

# UNDER 6 - 8 COACHING TOOL

## Session components

<b>B</b>	<p><b>BEGINNING GAME</b></p> <p>The purpose of the beginning component is to stimulate the physical and mental side of your players, a warm up to the session ahead.</p> <p>Try competitive races or games with and without the ball, making it fun and inclusive.</p>
<b>M</b>	<p><b>MIDDLE GAME</b></p> <p>The middle game is where we conduct fun football exercises. Try to include an opposition to challenge your players in a realistic football scenario.</p> <p>You can try games to enhance passing, shooting, dribbling and decision making.</p>
<b>E</b>	<p><b>END GAME</b></p> <p>Let them play! Set up a normal game.</p> <p>As a coach/facilitator, step back and observe whether your players are enjoying themselves and trying some of the skills you have introduced.</p>

## If your session is not working can you... **C.H.A.N.G.E.I.T.**

<b>C</b>	<p><b>COACHING STYLE</b></p> <p>Provide feedback in the drink break or change of activities without interrupting the game. Use player role models.</p>
<b>H</b>	<p><b>HOW YOU SCORE/WIN</b></p> <p>Increase opportunities to score.</p>
<b>A</b>	<p><b>AREA</b></p> <p>Increase or decrease the game challenges by changing the size/shape of the playing area, i.e. long and narrow, short and wide, smaller/larger.</p>
<b>N</b>	<p><b>NUMBERS</b></p> <p>Use different team numbers of players to overload the advantage of one team or vary the number of turns at goal, etc.</p>
<b>G</b>	<p><b>GAME RULES</b></p> <p>Change the rules slightly, i.e. no tackling, minimum number of passes, etc.</p>
<b>E</b>	<p><b>EQUIPMENT</b></p> <p>Vary the equipment used, i.e. a bigger goal, smaller goals, more goals</p>
<b>I</b>	<p><b>INCLUSION</b></p> <p>Engage the players in modifying the practices: provide options they could choose from to encourage ownership. Consider what can a player do as opposed to what they can't or your perception of what they can or can't do.</p>
<b>T</b>	<p><b>TIME</b></p> <p>Reduce or extend the time to perform actions, i.e. how many passes in 20 seconds, get a shot at goal within 30 seconds.</p>

## IS YOUR SESSION:

### SAFE

Is the field safe? Free from debris, sharp objects, vehicles, older players, dogs, running water, roads, is there lightning (30/30 rule), is it over 32 degrees?

### ORGANISED

Are you organised? Do you have a session plan (if not, see below)? Do you have balls, cones, bibs? Do you know your players?

### ENJOYABLE

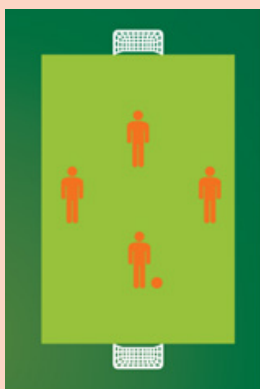
Are you players smiling, laughing, enjoying themselves? This is the greatest feedback you will receive!

### ENGAGING

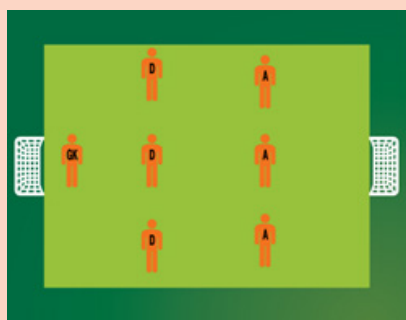
Are players involved in the sessions and paying attention? Avoid long lines, long drink breaks, confusing set-ups, very challenging tasks. Keep it simple, keep it fun

## GAME

**Under 6 & 7**  
**4 vs 4**  
**(Diamond formation)**



**Under 8 & 9 - 7 vs 7**  
**(1-3-3 formation)**



### Pregame

Warm-up – Try an activity or exercise that you have played/practiced with the players at training.

Team talk – Encourage players to work on key points and skills you have practiced at training ie. Dribbling into space

### Mid-Game

Encourage the players to be involved and try their new skills.

DO not over instruct from the sideline, allow players to make their own decisions

Let them play!

### Half-time

Role model positive player actions:

“Johnny, I loved the way you dribbled into the space”

If all else fails... **just LET THEM PLAY!**

**REGISTER NOW**  
**TO RECEIVE SESSION CONTENT**  
**[www.myfootballclub.com.au](http://www.myfootballclub.com.au)**

Register as a coach on MYFOOTBALLCLUB and you will receive an appropriate session plan EVERY MONDAY during the season.

Additional resources can be found at:  
[www.ffacoachingresource.com.au](http://www.ffacoachingresource.com.au)

For further information please contact Ed Ferguson – [edward.ferguson@nsfa.asn.au](mailto:edward.ferguson@nsfa.asn.au)