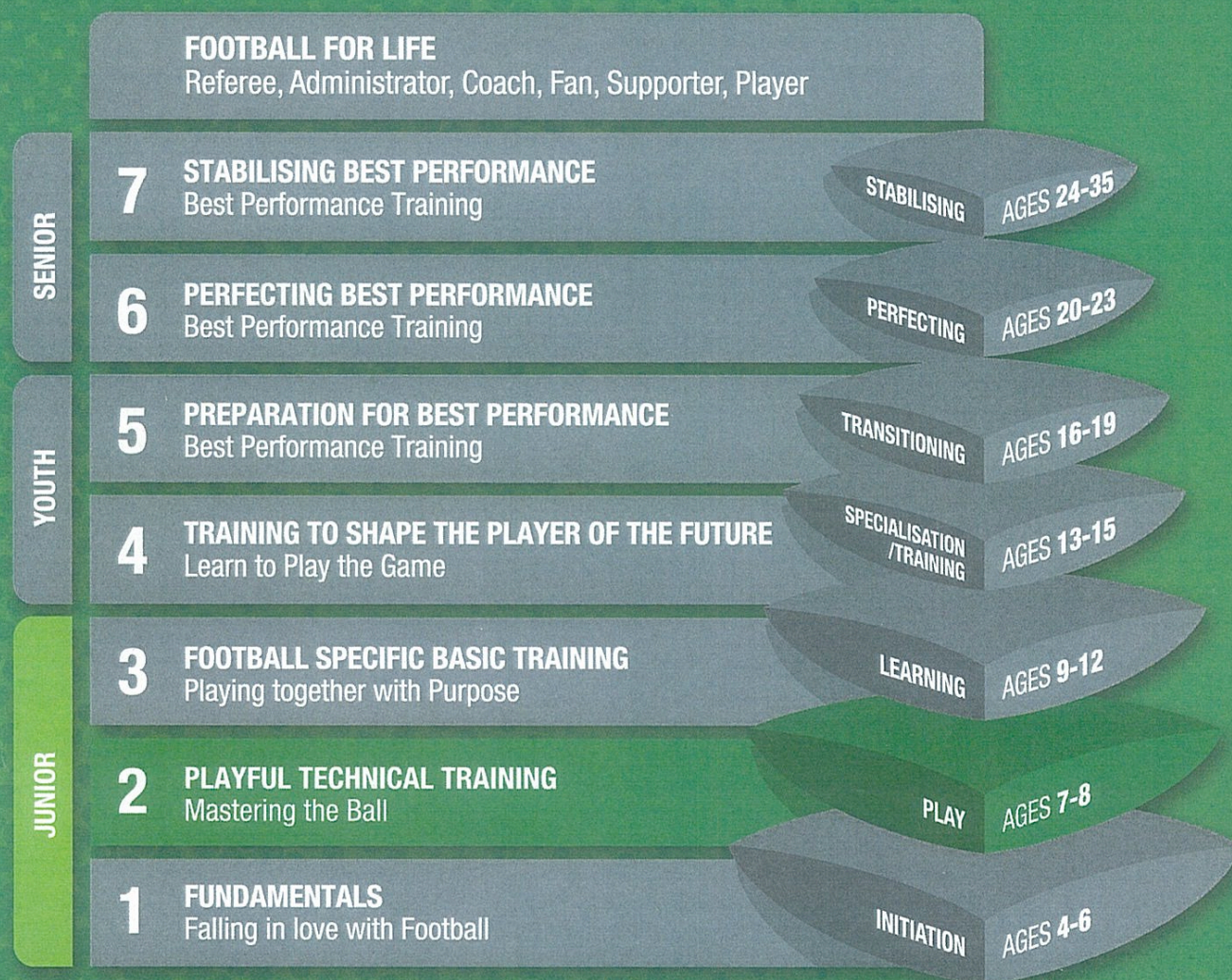
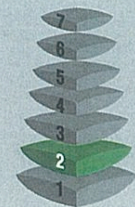


PLAYFUL TECHNICAL TRAINING, Mastering the ball - Play

Stages of the Framework



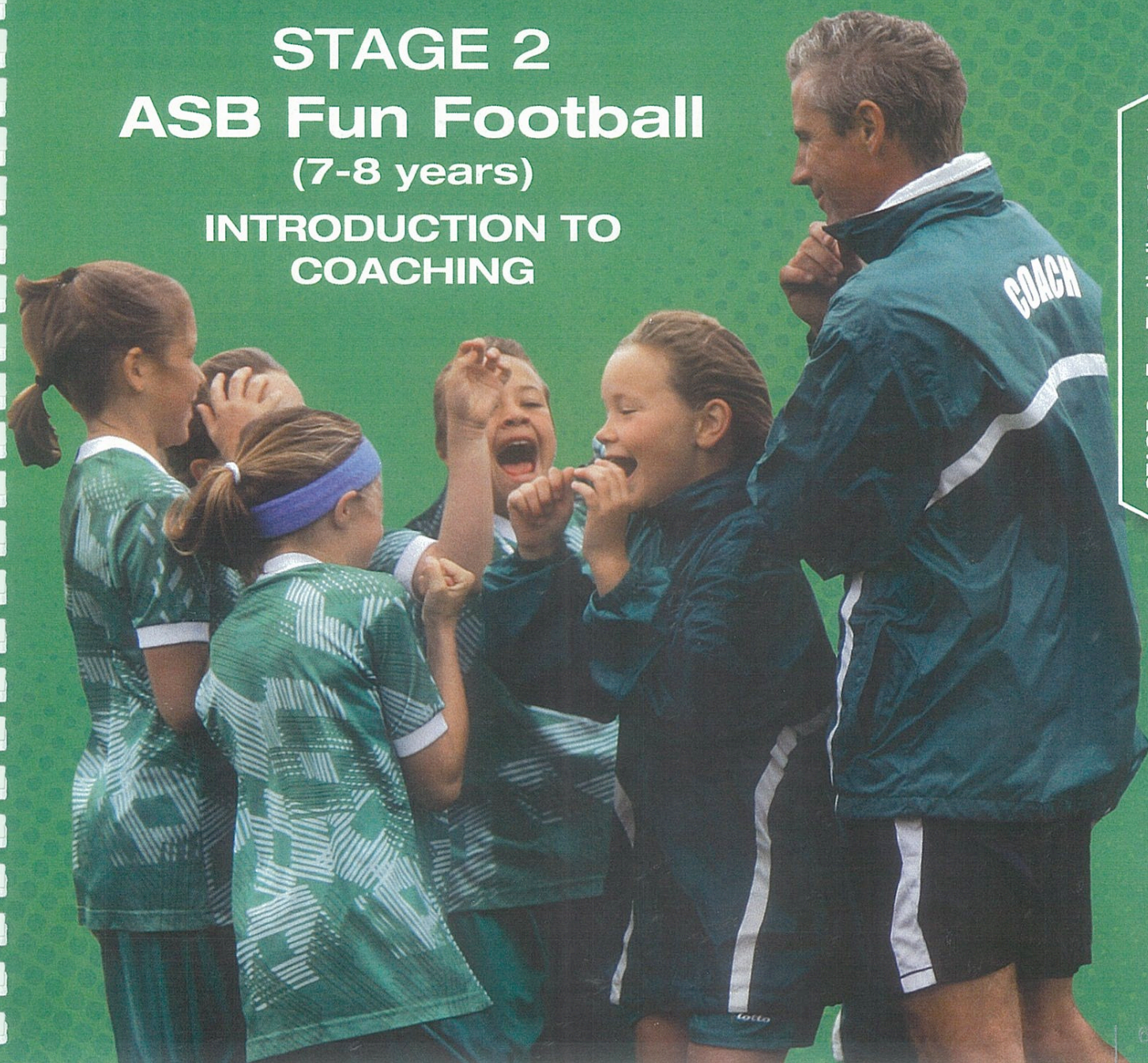


STAGE 2

ASB Fun Football

(7-8 years)

INTRODUCTION TO COACHING



INTRODUCTION

How to be an Effective Game Leader

The Fun Football player is capable of developing a greater level of game understanding, and acquiring a broader range of technical skill than the First Kicks player. For the Fun Football coach this means it is essential to have a good understanding of what the players need across all four corners of player development.

Four Corner Overview - Where is the focus

Technical / Tactical

The content of activities and games used provides learning opportunities – allow the players to play

Technique and skill development takes place through the use of games

Coordination is developed through the introduction of the ball to games

Learning takes place through the exploration of new games and activities

Individual technique is the focus

Physical

Players need high energy games with lots of activity

General Movement and Football Coordination activities must continue to improve players' coordination in general, but also with a more football specific focus with the use of the ball

Lots of different types of movements need to be used across a session

The ball needs to be used to add motivation to sessions

Social / Emotional

Players at this age need to focus on individual technical development rather than team tactical development

Players need to be encouraged to work with the wider group setting through 'team' games

Activities and games need to be used as playful and fun experiences

Activities give the player as much time using the ball as possible

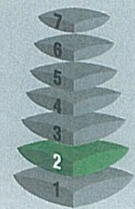
Mental

Players need to be continually praised and need to succeed regularly during the session

Coaches need to avoid criticising Fun Football players

Activities and games need to challenge players to become more spatially aware

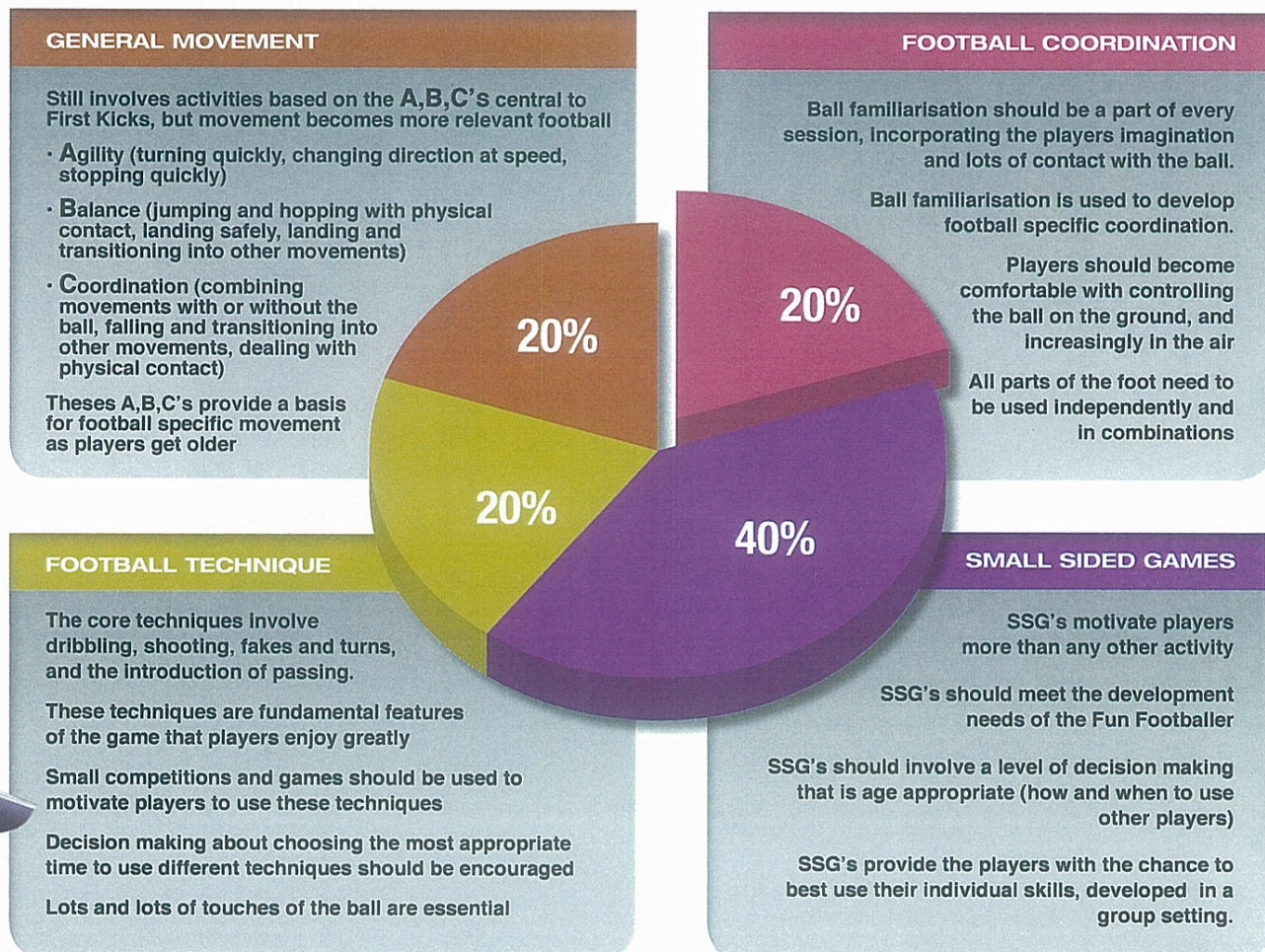
Coaches need to use stories to add stimulation to activities and games



The Four Key Components

The percentage of time spent on each component reflects the age-related requirements of the Fun Football player.

Focus for Training - where we spend most of our training time



STAGE 2 - Fun Football (7-8 Years)



INTRODUCTION *cont..*

How to be an Effective Game Leader

The Fun Football player should be the focus of any game or activity, rather than the coach. Across all four components of the session, the key is to always let the players play and learn throughout any activity, and interfere with these activities as little as possible. This means that you will facilitate rather than coach.



THE FIRST KICKS GAME LEADER...	THE PLAYERS BENEFIT BECAUSE...
Views each player as an individual	The individual learning styles of each player are recognised
Makes sure that each player is able to explore football, use their imagination and have fun	Players are more likely to have fun and feel successful
Provides a risk free environment where every player is fully involved in every activity	Players have the chance to make mistakes, learn from them and keep going
Learns about the players, takes a personal interest and gets to know each one of them	Players are able to touch the ball as many times as possible during a session

Fun Football practice sessions are designed to ensure players are constantly involved. This meets their needs and provides the coach with the opportunity to understand what the players enjoy the most, and what brings them the greatest feeling of success and enjoyment.

The coach should ask players questions to find out more about their wants and needs throughout a session, and then make decisions about how the training session should progress.

COMMUNICATION



Keep it short and sweet

Fun Football players have lots of energy but short attention spans. They want to spend as much time as possible playing games or activities. Make sure any information you give is delivered in bite-sized chunks that are easy for the players to understand – then let them find out more during the game.

Listen Carefully

When players provide an answer make sure you can understand it from their perspective. Then provide them with what they need to learn and enjoy themselves.

Be patient with the players

Give them every opportunity to have fun, be creative and learn from making mistakes.

Other useful ideas for practice sessions

- 1 Allow players to collect equipment to keep them involved and help them develop routines
- 2 Set a fun and challenging homework task for the players
- 3 Provide players with an opportunity to demonstrate anything they have been practicing at home
- 4 Use drink breaks to help transitions between activities and games
- 5 Ask the players to thank the parent helpers



TRAINING

What do the practice sessions include?

A Fun Football coach will have achieved a great deal if he or she has built each child's confidence, self-esteem & motivation, and has helped them develop a love for the game. With this in mind, a Fun Football session should always:

- 1 Include general coordination activities –running, jumping, tumbling and changing direction
- 2 Include games with lots of movement
- 3 Include small sided fun games 1v1, 1v2, 2v2, 3v3
- 4 Include lots of familiarity with the ball – running & turning using all parts of the foot to move & control the ball
- 5 Introduce controlling the ball with other parts of the body
- 6 Introduce the use of passing in group activities

To ensure that Fun Football games and activities are well suited to the players, make sure you remain close to the session. Watch how the players react to the tasks. If the tasks are too hard or too easy be prepared to adjust or change something:

- 1 Change the size of target/goals
- 2 Change the part of the foot used to control the ball
- 3 Increase or decrease the number of touches
- 4 Change the area size to make it smaller or bigger
- 5 Change the rules

Hints and Tips for the Game Leader

If you are new to football or new to coaching a sport, don't worry that you may not know a lot about football-specific technique. A good Fun Football coach should adopt a hands-off approach to coaching and ultimately allow the task itself to become the teacher. Coaches can use simple prompts in almost any Football Coordination or Football Technique activity to help players develop confidence in controlling the ball with different parts of the foot or body. Let players explore their own relationship with the ball, discovering and creating numerous ways of moving and stopping the ball with all parts of their foot.

Here are some hints and tips to give your players the most enjoyable learning experience possible:

During any game or activity you can effectively 'coach' by simply prompting players to...

Alter speed/direction:

Speed may increase or decrease the number of touches used

Use different parts of the foot or body:

Inside of foot, heel of foot, sole of foot etc

Use the left foot instead of the right foot and vice versa

Create interaction by using partners and groups for dribbling within the group

You can also help the players improve their technique by...

Maintaining good Tempo:

Keep the children moving and happy

Keeping tasks to a short duration and changing them frequently e.g select a new part of the foot to use

Progressing the activity by following the players lead i.e. using creative examples of work taken from players and adding to it

Ensuring players have a ball each (do they need to bring their own?)

Attach stories to games – the 'Walt Disney' approach e.g. during the game 'sharks and islands', 'it's almost night time and the sharks are still hungry – how many islanders will the sharks be able to eat before the sun goes down?



The Key to Coaching the Fun Football Player - Let the game be the teacher!

Every activity over the following pages has been based on this principle. Now it's over to you to bring them alive by using your own personality as a coach!

Remember:

- 1 Learners learn and coaches only help the process. Guide players through games and activities and help them to find effective solutions to technical problems posed by the game.
- 2 Use sessions to allow players to explore football skills and learn from being active with the ball.
- 3 Accentuate the positive! e.g. "Who can be the first person to collect their ball and get ready to start this game!" "Well done, Francis! You're so good at dribbling with your right foot – can you show me how good you are with your left too?"

Small Sided Games

The key principle for Fun Football coaches during the Small- Sided Games is "Let the game be the teacher".

The role of the coach is to:

- 1 Set up and manage the game
- 2 Ensure that it's safe and appropriate to the age and ability of the players
- 3 Move the game on to its progression or to another game when appropriate
- 4 Ensure it is fun for all players

During the game remember to:

- 1 Encourage players to try and practice new skills that they have learnt
- 2 Let them play – don't keep stepping in to correct mistakes
- 3 Allow players to make mistakes and help them to learn from them
- 4 Be encouraging not critical

Finally, help the players improve by:

- 1 Letting them play for a set period
- 2 Helping them reflect on their play. At the end of this period, ask what they could change
- 3 Starting the game again or progressing the game
- 4 Progressing the game to make the session harder or easier, to match the needs of the players

Equipment requirements for the Fun Football Game Leader

The following sessions aim to significantly support the Fun Football game leader in getting the best out of the 7-8 year old child. To bring alive these sessions, a ball per player, cones and bibs will be required as a minimum. Optimally, pop up goals and poles can be used, otherwise tall cones can be used to demonstrate goals and poles for sessions.

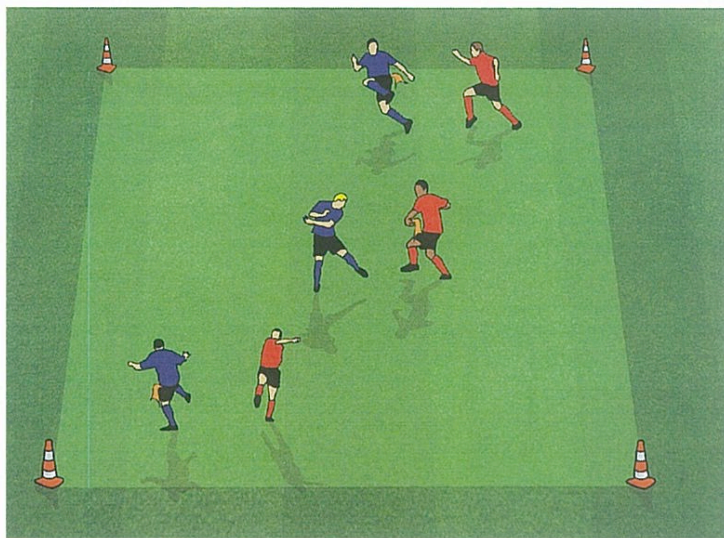


COMPONENT TRAINING - WEEK 1

FLAG TAG (GENERAL MOVEMENT)

SETUP

1. Create an area as large as possible (30m x 20m)
2. All players start inside the area with a bib (flag) tucked into the back of their shorts



HOW TO PLAY

1. Players chase each other around the area, attempting to snatch the flag off other players
2. If a player snatches a flag, they keep hold of it
3. If a player loses their flag, they play on, trying to snatch other flags
4. The game ends when the last player has their own flag snatched
5. The winner is the player who captures the most flags

PROGRESSION

- INTERMEDIATE:** Create two teams – the winning team captures all the opposition flags first
- ADVANCED:** Give every player a ball to dribble while they play

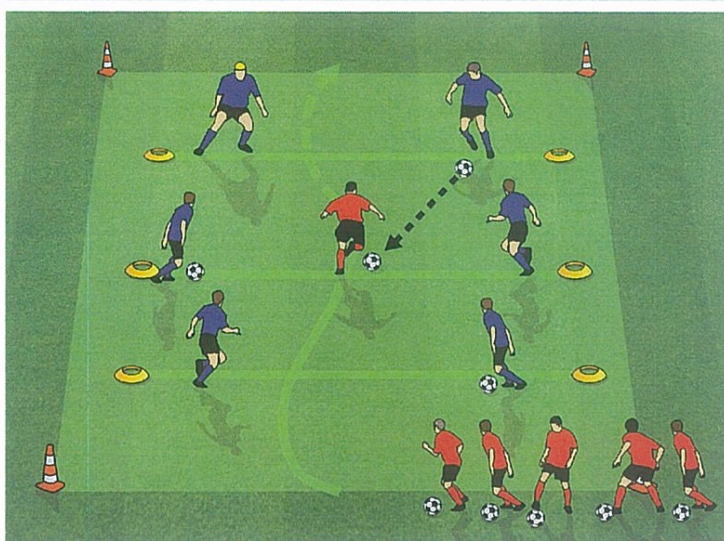
OUTCOMES

- Agility while changing direction at speed
- Coordinated speed
- Develops spatial awareness
- Close ball control

RUN THE GAUNTLET (FOOTBALL TECHNIQUE)

SETUP

1. Create an area 25m x 15m. Divide the area up further by placing cones down 2 opposite sides
2. Divide the players into 'shooters' (blue) and 'targets' (red)
3. Assign the 'shooters', in pairs, to a section of the area. Each pair shares one ball
4. Give the 'targets' one ball each



HOW TO PLAY

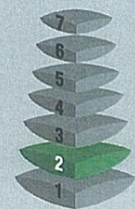
1. The 'shooters' line up vertically at intervals either side of the area
2. The 'targets' line up a with a ball each at the start of the area
3. On your signal, the first 'target' tries to dribble past the first pair. The first pair of 'shooters' tries to hit the 'targets' ball by passing their ball
4. If the 'targets' ball gets hit they must start again from the back of the line
5. If the 'target' passes the first pair the next in line starts as the first 'target' continues toward the end
6. The 'shooters' get a point for each hit, and the 'target's get two turns each

PROGRESSION

- BASIC:** Change the part of the foot used to dribble
- INTERMEDIATE:** Players can only pass the ball at the 'target' with their non-dominant foot

OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Timing and accuracy of passing



FOOTBALL FEAST (FOOTBALL COORDINATION)

HOW TO PLAY

1. All players start with a ball each dribbling, turning and faking inside their square. You specify the part of the foot they should use, or the types of turns
2. When you hold up a yellow cone, the players move clockwise one square and continue doing the same thing.
3. When you hold up an orange cone, the players use only one ball and juggle between the group. If this is too difficult, allow a bounce between juggles
4. When you hold up a blue cone, players dribble in & out of the slalom course to their right using different parts of the foot

PROGRESSION

INTERMEDIATE: Add increasingly difficult dribbling movements and turns

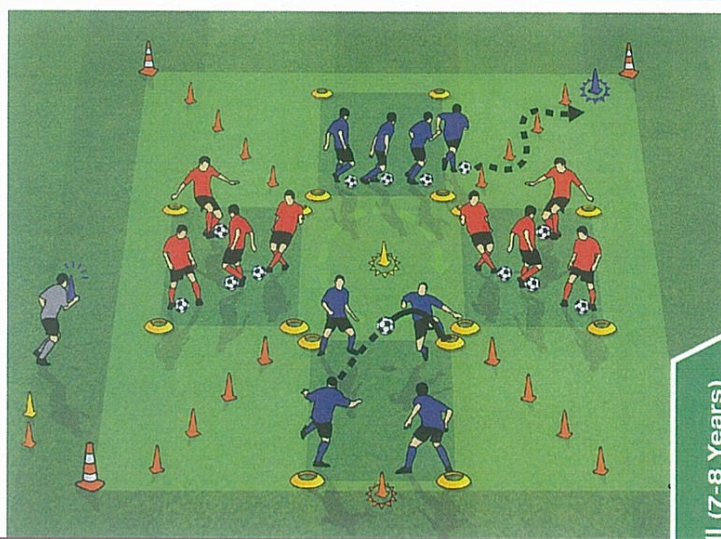
ADVANCED: Challenge the players to use different combinations when juggling, or limited touches when juggling

OUTCOMES

- Dribbling and changing direction with close ball control, with both feet
- Keeping head up for awareness of other players
- Turning with different techniques
- Juggling

SETUP

1. Create four 10m x 10m areas with 1 cone in the centre of the 4 areas
2. Set up four slalom courses between each area
3. Divide the players into 4 even groups, with a ball each. Each group starts inside a square
4. The coach will need to hold 3 different coloured cones



2 GOAL GAME - CLOSE RANGE SHOOTING (SMALL SIDED GAMES)

HOW TO PLAY

1. In this SSG the teams score by dribbling or passing the ball through the two goals they are attacking
2. They can only score a close range goal by being in the 'shooting zone'
3. When a team scores, they retreat, allowing the opposition to start play from the goal line
4. There are no throw ins, rather the ball is passed in

PROGRESSION

INTERMEDIATE: Players can only use their non-dominant foot

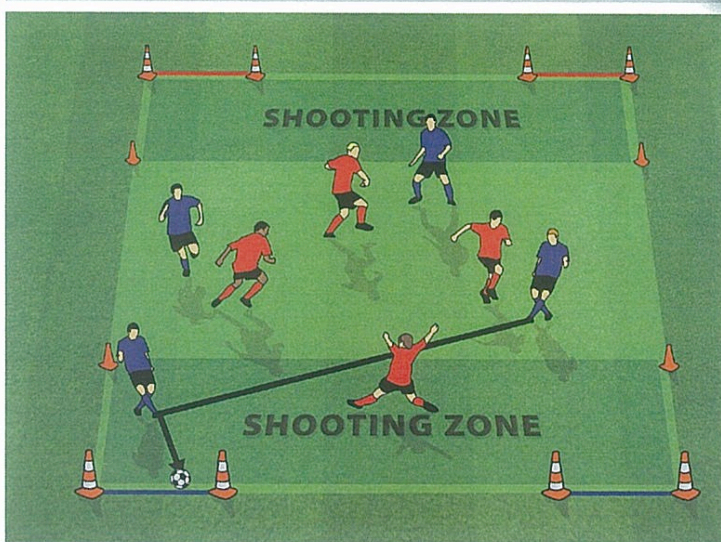
ADVANCED: Specify the number of players that have to touch the ball before a 'goal' is scored

OUTCOMES

- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play

SETUP

1. Create an area up to 30m x 20m. Modify the size depending on the number of players
2. Use extra cones to create 2 goals at each end of the area. Assign each team goals to attack and defend
3. Place as many balls as possible around the area for fast re-starts

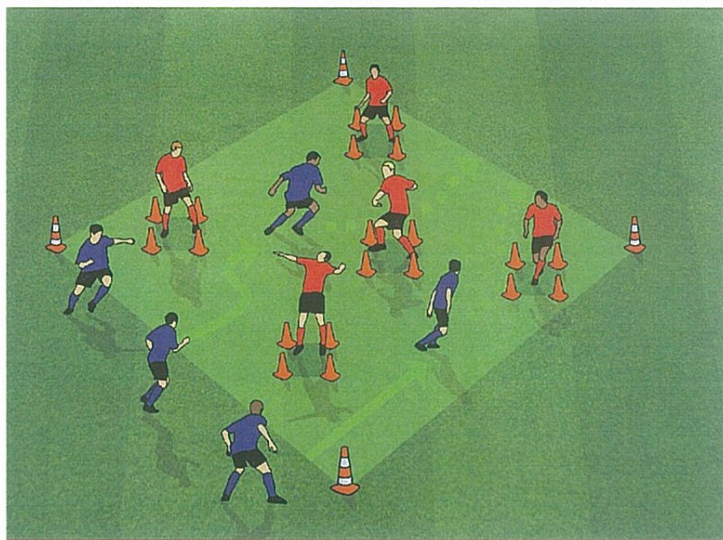


COMPONENT TRAINING - WEEK 2

OCTOPUS (GENERAL MOVEMENT)

SETUP

1. Using four cones create an area up to 20m x 20m. Modify the size depending on the number of players.
2. Create 'bases' inside the area using four small cones to make a square. Spread these arms length apart.
3. Assign a player to each 'base' (the octopuses).



HOW TO PLAY

1. Once each base has a player (octopus), the remaining players attempt to cross from one side to the other without being tagged.
2. If a player is tagged they have to go back and start again.
3. Assign new roles to players to ensure everyone has a go at being an octopus.

PROGRESSION

- INTERMEDIATE:** 'Hospital' tag – if a player is tagged, they can keep going but not use that body part e.g. left leg tagged means hopping on the right only.
- ADVANCED:** Tagger challenge – octopuses can only tag in certain ways – e.g. must tag left leg using right hand.

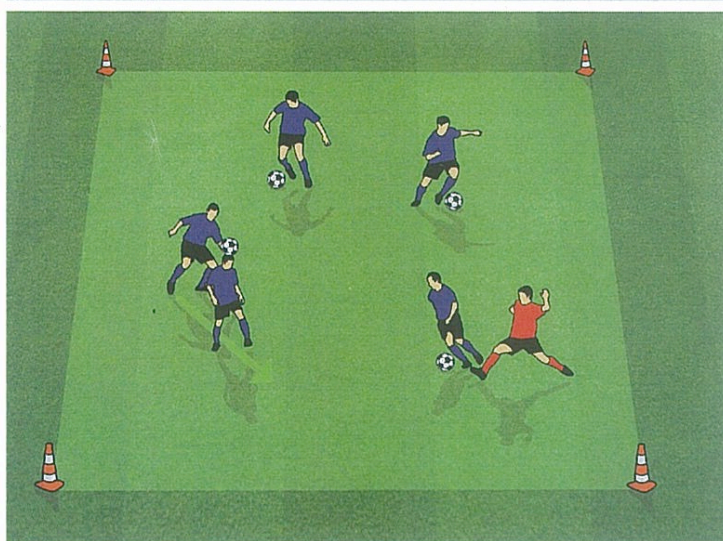
OUTCOMES

- Agility while changing direction
- Mobility over a range of movement (crouching, rolling, jumping, swerving)
- Develops spatial awareness

TERMINATOR (FOOTBALL TECHNIQUE)

SETUP

1. Using four cones create an area up to 20m x 20m. Modify the size depending on the number of players.
2. All players start inside the area with a ball each, except for the 'terminator', who starts inside the area but has no ball.



HOW TO PLAY

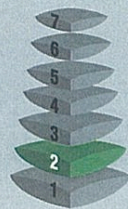
1. Players with the ball dribble around the area shielding their ball from the 'terminator'.
2. The 'terminator' attempts to tackle the other players to take the ball from them.
3. If tackled the player must get their ball and stand still with it, with their legs apart.
4. The other players can 'free' a tackled player by passing their own ball through their legs, allowing them to re-join the game.
5. After 1 ½ mins. A new terminator is chosen and the game re-starts.

PROGRESSION

- BASIC:** The terminator must dribble the ball from the square, but not kick it away, after a tackle.
- INTERMEDIATE:** Add another terminator.

OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Players ability to use their body to protect the ball while under pressure



RACING CARS (FOOTBALL COORDINATION)

HOW TO PLAY

- The players dribble their ball inside the square while you call different instructions:
 - RED LIGHT - stop the ball
 - GREEN LIGHT - dribble without crashing into other cars
 - YELLOW LIGHT - foot tapping on top of the ball
 - ROUNDAABOUT - move in a tight circle with the ball
 - REVERSE - players dribble backward
 - FILL UP - dribble to the nearest cone (petrol station) and tap the ball between feet for 10 taps

PROGRESSION

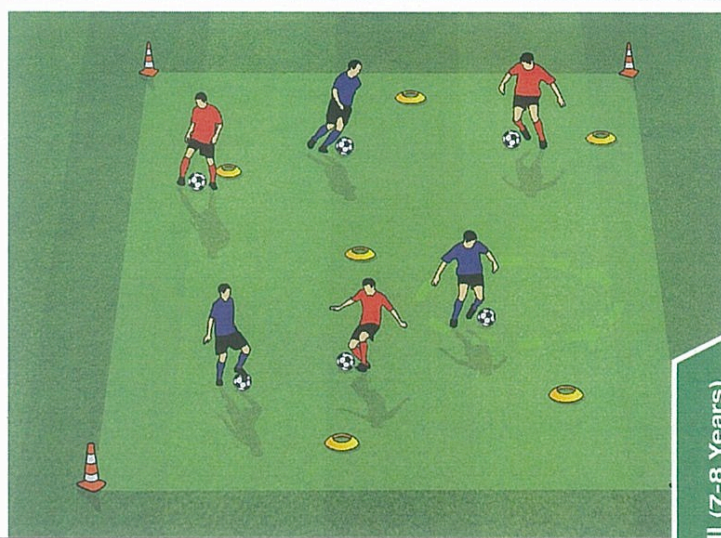
- BASIC:** Use different parts of the foot
- INTERMEDIATE:**
- Coach calls 'off road' and players dribble around an outside cone and back as quickly as possible
 - Coach calls 1st, 2nd, 3rd gear etc. to encourage speed changes

OUTCOMES

- Dribbling and changing direction with the head up
- Dribbling with different parts of the foot

SETUP

- Using four cones create an area up to 30m x 20m. Modify the size depending on the number of players
- Set up other cones every 5m along the area
- Set up other cones randomly inside the area
- Each player (racing car) has a ball



2 GOAL GAME (SMALL SIDED GAMES)

HOW TO PLAY

- In this SSG the teams score by dribbling or passing the ball through the two goals they are attacking
- When a team scores, they retreat, allowing the opposition to start play from the goal line
- There are no throw ins, rather the ball is passed in

PROGRESSION

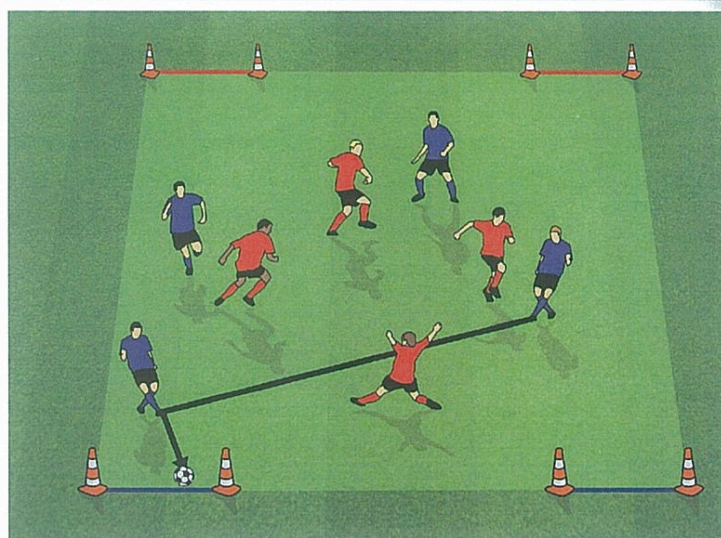
- INTERMEDIATE:** Players can only use their non-dominant foot
- ADVANCED:** Specify the number of players that have to touch the ball before a 'goal' is scored

OUTCOMES

- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play

SETUP

- Create an area up to 30m x 20m. Modify the size depending on the number of players
- Use extra cones to create 2 goals at each end of the area. Assign each team goals to attack and defend
- Place as many balls as possible around the area for fast re-starts

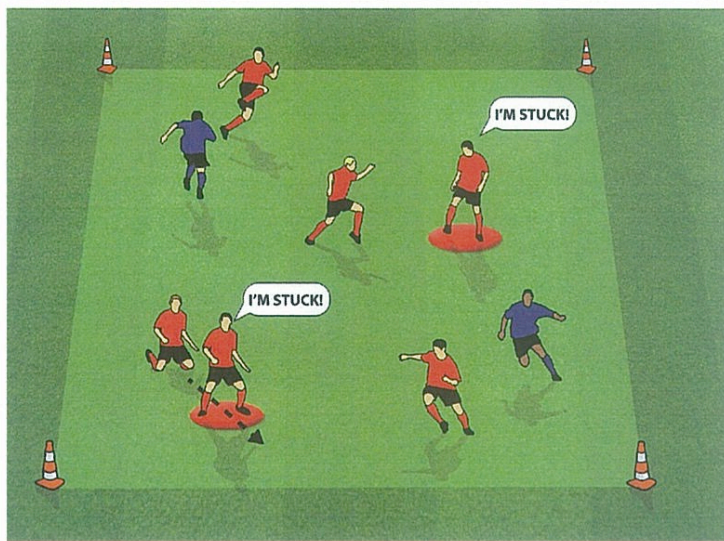


COMPONENT TRAINING - WEEK 3

STUCK IN THE MUD (GENERAL MOVEMENT)

SETUP

1. Create an area up to 20m x 20m. Modify the size depending on the number of players
2. All players start inside the area. Allocate a bib to one player, who is the 'swamp zombies'



HOW TO PLAY

1. Players run around the area escaping the 'swamp zombies'
2. The 'swamp zombie' attempts to tag players causing them to get 'stuck in the mud'
3. If tagged the player must stay in one place, with their legs apart
4. The other players can 'free' a tagged player by crawling through their legs
5. After 1 ½ min. A new 'swamp zombie' is chosen and the game re-starts

PROGRESSION

- BASIC:** Add another 'swamp zombie'
- INTERMEDIATE:** Change the type of movement players can use e.g. hopping, bounding, jumping

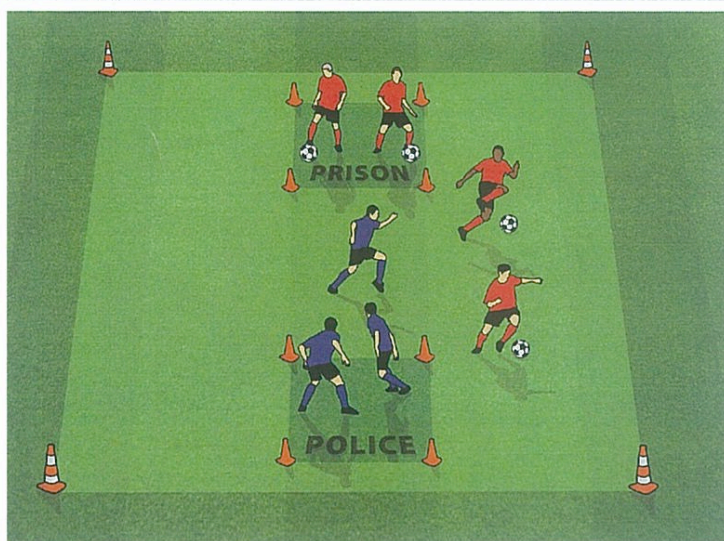
OUTCOMES

- Agility while changing direction
- Mobility over a range of movement (crouching, rolling, jumping, swerving)
- Develops spatial awareness

CATCH THE ROBBERS (FOOTBALL TECHNIQUE)

SETUP

1. Create an area up to 30m x 20m. Modify the size depending on the number of players
2. Within the area use cones to make two 3m x 3m areas ('police station' and 'prison') at either end
3. Split the players into 2 teams – 'robbers' have a ball each, 'cops' do not



HOW TO PLAY

1. One group of players become 'robbers' and dribble their ball within the area
2. The second group are the 'cops' and start the game inside the 'police station'
3. At the start of the game 1 'cop' leaves the 'station' to tackle 2 'robbers' who must go to 'prison'. The 'cop' then returns and sends out another 'cop' to catch 2 more 'robbers'. To tackle a 'robber' the 'cop' must kick their ball out of the area
4. 'Robbers' have 2 lives, meaning they don't remain in 'prison' until they have been tagged twice
5. When all the 'robbers' are in 'prison' the teams swap roles. The fastest team to catch all the 'robbers' wins

PROGRESSION

- INTERMEDIATE:** Specify the use of the non-dominant foot only

OUTCOMES

- Agility while changing direction at speed
- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Players ability to use their body to protect the ball while under pressure



GHOSTBUSTERS (FOOTBALL COORDINATION)

HOW TO PLAY

1. The players dribble their ball inside the square while you call for them to use different parts of the foot, or dribbling combinations
2. On calling 'ghostbusters' you run around the area
3. The players 'shoot' the 'ghost' by hitting you below the knees with their ball 3 times in 20 seconds
4. The players continue dribbling after the 20 seconds is completed

PROGRESSION

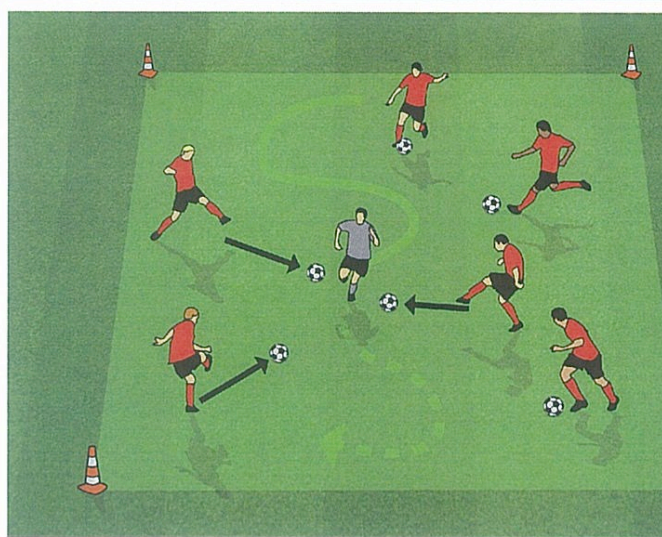
- BASIC:** Change the part of the foot used to dribble
- INTERMEDIATE:** Players can only 'shoot' with their non-dominant foot

OUTCOMES

- Dribbling and changing direction with the head up
- Passing accuracy over different distances

SETUP

1. Create an area up to 20m x 20m. Modify the size depending on the number of players
2. Players (ghostbusters) start inside the square with a ball each
3. The coach (ghost) starts in the middle of the area



DIAGONAL GOALS (SMALL SIDED GAMES)

HOW TO PLAY

1. In this SSG the teams score by dribbling or passing the ball through the two goals they are attacking, placed in opposite corners of the area
2. When a team scores, they retreat, allowing the opposition to start play from the goal line
3. There are no throw ins, rather the ball is passed in

PROGRESSION

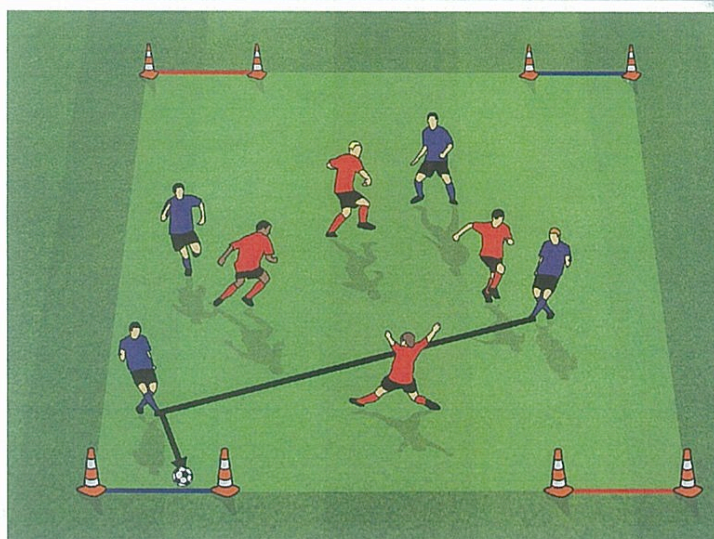
- INTERMEDIATE:** Players can only use their non-dominant foot
- ADVANCED:** Specify the number of players that have to touch the ball before a 'goal' is scored

OUTCOMES

- Dribbling and changing direction with the head up
- Passing over short distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play and angle of play

SETUP

1. Create an area up to 30m x 20m. Modify the size depending on the number of players
2. Assign each team goals to attack and defend
3. Place as many balls as possible around the area for fast re-starts

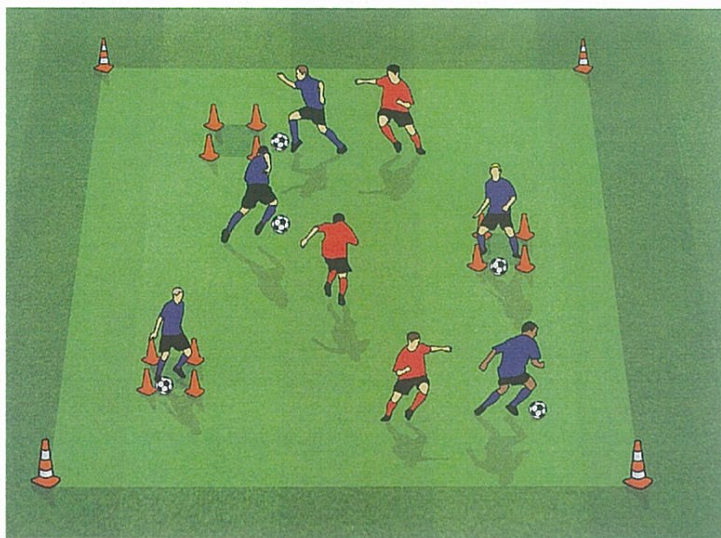


COMPONENT TRAINING - WEEK 4

SHARKS AND ISLANDS – WITH BALL (GENERAL MOVEMENT)

SETUP

1. Using four cones create an area up to 20m x 20m. Modify the size depending on the number of players.
2. Use small cones to make several 1m x 1m 'islands' inside the area. There are fewer 'islands' than 'islanders'.
3. All players start inside the area with a ball each, except for two 'sharks', who have no ball.



HOW TO PLAY

1. The players with the ball ('islanders') dribble around the area, while the two without the ball are 'sharks'.
4. The 'sharks' try to tackle the 'islanders' to take their ball from them. An 'islander' who gets tackled becomes a 'shark' and vice versa.
3. An 'islander' who is on an 'island' is safe, but only one 'islander' can stay on an island at one time. If another 'islander' is coming they have to leave.

PROGRESSION

BASIC: Reduce the number of islands or increase the number of sharks.

INTERMEDIATE: Change the part of the foot allowed to be used to control the ball.

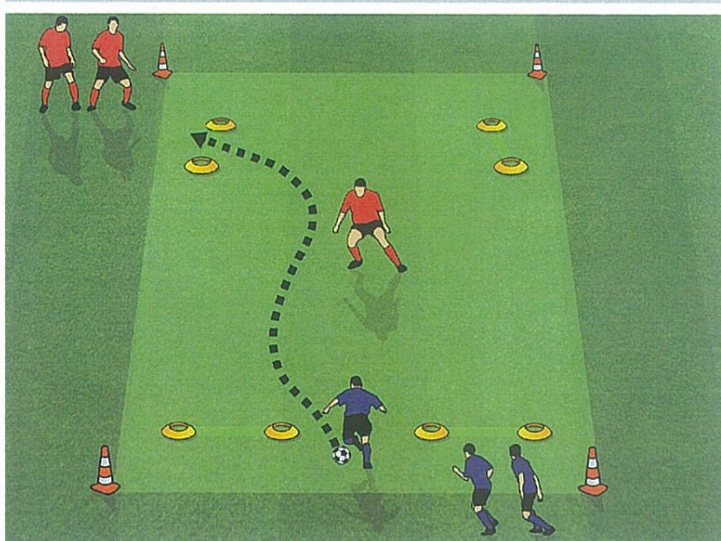
OUTCOMES

- Dribbling and changing direction and speed with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Players ability to use their body to protect the ball while under pressure

1 vs. 1 ATTACK vs. DEFENCE (FOOTBALL TECHNIQUE)

SETUP

1. Using four cones create an area up to 20m x 20m.
2. Use small cones to create 4 goals, 2m apart, within the area.
3. Split the players into 2 groups, attackers with a ball each, defenders without.



HOW TO PLAY

1. The first attacker starts at the end line between the two 'flat' goals. They aim to beat the defender and dribble through one of the 'angled' goals at the other end.
2. If the defender wins the ball they aim to dribble through one of the 'flat' goals.
3. If the ball leaves the area the attacker returns to the end of the line and another attacker starts.
4. Each team has 2 turns of 2 mins. To score as many goals as possible (in attack only).

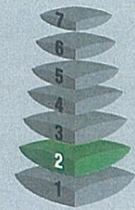
PROGRESSION

INTERMEDIATE: The defender passes the ball to the attacker to start, and then closes down quickly.

ADVANCED: One attacker vs. two defenders.

OUTCOMES

- Dribbling and changing direction with close ball control
- Keeping head up for awareness of space and other players while dribbling
- Using fakes and turns to beat a defender
- Passing accuracy



BOX TO BOX (FOOTBALL COORDINATION)

HOW TO PLAY

1. Players dribble the ball around their area, using different parts of their foot as you call them out
2. You should also encourage players to use their imagination to perform different fakes, hooks and turns.
3. When you call 'charge' all players reach the other area as quickly as possible using only the part of the foot they were last using

PROGRESSION

INTERMEDIATE: Players start in different areas and therefore have to avoid each other as the coach calls 'charge'

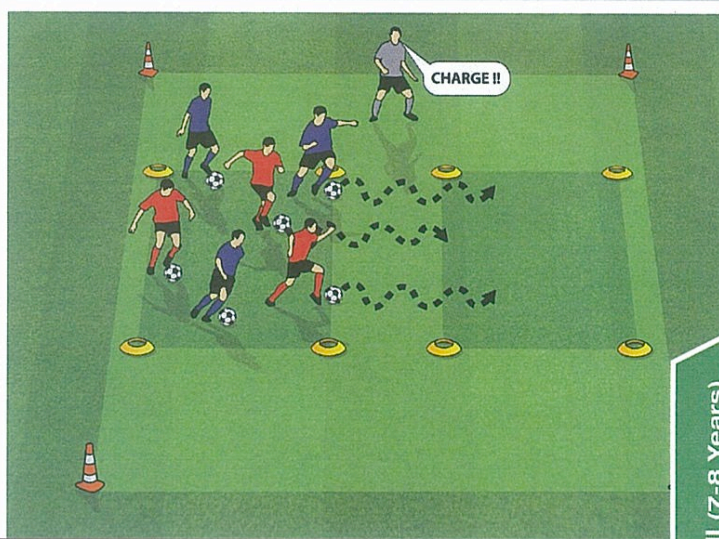
ADVANCED: Players have to juggle the ball when moving from one area to another

OUTCOMES

- Close ball control while dribbling with different parts of the foot
- Ability to use different fakes and turns
- Ability to change speed with the ball
- Juggling the ball

SETUP

1. Set up two 10m x 15m areas. Modify the size depending on the number of players
2. Every player has a ball and starts inside the same area



2 GOAL GAME - LONG RANGE SHOOTING (SMALL SIDED GAMES)

HOW TO PLAY

1. In this SSG the teams score by passing the ball through the two goals they are attacking
2. They can only score a long range goal by being in the central 'shooting zone'
3. When a team scores, they retreat, allowing the opposition to start play from the goal line
4. There are no throw ins, rather the ball is passed in

PROGRESSION

INTERMEDIATE: Players can only use their non-dominant foot

ADVANCED: Specify the number of players that have to touch the ball before a 'goal' is scored

OUTCOMES

- Dribbling and changing direction with the head up
- Passing over short and long distances
- Dribbling using different parts of the foot
- Basic awareness of other players
- Changing direction of play

SETUP

1. Create an area up to 30m x 20m. Modify the size depending on the number of players
2. Use extra cones to create 2 goals at each end of the area. Assign each team goals to attack and defend
3. Place as many balls as possible around the area for fast re-starts

