



# 2013 SUB-JUNIOR DEVELOPMENT PROGRAM

## SKILL ACQUISITION TRAINING

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The skill acquisition age group is about giving players the technical 'tools' they need. This is the most decisive age group for acquiring the appropriate technical foundation as it is the 'golden age' for motor learning. The four fundamental skills players need can all be developed in game based training modified to target each skill:

1. First touch
2. Running with the ball
3. 1v1
4. Striking the ball

An important skill as a coach is not designing or copying 'drills', but starting with a simple 4v4 or similar format, then **adding rules or conditions to focus the game on one of these skills**. If necessary or to add variety, apply CHANGE IT.

### METHODS OF TEACHING TECHNIQUE (IN GAME BASED TRAINING)

- **Demonstrate** with key words and phrases
- **Coach on the run** with cues and reminders
- Take players aside and **coach them 1 on 1**
- Kinaesthetic teaching: ask to grab their foot and help them '**feel**' how it's done
- Paint a picture so they can **visualise** it, e.g.
  - push the ball with your first touch like you would with the palm of your hand
  - volley over an invisible chair
  - pass to an imaginary wall 1m in front of you
  - draw a circle over the ball as a step-over

Q. If these are the methods of teaching technique, what difference does using a drill or a game make to your ability as a coach to teach technique?

A. No difference! So technique should not be learnt in isolation as it is **never performed in isolation**. Always have players looking at other players and spaces instead of cones while performing the technique, like they do in a game.

### PRACTICE AT HOME CHECKLIST (SEE 'SANDRINGHAM SC 2013 PARENT HANDOUTS')

This checklist (available in the parent handouts) is for players to do in their own time at home or in the park with their friends if they are keen to continue working on their technique and becoming the best player they can be. This is what all professional players did when they were younger because even the best training and coaching is not enough practice if players want to reach the highest level. You don't need to complete everything listed, just try what you can.

### THREE RULES ALL PLAYERS MUST FOLLOW

1. Have Fun: have fun playing football and develop your skills at the same time
2. Listen: listen when coaches are talking so you can learn from them
3. Respect: respect all other players, all the coaches, and all the equipment

### COACHING PHILOSOPHIES

- Always have a program to follow that is logically sequenced and allows revision to gauge progress of development
- Always communicate objectives, philosophies and structure of program to players and parents
- Always plan sessions thoroughly to provide best training for players
- Always set up cones/areas for all exercises for the entire training session at the beginning for efficiency
- Always ensure players bring drink bottles, shin pads etc and have them help pack up as their cool down
- Always have players juggle when they arrive as an instant activity to work on ball control and be active
- Always reinforce and role model the 3 rules for players (fun, listen, respect) and ensure they are followed
- Always spend 55 of 60 minutes playing football (where possible) and ensure no player is sitting out or waiting too long for a turn
- Always modify exercises to match the challenge level to the players (CHANGE IT) rather than persist or give up
- Always highlight good examples (positive coaching) instead of mistakes when teaching players
- Always stick to 2 coaching points max per session and constantly reinforce throughout that session and in the future
- Always aim to give players as much 1-on-1 coaching as possible during sessions
- Always encouraging skill, ball control, teamwork and creativity
- Always game based training to ensure fun and football are always seen and had/played by all
- Always lots of passing/possession encouraged in every game ('Touch' Football)
- Always playing out of defence in every game as a means to an end
- Always have players applaud each other after good play from either team to reinforce philosophies
- Always 1-4-3-3 formation variations in games to reinforce this development formation
- Always encouraging fair play and respect and ending games with shaking hands lines
- Always reinforce to players that this is 'their program' and the quality is highly dependent on their attention
- Always high fives between coaches and players before and after training
- Always provide extra keen players with guidance on how to continue working on their technique outside of training
- Always evaluate the program regularly to ensure standards and seek 360 feedback (players, parents etc) at the end

<b>SKILL ACQUISITION TRAINING (U8 TO U11) SESSION TOPICS and COACHING POINTS</b>
Passing when playing out of defence
1. Always play short from goalkeeper (firm and flat and with inside of foot)
2. Find players wide who are facing forwards
First touch when playing out of defence
1. First touch keeps the ball moving (using inside of foot)
2. First touch into space away from defender, and forwards if possible
Running with the ball when playing out of defence
1. Wide defenders to attack space on the ball when possible (not 1v1)
2. Central defenders to attack space on the ball when possible (not 1v1)
Passing in attack
1. Start again by passing to players behind when closed down by opposition
2. Switch ball to other side when pressured by opposition on one side
First touch in attack
1. Forwards when possible towards goal or to beat a defender
2. Into space to keep possession under pressure
Running with the ball in attack
1. When going towards goal and being chased by a defender
2. Keep the ball moving when there is no one to pass to straight away
1v1 in attack
1. Take defenders on out wide when there is space being them
2. Hold the ball up under pressure to lay off or get a shot on the turn
1v1 defending
1. Delay the attacker by slowing them down – don't dive in
2. Steal the ball from their feet and keep it – don't boot away