



STRUCTURE OF A PRACTICAL COACHING SESSION FOR PLAYERS 9 TO 12 YRS



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This is the 'ripe' age to start with controlled systematic coaching. During this period the players should be taught the correct techniques of the game. Remember, in this phase, tactics is secondary and must not be taught at the expense of techniques. The following is an example of a Level 2, 70 minute structured coaching session that I would conduct for players in the 9-10 age group.

PREPARATION FOR YOUR COACHING SESSION

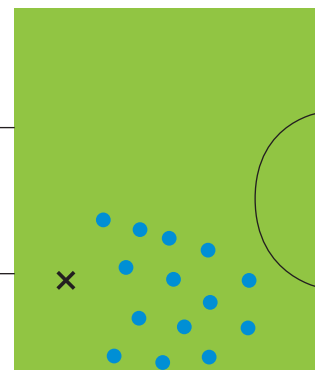
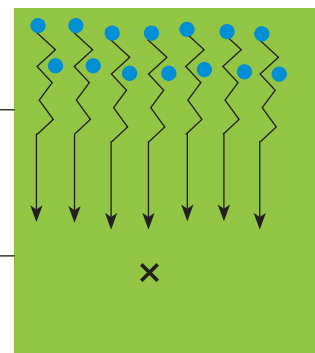
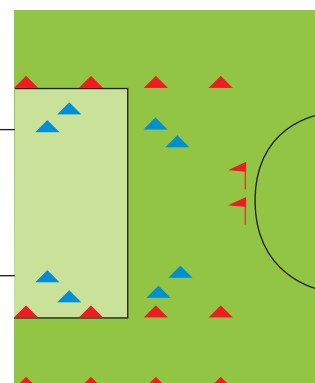
Arrive early and set up your coaching area as illustrated. Everything has to be in place 10 minutes before the start of your session. OK now you are ready to start with a session that will run smoothly from start to finish.

1. INTRODUCTORY PART OF THE COACHING SESSION

1.1 Basic dribbling the ball (5 minutes)

When the players arrive and ready to start with your session have them first warm up by dribbling/toe tapping their ball using the inside, outside and sole of the foot.

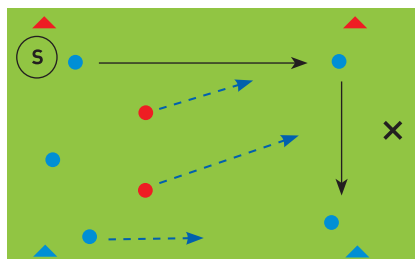
Have audio and visual signals to get them changing direction with the ball. The visual signals force them to keep their heads up while dribbling.



1.2 Juggling the ball (3 minutes)

Juggling the ball is simply keeping the ball off the ground, playing it with all parts of the body except from the arms to the hands. In this phase your players should be able to juggle by lifting the ball up with the foot and juggling without the use of the hands. If some of your players have trouble with this then have them drop the ball allowing it the bounce, and then juggle.

There is no better exercise for young players than juggling to get universal feeling and confidence with the ball.



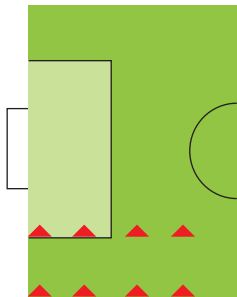
2. MAIN PART OF THE COACHING SESSION

2.1 Helpful tactical game (10 minutes)-Possession game 5:2

Five players, in a marked grid, keep possession of the ball from the two defending players in the middle. The defending players in the middle try to intercept the ball being passed. If the ball is intercepted the defending player changes places with the attacking player who lost possession. If a pass is made by the

LEGEND

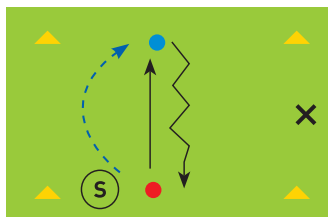
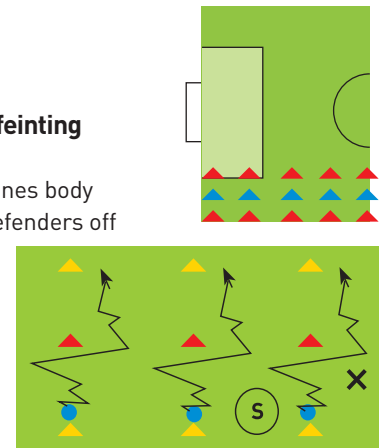
Player	●
Coach	X
Flag	▲
Markers	▲
Movement of ball	→
Movement in possession	→
Shot at goal	→
Start of exercise	S
Movement not in possession	- - - - -



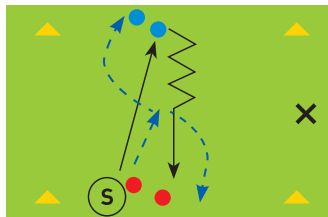
attacking player and it passes out of the grid then that player changes places with the defending player that caused the mistake. When the players improve at this level you can reduce the size of the grid giving them less time and space on the ball. Start with as many touches and then reducing, if possible to 2 and 1 touch.

2.2 Deceptive dribbling and feinting elements (10 minutes)

This is where the player fine tunes body and ball movement to throw defenders off balance to get past them. During this period the players execute dribbling and feinting elements in a 1:0 or 1:1 token situation.



1. Pass and change raised and the ankle joint locked and hard.



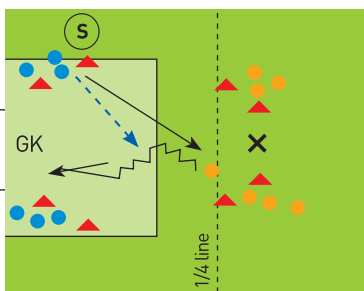
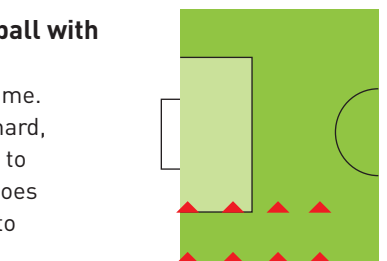
2. Pass token pressure and change places.

2.2 Technical-tactical element (10 minutes)-Kicking the ball with the full instep

This technique is the most natural and most often used in the game. This element allows the player to kick the ball short, long, soft, hard, high and low. The full instep is the area that corresponds exactly to the laces part of the boot. When kicking with this technique the toes are pointed down, the heel places The follow through should be to the target.

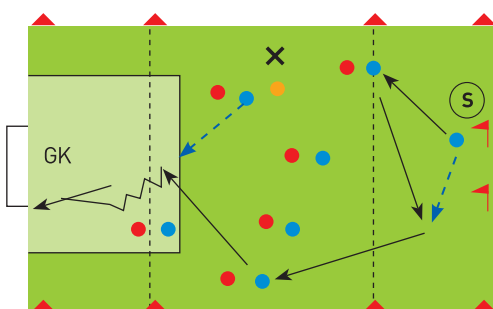
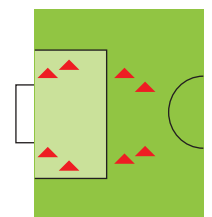
The hands should be out wide for balance and eyes fixed on the ball. The movement always starts from the hip, ending with the snap of the knee and complete extension of the instep. The ball should be kicked through the centre enabling it to travel low. Remember if the ball is kicked below its centre it will go high, if kicked above, it will have very little power.

Common faults: The ankle joint is not locked and hard; the instep is not extended with toes pointing down and there is no follow through; the hands are not wide but held to the side of the body; the eyes are not looking at the ball at the moment of contact.



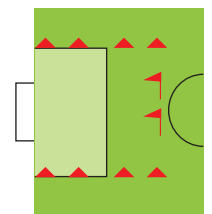
2.3 Shooting elements (10 minutes)

The two groups to the side of the goals have all the soccer balls. The groups at the 1/4 line are without a ball. A long ball is kicked diagonally across the goals for the player to receive and go for goal. The player that kicked the long ball immediately runs out to pressure the player in a 1:1 situation. If a goal is scored they don't change places while if a goal is not scored they change places. The exercise continues from the other side.



2.4 Small pitch soccer (20 minutes)-Pressing the player in defence

Pressing the player is the ability to reduce the time and playing space an attacking player will have when receiving the ball. The exercise has the team goalkeeper in goals with the sweeper in the other small goals. They are not marked or tackled in their zone and have a limit of three seconds before passing to a pressed player. The other players must press their player all over the pitch in a normal game until a shot at goal or possession lost. The exercise starts with a goal kick from one team and ends with a shot at goal or loss of possession. The exercise continues with a goal kick from the other team. End the second half with free expression.



3. CONCLUDING PART OF THE COACHING SESSION

3.1 Summary of the coaching session (2 minutes)

Talk very briefly about the session-what was good and what can be improved.