



## U7 Open/Girls Development Guide.

The emphasis at Majura for our young players is always on fun. But directed learning to improve players' skills will help players build confidence in team sport, and enjoy the game both now and in years to come.

This is a suggested development and match day development program for those that wish a little guidance for their players. It's primary focus is on developing the individual skills and competence of our players - through ball mastery techniques and learn through play as outlined in the Australian [national football curriculum](#).

### 1) Aims for season.

- a. Build up skills
- b. Be part of the team
- c. Love the game.

### 2) Skills to be developed

- a. Protecting the ball.
- b. Kicking/passing
- c. Dribbling

### 3) Match day warm-up suggestions.

#### 4. Example of Training Plan (should involve as much ballwork as possible)

- A. Warm-up
- B. Skill development exercise
- C. Games

#### 5. Example of Warm-up for pre-Game

#### 6. Individual home practice ideas including videos

#### 7. Majura Parent Code

- a. Background philosophy/idea to the running of all these exercises

There are many many different games and exercises you can use, but this is a guide particularly for those who haven't worked with young players before and are just wanting an idea of some things they can progress with their team.

**Good luck!**

## MATCHDAY WARM\_UP:

A match day warm-up means every player gets many many touches on Saturday even if in the game their involvement and touches are less guaranteed.

### 1. Match day warm-up.

**10-20 minutes depending on enthusiasm of the Coach!**

**Preparation:** Each player needs a ball. Eleven cones: 4 for a square area set up, and then 3 x 3 for dribbling plus two for a goal. And you don't need to wait for the latecomers just start with one! And why not get some other parent help and tell them what you are trying to do.

**Warm-up** – go through some of the warm-up activities. Players will do these in training so they'll remember them - eventually. (These are all individual ball mastery techniques. Given the time we have ball mastery is more important at this age, even up to 11, than team tactics etc)

**1. All players dribbling within square/circle** (try to keep eyes up) Left foot only, right foot, both feet, inside feet only. Touch with outside, do a turn, stop and go. Try not to go outside the circle or touch another players ball. On command, sit on the ball, put their knee on the ball, shout a name.

a – pass between feet - nice and slow, then faster, then once players get it try and move the ball forward  
b – toe taps on top of ball - start slow. As players get stronger they should be able to speed up their coordination.

c – roll-back - roll the ball back with the sole of your foot., one foot then the other.

**2. Ball and Bib** - each player has a ball and a bib sticking out of their shorts at the back (two lives). All players kick their mates ball out of the square; or grab his/her bib. Each player at the same time tries to protect his bib and ball.

You could start this with a each player on a ball and the parent as the chaser of all players.

**3. Three pairs of players behind three cones set -up in a line.**

Players take turns to run thru the cones with the ball, using left foot, then right, inside of feet only, outside of feet only etc etc. (Addition: Put Dad or Mum in goal at the end of the cones run and let the players have a shot.) **or use a games from next**

**4 If time setup a mini field and have a game. Players will get the idea for their upcoming game.**

### Dribble the cones.



## Training Session ACTIVITY

### TIME

**3.00 – 3.10pm** Get kids to eat their afternoon tea and set up a 10x10 square. Make sure everyone has a drink

#### **Talk football:**

Check their thoughts on the last game .See what they remember. What did they like, what didn't they understand. Value every answer these are young kids and need to feel safe to say anything without being laughed at. We don't expect them to know football words and concepts. Use their names positively.

#### **Some questions you might use:**

- How many of our players on the pitch at the same time? (4).
- Where do we score a goal?
- What happens if we kick the ball out of the lines?
- When the game starts what should we do with the ball and why?
- What happens to your team mates if you stand still?
- If team-mate has a ball – where is a good place to go? Next to him, a little distance away of a long way away.
- What can you kick on the field? The Ref, The ball or a player?

**3.10-3.20pm** **WARM\_UP** – go through the warm-up activities

**1. Dribbling within square** (try to keep eyes up) Left foot only, right foot, both feet, inside feet only. Touch with outside, do a turn, stop and go. On instruction ; knee on the ball, sit on the ball, shout a word.

1 – **pass between feet** – then faster – then move the ball forward.

2 – **toe taps on top of ball** – then faster.

3 – **roll-back**

**3.20-3.30pm** **SKILL DEVELOPMENT:**

(Pair of player behind a line of three cones - 2 metres apart, adjust if nec) First player – dribble between cones up and back.

Next player starts when previous player has reached the end of first line. (5 mins or so) Left only, right only, both feet, sole of foot.

Then split into two teams and get them to dribble up and back through cones in a relay comp.

**3.30-3.35pm** **DRINKS – set up enough gates for pairs (not in square)**

**3.35-3.40pm** **SKILL DEVELOPMENT:**

Bib and ball – player protect their ball and bib and kick their mates out.

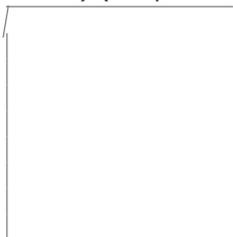
**3.40-3.50pm** **GAME** Choose one from over page– let them play

**3.50pm** **DRINKS**

**3.50 – 4.00pm** **GAME** Choose one from over page – let them play

**Suggested Games:** Line ball (10 min) 2-goal game (10 min) Goalkeeper game

(10 min) (adapted from and thanks to Colin Johnstone ACT Under 13 Coach)

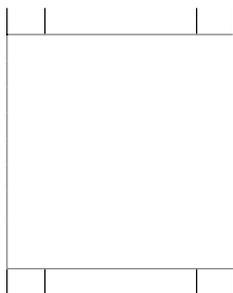


### **Line ball**

4v 4 on 20m x 15m

Dribble over goal line to score

Encourages dribbling and creative attacking skills

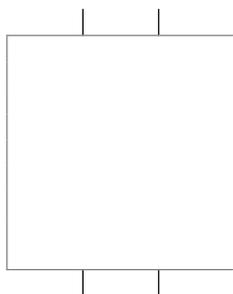


### **Two goal game**

4v 4 on 20m x 15m

Score through two small cone goals at each end

Promotes switching direction of attack into space



### **Fun, Fitness, Football**

4v 4 on 20m x 15m

Score through large cone goal

All players over half-way to team goal to count.

Another ball thrown in as soon as ball goes out to aid movement and quick thinking of players

## **Learn by playing the game**

The best way to develop technique, skill, game awareness and fitness in young players is to play small games. Small-sided games maximise involvement in real football situations and kids naturally learn by frequent ball contact and constant repetition in small spaces. 4 v 4 is the most effective small unit. There are enough players to create width and depth so the ball can go wide, forward or backwards; but the numbers are also small enough so that play isn't too cluttered, complex or difficult.

## **Coaching style and approach**

*'Under coaching'* **Instead of constantly instructing and telling what to do we will allow kids to 'learn by doing' through participation in the games, let them make their own decisions on the field and give plenty of praise and encouragement.** Players must be allowed to take risks, have a go and make mistakes. It's their game – we let them play.

## **No referees - encourage your parents to keep quiet on Saturday!**

The coach's role is to facilitate, supervise and provide guidance and support when necessary but it is essential to limit intervention as much as possible. By refereeing themselves, player cooperation is fostered and young players consistently learn to take responsibility for their own actions.

## **Skills and actions we will encourage and praise**

Individuals and teams should learn to base their play on keeping the ball, moving it into space by dribbling and pushing it around, and attacking with confidence. Players can often solve problems simply by being exposed to the game conditions (small pitch, few players, different scoring methods) but occasional reminders and prompts can help to get them thinking about how to play the game well. At this age, they only need a few ideas:

## Technique/Links from the Stars - and others!

**Developing good football skill requires repetition over and over. But it's also important to focus on the right skills and technique at an early age. Here's a few ideas on the key skills players could practice to improve. Of course playing games over and over is even better!**

**Aim: To develop individual player touch and technique**

[Simple ball and wall](#). Side foot passes off a wall. Make it fun, gentle with achievable challenges. Let the player easily beat his/her personal best. And praise praise praise.

Spelling Game 1: Player kicks against the wall, then you kick. First one to miss gets a letter of the word you are trying to spell.

**The basic and most effective skill which will enable a player to beat another.**

[Quick feet Barcelona](#). Check this video. Children are great copiers. Get your child to watch - he/she maybe able to do it straight off - if not just go very very slowly, and from a standing start.

And if you are doing toe-taps at training - eventually you can ask the players to start to move forward and this is the start of the correct technique for the skill shown by Iniesta, Barcelona in the video above.

[Dribbling](#) - depending on player use three cones only - player can work with a tennis ball on a hard surface or indoors with a very small space; or a normal ball on grass with slightly bigger spaces. Make the space and gap narrower as the player gets better. This could take the whole season or two.

### [Dribbling for warm-ups](#)

Run the ball across an oval and chase the player!

Set-up a very small field. Very small 5 v 5 and play 1 v 1 into one goal.

### **1,000 touches a day!**

It's said you need 1,000 touches a day to be a very strong player. Well we're not aiming for that at Majura but players can quickly develop technique and confidence if they can play with a ball a little more often

Can the player dribble the ball to school each day - this would do wonders for his/her touch.

Some passing against a wall - can they do 5 or 10 in a row. Don't underestimate how hard it is for a young child. And encourage them to use their instep. Again this takes time.

[Juggling with Lionel Messi Aged 6](#). There is no one correct way but kids can get turned off very easily if they can't progress. So give them achievable aims.

Learning to juggle takes time and practice. Boys are generally a little better earlier than girls due to the nature and lack of flexibility in their bodies. But of course there are lots of exceptions so don't presume.

1. Start with a balloon - for young kids this is where they should start. Can they juggle a balloon, three, five or ten times on each foot.

2. Get a ball and bounce and catch, then on to your knee and catch, one then two knees and catch.

**Most may only get to point 2 in U7. That's great and great progress if they get anywhere near it.**

3. Bounce the ball on the ground. Hit with the top of the foot and let it bounce then foot and bounce and so on. Build your own record.

## MAJURA FC: PARENT MATCH DAY CODE.

About now some Coaches are overcome with advice from parents or just parents feeling the need to shout instructions at their son/daughter.

Majura FC suggests you print a copy of this handout below and hand it to all your parents. You might get your manager to do it if you prefer.

**(insert team name here) Majura Parents**

Welcome to the 2010 season! I'm delighted to be coaching this year with (Insert assistants/helpers here) as my able assistants again. (insert manager here) is also our manager and will be in touch about referee fees.

A couple of reminders for parents:

- Football is a team game; I'll be rotating all players through the goalie and other positions on the field. Players will get roughly equal time in the forwards, midfield and back lines over the season but may stay in one zone during a game;
  
- There's a plan! We work on drills and tactics in training which inform the game. The following week's training is then built on what comes out of the game. And so on. We're trying to teach the girls technical and some tactical skills including playing out from the back/goalkeeper. This means we might give away goals but I'm more interested in the players learning the game as a whole rather than the scoreline;
  
- **So, please keep your comments on the sideline to positive encouragement only – 'go Majura!' 'well done!' No shouts of 'big kick', 'clear it', 'pass it' or the like. The only instructions to the players are to come from me;**

I'm really looking forward to the season as we have a great team!

Come and talk if you have any questions, comments to make. I'm happy to go through in more detail what we're working on or where we're heading as a team and as individuals. Hope you all enjoy the season!

Cheers,  
(Insert your name)