



Junior Football at Majura

Coaching Tips

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Introduction

Anyone who has been around junior sport for any length of time as often heard the lament that juniors today don't have the skills of those in years gone by. This is basically rubbish. Players tend to be better prepared and are displaying more skills at an earlier age. Part of this is due to improved coaching and an early understanding of football skills.

Over the many years that I have been involved in the game, there have been quite a few changes to the way we think about junior development. Most of these changes have been to the betterment of the game and have improved the chances of our junior players going on to a future playing football. It is generally accepted that players learn most of their skills between the ages of 10 and 13 so with this in mind, I have jotted down a few points which you might find useful.

This booklet is aimed specifically at coaches in the under 10 to under 13 age groups, particularly those who are new to coaching junior football. It is a point-form guide to basic skills and knowledge of the game, along with some drills and tips that I hope you can use and develop further.

Thank you for being a coach with Majura this year – we all hope that your season is a rewarding one for you and your players.



General Hints When Coaching a Junior Football Team

Coaching junior players can be a very rewarding experience and sometimes a frustrating one. However, there are some things that you can do to make it more rewarding than frustrating. We at Majura will help you with the skills and rules side of things if you need such assistance and for your part, all you really need is a willingness to learn, a focus on fun and development and above all, patience. There are a few simple things to remember as a coach:

1. You are not alone – there are people at the Club who will help you
2. If in doubt, ask someone who knows like the Director of Coaching or VP Soccer or someone who can point you in the right direction (eg a Committee member or experienced coach)
3. Football should be fun for you and the players
4. The focus is on development, not on winning
5. Variety is the spice of life (and it keeps the players interested)
6. Be aware of the conditions (Is it really hot or really cold? Is it raining?) and be prepared to adjust your training plan (or game plan if you have one).

Training Sessions

Training sessions are usually twice a week for an hour and a half at a time, depending upon the coach's availability and the needs of the team. The emphasis should always be on getting the players to play with a ball and as a general rule, don't try to give the players too much to learn in just one session or you'll get bogged down. Correct one thing at a time and always encourage the players. Keep your energy level high and your demeanour enthusiastic and the players will pick that up and respond. Unfortunately, they will also respond to negativity so try to stay upbeat and positive.

Demonstration is one of the best ways to help the players understand what you are asking them to do. Don't be shy about asking for help if you need it. I know a number of coaches who have older players from Majura come in to demonstrate some techniques to their players rather than trying to do it themselves.

Don't forget your warm up. Start at an easy pace and increase as you go. Dynamic stretching is usually far better for young players. Similarly, plan a cool down session at the end – these are good habits to get into and will be of real importance as the players get older.

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The Game

Majura has a policy of equal playing time for all players so you must ensure that over the course of the season, each player has roughly the same time on the field as another. That doesn't necessarily mean every game the minutes must even out because injury or other factors (such as team balance or discipline) may play a part at any time. Players in your squad will have differing levels of ability and you need to avoid the trap of playing only your best players every week (remember, you have unlimited interchange). It's not just about winning; it's about fun and development as well.

In under 10 and under 11 in particular, try to vary the player's starting field positions so they can enjoy all aspects of the game. Pretty much everyone will want to play as a striker or midfielder so you'll need to make sure that every player gets ample opportunity to do just that. At 9, 10 or 11 years of age, players should not be seen as just a defender, or just a forward. It is all about the experience, not the result.

As with training, you should introduce warm up before a game and cool down after a game. The warm up should give the players a chance to get a feel of the ball and how it runs across the surface. Once again, start slow and work up.

Coaching should be done from the sideline and not from behind the goal. Try to keep your comments very positive and always praise players for trying something new, even if it is right in front of their own goal or they end up losing the ball. Encourage all of your spectators to do the same.

The VP Soccer at MJSC will give you and/or your manager some information regarding rules and behaviour which will help you to understand the mechanics behind game day a little better.

One final thing – encourage all players to bring a drink bottle filled with water or very dilute cordial and advise them not to share with other players (to avoid possible communicative illnesses like cold and flu). If anyone volunteers to bring oranges for half time, thank them, but say no. The thinking these days is to limit the amount of acidic food intake for players.

Setting Expectations

At the outset, you should think about putting a note together to give to all players and their parents, or if you prefer, hold a meeting with them. I prefer a note because its something they can hang on to. This note should give your contact details (and those of your manager), training times, playing times and other information you want to get across. If you cover the following points in your note, you will have few surprises:

- Playing times and when players need to be at the pitch (30 minutes before kick off is usual)
- Training days and times (start and finish)
- Reminder to be sun smart and bring water bottles to training and games
- Advice on gear to wear – note that shin pads are essential for training and games
- A little bit of an idea of what you want to teach the players during the season.
- Some simple rules for players (I actually keep it to 3 – Listen when I am talking; Respect for team mates, Coaching Staff, Opposition, Officials and Parents; Try your best to do what I ask you to do)
- Some behaviour points for parents (for example):
 - Please don't tell the players where to run, where to stand or what to do – that's the Coach's job.
 - Please support our team, encourage everyone and be positive.
 - Please don't yell out things like 'Big Kick', 'Just kick it', or variations on that theme – it just isn't constructive.
- Contact details (your's, manager's, Club's, Wet Weather Hotline, etc).
- Contact you or your manager if the player is not available for a match or won't be coming to training.
- Contact you if they have any questions or concerns.
- Tell you if a player is injured or a little off colour so you can monitor them during training.

There might be a few other things you want to cover, but I have found that telling people early and in writing is very beneficial to a good team relationship.

Conducting Training Sessions

Planning and Set Up

The first and most important thing is to have a plan for the session. It doesn't have to be a written one (although that can help), but you need to know what you will be doing. Make your training plan a simple one and keep the coaching points to two or three related skills for any drill you are doing. For example, if you are working on passing the ball, don't digress into receiving the ball or kicking at goal. Young minds (and limited attention spans) will not help you to get your message across if there's too much information.

Try to break down the session into 15 or 20 minute chunks and give the players time to have a short drink break between each session. Every player at every age wants to have a ball and kick it around, whether at training or at the game, so make your sessions ball centred. They will always want to play a game so make sure that you incorporate a small sided game into every training session. The last 15 minutes or so before cooling down is a good time to have a game. Try to keep your coaching to a bare minimum during the game and let them express themselves.

I recommend that you arrive a little earlier than the scheduled start time and set up your training area. You can also use this time to check your equipment (balls pumped up, enough bibs) and review your session plan. You will not need more than a half a pitch for training and you should mark out your drill grids so you can move from one to another with minimal set up time between the drills. When players (and parents) see that you have grids marked out, they know that you have a plan and gain confidence in you. By the way, if you need some extra cones to mark out smaller areas within your game grid, ask our property officer for them (a couple of days before your session).

Equipment

Every coach will receive a set of bibs, some balls and some cones for training. In addition, you will also get a set of strip and a match ball. Ideally, each kit should contain enough balls for one per player and enough bibs for half of your squad. If you don't have enough, ask the Property Officer for some more. Similarly, if you lose a ball or one won't inflate properly, ask for a replacement. If you find any extra equipment on the grounds, please also let the Property Officer know. While you are responsible for the kit, we understand that sometimes, things happen and parts of the kit get lost or ruined – please let us know.

So What Should I focus on?

As much as possible, the players should have a ball at their feet or be involved in game play. Under 10 and under 11 players do not need fitness training. They do not need to run around the pitch. Under 12 and under 13 players may need some fitness work, but try to use a ball in any exercises rather than just run. They also need to be able to talk to you so make time to listen; being aware that sometimes you will need to bring straying attentions back to what you are trying to show them.

In keeping with the development of individual skills from a young age, all Coaches should include running with the ball in their training plans – let the players experiment and applaud innovation. In drink times or other breaks, talk to them about the laws of the game and give them an understanding of offside in particular. Always encourage your players to stay on their feet rather than slide tackling.

In addition to this and as a general guide:

- Under 10 and Under 11 should be about developing individual skills. This includes delivering and receiving the ball, control of the ball, scanning, bringing team mates into the play and positional work.
- Under 12 should build on the work done in previous years and introduce more tactical awareness of the game. Combination play and decision making should be another focus. Some dead ball plays might also be introduced – see if the players can come up with ideas of their own.
- Under 13 should be about more advanced tactics, the physical aspects of the game, support play, as well as building on what has been learned in the past.

Please note that the above is a guide only. You may have a team that has advanced beyond such a structure or you may have identified a need to introduce some things earlier than others. As the coach, it is up to you to make this determination. The suggested structure is a natural progression for the players and it means that the coach can plan sessions a little easier, but please don't feel bound by it. Some players will find it easier than others, but you need to plan for the norm in your team. Spend a little extra time with those who are struggling and maybe introduce some different variations for the more advanced players.

When teaching skills to players, be mindful of their age and their capacity to do repetitive training. This is particularly so if you are trying to show young players how to head the ball. During a game, they won't head the ball 20 times so don't have them do intensive heading work at training. Small drills with low impact are the way to go. Larger drills with heavier impact, such as long passing to a headed finish, should not go on too long.

The following pages include some point form notes on football skills. I have also included some sample drills that you might like to try.

Good luck this season and don't forget if you need help, just ask.

Kicking the Ball

Passing with the side of your foot

- Step to the ball and place your non-kicking foot near the ball.
- Make sure that the foot you're not kicking with is firmly planted on the ground and your toes are pointing in the direction you want to play the ball.
- Your non-kicking foot should be next to the ball and your toes should not be past the front of the ball or behind the back of the ball.
- You should pass the ball using your instep (the inside part of your foot)
- Make sure that your ankle is firm on your kicking foot and strike firmly through the middle to top part of the ball to keep the ball down.
- You should have a small, straight follow through (through and back) and shouldn't end up with your legs crossed or your passing foot on the ground in front of your other foot immediately following your pass.
- Remember, the whole passing motion (step and pass) is one motion.

Football Tip No 1

Make the ball do the work. Don't walk around the ball or pull back from it. Move the ball to where you want it before you try to pass.

Kicking the Ball for Power

- Make your run up reasonably straight and not too long.
- Make your last stride a long one and place your non kicking foot next to the ball. Your toes should not be in front of the ball or behind it or you will lose power.
- Connect through the centre of the ball with the laces part of your boot. Your toes should be pointed at the ground (a slightly angled foot is OK with this technique).
- Follow right through the ball with your foot and up to your hip height. Keep your toes pointed in the direction you want the ball to go.

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- Use your arms and your body for power. Your last stride should put you a side on to the direction of your kick so your arms can help to swing your whole body through the kick.

Football Tip No 2

Where you actually strike the ball determines whether it will stay on the ground, go in the air, curl or dip. If you want to get the ball high in the air, kick at the bottom of the ball. If you want it to stay on the ground kick through the top third of the ball.. For real power, hit through the centre of the ball.

Crossing / Curling the Ball

- Your run up should be a little more curved but still not too long.
- As with kicking for power, make your last stride a long one and place your non kicking foot next to the ball. Your toes should not be in front of the ball or behind it or you will lose power.
- Connect with the bottom third of the ball, but hit the ball to the right hand side of centre (for a right footer). This will impart lift and curl to the ball. You should use the laces part of your boot with a little influence from your instep.
- You can curl the ball the other way by using the outside of the laces part of your boot and hitting on the other side of the ball.
- Follow through in a partly circular motion and this time pull your toes more towards the sky after you have connected. You can use your arms and body to whip through and get more distance and lift.

Chipping the Ball

- Make your run up straight and just a couple of steps.
- Your last stride should be a short, bouncy step and you should be standing reasonably straight with your non kicking foot next to the ball.
- Connect at the very bottom of the ball. Your knee should be right over the top of the ball and you should stab down hard to get your toe under the ball.

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- You do not need to follow through with this technique. The short, stabbing motion under the ball makes it spin back towards you and lift in the air. When the ball lands, it should bounce almost straight up in the air or back towards you.
- Chipping is easier if the ball is running towards you. It is a technique used to get the ball over a close defender(s) for you or a team mate to run on to.

Heading the Ball

- When you are heading the ball, try to keep your eyes open and your mouth shut at the point of contact.
- Keep your chin up so you strike the ball with your forehead and not the top of your head.
- Use your arms to drive your body forward to gain more power when you are heading the ball. You can also use your arms to gain extra height when jumping for the ball.
- If you are directing a header, try to get your chest pointing to where you want the ball to go rather than just turning your head in that direction. You'll get more power and cause yourself fewer injuries.
- If you are in a dangerous position for your team (ie in defence), head the ball upwards – the motto here is 'when in doubt, up and out'.
- If you are in an attacking position (ie trying to score a goal), head the ball downwards – the motto is 'for the win, down and in'.
- A third type of header is called the 'cushioned header'. This technique is to kill the momentum of the ball so you can play it to yourself or a nearby team mate. Unlike attacking or defensive headers, you need to let the ball come to you and then use your knees and back to 'give' a little.
- When you are challenging for a header, call out that you are going for it to alert your team mates (and frighten the opposition). Calls like "Bob's up!" or "Alex's Ball!" are good examples.

Football Tip No 3

Many people are afraid to head the ball because they think it will hurt them. If you hit the ball instead of letting it hit you, you'll find that it won't bother you half as much. Attack the header and you'll get the best result.

Receiving and Controlling the Ball

Receiving The Ball

- Always position yourself so you can get the part of your body you want to control the ball with into the ball's path.
- Continually scan about you so you can identify possible threats to ball security and options for you to play the ball.
- Think about your body shape – open yourself up to the play as often as possible so you can see more and make better decisions.
- As a general rule of thumb, try to get the ball to the ground if it comes to you in the air.
- Keep the ball moving with your first touch if you can, playing the ball into spaces where you have an advantage.

Controlling The Ball With Your Foot

Rolling Ball

- Watch the ball as it comes to you and position yourself so the ball runs directly to the foot you are using to trap the ball. This doesn't mean stand still and wait for the ball. It is preferable to be moving into position.
- Make sure that your ankle is 'floppy' when you are receiving the ball and that your foot is slightly off the ground otherwise, the ball could bounce away.
- Receive the ball with your instep and make your first touch slightly in front of you and to the side. This will assist your ball movement.
- If you are trying to stop the ball dead, as the ball touches your foot, let your foot give a little to absorb the impact.
- Think about where you will go or what you will do with your second touch. Try to keep the ball in the centre of your body when you intend to run with it.
- Receiving with your trailing leg will allow you to curve your run to the ball and open yourself up to the play more.

On The Full

- Watch the ball as it comes to you and position yourself so that you are close to where the ball will land.
- Receive the ball with your instep or the top of your foot and with your foot off the ground (when you get really good at this, you can use the outside of your foot as well).
- As the ball touches your foot, let your foot give to absorb the impact.

Football Tip No 4

Choosing the correct foot to receive the ball is critical. It will help you to put yourself in the best position to play the next ball or change direction.

Controlled Volley

- Watch the ball as it comes to you and position yourself so that your foot can connect with the ball at about knee height.
- Stay on your toes so you can change direction, move backwards or move forwards depending upon where the drop of the ball is going.
- Put your non kicking foot forward and this will turn your body side on to the ball to give you a free and easier swing with your volleying foot.
- Play the ball with your instep at about knee height. You can also use the top of your foot, but side foot gives you greater control when passing over short distances.

Controlling the Ball With Your Chest

- Watch the ball as it comes to you.
- Position yourself so you are under the ball as it drops.
- Just as the ball arrives, bend your knees and your back to make your chest area as flat as possible when it connects with the ball.
- Don't thrust your chest at the ball unless you want the ball to bounce away from you (for example, when you are trying to chest the ball to another player).
- Keep your arms well away from the ball and use them to help you keep your balance.

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- Keep your chin up and your mouth closed as you chest the ball. It will help you to meet the ball better and save your teeth if something does go wrong.

Football Tip No 5

The quicker you can get the ball down to your feet, the easier it is to control the play. Unless you are really being pressed by an opponent and in a dangerous position for the team (say in our own penalty box), its better to bring the ball to the ground most of the time (headers at goal could be an exception).

Controlling the Ball With Your Thigh

- Watch the ball as it comes to you.
- Position yourself so you are under the ball as it drops.
- Bring your knee up just before the ball arrives and allow the ball to connect with your thigh. As with chesting, try to offer as flat a surface as possible to the ball.
- As the ball hits your thigh, allow your leg to give a little (ie let your knee drop) so you cushion the ball. This will bring the ball down near your feet.
- Don't hit the ball with a rising leg or with your knee. This will cause the ball to bounce away rather than drop to your feet.
- Use your arms for balance and try not to lean back away from the ball.

Football Tip No 6

Scoring goals is the primary objective of our game. Possession and control of the ball is the best way to achieve that objective. If you can keep the ball, you deny your opponents the opportunity to use it to their advantage.

Running and Keeping the Ball

Running With The Ball

- The shortest distance between where you are and where you're going is a straight line, so run in as straight a line as you can.
- When you are in the clear, push the ball a good distance ahead of yourself. You are faster without the ball under foot.
- When you are not in the clear, keep the ball close to your feet so you can react quickly.
- Try to keep the ball centred (ie in the centre of your body) so you can use both feet and change direction easily.
- Look up as you are running with the ball so you can see what is ahead of you and choose the right option.
- Use the inside and outside of both of your feet so you don't have to stray from the straight line.
- If you are "taking a player on" do it from about a pace and a half away from them so you have the advantage. Try to keep your momentum.
- Don't run into places where you get into a battle for the ball. Run into areas where you have the advantage (this is called 'advantage space').
- When you give the ball up, don't think your job is over. Run on into a supporting position and make yourself an option for a return pass. A one-two pass move will beat a lot of players.

Shielding the Ball

- Make sure that you keep your body between the ball and your opponent. If you are receiving the ball, try to gain a little extra space to control the ball by leaning suddenly against your opponent and then taking a half step to the oncoming ball. Don't make the movement too obvious and don't use your hands to push your opponent away.
- Don't keep the ball too close to your body once it is under control – this will give your opponent a chance to steal it.

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- Keep the ball in a spot that gives you and your team the advantage and a spot which disadvantages your opponent as much as possible.
- Turn your body slightly so you can keep your opponent off your shoulder. If your opponent pushes up against you, use your back and shoulder to feel where your opponent is and how they are moving to get the ball.
- If you need to move the ball around, play it into advantage space (ie where you keep the advantage).
- Avoid battles for the ball. Don't let your opponent get into a position where they can challenge for the ball.
- Use your arms for balance, but don't grab your opponent.
- Don't keep the ball longer than you have to. Try to beat your opponent, lay the ball off, clear the ball or have a shot depending upon the circumstances.

Football Tip No 7

Most of the time when you play football, you won't have the ball. Its just as important to be a part of the game when you don't have the ball. Talk to your team mates, watch your positioning and make yourself available as an option for a team mate with the ball.

Jockeying and Holding

- Get to the player with the ball as quickly as you can so you close down the space they have to control and use the ball.
- Stop about two or three paces from the player with the ball. Don't get too close or you make the contest a foot race.
- When you stop, you prop – bend your knees, keep your arms out to your sides for balance.
- Always present with one foot forward and your body angled the way you want the player to go. Don't stand square on with your legs open or you will get the ball played between your legs.
- Keep your centre of gravity low and take small steps when you move. This will keep you in balance.
- Shadow the player and don't commit yourself unless you are sure you will get the ball, until you absolutely have to or unless one of your team mates in the second defender position tells you to do so.
- Remember, although you are trying to get the ball off the attacker, your job is also to slow the play of the ball down so your team mates can recover into covering positions.

Football Tip No 8

Tackling is the last thing that you should think about when you are defending. It is better to stay on your feet and make the player with the ball try to beat you. They may make a mistake.

Throw Ins

- You must throw the ball in from the place that it went out over the side line (the rules allow for a one metre leeway).
- Some part of **each foot** must be on the ground and on or behind the side line.
- The ball must be held and thrown in two hands
- The ball must be start from **behind** your head and come **straight over** your head before it is released.
- The ball must be thrown, not dropped or bounced
- The faster your arms move and the more momentum you have, the further the ball will travel.
- Bend your back and your knees to get a whipping motion when you throw the ball.
- It is better to throw the ball in correctly and sacrifice some distance than it is to turn the ball over to the other team because of a foul throw.
- Throw the ball to one of your team mates down the line as much as possible and only into the middle or backwards if the team mate you are throwing to is well in the clear.

Football Tip No 9

Throw ins can be a great attacking weapon. You can't be offside from a throw in so if you can learn to throw the ball in correctly and throw it a long way, you can set a team mate up for an uninterrupted run at the goal.

Goalkeeping Tips

Securing a Rolling Ball

- Get to the ball as quickly as you can so you can secure it as early as possible.
- If you are not under pressure, you should kneel on one knee to pick the ball up. Make sure that you kneel at about 90 degrees to the direction of the ball and have the heel of your leading foot close to the knee of the trailing foot. Twist your upper body so you present your chest to the ball, place your fingers on the ground in the scoop position and keep your eye on the ball. When the ball gets to you, allow its momentum to help you in scooping it to your chest and holding the ball in two arms. Even if you should fall forward, keep the ball secure in two arms.
- If you are under pressure, but you can get to the ball before an opponent, you should attack the ball quickly and get it into your hands as soon as possible. To do this, you need to stay upright until the last possible moment and then slide your feet away from the ball, bringing your body down to the ground. Make sure that you get your hands on the ball as your body hits the ground, your underneath hand should be behind the ball and your top hand should be on top of the ball. The ball should be in front of you when you get your hands on it, around shoulder level when you are lying on the ground. Get a good grip on the ball in your hands and then secure it to your chest. You need to make sure that your body stays sideways and you don't roll onto your stomach or your back.
- If you are under pressure and you will get to the ball around the same time as your opponent (or even a little after), you need to attack the ball quickly with your body. This technique is called 'the shrimp.' As with attacking the ball in front, you need to stay on your feet to get to the ball as soon as possible and then slide to bring your body to the ground. Instead of hands out in front, you try to get your chest to the ball and clutch it to your body with your arms, curling protectively around the ball. Note, do not tuck your chin onto your chest because you don't want your head too close to the ball.
- Speed to get to the ball is essential so practicing sharp sprints of ten to twenty metres is good training.

Positioning Yourself

- The centre of your goal, the goal posts and the goal line are the determining points for your positioning as a keeper. Know where they are at all times.
- You can use other pitch markings to gauge your position as well. The penalty spot is a great position marker for the centre of the goal. The penalty spot and the front of the goal area will give you an idea of how far off the goal line you are.
- Coming off your line towards an advancing player gives them less of a target to shoot at directly. This is called narrowing the angle.
- When you come off your line, you should be in a position where a straight line drawn from the centre of the goal to the ball passes right through you.
- It is important that you learn to judge when to come off your line and when to stay on it. If you are off your line, you narrow the angle but you become vulnerable to being chipped. Unfortunately, this is a skill you'll develop only through experience.
- When you decide to go at the ball, don't hesitate. If you do, you might be caught in 'no-man's land' – too far out to cover the chip and too far away from the player to effectively control them.
- Always remember that chest on to the ball presents the maximum area of your body to stop the ball from going into the back of the net.
- Patrolling the edge of the penalty box when your team is in the opposition half is another good habit to get into. A goal keeper can snuff out an attack by playing as a second sweeper. You do not have to stay in the penalty area all the time.

Football Tip No 10

Positioning is one of the Goal Keeper's biggest assets. You can often defeat an attack, or put a player off just by getting your positioning right.

Catching the Ball

- Watch the ball in flight so you can judge where it is travelling. Be aware of the wind and what effects it is having on the ball and try to stay chest on to the ball.
- Make a decision early about coming to the ball or letting the ball come to you. Your decision will be based upon your position in the penalty box as well as the position of any attacking players. Don't let them beat you to the ball if possible.
- Do not let the ball bounce if at all possible. This brings other variables (such as the condition of the ground) into play
- When preparing to catch a ball, the keeper must decide whether it is a below shoulder height catch or a shoulder height and above catch. This will determine whether they catch the ball with fingers up or fingers down.
- If the ball is below shoulder height, it should be caught in the arms and then clutched to the body. Fingers point slightly down and away from the body.
- If the ball is shoulder height or above, it should be caught in the palms with your fingers pointing up, then brought down to your chest. You should catch the ball in front of you with a slight bend in the elbows rather than above your head. This gives you a margin for error and you can keep your eyes on the ball more easily
- Ball security is the most important part of catching the ball. Don't snatch at the ball, rather accept it and then secure it.
- Soft hands are important when catching the ball. Strength comes into it when you are securing and holding the ball.
- If you are leaping to catch the ball, push off on one foot rather than both feet because you'll get more height in your jump.

Offside

You are in an offside position if:

- When the ball is last **touched or played by a member of your team** -
- You are in your **opponents half of the field** (you can't be offside in your own half of the pitch) -
- And you are **closer to the goal line than the ball** -
- Unless there are at least **two defenders between you and the goal line** (the goal keeper is usually one of the last two defenders, but not always).
- You can be in an offside position but not be called offside if you are not interfering in play or seeking to gain an advantage by being offside. However, its better to avoid being offside in the first place.
- You can't be offside if you receive the ball directly from a throw in, a corner kick or a goal kick.

Football Tip No 11

Teams that play the offside trap can be vulnerable to a fast player. However, the player will have to be careful that they don't stray into an offside position. One way around that is to angle your run so you stay in front of the defence until the ball is actually played into your opponents half.

Example Training Drills

To assist you with putting together a plan for your training sessions, I have included some basic drills that you might like to use. The drills themselves are in four parts.

Part 1 is the set up. In this section, I have outlined how to set up for the drill. I haven't included everything (like coloured bibs), but there should be enough for you to run the drill. The set up can vary depending upon numbers. If you have an odd number of players, you might need to set up triangles instead of pairs (for passing or receiving), or perhaps two on one side swapping with each other while the third is the ball supplier (for control drills). As long as you make sure that each player gets an equal chance to practice the skills, everything will work out well.

Part 2 is the action. This is where I have provided information on how the drill progresses (ie the mechanics). It explains what the players are to do to complete the exercise. These dot points can be useful when you are trying to explain the drill to your players.

Part 3 contains the coaching points. These are the things you need to tell the players as the drill progresses and the things you should watch for. It is a good idea to introduce the coaching points in the order they are given, but you'll have to assess that depending upon how well the players are going.

Part 4 is the build up. Here I have given you some ideas about adding to the drill. By building up from the basic drill, you can add complexity and you can re-use the drill as your player's progress. If it's too easy for them, the build up will keep them interested.

This is by no means an exhaustive list of drills for training, but there is enough here to keep you and your players learning new things. The most important thing is how you deal with the players – always encouraging and never letting your frustration show. As you become more familiar and comfortable with skills and training, you can use these drills as the basis to create your own.

Some of the easy, basic drills can be good warm up activities. I have included them here for just that reason.

Side of the Foot Passing and receiving

These drills are good for warm ups and reminders of the basic skills.

Drill 1

<p>Set Up:</p> <ul style="list-style-type: none"> • Pair players, each pair with a ball • Players stand 5 to 10 metres apart 	<p>Action:</p> <ul style="list-style-type: none"> • Player 1 passes ball to player 2 • Player 2 controls the ball • Player 2 passes ball to player 1 • Player 1 controls the ball • Repeat. 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • As per page 9 – Passing the Ball With Your Instep- and page 13 – Controlling the ball with your foot. 	<p>Build Up:</p> <ul style="list-style-type: none"> • Vary the distance between the players. • Ask players to dribble the ball a little before passing • Use non-preferred foot
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Drill 2

<p>Set Up:</p> <ul style="list-style-type: none"> • Pair players, each pair with a ball • Players stand 10 metres apart • Two cones set a metre apart, half way between players. 	<p>Action:</p> <ul style="list-style-type: none"> • Player 1 passes the ball to player 2 aiming to play the ball between the cones. • Player 2 controls the ball • Player 2 passes the ball to player 1, also between the cones. • Player 1 controls the ball • Repeat. 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • As per page 9 – Passing the Ball With Your Instep- and page 13 – Controlling the ball with your foot. 	<p>Build Up:</p> <ul style="list-style-type: none"> • Vary the distance between the players and the distance between the cones. • Use non-preferred foot
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Junior Football at Majura – Coaching Tips

Passing and Moving Around

Drill 1

<p>Set Up:</p> <ul style="list-style-type: none"> • 20X20 Grid • One ball • Players are given numbers 	<p>Action:</p> <ul style="list-style-type: none"> • All players move around – no-one stands still. • Player 1 passes ball to player 2 • Player 2 passes ball to player 3 • Player 3 passes ball to player 4 • And so on until last player passes the ball to player 1 • Repeat 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • Once player has passed the ball, stay close to the player they will get the ball from. • Players not involved in passing or receiving the ball should get out of the way • Call for the ball • Body shape when receiving the ball. • Keep ball moving with first touch 	<p>Build Up:</p> <ul style="list-style-type: none"> • Make it two groups in a slightly bigger area • Call when passing as well as receiving
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Drill 2

<p>Set Up:</p> <ul style="list-style-type: none"> • 2 20X20 grids set side by side • 2 teams of 4 players • 1 ball 	<p>Action:</p> <ul style="list-style-type: none"> • Each team has one grid as their home area • When ball is in a team's home area, they pass it around and keep possession • Two players from the other team are allowed in opposition grid (others stay in their home area) • If the two players get the ball, they pass it into their home area 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • Passes are firm and accurate • Players without ball move around to make options • Keep the ball moving into advantage spaces. 	<p>Build Up:</p> <ul style="list-style-type: none"> • Allow three players into opponent's home area. • Limit touches before ball is passed. • Score a point for 5 passes without an interception.
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Running With the Ball

Drill 1

<p>Set Up:</p> <ul style="list-style-type: none"> • 20X20 Grid • Each Player has a ball 	<p>Action:</p> <ul style="list-style-type: none"> • Players dribble the ball in the area. • Stop the ball next to them when you yell ‘Stop’ 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • Scan to avoid collisions • Keep the ball close to feet • Use both feet 	<p>Build Up:</p> <ul style="list-style-type: none"> • Make area smaller • Ask players to turn 180 degrees on your call. • Ask players to use just one nominated foot
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Drill 2

<p>Set Up:</p> <ul style="list-style-type: none"> • 10X10 Grid • Players stand behind corner cones (2 at each) • Two balls – one at cone 1 and the other at cone 2 	<p>Action:</p> <ul style="list-style-type: none"> • Player at cone 1 dribbles the ball to diagonally opposite cone 3. • Short 1 metre pass at end of dribble • Player at cone 3 dribbles to cone 1 while the one who has just come from cone 1 goes to the back of the line at cone 3 • At same time, player at cone 2 dribbles the ball to diagonally opposite cone 4 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • Keep the ball close to feet • Use both feet • Look up to avoid collisions • Use instep for short pass • Call before passing 	<p>Build Up:</p> <ul style="list-style-type: none"> • Increase size of grid. • Dribble half way and then pass • One diagonal dribbles and the other diagonal passes the whole distance. • Instead of cone 1 players lining up at cone 3, get them to run to cone 2 (2 goes to 1, 1 goes to 4 and 4 goes to 3)
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Basic Dribbling Skills

Drill 1

<p>Set Up:</p> <ul style="list-style-type: none"> • 20X20 grid • Each player has a ball 	<p>Action:</p> <ul style="list-style-type: none"> • Dribble the ball from one side of the grid to the other adding ‘tricks’. 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • Keep the ball close to feet 	<p>Build Up:</p> <ul style="list-style-type: none"> • Add more tricks. • Get players to move in the grid rather than across it.
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Basic Dribbling Tricks

<p>Inside/Outside:</p> <ul style="list-style-type: none"> • Use the inside and the outside of the foot to dribble. • Try to keep the ball running in as straight a line as possible • Keep the ball close to feet • Use the forward half of the foot to dribble 	<p>Toe Taps:</p> <ul style="list-style-type: none"> • Ball starts between feet • Lift left foot and using inside toe area, knock the ball slightly forwards and sideways • Put left foot down and repeat with right foot. • Each time foot is lifted from the ground, touch the ball sideways and forward using the inside toe area • Move forward with the ball • Keep the ball close to feet • Try to get faster ball movement 	<p>Step Over:</p> <ul style="list-style-type: none"> • Play the ball forward with your instep as you would for a normal dribble. • Next time, instead of playing the ball with your instep, step over the ball and play it with the outside of your foot • This is an inside step over • For an outside step over, you bring the outside of your foot around and over the ball. • For a double step over, you do the move twice 	<p>In and Out:</p> <ul style="list-style-type: none"> • Play the ball forward • With your next touch, play the ball with the inside of your foot on an angle and forward. • With your next touch, play the ball back the other way • Dip your shoulder on the first move to ‘fake’ the opponent • The closer together the two movements are, the better the in and out.
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Controlling the Ball in the Air

Drill 1

<p>Set Up:</p> <ul style="list-style-type: none"> • Players in pairs • One ball for each pair • Players stand 5 metres apart 	<p>Action:</p> <ul style="list-style-type: none"> • Player 1 throws ball to player 2 • Player 2 controls the ball using their foot • Player 2 passes the ball back to player 1 • Repeat 5 times then player 2 throws to player 1 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • As per page 14 (foot) • Note that the throw should allow the receiver to control the ball around knee height. 	<p>Build Up:</p> <ul style="list-style-type: none"> • Vary distance between players • Make throw short so receiver has to move to ball. • Use three players, form a triangle and play one to the other (1 throw, 2 foot and pass, 3 throw, 1 chest and pass, etc)
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Drill 2

<p>Set Up:</p> <ul style="list-style-type: none"> • Players in pairs • One ball for each pair • Players stand 2 metres apart 	<p>Action:</p> <ul style="list-style-type: none"> • Player 1 throws ball to player 2 • Player 2 volleys the ball back to player 1 • Repeat 5 times then player 2 throws to player 1 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • As per page 14 (Volley) 	<p>Build Up:</p> <ul style="list-style-type: none"> • Vary distance between players • Use both feet. • Use three players, form a triangle and play one to the other (1 throw, 2 thigh and pass, 3 throw, 1 chest and pass, etc)
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Drill 3

<p>Set Up:</p> <ul style="list-style-type: none"> • Players in pairs • One ball for each pair • Players stand 5 metres apart 	<p>Action:</p> <ul style="list-style-type: none"> • Player 1 throws ball to player 2 • Player 2 controls the ball using their chest • Player 2 passes the ball back to player 1 • Repeat 5 times then player 2 throws to player 1 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • As per page 14 (Chest) 	<p>Build Up:</p> <ul style="list-style-type: none"> • Vary distance between players • Make throw short so receiver has to move to ball. • Use three players, form a triangle and play one to the other (1 throw, 2 chest and pass, 3 throw, 1 chest and pass, etc)
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Drill 4

<p>Set Up:</p> <ul style="list-style-type: none"> • Players in pairs • One ball for each pair • Players stand 5 metres apart 	<p>Action:</p> <ul style="list-style-type: none"> • Player 1 throws ball to player 2 • Player 2 controls the ball using their thigh • Player 2 passes the ball back to player 1 • Repeat 5 times then player 2 throws to player 1 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • As per page 15 (Thigh) 	<p>Build Up:</p> <ul style="list-style-type: none"> • Vary distance between players • Make throw short so receiver has to move to ball. • Use three players, form a triangle and play one to the other (1 throw, 2 volley, 3 throw, 1 chest and pass, etc)
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Drill 5

Set Up:	Action:	Coaching Points:	Build Up:
<ul style="list-style-type: none"> • Triangle of cones, 10 metres per side and one cone set in the centre of the triangle • 4 players, 1 on each corner cone and one in the middle • One ball for each player on a corner cone 	<ul style="list-style-type: none"> • Player in the centre moves towards a player on a corner cone. • Player with ball throws the ball to the one in the middle • Player in middle controls ball with chest, thigh or foot/volley and plays the ball back to the one who threw it to them • Centre player goes back to centre cone and goes to another player with a ball – drill repeats • Note: Each corner cone player has a specific skill to exercise one only throws to chest, one to thigh and one to foot/volley. 	<ul style="list-style-type: none"> • As per pages 14 and 15 • Centre player should call for the ball. • Note: throws should be looped up and gentle, not hurled at the one in the middle. • Focus on control, not speed. 	<ul style="list-style-type: none"> • Make it a square (10m per side and 5 players) • Make area a bit bigger and get centre player to run. • Have more than one player in the centre. • Players on corner cones can choose whether to throw for chest, thigh or foot. • Centre player can choose chest, thigh or foot and must call that out to the corner player they are running towards.

Kicking the Ball for Power

Drill 1

<p>Set Up:</p> <ul style="list-style-type: none"> • 20m X 30m grid • Players in pairs and one ball per pair • One of each pair at the each of shorter sides of the grid 	<p>Action:</p> <ul style="list-style-type: none"> • Player 1 kicks ball to player 2. • Player 2 controls the ball and kicks it back. 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • As per Page 9 • Remember to focus on the kicking, not the receiving • If players struggle to kick the distance, use the longer sides (ie the distance is only 20m). 	<p>Build Up:</p> <ul style="list-style-type: none"> • Make a goal half way between the players so they have to kick the ball through the goal.
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Drill 2

<p>Set Up:</p> <ul style="list-style-type: none"> • 20m X 30m grid • Players in two groups • One group halfway between the corner cones of the shorter side of the grid, each with a ball. • Other group at the other shorter side, standing at one of the corner cones. 	<p>Action:</p> <ul style="list-style-type: none"> • Player from group 2 runs towards the other short side cone • Player from group 1 kicks the ball to where they are running. • Player from group 2 controls ball and dribbles to the back of line 1. • Player from group 1 runs to the back of line 2. 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • As per Page 9 • Remember to focus on the kicking, not the receiving • If players struggle to kick the distance, use the longer sides (ie the distance is only 20m). 	<p>Build Up:</p> <ul style="list-style-type: none"> • Get player from group to call and point to where the ball should go. • Get players to try using their non-kicking foot.
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Curling the Ball

Drill 1

<p>Set Up:</p> <ul style="list-style-type: none"> • 20m X 30m grid • Players in pairs and one ball per pair • One of each pair at the each of shorter sides of the grid 	<p>Action:</p> <ul style="list-style-type: none"> • Player 1 tries to curl the ball to player 2. • Player 2 controls the ball and attempts to curl the ball back. 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • As per Page 10 • Remember to focus on the kicker, not the receiver • If players struggle to kick the distance, use the longer sides (ie the distance is only 20m). 	<p>Build Up:</p> <ul style="list-style-type: none"> • Put up a row of cones half way between the pairs of players and tell them to make sure that the ball clears the cones. • Make 2 rows of cones twenty metres apart. The ball has to clear both sets of cones.
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Drill 2

<p>Set Up:</p> <ul style="list-style-type: none"> • 20m X 30m grid • Players in two groups and one group with a ball each. • Each group halfway between the corner cones of the shorter sides of the grid. 	<p>Action:</p> <ul style="list-style-type: none"> • Player from group 2 runs towards the centre of the grid. • Player from group 1 curls the ball to where they are running and then runs to the end of line 2 • Player from group 2 controls ball and dribbles to the back of line 1. 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • As per Page 10 • Remember to focus on the kicker, not the receiver 	<p>Build Up:</p> <ul style="list-style-type: none"> • Get player from group to call and point to where the ball should go. • Get players to try using their non-kicking foot.
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Chipping the Ball

Drill 1

<p>Set Up:</p> <ul style="list-style-type: none"> • Players in pairs • Each pair has a ball • Players stand about 10m apart 	<p>Action:</p> <ul style="list-style-type: none"> • Player 1 rolls ball to player 2 • Player 2 chips ball to player 1 • Player 1 catches the ball. • Repeat 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • As per page 10 	<p>Build Up:</p> <ul style="list-style-type: none"> • Player 1 passes the ball to player 2 with their foot. • Player 2 tries to chip the ball over player 1
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Drill 2

<p>Set Up:</p> <ul style="list-style-type: none"> • Players in groups of 3 • Two players on one side with a ball. • Third player stands opposite, 20 metres away. 	<p>Action:</p> <ul style="list-style-type: none"> • Player 1 passes ball to player 2 then runs to player 2. • Player 2 chips ball over player 1 to player 3 and runs to player 3 • Player 3 controls the ball and passes to player 1. Repeat. 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • As per page 10 • Focus on technique, not power. • Focus on chipping, not receiving. 	<p>Build Up:</p> <ul style="list-style-type: none"> • Player 2 tries to stop the ball from getting to player 3 (no hands) – but must keep moving forward.
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Drill 3

<p>Set Up:</p> <ul style="list-style-type: none"> • Players in pairs about 20 metres apart. • Player 1 has the ball • Immediately in front of player 1 place a 5mX5m box. 	<p>Action:</p> <ul style="list-style-type: none"> • Player 1 passes to player 2 and changes places with player 2. • Player 2 chips the ball so it lands in the 5m X 5m square and changes places with player 1, controlling the ball when they get to it. • Repeat 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • As per page 10 • Focus on sharp motion of foot and getting toes right under the ball to generate height. • Ball should spin backwards and so bounce straight up or back towards the chipper. 	<p>Build Up:</p> <ul style="list-style-type: none"> • The chipper tries to get to the ball before it bounces twice
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Heading the Ball

Drill 1

<p>Set Up:</p> <ul style="list-style-type: none"> • Players in pairs 5 metres apart. • One ball for each pair 	<p>Action:</p> <ul style="list-style-type: none"> • Player 1 throws the ball to player 2. • Player 2 heads the ball back to player 1. • Repeat 5 times and swap. 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • As per page 12 • Note: throw should loop slightly above the receiving player's head 	<p>Build Up:</p> <ul style="list-style-type: none"> • Increase distance between players. • Player 2 tries to head the ball back to players 1 without catching it first. • Player 2 throws so ball goes a bit higher and comes down 1 or 2 metres in front of player 1 (ie player 1 has to move forward) • Get player 1 to jump to head the ball..
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Drill 2

<p>Set Up:</p> <ul style="list-style-type: none"> • Players in groups of 3 • One ball per group. • 2 players stand about 4 metres apart and third player stands between the two. 	<p>Action:</p> <ul style="list-style-type: none"> • Ball starts with player in the middle (player 1) who lightly throws the ball to one of the outside players (player 2). • Player 2 heads the ball over player 1 to player 3. • Player 3 catches ball and players move one position (ie 1 goes to 2, 2 goes to 3 and 3 goes to 1). 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • As per page 12 • Try to get the ball up and over the centre player. 	<p>Build Up:</p> <ul style="list-style-type: none"> • Player 2 heads to player 3, player 3 heads to player 1. Player 1 catches the ball and throws to player 3 who heads to player 2 and player 2 heads to player 1. Repeat 5 times and swap positions.
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Combined, Game Centred Drills

Drill 1

<p>Set Up:</p> <ul style="list-style-type: none"> • 30 X 40 grid • Players divided into two teams • One ball 	<p>Action:</p> <ul style="list-style-type: none"> • Teams try to keep possession by dribbling and passing. 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • Passing and receiving. Use coaching points from pages 25 and 26. • Introduce running with the ball as per page 27. 	<p>Build Up:</p> <ul style="list-style-type: none"> • If a team strings 5 passes together in a sequence, they score a goal.
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Drill 2

<p>Set Up:</p> <ul style="list-style-type: none"> • 30X40 grid with goals in the middle of each short side. • Two teams of players • One ball 	<p>Action:</p> <ul style="list-style-type: none"> • Play a small sided game and limit touches to 4 per player (before someone else touches the ball). 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • Running, passing and receiving. Use coaching points from pages 25, 26 and 27. • Divide the game into 3 time periods and focus on one skill in each time period. 	<p>Build Up:</p> <ul style="list-style-type: none"> • Add further restrictions (eg fewer touches, ball must stay below waist high, etc).
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Drill 3

<p>Set Up:</p> <ul style="list-style-type: none"> • 20 long x 15 wide grid with an extra 2 metre 'in goal area' on the short sides • Half way mark cones at 10 metres. • 4 to 6 players, divided into two teams. 	<p>Action:</p> <ul style="list-style-type: none"> • Each team attempts to dribble the ball over the other team's goal line. • Ball must be stopped in the 'in goal area' and be in control of attacking team to score a goal • Once a goal is scored, attacking team must get back into their own half before they can challenge for the ball 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • Receiving and passing as per pages 25 and 26 • Running with the ball as per page 27. 	<p>Build Up:</p> <ul style="list-style-type: none"> • Reduce number of touches. • Each player must touch the ball before their team can score a goal.
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Junior Football at Majura – Coaching Tips

Drill 4

<p>Set Up:</p> <ul style="list-style-type: none"> • Divide players into 2 groups • Half make a circle within a 20 x 20 grid • Other half at centre of circle with ball each 	<p>Action:</p> <ul style="list-style-type: none"> • Centre players pass ball to outside player and then move to receive a return pass • Keep the ball moving and repeat “one-two” passing with other outside players 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • Firm first pass • Curved run to take up good body shape to receive • Scan continually • Move the ball with the first touch • 1st touch with back leg to keep ball in line with body • Keep the ball moving at all times • Play to where you know (particularly when not in good body shape to receive) • Outside player pass to where receiver is moving 	<p>Build Up:</p> <ul style="list-style-type: none"> • Outside players start with the ball. They pass to an inside player who is calling for the ball. Inside player uses block pass (ie one touch) to get ball back to outside player. • Reduce touches for inside player before they have to pass again.
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Drill 5

<p>Set Up:</p> <ul style="list-style-type: none"> • 30 x 30 grid • Players in pairs (one ball per pair) 	<p>Action:</p> <ul style="list-style-type: none"> • Players move within grid and pass ball to pair partner 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • Play to where receiver is moving • Receivers body shape to see as much as possible • Scan continually • Move the ball with the first touch • 1st touch with back leg to keep ball in line with body • Keep the ball moving at all times 	<p>Build Up:</p> <ul style="list-style-type: none"> • Reduce numbers of touches before player must pass to partner. • Put players in groups of 3
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Drill 6

<p>Set Up:</p> <ul style="list-style-type: none"> • 40X40 grid • Two teams and one ball • Players are paired with a partner from the opposite team 	<p>Action:</p> <ul style="list-style-type: none"> • Players move around in grid, running with and passing the ball to their team mates. • Only paired partners from opposite team can tackle each other for the ball. 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • Composure on the ball (only one possible tackle threat) • Play to where receiver is moving • Receiver’s body shape to see as much as possible • Receiver to indicate where ball to be played • Scan continually • Move the ball with the first touch • 1st touch with back leg to keep ball in line with body • Keep the ball moving at all times 	<p>Build Up:</p> <ul style="list-style-type: none"> • Reduce to two 20X 20 grids and split teams in half – half of each team in each grid. • Reduce number of touches until pass must be made.
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Drill 7

<p>Set Up:</p> <ul style="list-style-type: none"> • 2 grids 10 X 10 and one between them 5 X 10 to make one area 25 X 10 • 6 to 8 players max. • Group divided in half • Players in one team stand in centre grid. • Second team divided in half – one half in each of the remaining grids 	<p>Action:</p> <ul style="list-style-type: none"> • Players in two end grids play the ball over the centre grid • Players in centre grid can try to get the ball (no hands) • Ball can bounce twice in end grid before it is played to the other grid • If ball touches the ground more than twice or hits the ground out of bounds, other team takes over • Each player in the end grid must touch the ball before it is played into the other end grid. • Maximum 5 touches per player before ball is played to other end 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • The players in the two end grids are working together, not trying to score points • Watch the ball as it comes and control it in the air • Choose best part of body to control ball - chest, thigh, head or volley • Be aware of where your team mates and the ‘in game’ areas are • Receivers move into a position to support ball player • Communicate 	<p>Build Up:</p> <ul style="list-style-type: none"> • Decrease number of touches per player. • Make it one bounce or no bounce between touches.
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Drill 8

<p>Set Up:</p> <ul style="list-style-type: none"> • 40 X 40 grid • Inside grid, set 6 pairs of cones, each pair one metre apart (spread the cones evenly around the grid). • One ball • Split group into two teams 	<p>Action:</p> <ul style="list-style-type: none"> • Teams pass the ball around and try to play the ball between a pair of cones to a team member. • Once a goal is scored, that goal is 'dead' until a goal is scored in another. 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • Play to where receiver is moving • Receiver's body shape to see as much as possible • Scan continually • Move the ball with the first touch • 1st touch with back leg to keep ball in line with body • Keep the ball moving at all times • Change angle of attack if another goal is open. 	<p>Build Up:</p> <ul style="list-style-type: none"> • Make area bigger and increase number of goals so that there is one more goal than members in a team. • Limit number of touches before passing. • Score double for headed or volley goal.
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Drill 9

<p>Set Up:</p> <ul style="list-style-type: none"> • 20X20 grid • All players bar 2 have a ball • 2 players without ball have bibs on 	<p>Action:</p> <ul style="list-style-type: none"> • Players dribble in the grid, trying to keep possession. • Players in bibs try to clear all balls from grid. 	<p>Coaching Points:</p> <ul style="list-style-type: none"> • As per page 16 – Running with the Ball and Shielding the Ball 	<p>Build Up:</p> <ul style="list-style-type: none"> • Increase the number of players in bibs. • When a player loses the ball, they become a bib player and replace the one who took the ball from them.
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