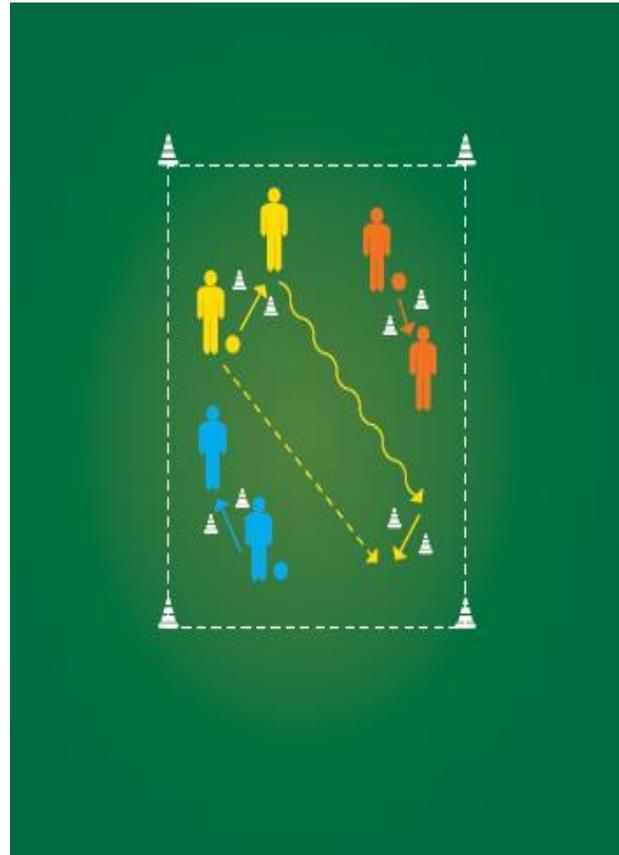
## Model Session 3

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### The Middle

#### Explanation: Pairs through the gates

- Mark out an area about 7m × 10m and set up four small gates – two cones about two metres apart.
- The players run around the area in pairs with a ball between them and pass it through the gates to each other until they have performed a successful pass through each gate.
- The winning pair is the first to pass through every gate and wait outside the area.
- Before moving to the next activity, have a competition to see which pair (one at a time) can pass through the most gates in 20 seconds.



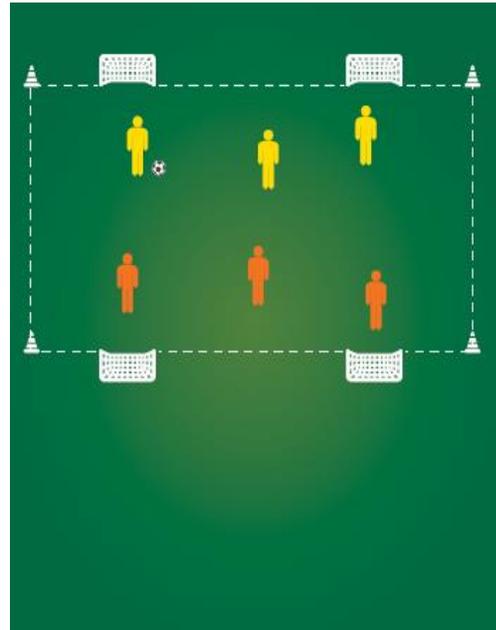
## Model Session 3

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### The End

#### Explanation: Short and Wide

- Length: 15m
- Width: 25m
- Goal: 2 goals (2m wide) on each end-line
- The game develops awareness of space





## Session Plan – Discovery Phase (6-9 Years)

DATE:	VENUE:	TOPIC:	
<b>BALL MASTERY: (15 mins) - (MAKE IT FUN!!!!!!)</b>			
1)	2)	3)	4)
<b>The Beginning (15-20 mins) - <i>Fun Warm up activities</i></b>			
<b>The Middle (25-30 mins) – <i>Fun Football exercises such as dribbling, passing, shooting etc</i></b>			
<b>The End (20-25 mins) – <i>Play all sorts of Small –Sided Games.</i></b>			

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