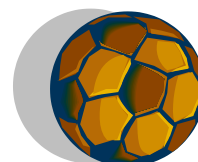


GWAWLEY BAY FOOTBALL CLUB (GBFC)

COACHES MANUAL



Manual Prepared By: Stewart Porter (GBFC Professional Coach)
0419 282 111
stewart.porter@acegutters.com.au

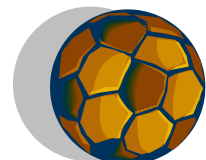
Content Supplied By: John Calleja (FFA A Licence)
Stewart Porter (FFA B Licence)

Table of Content:

- GBFC Coaching Philosophy

- Training drills
 - Warm up drills without the ball
 - Warm up drills with the ball
 - Passing / receiving drills
 - Small sided games
 - Fun games
 - Warm Down / Stretching

- Paper on “Football Injuries”



CLUB COACHING PHILOSOPHY

- Have in place a club coaching structure that it is simple and easy to understand for all coaches, parents and players,
- Set realistic and achievable goals for all players based on their age and starting skill level (junior and senior players)
- Create a positive and enjoyable environment for all players through positive and constructive tuition/coaching,
- Teach players the importance of teamwork at the same time developing each player's individual talent.
- Identify players strengths and determine how these strengths can be best utilised in game situations,
- Identify players weakness's and work on these weakness's at training, the goal being to achieve some improvement with that player and that particular weakness over the course of the season,
- **IN SUMMARY** – it is a simple game, hence keep the coaching simple, make it enjoyable and deploy positive and constructive feedback for our players at all times.

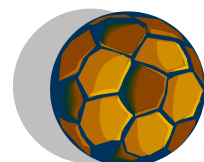
CLUB COACHING COMMITTEE

Responsibilities:

The setting of club coaching guidelines and its implementation and reporting has been approved by the GBFC Committee.

Comprised of:

Head coaches, minimum of two Committee persons (to ensure that Club values and desired outcomes with regard to coaching were being worked towards at all times), minute taker, appointed professional coaches, Club Coach, Assistant Club Coach and other Committee as the Club Committee determines.



The Coaching Committee's Objectives:

- Create a “Club” focus for all coaches where they strive to work together to achieve a high standard of coaching throughout the year.
- Assist any club coach that requests or requires assistance with regards to the coaching of their team/s.
- Stage “Coach the Coaches” evenings where the club can offer our club coaches additional training / coaching tips and hints.
- Assist club coaches by providing them with simple training routines that are easy to understand and follow.
- Provide reference material for club coaches.
- Provide adequate equipment (balls, kit bags, portable goals, training schedules, drills program, manuals etc) and apparel (e.g. shirts) to coaches.

IN SUMMARY

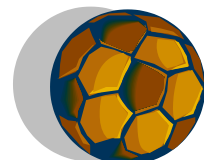
CLUB COACHING – DESIRED OUTCOMES

For Coaches – effective coaching, confidence and rewarding experience in coaching

For Players – skills in

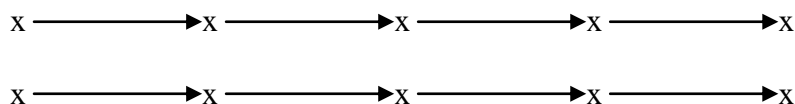
- Passing and receiving
- Touch
- Basic skills
- Team formation
- Shape with and without the ball
- Basic skills mastered through continuous but varied repetitious type drills. (There is no real value in introducing these players to more difficult type drills.)

OVERLEAF – a small but varied number of
TRAINING SESSIONS from warm ups to ball work to small sided games to shooting drills to warm down and stretch



WARM UPS without the ball (although balls can be added at anytime)

1. **WARM up grid - cones spaced 5m apart x 5 cones** – work through the grid to the end executing the listed exercises jogging back to the beginning each time.



- jogging
- side skipping
- knees up
- heels up
- up / down
- pick up grass
- backwards / turn
- groins inside out
- groins outside in
- studs down door
- long strides

STRETCH

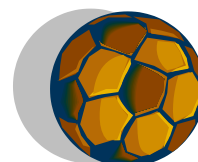
Play a game of “bib in shorts” 4-6 players tuck a bit into their shorts, the same number of players then attempt to swipe the bibs from these players – then swap

2. **WARM UP grid 20m x 20m – call numbers:**

- 1 sideskip
- 2 backwards
- 3 knees up / heels up
- 4 twisting
- 5 pick up grass
- 6 sideways left
- 7 sideways right
- 8 up / down
- 9 opposites
- 10 sprint on the spot

STRETCH

Then play a game of lock arm – 2 players lock arms and then tag others, when 4 players tagged the 4 break off into 2's and so forth until all tagged



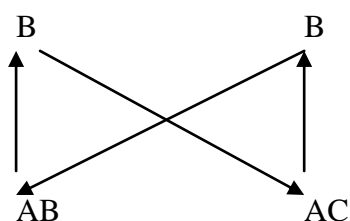
3. **WARM UP - one straight line across the park –various exercises:**

- 1 sideskip
- 2 backwards
- 3 knees up / heels up
- 5 twisting
- 6 pick up grass
- 7 sideways left
- 8 sideways right
- 9 up / down
- 11 opposites
- 12 sprint on the spot

STRETCH

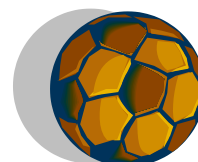
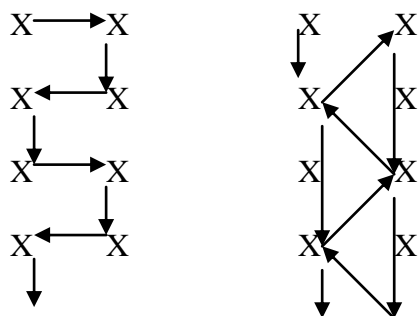
Then play a game of handball

4. **WARM UP 30 x 30 grid as per diagram:**



Players line up at points AB and AC and then run in a straight line (5m apart) up to and around point B and then diagonally back to the opposite side from which they started – executing various drills (as per list above) along the way

5. As per the diagrams below - two rows of cones 5m apart and then spaced at 5m intervals – players to work through the grid in 2's executing various exercises – one player follows the arrows and his partner works opposite to him at the same time – you can then change to diagonal running two forward one back – one or two balls can be also be introduced to this drill



WARM UPS with ball

1. Head Football

30 x 30 grid – two teams of even numbers – the rules are you throw the ball to each other but for a goal to be scored you must header the ball from a throw and the next player has to catch the ball directly from your header

2. Netball

30 x 30 grid - two teams of even numbers – the rules are 10 passes equals a goal – no running with the ball in hand – if the ball hits the ground or a player is tagged possession goes to the other side

3. Passing in lines

Two lines playing short and then long passes to each other – players go to the back of the opposite line and or to the back of their own line – you can then add headers, volleys etc

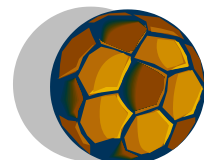
4. Touches in Circle

Using an even number of players create a circle with say 7 players who form a circle with 7 players inside the circle – the players then give the players in the middle an exercise for 45 seconds (headers) then the players swap roles, they then practice volleys, chest volleys, knee volleys etc

5. Passing in Circle

All players form a circle with 2-4 of these players with a ball – the players with a ball then execute the following exercises:

- (i) The player with the ball jogs across the circle to another player while controlling the ball with right foot only or left foot only or while using either foot – when the player gets to the other side they play a short pass to the next player who then heads across the circle to the next target / player.
- (ii) As per (i) only this time when half way across the circle the player plays a one two with his intended target before the next player heads off across the circle.
- (iii) You can then add turns / set skills etc



PASSING & RECEIVING DRILLS

- Two players 5m apart (then 10m apart, then 20m apart) using the instep pass and using the following techniques when receiving the pass:
 - receive with inside of foot and return pass with the opposite foot
 - receive with the outside of foot and return with the same foot
 - one touch passing
 - then move to the next distance
- In groups of 3 as per the diagram below:

P1

P2

P3

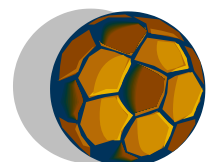
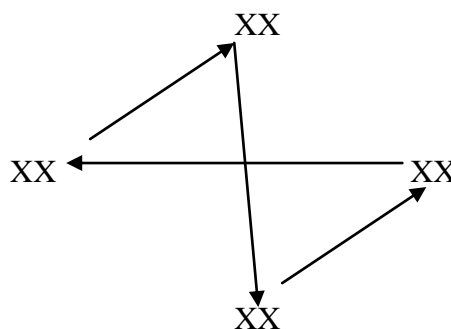
The player in the middle is the player that is working for 45-60 seconds at a time. P2 then rests and P1 followed by P3 follow suit.

Drill 1 - P2 passes to P1 and then run towards P1 / P1 plays a short pass back to P2 / P2 receives the ball turns and dribbles the ball back towards P3 / P2 then repeats the drill by passing to P3 / running towards P3 / receiving a short pass back from P3 and so on

Drill 2 – P2 passes to P1 and then runs around P1 / P1 then plays a short pass back to P2 and P2 repeats the drill by dribbling the ball over to P3 and so on

Drill 3, 4, 5 & 6 – the player in the middle runs towards the players at each end – he then receives a pass from that player and returns the pass via headers, laces volleys, side foot volleys, chest volleys, knee volley

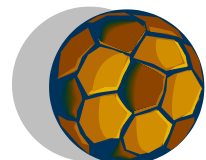
- In groups of 8 pass - as per the diagram pass and then follow your pass – change the sequence at your leisure – use right foot only, left foot only etc:



PASSING & RECEIVING DRILLS contd

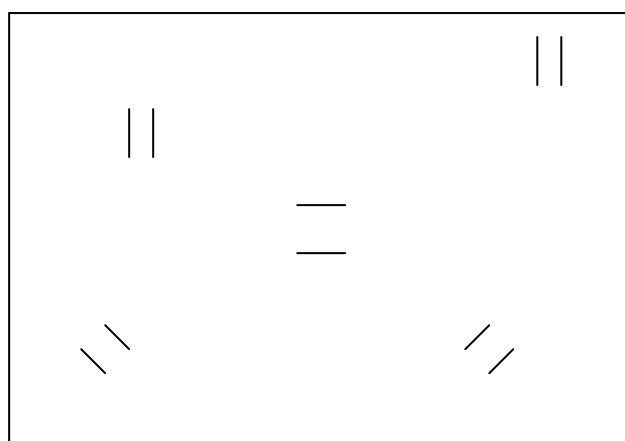
In small game situations

4. In 10m by 10m grid – 3 players v 1 – player in the middle has to try and get the ball of the 3 players – the 3 can have 1,2,3 or more touches – your call
5. In 20m by 20m grid – 6 v 2 – same principle
6. In 20m by 20m grid – 3 v 3 possession – deploy 1 additional player on each side of the grid – either team can use these players to assist them in the maintaining of possession



SMALL SIDED GAMES

1. 1 v 1 / 2 v 2 / 3 v 3 / 4 v 4 / 5 v 5 and so on with two goalkeepers
2. Possession football in appropriate size grid – 10 passes a goal – various rules
3. Large grid with 5-6 sets of gates – please see the grid below:

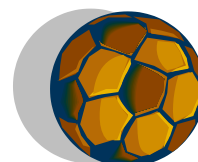


Two sides – either side can score if they can get the ball through the goal and it is then touched by one of their team mates

4. Support in attack – divide the pitch into 3 sections (i) 2 defenders v 2 attackers (ii) 3 midfielders v 3 midfielders and section (iii) 2 defenders v 2 attackers

DEF	ATT	MF	MF	ATT	DEF
GK		MF	MF		GK
DEF	ATT	MF	MF	ATT	DEF

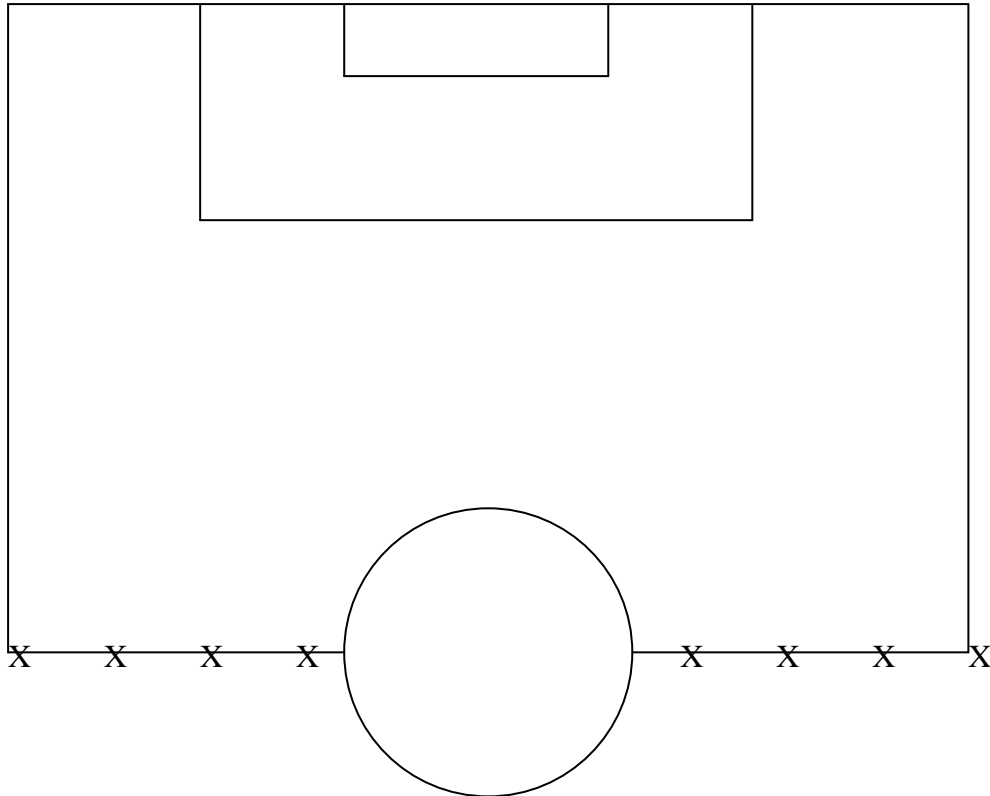
All players must stay within their zones – exception – when the ball enters an end grid one of the attacking teams midfielders can join in attack making it a 3 v 2 situation – hence support in attack



SMALL SIDED GAMES contd

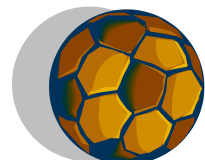
5. HALF PARK GAME – Attack v Defence

The attacking team has to score in the conventional way – when the side defending win possession they can score by stopping the ball on the half way line. You can play all in / 1,2,3 touch etc



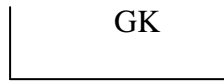
6. POSSESSION GAME - 5 + 5 v 5

Eg 5 reds and 5 yellows play against 5 blues in a 30m by 30m grid – the blues have to see how many times they can dispossess the reds and yellows in a two minute period. The reds followed by the yellows then do the same.



SHOOTING DRILLS

1.



B-BBB

A-AAA

Ball at player B's – player B then execute a crossover with player A - player A shoots with player B following up – change sides, change techniques – add turns etc

2.



B

A

X Y
X Y
X Y

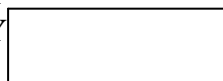
Player X plays ball to player A – players X & Y then crossover – player A plays The ball to player Y – player Y shoots and player X follows up

3.

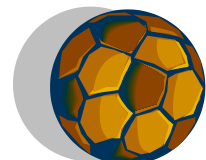


X
X
X

Y
Y
Y



(i) X runs towards Y with ball then lays a square pass to Y who then shoots
(ii) X passes to Y – Y plays a 1-2 with X then shoots
(iii) X to Y – Y then attacks X who defends



SHOOTING DRILLS contd



M1 M2

XY
XY
XY

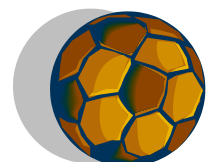
- (i) Players XY run around M1 and attack near and far posts Player B serves in the ball
- (ii) The next two players run around M2 and receive a cross from Player A
- (iii) Add variation eg Player X runs to M1 then to M2 then attacks the near post – at the same time Player Y runs to M2 and then M1 then attacks the back post – the server is player A



A B

- (i) X plays ball to A / A then attacks X with defending
- (ii) Alternate B attacks Y
- (iii) X to A all 4 players become involved A & B versus X & Y
- (iv) Add variations – 1 defender v 2 attackers / 2 defenders v 1 attacker

6. **SHOOTING GAME** – small pitch / various rules but aim of game is shoot on site



FUN & VARIATION GAMES

Head Tennis

Keepy Uppy / Juggling

Handball

Netball

Touch Footy

Shark (dribbling)

Leave Ball (dribbling)

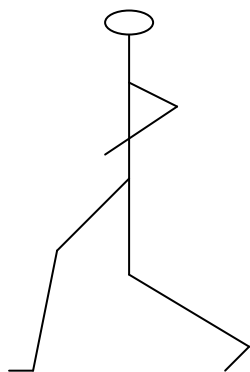
Foot On (dribbling)

Crab (dribbling)

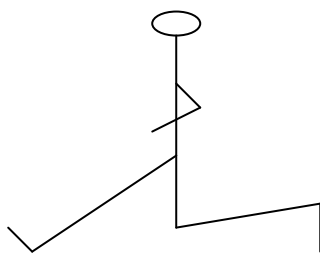
WARM DOWN

Slow running across the park

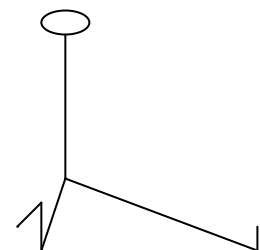
FOUR key stretches



CALVES



HAMSTRINGS



GROINS



QUADS

