



# **SFA FOOTBALL DEVELOPMENT PROGRAMME EAST RENFREWSHIRE COUNCIL.**



**Coaches Pack**  
**August - December 2005.**



## **WHAT WE EXPECT FROM YOU**

- To maintain a high standard of appearance, punctuality and manner.
- To inform us if you are unable to attend any session and follow coach over procedures.
- To wear supplied kit at each session.
- To encourage good eating habits and a sensible fluid intake.
- To not accept bad language, disruptive behaviour, dangerous play or lack of respect for decisions made.
- To prepare session plans based on the training programme.
- To be enthusiastic, praising good play and encouraging all who take part.
- To ensure that teams are evenly matched, considering physical and emotional differences as well as age.
- To make each session fun, not over emphasising results.
- To encourage kids to help with retrieval of equipment prior to the cool-down.
- To look after our equipment, checking that everything is in place at the end of each session.
- Report any incidents to the Football Development Department.
- Ensure that payment forms are submitted every week. (no later than the following Monday)
- Ensure statistics are completed and submitted to the Football Development Department.

## **WHAT YOU CAN EXPECT FROM EAST RENFREWSHIRE**

- Provision of training kit to wear at each session.
- Provision of all the necessary equipment to carry out the programme.
- Opportunities to attend coaching in-service sessions.
- Opportunities to complete S.F.A. Coach Education Courses at reduced rates.
- Opportunities to be employed as a coach during school holiday courses.

## **PREPARATION AND ORGANISATION**

When preparing and conducting sessions please try to take the following into account to ensure the quality and effectiveness of the programme.

- Prepare each session in advance using session plans where appropriate.
- Show patience and understanding all the time.
- Set realistic objectives for the players. Don't expect too much, too soon.
- Allow sufficient time for games and allow the kids to play freely with minimum interference.
- Ensure that warm-ups and cool-downs are carried out.
- Pay particular attention to the efficient use and retrieval of equipment.  
(No footballs lying about during sessions – keep them tidy)
- Ensure that kids get maximum participation – no one sitting out.
- Be aware that there may be players in the group who require support or a greater challenge. Practices should be adapted accordingly.
- Keep things simple and make instructions clear and precise.



## HEALTH AND SAFETY ASPECTS

It is our duty to ensure that the training and playing environment is as safe and as comfortable as possible. Please remember the following guidelines:

### **Before each Session:**

- Make sure that there is access to a First Aid Box.
- Find out the location of the nearest telephone.
- Ensure the safety of the participants by checking all the equipment and area for possible hazards.
- Be extra careful when moving portable goalposts and ensure that they are firmly secured before play commences.

### **During each Session:**

- Ensure that equipment is kept tidy and close to the area used.
- Ensure the well-being and safety of young players if you find it necessary to participate in any activity.
- Take the stress out of the game by encouraging fair play.
- Avoid any unnecessary physical contact with children.
- Beware of and report any incident or observation, which may indicate any form of abuse or discrimination.

### **General:**

Remember that you are a role model in the eye of the kids. On no account smoke or be under the influence of alcohol, or the like, in their presence.



## **EAST RENFREWSHIRE DEVELOPMENT PLAN**

### **An Overview**

Our programme this block will not differ greatly from previous blocks, however, we need to concentrate much more on how we deliver it.

Young Players must develop technically, tactically, physically and mentally and our training should be devised to facilitate this.

### **Technique**

Passing, control, dribbling, shooting, crossing, heading, tackling, and goalkeeping – can we improve basic technique?

### **Tactical Awareness**

Not crowding the ball, leaving space for others to play, creating width, length and depth – can we develop awareness?

### **Physical**

Speed, agility, balance, flexibility, and co-ordination – can our routines and games enhance physical performance?

### **Psychological**

Make the right decision to pass or dribble or shoot. Enthusiasm to play, wanting to improve – can we provide the correct environment for young players to enjoy and understand the need to get better?

### **So how do we set up a successful training programme?**

We need to look at the following:

- The different stages of development
- Themes for the sessions
- Do's and Don'ts
- The session plan
- Basic coaching points
- Dates and times



## SESSION PLANS

### How do we conduct each session?

In most cases our session lasts one hour (except for school holiday programme).

Experience over the years leads us to believe that the plan for each age group should be as follows:

#### **FUN FOOTBALL (P1-P3 Age)**

Introductory Activity	5mins
Skill Practice 1)	
Skill Practice 2)	15mins
Fun Game/Relay*	10mins
Skill Practice 3)	
Skill Practice 4)	15mins
Small Sided Games	10mins
Cool Down	5mins

\*Theme related if possible.  
Incorporate fast feet

#### **FUN FOOTBALL (P4-P5 Age)**

Introductory Activity	5mins
Skill Practice 1)	
Skill Practice 2)	15mins
Fun Game/Relay*	10mins
Skill Practice 3)	
Skill Practice 4)	15mins
Small Sided Games	10mins
Cool Down	5mins

\*Incorporate theme into practice and at least part of the game.  
Incorporate fast feet

#### **SOCCER SEVENS (P5-P7 Age)**

Introductory Activity	5mins
Skill Practice 1)	
Skill Practice 2)	15mins
Fun Game/Relay*	10mins
Skill Practice 3)	
Skill Practice 4)	15mins
Small Sided Games	10mins
Cool Down	5mins

\*Incorporate theme into practice and conditioned game.  
Incorporate fast feet



## 15 SESSION PROGRAMME FOR SOCCER CENTRES

<b>East Renfrewshire Fun Football Primary (1-2-3).</b>		<b>East Renfrewshire Fun Football Primary (4-5).</b>		<b>East Renfrewshire Fun Football Primary (6-7)</b>	
<b>Warm Up</b>	<b>5 Mins</b>	<b>Warm Up</b>	<b>5 Mins</b>	<b>Warm Up</b>	<b>5 Mins</b>
<b>Skill Practice 1)</b> <b>Skill Practice 2)</b>	<b>15 Mins</b>	<b>Skill Practice 1)</b> <b>Skill Practice 2)</b>	<b>15 Mins</b>	<b>Skill Practice 1)</b> <b>Skill Practice 2)</b>	<b>15 Mins</b>
<b>Fun Game / Relay*</b>	<b>10 Mins</b>	<b>Fun Game / Relay*</b>	<b>10 Mins</b>	<b>Fun Game / Relay*</b>	<b>10 Mins</b>
<b>Skill Practice 3)</b> <b>Skill Practice 4)</b>	<b>15 Mins</b>	<b>Skill Practice 3)</b> <b>Skill Practice 4)</b>	<b>15 Mins</b>	<b>Skill Practice 3)</b> <b>Skill Practice 4)</b>	<b>15 Mins</b>
<b>Small Sided Games</b>	<b>10 Mins</b>	<b>Small Sided Games</b>	<b>10 Mins</b>	<b>Small Sided Games</b>	<b>10 Mins</b>
<b>Cool Down</b>	<b>5Mins</b>	<b>Cool Down</b>	<b>5Mins</b>	<b>Cool Down</b>	<b>5Mins</b>
<b>1. Passing / Dribbling.</b>		<b>1. Passing / Dribbling.</b>		<b>1. Passing / Dribbling.</b>	
<b>2. Heading / Shooting.</b>		<b>2. Heading / Shooting.</b>		<b>2. Heading / Shooting.</b>	
<b>3. Control / Goalkeeping.</b>		<b>3. Control / Goalkeeping.</b>		<b>3. Control / Goalkeeping.</b>	
<b>4. Skills Week (Tricks</b>		<b>4. Skills Week (Tricks)</b>		<b>4. Skills Week (Tricks)</b>	
<b>5. Small Sided Games Week.</b>		<b>5. Small Sided Games Week.</b>		<b>5. Small Sided Games Week.</b>	
<b>6. Shooting / Dribbling.</b>		<b>6. Shooting / Dribbling.</b>		<b>6. Shooting / Dribbling.</b>	
<b>7. Passing / Control.</b>		<b>7. Passing / Control.</b>		<b>7. Passing / Control.</b>	
<b>8. Heading / Goalkeeping.</b>		<b>8. Heading / Goalkeeping.</b>		<b>8. Heading / Goalkeeping.</b>	
<b>9. Skills Week (Keepy up).</b>		<b>9. Skills Week (Keepy up).</b>		<b>9. Skills Week (Keepy up).</b>	
<b>10. Small Sided Games Week.</b>		<b>10. Small Sided Games Week.</b>		<b>10. Small Sided Games Week</b>	
<b>11. Control / Dribbling.</b>		<b>11. Control / Dribbling.</b>		<b>11. Control / Dribbling.</b>	
<b>12. Goalkeeping / Heading.</b>		<b>12. Goalkeeping / Heading.</b>		<b>12. Goalkeeping / Heading.</b>	
<b>13. Passing / Shooting.</b>		<b>13. Passing / Shooting.</b>		<b>13. Passing / Shooting.</b>	
<b>14. Small Sided Games Week.</b>		<b>14. Small Sided Games Week.</b>		<b>14. Small Sided Games Week</b>	
<b>15. Small Sided Games Week.</b>		<b>15. Small Sided Games Week.</b>		<b>15. Small Sided Games Week.</b>	



## BASIC COACHING TIPS

I would like to think that boys and girls who attend East Renfrewshire's Weekly Programme learn and practice the basic techniques and develop good football habits.

Coaches must understand the basic coaching points for the various techniques when conducting training sessions.

The following pointers should help:

East Renfrewshire Fun Football Primary (1-2-3).	East Renfrewshire Fun Football Primary (4-5).	East Renfrewshire Fun Football Primary (6-7).
<p><b><u>Passing</u></b>            -Use correct part of foot.            -Try to avoid using hands.            -Keep simple but challenging.            -Ensure fun by using games / coloured markers / Imagination.            -Keep eye on ball.            -Make clean contact.</p>	<p><b><u>Passing</u></b>            -Challenge player to use both feet.            -Weight of pass.            -Make clean contact with ball.            -Encourage players to use all areas of their feet            -Keep eye on the ball.</p>	<p><b><u>Passing</u></b>            -Weight of pass.            -Timing of pass.            -Angle &amp; direction of pass.            -Disguise.            -Keep eye on ball.            -Make clean contact.            -Use different parts of foot.</p>
<p><b><u>Dribbling</u></b>            -Keep ball close to body.            -Encourage lots of touches.            -Keep simple but challenging.            -Try to avoid using hands.            -Ensure fun by using games / coloured markers / Imagination.</p>	<p><b><u>Dribbling</u></b>            -Keep ball close to body.            -Be aware what's around you.            -Keep your head up look for space.            -Drive at defender.            -Change of direction.            -Change of pace.</p>	<p><b><u>Dribbling</u></b>            -Keep ball close to body.            -Drive at defender.            -Feint.            -Change of pace.            -Change of direction.            -Use all parts of feet.</p>
<p><b><u>Heading</u></b>            -Self Feed.            -Eyes open.            -Use Fore Head.            -Use softer ball.            -Ensure fun by using games / coloured markers / Imagination.</p>	<p><b><u>Heading</u></b>            -Use fore head.            -Keep eyes open.            -Head through ball.            -Defensive header, height &amp; distance.            -Attacking header, Head down with power.</p>	<p><b><u>Heading</u></b>            -Use fore head.            -Keep eyes open.            -Head through ball.            -Defensive header, height &amp; distance.            -Attacking header, Head down with power.</p>
<p><b><u>Shooting</u></b>            -Big goals.            -No goalies / Use cones.            -Try to avoid using hands.            -Try to hit the target at all times.            -Keep eye on ball.</p>	<p><b><u>Shooting</u></b>            -Check position of goalkeeper.            -Aim for corners.            -Head over ball.            -Make clean contact with ball.            -Use accuracy over power.</p>	<p><b><u>Shooting</u></b>            -Check position of goalkeeper.            -Aim for corners.            -Head over ball.            -Make clean contact with ball.            -Use accuracy over power.</p>
<p><b><u>Control</u></b>            -Relax controlling surface.            -Keep simple but challenging.            -Keep eye on ball.            -Ensure fun by using games/ coloured markers/ imagination.</p>	<p><b><u>Control</u></b>            -Move towards the ball.            -Relax controlling surface.            -Be aware what's around you.            -Keep eye on the ball.            -Use different areas of body.</p>	<p><b><u>Control</u></b>            -Keep eye on ball.            -Move towards ball.            -Relax controlling surface.            -Be aware what's around you.            -Ensure comfortable possession.</p>
<p><b><u>Goalkeeping</u></b>            -Basic Throwing and catching.            -Ensure fun by using games and Imagination.            -Hand &amp; eye Co-ordination.            -Keep eye on ball.</p>	<p><b><u>Goalkeeping.</u></b>            -Basic handling.            -Reception of ball.            -Basic movements.            -Keep eye on the ball.</p>	<p><b><u>Goalkeeping.</u></b>            -Basic handling.            -Reception of ball.            -Basic movements.            -Keep eye on the ball.            -Distribution.</p>



## **DO'S AND DON'TS**

**When planning, preparing and conducting each session remember the following:**

### **DO's**

- Make it fun
- Keep everyone active
- Praise and encourage
- Allow free play
- Be patient
- Let kids make decisions
- Set realistic targets
- Give clear simple explanations
- Demonstrate if you can

### **DON'TS**

- Spend too long on each exercise
- Consider boring, static exercises
- Criticise
- Keep stopping play
- Get frustrated
- Solve problems for them
- Set targets too high
- Complicates things
- Talk too much