



**Ballymoney United Youth Academy
Fundamental Stage
Booklet 3
2012/13**





Coaching Guidelines

Age Group	Coaches	Equipment	Number of Participants	Game format
	Wednesday 6.30pm to 7.30pm at OLOL			
U6 (2007)	John Fall/ Davy Walker Adam Shields/ Mark McKane	20 white mitre balls 20 White size 3 Umbro balls	Max 20	Small goals (4) teams of 4 35 x 25m
U7 (2006)	John Getty/ David Platt/ John McMullan	50 Yellow size 3 balls	Max 20	12x 6 goals (4) teams of 5 35 x 25m
U7/8 (2005)	Simon Smyth/ Mark Lyons/ Joe Gunn Colin Taggart/ Gary Keys/ Ricky Platt		Max 30	
U9 (2004)	Stephen White, Gary Patton, Hubert McLaughlin/ Roland Robinson	20 white balls/10 orange	Max 30	12 x 6 goals (2) 55 x 35m max 7 a side

To ensure smooth running of all sessions could each coach:

- They arrive 20 minutes prior to start team
- Set up appropriate pitches for their age group
- Inspect area for any objects/ litter
- Ensure their group has adequate balls, bibs and cones and place them at their coaching grid
- Have a copy of session plan, feel free to adapt if necessary and make any recommendations or feedback to SS
- Ensure all children have registered
- Children to bring own water
- Use buddy system if children need toilet/ coach to supervise changing area
- Could staff report any problems with equipment to SS
- Any issues with children report to JF/ SS/ JMcM
- All coaches to count equipment and assist in putting equipment away, report any missing equipment to SS
- It is recommended that coaches do not play in matches
- Be positive in your feedback to children
- Support the ethos of fair play and inclusion

Risk assessment and copies of forms can be found at the club website or from SS/GF.

Signed: _____ Date: _____

To be reviewed summer 2013

Coach Name: _____

Signed: _____ Date: _____



Session Theme
Session Objectives

Ball Familiarisation

- Plenty of touches on ball
- Refine technique
- Positive reinforcement
- 1 v 1, 2 v 2 SSG's

1

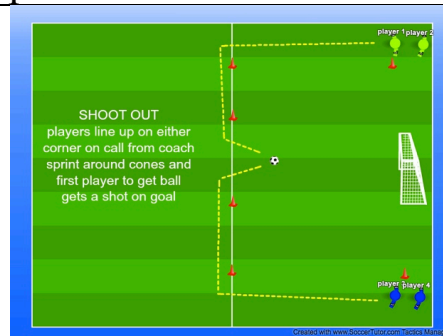
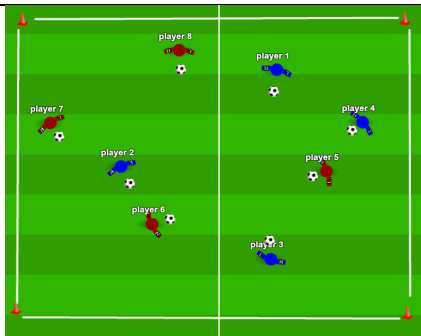
Warm Up



Ball Tig

Split group into two groups, one group has a ball each and dribble inside grid, the other group have a bib and must try and steal a ball from the group. if they get ball they give dribbler the bib and they become a catcher.
Variation Group still split into 2 groups. 1 group has ball and others are catchers but don't have a bib this time. this encourages dribblers to keep head up while on the move

Development



Happy Feet "1" = Toe Taps – One foot on top of ball then the other, then the other, then the other etc....
 "2" = Side to Side – move the ball from foot to foot using the inside of the feet.
 "3" = Push & Pull – Move ball back and forth using the sole of the foot on top of the ball.
 Try some of the **COERVER** skills

SHOOT OUT players line up on either corner on call from coach sprint around cones and first player to get ball gets a shot on goal

Small Sided Game





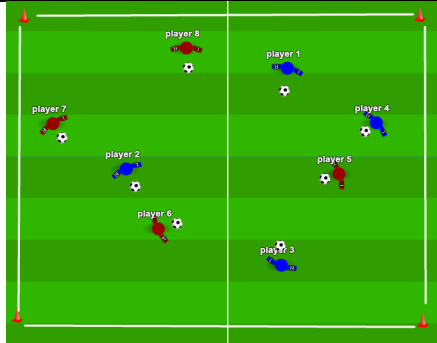
Session Theme
Session Objectives

Speed and Reaction

- Run with speed
- Dribble with spatial awareness
- Work with others

2

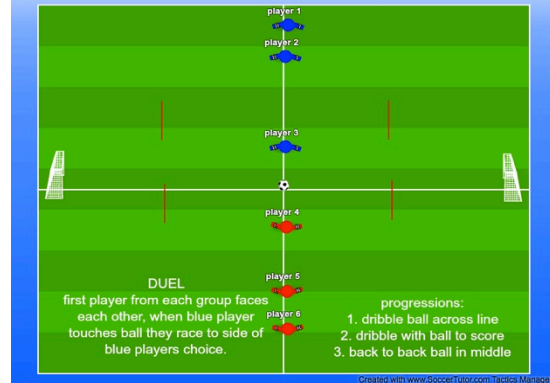
Warm Up



Body parts

One ball each. Try the following skills –
 “1 knee and 1 hand” = kids must put one knee and one hand on their ball.
 “1 foot and 1 hand” = kids must put one foot and one hand on their ball.
 “2 knees” = kids must put two knees on their ball

Development



Relay 1. Ball starts above the head of back player and is passed to player at front when they receive ball they run/ dribble around far cone and return to BACK of group.
 2. Ball starts at back and is pass through legs until it gets to front player then runs/ dribbles
 3. Pass over head then under legs until ball gets to front

DUEL first player from each group faces each other, when blue player touches ball they race to side of blue players choice.
Progressions:
 1. Dribble ball across line
 2. Dribble with ball to score
 3. Back to back ball in middle

Small Sided Game





Session Theme
Session Objectives

Agility and Shooting

- Dodge
- Speed and coordination
- Shoot with accuracy

3

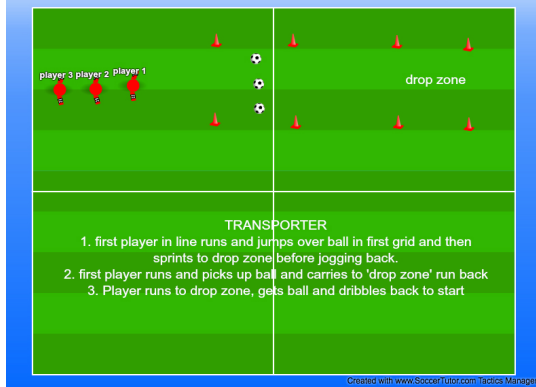
Warm Up



OCTUPUS

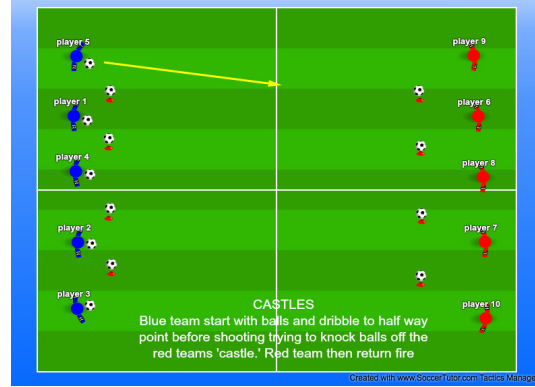
Split group into two, group 1 spread out in middle of grid and are not allowed to move off their spot. Other players aim to run across grid without being touched. Rotate roles and then add a ball so that they have to dribble across. If touched perform a forfeit

Development



TRANSPORTER

1. first player in line runs and jumps over ball in first grid and then sprints to drop zone before jogging back.
2. first player runs and picks up ball and carries to 'drop zone' run back
3. Player runs to drop zone, gets ball and dribbles back to start



CASTLES

Blue team start with balls and dribble to half way point before shooting trying to knock balls off the red teams 'castle.' Red team then return fire

Small Sided Game





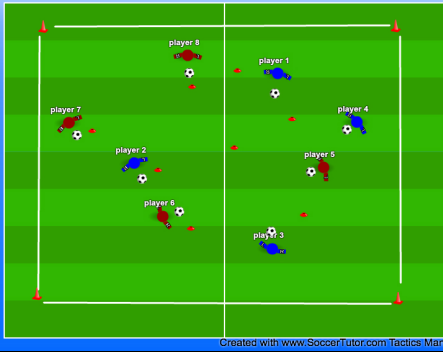
Session Theme
Session Objectives

Space and dribble

- Dodge
- Speed and coordination
- Dribble under pressure

4

Warm Up



Musical Cones

Range of coloured cones spread out in area. Coach calls out colour players must dribble to that colour. Call out few colours players must dribble in sequence. P. Enough cones for one each, on go players dribble and coach removes cones. On call you must get to a free cone if none left go to skills square.

Development



CLEAN UP Players attempt to keep all footballs out of their area. Can only roll ball, then pass into space

CROSSROADS on coaches call red team switch places dribbling across the grid, then coach calls blue team to switch. Everyone switch, move clockwise/ counter clockwise etc.

Small Sided Game





Session Theme
Session Objectives

Space and dribbling

- Dodge
- Speed and coordination
- Dribble with purpose

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Warm Up



END ZONE TAG

Players jog inside grid trying to avoid the two taggers, if you are being chased you can enter safe zone on either side (only stay for 3 seconds before reentering) if caught balance on one leg until freed. Progression taggers have ball, all players dribble inside grid.

Development



SQUARE CROSSOVER players must attempt to dribble across grid without being tagged; you get 2 pts for going across, 1pt for going to adjoining side. If caught three time change with tagger.



Hand Ball players pass ball by throwing to each other with aim of scoring a goal by getting the ball to either of their team who is standing in corner. Work on moving into space, limit number of steps with ball, progress to ball on ground

Small Sided Game





Session Theme
Session Objectives

Dribbling at speed

- Dodge
- Speed and coordination
- Agility and speed

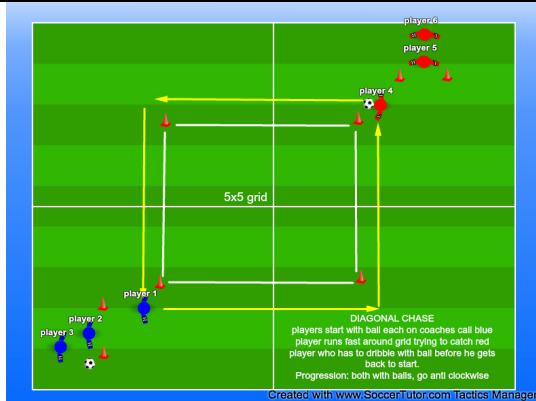
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Warm Up



Corner Tag: Players Jog inside square and try to avoid two taggers, if caught they must go to a corner and perform specified skill (only stay for 5 reps before returning) Progression taggers have ball, all players dribble inside grid

Development



DIAGONAL CHASE players start with ball each on coaches call blue player runs fast around grid trying to catch red player who has to dribble with ball before he gets back to start. Progression: both with balls, go anti clockwise



TRIANGLE CHASE players start with ball each on coaches call blue player runs fast through cones trying to catch red player who has to dribble with ball before he gets back to start. Progression: both with balls, call reverse

Small Sided Game





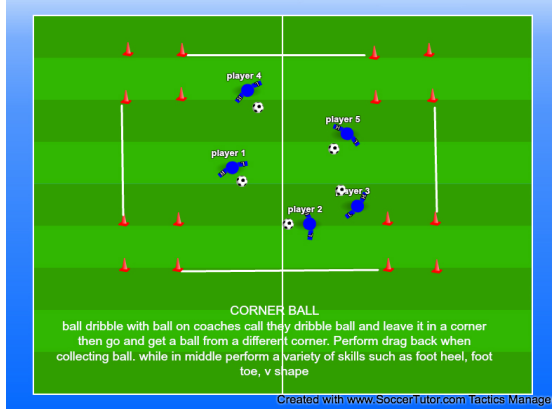
Session Theme
Session Objectives

Familiarisation and SSG's

- Ball manipulation
- Attacking decision making
- SSG's

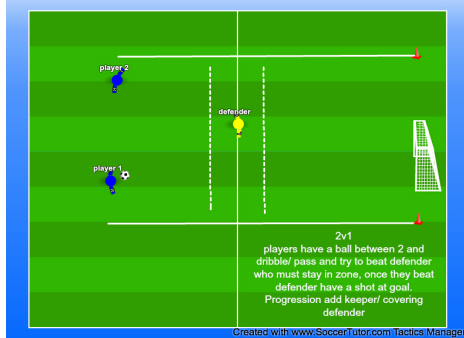
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Warm Up



CORNER BALL: ball dribble with ball on coaches call they dribble ball and leave it in a corner then go and get a ball from a different corner. Perform drag back when collecting ball. while in middle perform a variety of skills such as foot heel, foot toe, v shape

Development



2v1 players have a ball between 2 and dribble/ pass and try to beat defender who must stay in zone, once they beat defender have a shot at goal. Progression add keeper/ covering defender



SSG: play range of SSG with 4 v 4
Game 1: Score by dribbling with ball over end line
Game 2: Score by 5 consecutive passes in your team
Game 3: No goalkeepers
Games 4: 4 goals/ score in any of 2 opponents goals

Small Sided Game





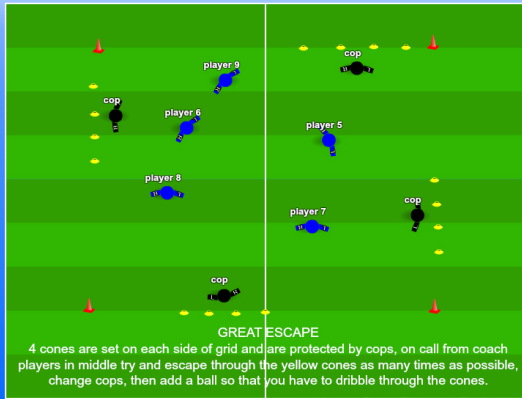
Session Theme
Session Objectives

Dribble and Attack

- Agility
- Dribbling speed
- Attacking play

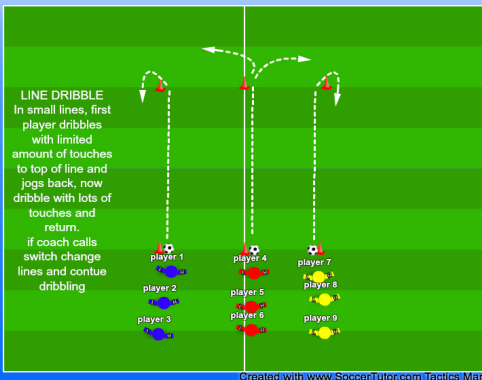
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Warm Up

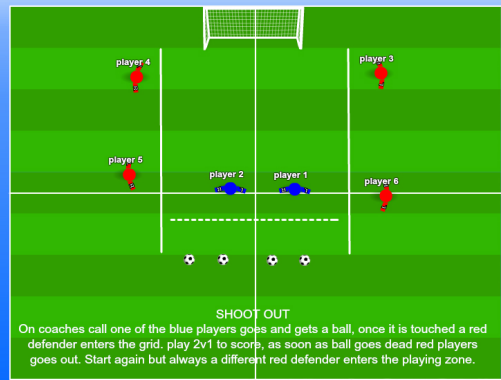


GREAT ESCAPE 4 cones are set on each side of grid and are protected by cops, on call from coach players in middle try and escape through the yellow cones as many times as possible, change cops, then add a ball so that you have to dribble through the cones.

Development



LINE DRIBBLE In small lines, first player dribbles with limited amount of touches to top of line and jogs back, now dribble with lots of touches and return. if coach calls switch change lines and continue dribbling



SHOOT OUT On coaches call one of the blue players goes and gets a ball, once it is touched a red defender enters the grid, play 2v1 to score, as soon as ball goes dead red players goes out. Start again but always a different red defender enters the playing zone.

Small Sided Game





Session Theme
Session Objectives

Agility and Being Creative

- Teamwork
- Footwork
- Innovation

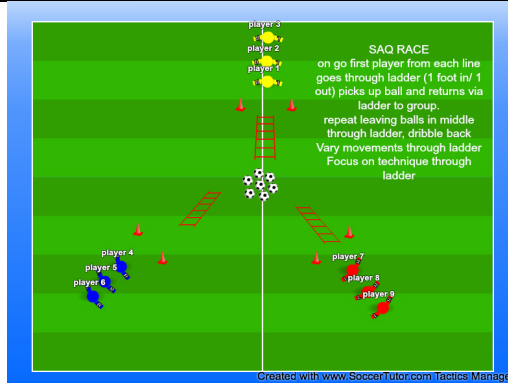
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Warm Up

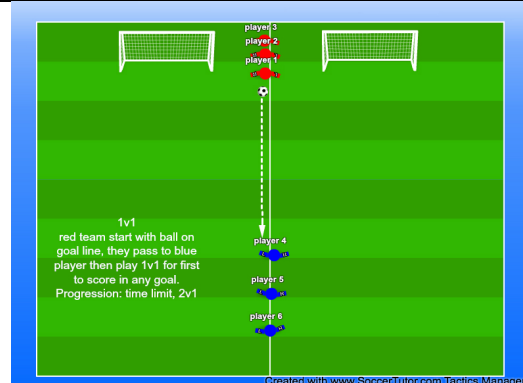


CHAIN TIG players start on line and on call try to get to other side of grid without being caught, if caught they join with catcher in middle to make a chain. Progression: add balls, max of 4 in chain.

Development



SAQ RACE on go first player from each line goes through ladder (1 foot in/ 1 out) picks up ball and returns via ladder to group. Repeat leaving balls in middle through ladder, dribble back Vary movements through ladder Focus on technique through ladder



1v1 red team start with ball on goal line, they pass to blue player then play 1v1 for first to score in any goal. Progression: time limit, 2v1

Small Sided Game



Session Theme
Session Objectives

Passing and Dribbling

- Spatial awareness
- Control
- Competition

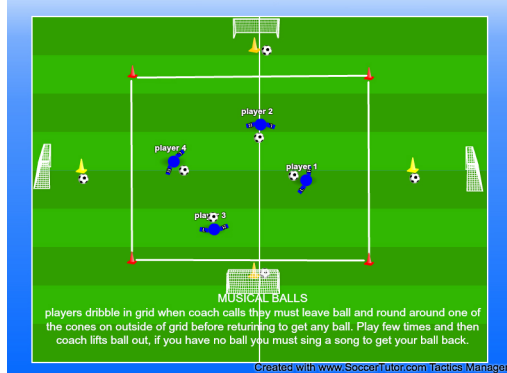
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Warm Up

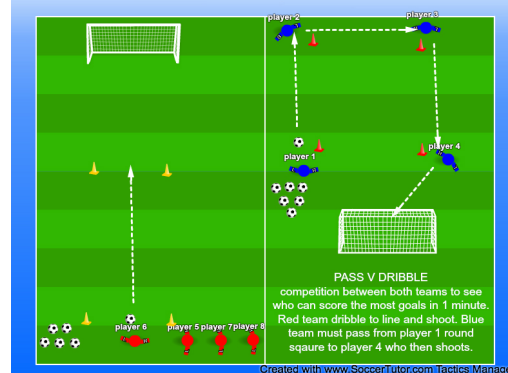


SKI SUPREME players dribble inside grid firstly avoiding gates and performing range of skills. Progress to having to pass through as many gates as possible in 30 seconds. now work with partner and you have to pass through gate to your partner.

Development



MUSICAL BALLS players dribble in grid when coach calls they must leave ball and round around one of the cones on outside of grid before returning to get any ball. Play few times and then coach lifts ball out, if you have no ball you must sing a song to get your ball back.



PASS V DRIBBLE competition between both teams to see who can score the most goals in 1 minute. Red team dribble to line and shoot. Blue team must pass from player 1 round square to player 4 who then shoots.

Small Sided Game

