

YOUTH CERTIFICATE PART TWO **PARTICIPANTS NOTES**

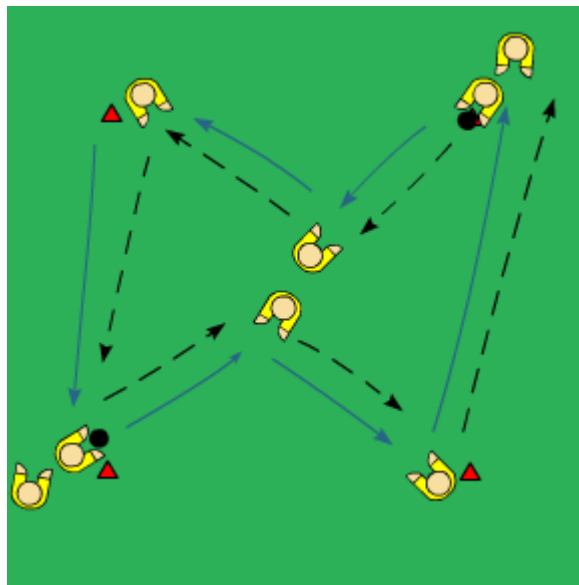
Key:

Dotted Line = Players run

Unbroken line = Path of the ball

Squiggle line = Player dribbling the ball

Playing Out – Warm Up



Organization:

In a square 25m x 25m place two players as shown with a ball diagonally opposite each other.

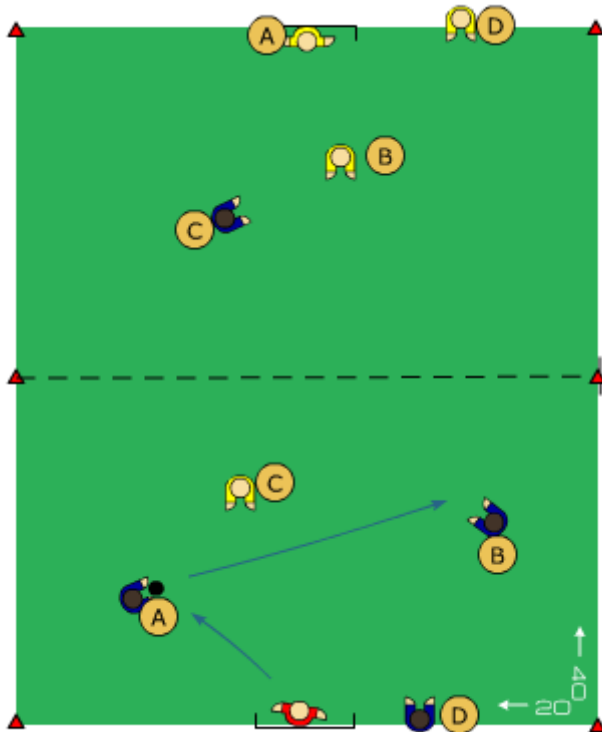
In each of the other corners place one player and in the middle are two more.

Rules/Instructions:

The practice starts when the players with the ball pass their ball into the centre player who then passes on “anti clockwise” to the next corner.

All players must follow their pass and as they do they carry out dynamic stretches as demonstrated by the coach.

Main Part - Playing Out



Organization:

40m x 20m

Place a 5m goal at either end

Rules/Instructions:

The game starts with 2 v 1... the objective being that the two try to get out of their half with one in possession of the ball and /or by passing the ball to their team mate in the other half then supporting.

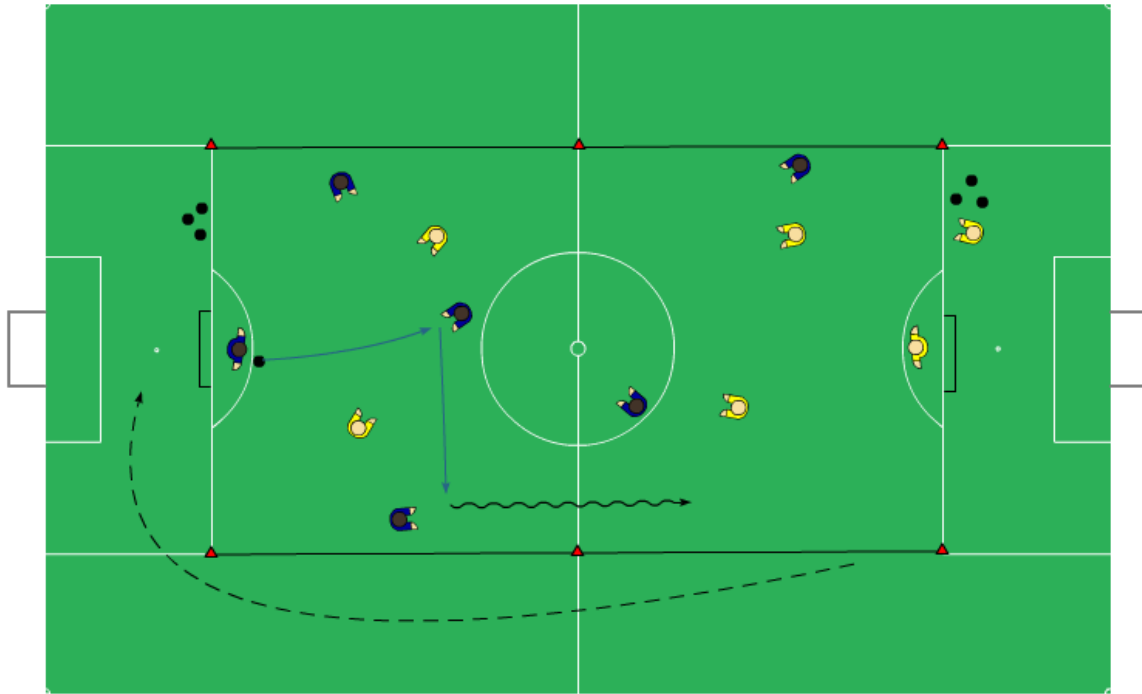
They then try to score past the 'keeper.

The player who goes to support in the other half drops out to the side then returns behind their goal and allows the "resting" player to come in (to goals).

The game starts with the other team having a 2 v 1.

Notes :

Final Part – Playing Out in 1-4-3-3 game training



Objective:

Playing out with a goalkeeper to create a “one man more” situation in the attacking half
Using a goalkeeper, two centre backs and one midfielder v two strikers

Organization:

Two equal halves (40m x 40m) separated by a middle line
10 outfield players and 2 Goalkeepers as shown

Development of the exercise part 1:

Three blue defenders plus their GK play out against two (2) opponents. The blue defenders are trying to get one of their players into the opposing half to support the attacking two blue players who are marked by two yellow defenders. The third yellow defender is waiting behind the goals and comes to join the game once the attack has been completed.

The third yellow defender joins in whilst the attacking blue player who supported from the other half goes off and moves around behind their own goals.

Development of the exercise part 2:

One of the defenders can cross the middle line running with the ball as shown OR by being part of a “third man running” combination play. i.e. wall pass/through pass etc...

Methodical Development:

Free Touches later restricted to two or three
Scoring within ??? seconds / Smaller Pitch/ Offside

Warm-Up – Positioning Games



Organization:

20m x 45m

As above each of the thirds will be 20m x 15m

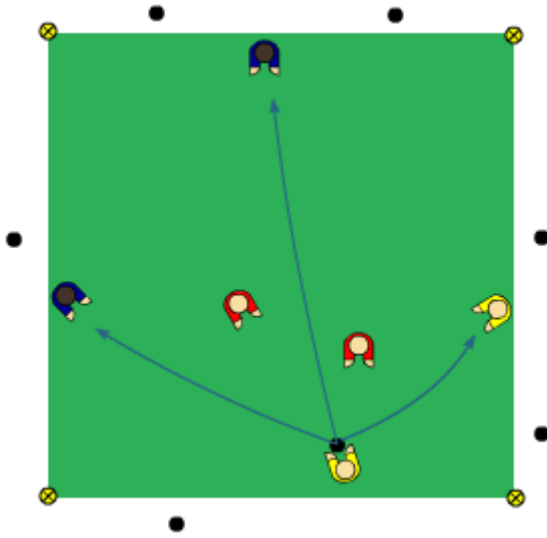
Rules/Instructions:

6 (yellow) players try to keep possession of the ball from 2 (blue) “defenders” for a set time (i.e. 30 seconds) after which the two “defenders return to join their four team mates and play against 2 blue “defenders” after all players have had a turn count up the number of passes that were made...who is the winning team?

Ask the players to perform some dynamic stretching as they jog around passing the ball between each other in the area in which they are “resting” as part of the four.

Notes:

Main Part - Positioning Games - 4 v 2



Organization:

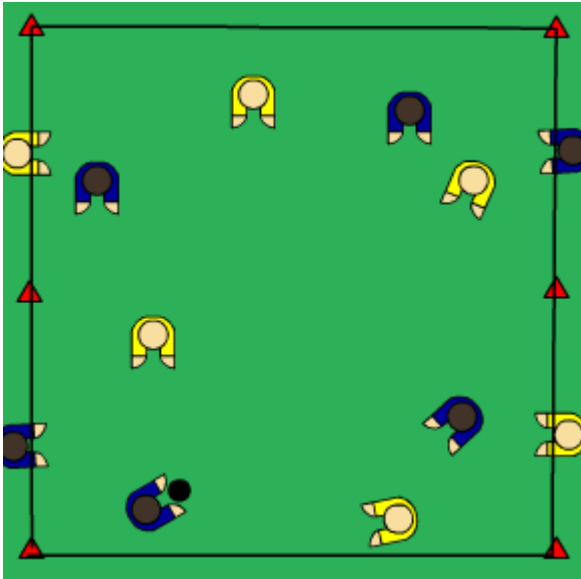
In an area of 15m x 15m
6 players (3 groups of 2) play a “possession” game using 4 v 2.

Rules/Instructions:

Give a point for every ??? consecutive pass that the “4” make, alternately give the “defenders” two points for every successful interception, who can reach 10 points first?
Rotate the teams regularly even if they do not reach their targets.

Notes :

Final Part – Positioning Games



Organization:

30m x 30m square

6 v 6 (4 v 4 inside with two support players for each team on the outside)

Game Development:

4 v 4 in the central area, team in possession tries to keep possession.

Set a certain number of passes to score a point.

Rotate the players on the outsides by allowing them to interchange with the person who passed the ball.

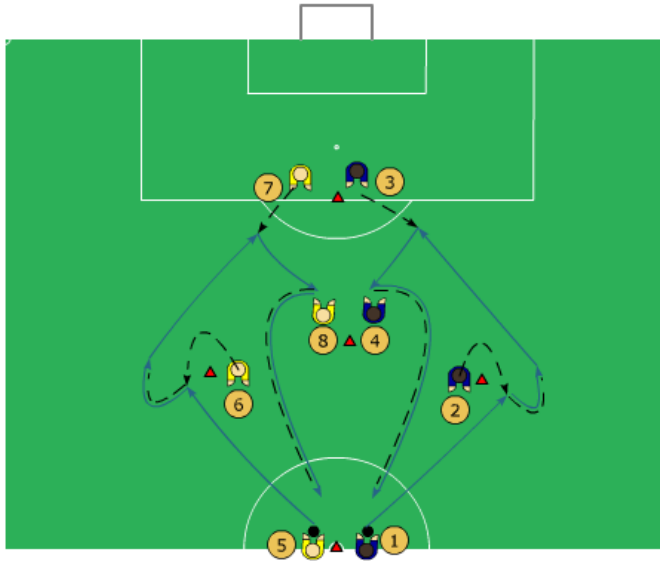
Give extra points if the player receiving the ball can do so without having to turn “blind”.

Or include a “third man running” combination

Limit Touches

Notes:

Warm-Up – Passing Practices (Attacking play)



Organization:

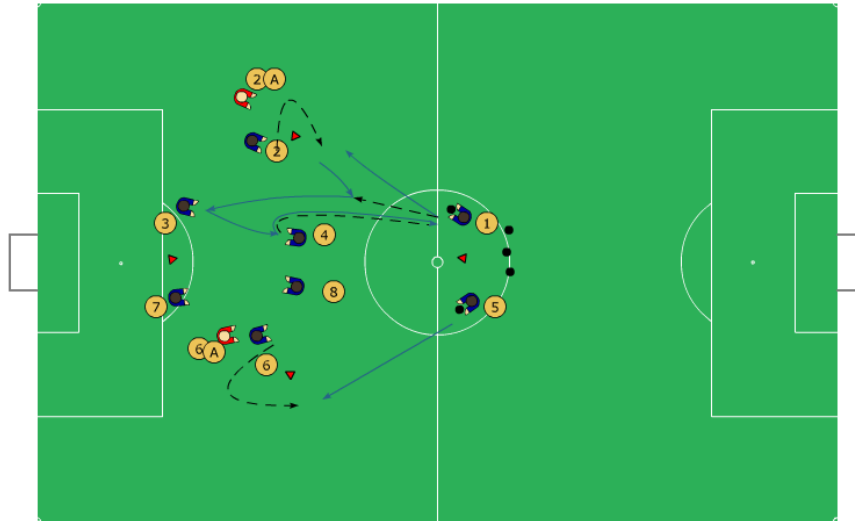
In an area of half the pitch
Set up your players as above

Rules/Instructions:

Player 2 makes a feint, player 1 plays the ball to the left foot of 2 and calls “**turn**”
Player 2 receives and turns inside and passes with the right foot to the left foot of player 3 who has moved to receive the ball passing it first time to the right foot of 4 who turns using the **OUTSIDE** of their right foot and dribbles back to the start.
Everyone moves forward one position and 4 begins the practice again.
Numbers 5,6,7, and 8 do the same but on the other side, swap the groups after a turn each.

Notes :

Main Part – Attacking Play



1-4-3-3 Passing Practices

Organization:

Player 2 makes a feint, player 1 plays the ball into the left foot of #2 and coaches “**man on**”

Player 2 plays the ball back to 1 who already anticipates and moves onto it (forward)

Player #1 passes the ball to player # 3 who lays it back to player #4

Player #4 turns using the outside of their right foot and dribbles back to the starting position #1

All players move to the next position i.e. # 1 to 2 etc...

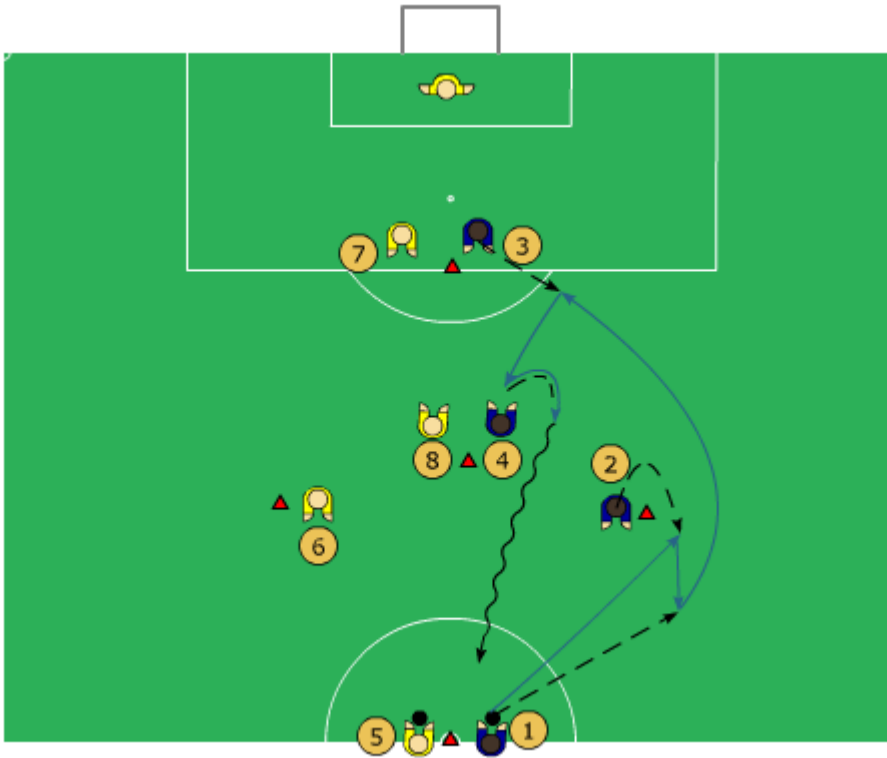
Methodical Development:

Players who are next in line i.e. # 2 a and # 6 a act as “passive” markers and either mark “loose” (turn) or mark “tight” (man on). Take turns on both sides

Spare players line up behind the servers... #1 and #5

Notes:

Main Part 2
1-4-3-3 Attacking

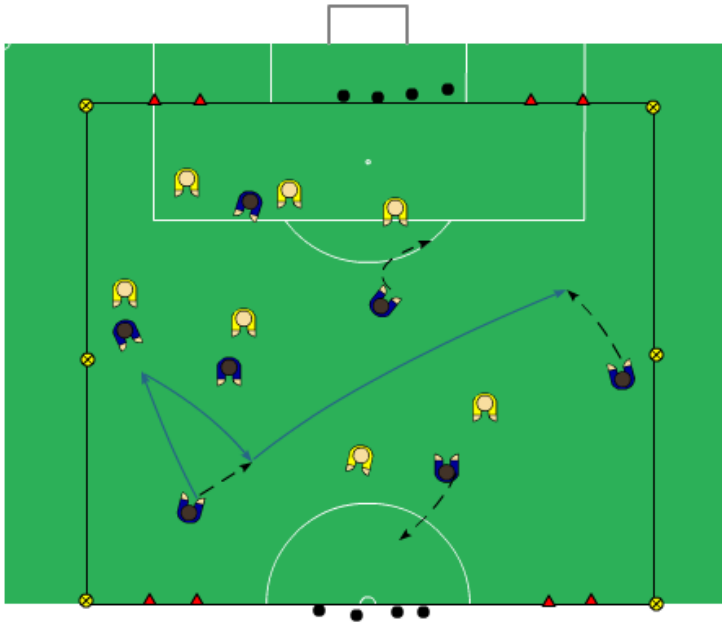


Organization:

1. Player 2 makes a feint, player 1 plays the ball on the left foot of 2 and coaches 'man on'
2. Player 2 plays back to (the right foot of) 1 who already anticipates (in the width instead of forward)
3. Player 1 plays a lofted pass to (the left foot of) player 3 who plays to 4 (if possible: all passes first touch)
4. Player 4 receives & turns (outside right foot) and dribbles back starting position
5. All players involved move to next position
6. Player 5, 6, 7 & 8 do the same but to the other side e.g. every action is the same but opposite direction
7. Take turns to the left and right with every new start

Notes:

Final Part – Attacking Play – Switching Play



7 v 7 (or other numbers)

2 small (2.5 - 3m) goals on each by-line

(if 4 goal keepers available: also possible with 4 big goals).

Pitch size:

Depends on the number of players

Game development:

7 v 7, team in possession tries to score in one of the opponent's goals.

Game intention BP:

Switching the point of attack to create a numerical superiority and score

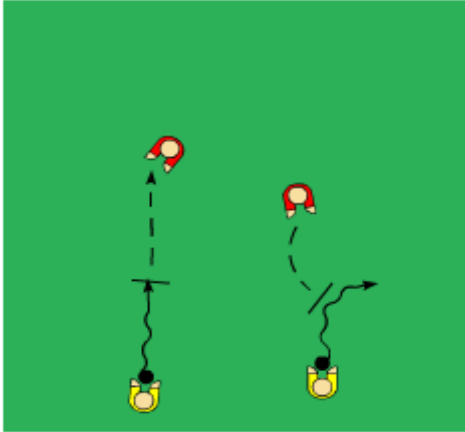
BPO:

Ball oriented zonal defending; pressing as a unit; communication; insight (cutting lines to goals)

Methodical development & variations:

- Limited touches (3/2)
- Scoring directly (one touch) from a switch counts double
- Only possible to score by heading or volleying from a switch

Defending – Warm Up



Organization:

Group players in pairs with one ball for each pair facing each other at a distance of 3m

Rules/Instructions:

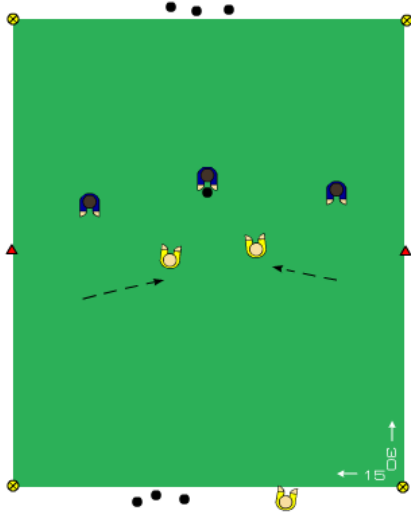
The player with the ball dribbles at the opponent who “backs off” in a “side on” position and tries not to get closer than 2m from the ball. Swap roles at the end of the area. It is important that the player with the ball moves from side to side but does not try to “beat” the defender.

Players move slowly at first. Occasionally stop the practice and ask the players to jog around and perform dynamic stretching.

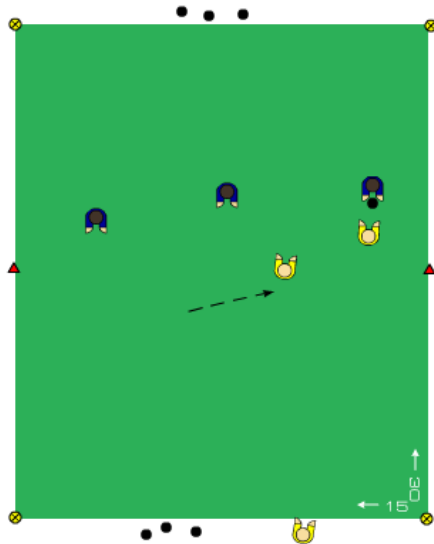
Notes:

Defending – Main Part 1

A = BOTH SHOWING IN

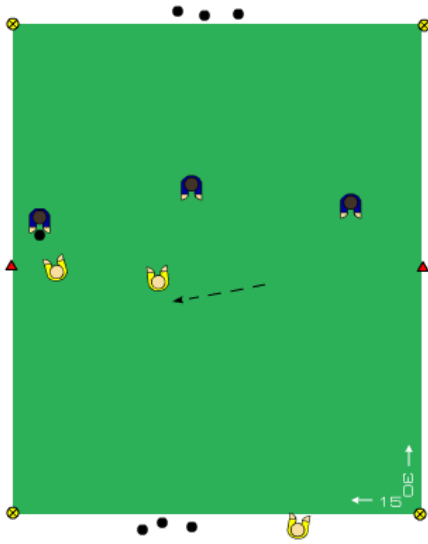


B = SHOW OUT TO THE RIGHT others “shuffling” across



Notes:

C = SHOW OUT TO THE LEFT



Organisation:

15m x 30m

3 v 3 (3 v 2 with one “resting”)

Rules/Instructions:

Communication is vital

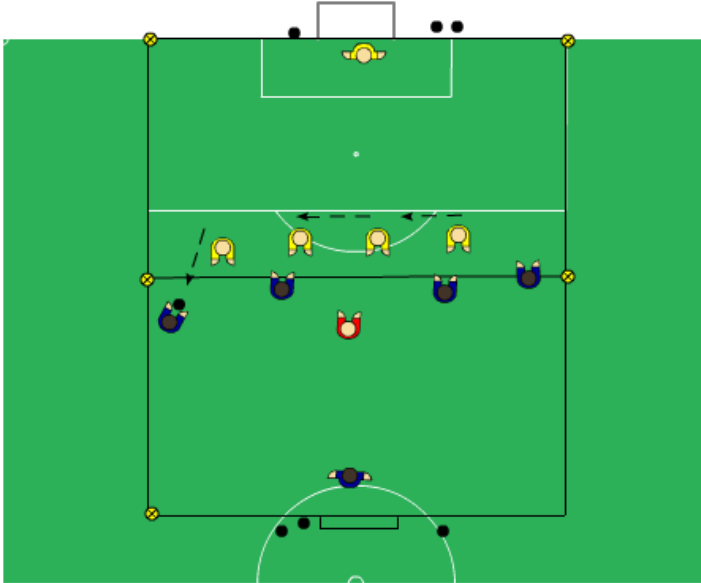
The three who have the ball try to score by dribbling the ball over the end line

If the two win possession they pass it back to the “resting player” who comes in and one of the attackers immediately drops out to the back and the game becomes 3 v 2 the other way.

Notes:

Defending – Final Part

GAME TRAINING - 5 v 4 – Defending with Numerical Inferiority



Organization:

40m x 40m field

5 v 4 (4v4+ 'joker') with 2 goals + goalkeepers.

Half way line for offsides

Game development: 4 blue players + the (red) 'joker' try to beat 4 yellow defenders and score in the 'yellow' goal. When yellow wins the ball the joker joins the yellow team and yellow tries to score in the blue goal.

Off side applies!

Game intention:

Ball oriented defending and backing up/covering each other. Leave the 'less dangerous' opponent unmarked.

Off side rule is indispensable to realize the purpose!

Methodical development & variations:

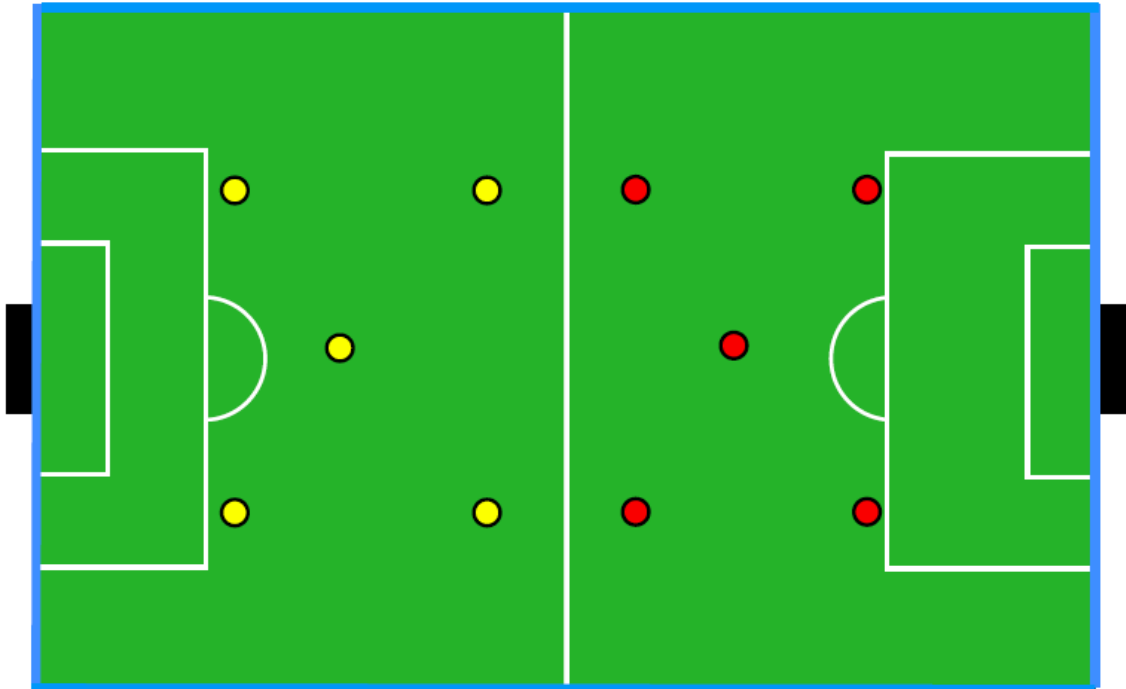
- Wider pitch (larger spaces to defend)
- Scoring-attempt withinseconds
- Not allowed to play the ball back to 'own' half

Notes:

Conditioning Practices

Game Based Conditioning

Endurance 5 v 5



Large endurance; little speed; little agility; little pressure; easy decision making.

Ideal for early pre-season

(2 * 6 mins, 750m2 pp)

3mins recovery between games

Recovery should be VERY low intensity i.e. juggling individually in pairs / threes.

S2S FORM

Game Based Conditioning Endurance 5 v 5



Organization:

5 v 5

Rules/Instructions:

Large endurance

Little speed

Little agility

Little pressure

Easy decision-making

Ideal for early pre-season

(2*6mins, 750m² pp)

3mins recovery between games – recovery should be VERY low intensity i.e. juggling individually, in pairs, in threes.

Notes for the Presenters/Variations:

Limit Touches

Must move after passing

Community Coach Education – Assessment Checklist

Name of candidate: _____ Date: _____

Competence / Performance Criteria	Y	N	Comments
1. Was the environment safe and suitable for repetition of session objective (topic)?			
2. How effectively did the coach implement the session plan ?			
3. Did the session commence quickly (within 2 minutes) ? (Well organised with efficient use of resources)			
4. Were the instructions and any demonstrations clear and communicated positively and appropriately?			
5. Did it “look” like football? i.e. area of play, rules, goals, objectives, opposition?			
6. Did any modifications retain the objective of the session and were done quickly ?			

Definitions:

Safe environment:

Area inspected; Clear of bags, gear etc.; Set up away from fences etc.; Shin pads worn; Jewellery/Watches removed etc.

Suitable environment:

Practice allows for repetition of session objective i.e. shooting is set up around goals..

Are instructions/demonstrations clear ? :

Clear and simple instruction given with a visual demonstration

Does it “look” like football ?:

Has an objective for both players/teams; Has an area; Rules established quickly

Modification:

Any modification that is based on player performance and retains session focus

Community Coach Education Program Session plan

Topic (Session objective) _____

Name _____

Organization details:

Balls:

Bibs:

Markers:

Players:

Game instructions/demonstration:

Diagrams:

A large empty rectangular box with a thin black border, intended for writing or drawing. It occupies the lower two-thirds of the page.

Coach Self reflection checklist

Name: _____ Date: _____

Did you successfully deliver the following?

Session criteria	What did you notice when conducting the activity/game?	What would you do differently next time?
An activity that looked like football. Game based decisions were being made and the activity had: Area Rules Objective (target/goal) Opposition		
Players were engaged in an activity/game within two minutes Transitions were made from one activity to the next (or modifications) within 2 minutes.		
Games/activities are conducted in a safe coaching environment		
Demonstrations were used to reinforce topic in a positive manner		
The session was modified when necessary to challenge the players or to help them achieve a desired outcome		
Players responded in a positive manner		

Peer observation checklist

Observe the nominated coach and provide feedback as to the level of criteria observed. Some discussion or suggestions may be made as to how you might change the session.

Did the coach deliver the following?

Session criteria	Yes/No	Comments
An activity that looked like football. Game based decisions were being made and the activity had: Area Rules Objective (target/goal) Opposition		
Players were engaged in an activity/game within two minutes. Transitions were made from one activity to the next (or modifications) within 2 minutes.		
Games/activities are conducted in a safe coaching environment		
Demonstrations were used to reinforce topic in a positive manner		
The session was modified when necessary to challenge the players or to help them achieve a desired outcome		
Players responded in a positive manner		

The coach is required to provide a session plan prior to delivering their session. This should clearly state the session objective (which should not be too definitive as they will not be able to achieve a great deal in the short time they are given).

If there is enough people on the course:

On conclusion of their session the coach should be provided with 5 mins to reflect on their session and make a couple of notes on their self reflection sheet. This may occur when the next coach is preparing/delivering their session or may be done at one of the breaks.

One or two nominated coaches should also be encouraged to take notes on the session and provide **very brief** comments to the coach (facilitated by the instructor). All feedback should be based on the checklist and not on the football content of the session – this is the role of the instructor.

The instructor should briefly discuss the notes made by the coach in their self reflection sheet. Contact with instructors is generally limited to coaching courses, it is important that the coach gets quality feedback from the instructor on the use of self reflection as this may be the only method available to them to develop their coaching skills until they attend the next course. Coaches should be encouraged to use the self reflection sheet often both during the course and when they are at their club.

Assessment criteria definitions:

1. Does it look like football?	Game based decisions are being made and the activity has: Area Rules Objective (target/goal) Opposition
2. Players are engaged in an activity/game within two minutes?	Coach organises equipment Balls/Markers/Bibs etc. in correct places Communicates for group management purposes Gives clear instructions to ensure players understand what to do
3. Games/activities are conducted in a safe coaching environment	Area was inspected Games/activities are conducted away from fences Games/activities reduce possible collisions etc.
4. The coach used demonstrations to reinforce topic in a positive manner.	Comments are provided in positive language Key points are identified and reinforced with players
5. The Coach modified the session when necessary to challenge the players or to help them achieve a desired outcome?	Games/activities are modified using “CHANGE IT” methodology based on: <ul style="list-style-type: none"> • Players are not successful in achieving objective and motivation is waning • Players are too successful and players are becoming disinterested • Games/activities are one sided
6. The players respond to the coach in a positive manner	Activity levels are high Players are trying to achieve session objective