

FA: Football and FUNdamentals

The idea of the coaching sessions is to implement the concepts of LTAD and the FUNdamentals stage of the learning process into a football specific coaching session. The areas of work within the sessions should aim to cover the ideas of the Basic Movement Framework, showing how through football, the window of opportunity to work effectively with the relevant age groups identified in the FUNdamentals stage (5 – 9) can be achieved.

Model Coaching Session (Pilot)

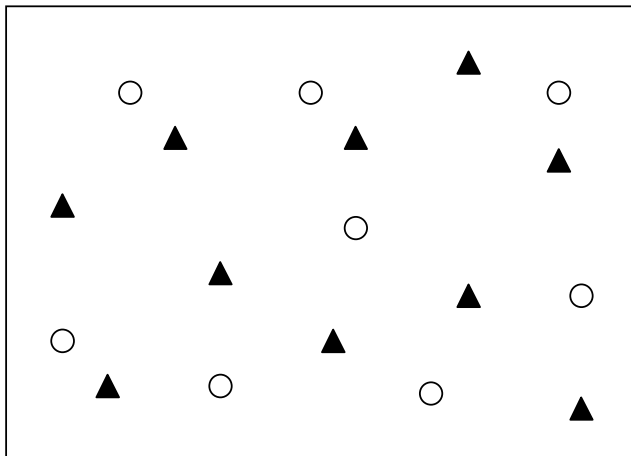
Warm Up

The warm should address the movement areas of Walking, Running, Jumping, Hopping, Leaping, Balance 2 – 1, 2 – 2, 1 – 2, Sliding, Shuffling, Skipping.

Stretching can be achieved through the use of dynamic movements.

Area 20 x 30

Cones ▲ Players ○



Movement

1. Players travelling around the area, at various speeds and in different directions, forwards, backwards, sideways
2. Move in and around the cones
3. Jump over cones (forwards) wide platforms, narrow platforms
4. Jump over cones (sideways)
5. Hop over cones (forwards) left to left, right to right
6. Hop over cones (sideways) left to left, right to right
7. Leap over cones (forwards) left to right, right to left
8. Run around cone – full circle (forwards)

9. Run around cone – full circle (backwards)
10. Run around cone – full circle (sideways)

Stretching – this can be incorporated during the movement period of the warm up

1. Touch cone with foot, move off forwards, backwards, sideways
2. Touch cone with knee, move off forwards
3. Touch cone with knee, move off backwards
4. Touch cone with chest, move off forwards
5. Touch cone with hand, move off sideways
6. Sit down on cone, move on

Domes and Dishes (game)

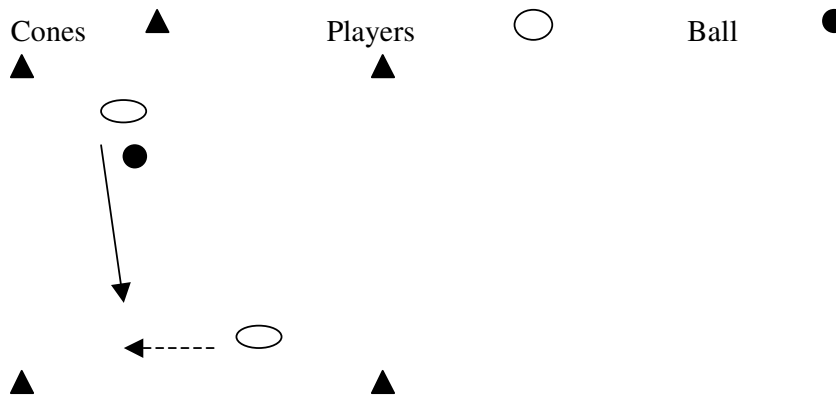
Team 1 must turn cones over to become dishes; Team 2 must turn cones up to become cones.

Duration – 30 secs, 30 sec rest

Players working in pairs to encourage teamwork, social development, co-operation, re-enforce learning, shadowing, mirroring, repetition and communication

Practice 1 - Pass to Me!

Area, this can be determined by the players, (max 15 x 15)



Players passing ball between each other

Use various ways to pass the ball, inside, outside, sole, laces of foot

Use various surfaces to control the ball, inside, outside, sole of foot, knee (facing forwards and sideways), thigh, chest

Movement into the line of the ball, present the surface, react to the new position of the ball

Players begin to understand the movement necessary to achieve success in both passing and controlling the ball

Practice 2 - On your toes!

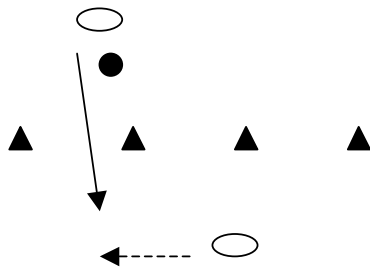
Players pass the ball to each other between the cones (3 gates), using various surfaces to both pass and control the ball

Progression 1

Players can pass through a gate, but the ball cannot be passed back through the same gate.

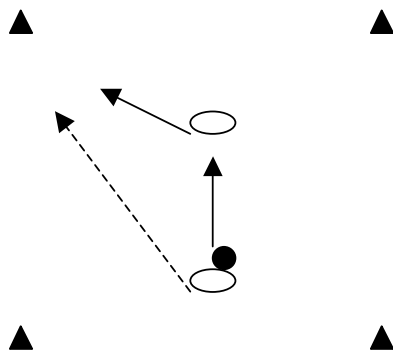
Progression 2

As above, however challenge players to play closer together – one touch



Practice 3 – Reaction Ball

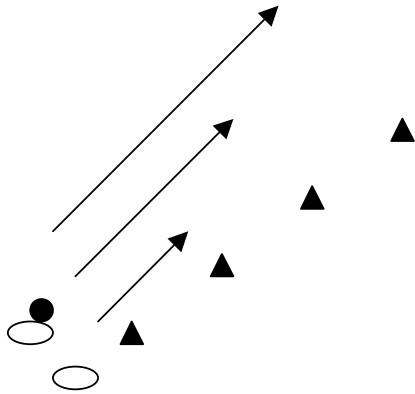
Players pass the ball to each other inside the area. One player acts as a ‘wall’ and passes the ball off at different angles and distances, receiving player moves to control the ball and then pass the ball back against the ‘wall’ – players change roles after 30 secs.



Practice 4 – There and Back

Player 1 runs with the ball under control to the first cone, stops the ball and run back, Player 2, runs to the ball and takes the ball to the second cone, stops the ball

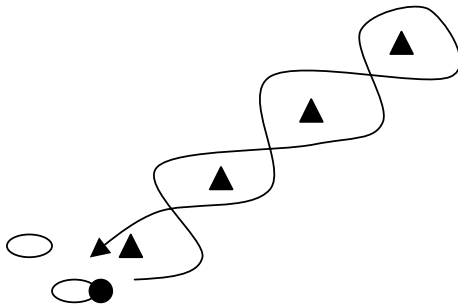
and runs back, Player 1 runs to the ball and takes the ball to the third cone, stops the ball and runs back, Player 2 runs to the ball and takes the ball back to the start.



Practice 5 – Dribble Races

Player 1 dribbles the ball in and out of the cones and back to the start, Player 2 repeats.

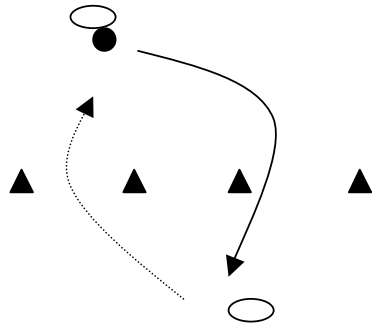
Challenges - right foot only, left foot only, limit the amount of touches, work on a time, and beat the other player's score.



Practice 6 – Football Tennis

Players pass the ball to each other over the cones (net), using various surfaces to both pass and control the ball. Allow the ball to bounce before both controlling the ball and passing.

Challenge - One bounce per side, pass ball back with one touch, add more players to each side and play alternate passing, keep a score and play to first player to score 5



Cool Down

Ball Manipulation

The following practices are aimed at individual players working with a ball each, these can be delivered as both warm-up and cool down practices, as well as homework sessions for young players and their parents to work on.

1. Sole Role – sole of foot in contact with the ball – rotate in a clockwise/anti-clockwise direction (use left and right foot)
2. Sole Role - sole of foot in contact with the ball – pull ball backwards and forwards (use left and right foot)
3. Sole Role – sole of foot in contact with the ball – slide ball from side to side (use left and right foot)
4. Sole Role - sole of foot in contact with the ball – rotate in a clockwise/anti-clockwise direction around the body (use left and right foot)
5. Sole Role & Push - sole of foot in contact with the ball – pull ball backwards, pass ball forwards with instep to other side of body, stop ball with opposite foot (use left and right foot)
6. Sole Role & Stab - sole of foot in contact with the ball – pull ball backwards, pass ball forwards with outside of foot to same side of body, stop ball with opposite foot (use left and right foot)
7. Drags – right foot sole of foot in contact with the ball – pull ball down the side of the body, use left foot to drag the ball back again
8. Pull & Slide – Ball in front of player, sole of right foot on the ball, pull back past the standing foot, slide foot down the outside of the ball, ball goes sideways, stop ball with left foot – repeat left foot to right.