

U7s-U16s: 39 Skills in 39 Weeks

Every four weeks there's a new topic and each week will focus on a particular skill.

SEASON 2009-10: MONTHLY COACHING TOPICS *for U7s-U16s*

* U5s & U6s follow their own **FUNDamentals** coaching scheme

> A: Pre-season fitness (at Broad Oak School)

	Mon	Tue	Wed	
AUG	17 th	18 th	19 th	¹ Agility & Balance
AUG	24 th	25 th	26 th	² Co-ordination
SEP	<i>Off</i>	1 st	2 nd	³ Speed

> B: Dead ball tactics (at Parris Wood School)

	Mon	Tue	Wed	
SEP	7 th	8 th	9 th	⁴ Throw-ins
SEP	14 th	15 th	16 th	⁵ Goal kicks
SEP	21 st	22 nd	23 rd	⁶ Centres
SEP	28 th	29 th	30 th	⁷ Corners

> C: Passing

	Mon	Tue	Wed	
OCT	5 th	6 th	7 th	⁸ Short passing
OCT	12 th	15 th	16 th	⁹ Long passing
OCT	19 th	22 nd	23 rd	¹⁰ Lofted passing
OCT	<i>Off</i>	<i>Off</i>	<i>Off</i>	

> D: Attacking the goal

	Mon	Tue	Wed	
NOV	2 nd	3 rd	4 th	¹¹ Shooting
NOV	9 th	10 th	11 th	¹² Heading
NOV	16 th	17 th	18 th	¹³ 2 v 1
NOV	23 rd	24 th	25 th	¹⁴ 1 v 1

> E: Turning

	Mon	Tue	Wed	
NOV	30 th	1 st	2 nd	¹⁵ Outside/inside
DEC	7 th	8 th	9 th	¹⁶ Stop turns
DEC	14 th	15 th	16 th	¹⁷ Cruyff turns
DEC	<i>Off</i>	<i>Off</i>	<i>Off</i>	

> F: Defending

	Mon	Tue	Wed	
JAN	4 th	5 th	6 th	¹⁸ Marking
JAN	11 th	12 th	13 th	¹⁹ Prevent turning
JAN	18 th	19 th	20 th	²⁰ Shadowing
JAN	25 th	26 th	27 th	²¹ Tackling

> G: Beat a player

	Mon	Tue	Wed	
FEB	1 st	2 nd	3 rd	²² Dummy
FEB	8 th	9 th	10 th	²³ Step over
FEB	<i>Off</i>	<i>Off</i>	<i>Off</i>	
FEB	22 nd	23 rd	24 th	²⁴ Step on

> H: Receiving

	Mon	Tue	Wed	
MAR	1 st	2 nd	3 rd	²⁵ Control
MAR	8 th	9 th	10 th	²⁶ First touch
MAR	15 th	16 th	17 th	²⁷ Shielding
MAR	22 nd	23 rd	24 th	²⁸ Lay offs

> I: Set pieces

	Mon	Tue	Wed	
MAR	<i>Off</i>	<i>Off</i>	<i>Off</i>	
APR	<i>Off</i>	<i>Off</i>	<i>Off</i>	
APR	12 th	15 th	16 th	²⁹ Indirect kicks
APR	19 th	22 nd	23 rd	³⁰ Direct kicks

> J: Team shape

	Mon	Tue	Wed	
APR	26 th	27 th	28 th	³¹ Triangles
MAY	<i>Off</i>	4 th	5 th	³² Support play
MAY	10 th	11 th	12 th	³³ Overlapping
MAY	17 th	18 th	19 th	³⁴ Width

> K: Close control

	Mon	Tue	Wed	
MAY	24 th	25 th	26 th	³⁵ Ball mastery
MAY	<i>Off</i>	<i>Off</i>	<i>Off</i>	
JUN	7 th	8 th	9 th	³⁶ Dribbling
JUN	14 th	15 th	16 th	³⁷ Running

> L: Showboating

	Mon	Tue	Wed	
JUN	21 st	22 nd	23 rd	³⁸ Keepy ups
JUN	28 th	29 th	30 th	³⁹ Freestyle

COACHING SESSIONS: WHO, WHERE & WHEN?

August at Broad Oak, then at Parris Wood from September to May then back at Broad Oak for June.







Mondays 7-8pm: U11s

Tuesdays 7-8pm: U12s; U14s

Wednesdays 6-7pm: U5s & U6s; U7s; U8s 7-8pm: U9s; U10s 8-9pm: U13s; U16s

STRUCTURE FOR EACH U7s-U16s WEEKLY 60-MIN COACHING SESSION

The content will vary from week to week, but the structure will be the same for U7s-U16s each week

 10 minutes	<i>Intensive ball work</i>	Physical warm up including teamwork skills
 10 minutes	<i>Technique drill</i>	Coaches will teach a specific technical skill
 10 minutes	<i>Skill drill</i>	Players will practice that skill in a simulated match situation
 5 minutes	<i>Drinks & Register</i>	Short break for drinks and to take attendance register
 20 minutes	<i>Match-play</i>	Players use the new skill in competitive 4v4 matches
 5 minutes	<i>Review & Info</i>	Feedback from players and notices for matches and events

Players need to arrive on time, bring a water bottle, and be wearing their training kit and shin pads.

SEASON 2009-10: **FUNDAMENTALS COACHING** for U5s & U6s

Our programme for children in Reception and Year1 is serious fun! At this age, it's important that children really enjoy their introduction to the sport and they learn more than just football skills. We teach the basics of ball control and game play and our drills work on agility, balance and co-ordination. But we also encourage teamwork and communication and build up each child's social skills and self-esteem.

Sessions are 60 minutes long and are indoors, giving the children a safe, secure and comfortable environment. Parents are welcome to stay and we always need volunteers who would like to learn how to coach (we can help you get an FA coaching badge).

Our drills take the shape of fun games, all of which involve listening, teamwork, spatial awareness, movement, hand/foot-eye co-ordination and ball skills. We usually end with a mini-match and penalty shoot out. We encourage children to bring their friends and to make new friends. Many of the players at the club who began playing together at this age group are now at High School and playing 11-a-side League football. The friendships they made in **Fundamentals Coaching** sessions have been lasting.

WEEKEND MATCHES FOR EVERY AGE GROUP U5s-U16s

Every age group will have weekend matches

- U5s** **Sundays** 10am-12 noon: Broad Oak Primary School, internal 4v4 games
- U6s** **Sundays** 10am-12 noon: Broad Oak Primary School, internal 4v4 games
- U7s** **Sundays** 10am-12 noon: Broad Oak Primary School, mainly internal, with some home and away games
- U8s** **Sundays** 10am-12 noon: Broad Oak Primary School, mainly internal, with some home and away games
- U9s** **Saturday** mornings: League home games at Broad Oak Primary School, regular away games*
- U10s** **Saturday** mornings: League home games at Broad Oak Primary School, regular away games*
- U11s** **Saturday** mornings: League home games at Didsbury Road Primary School, regular away games*
- U12s** **Sundays** mix of morning and afternoon League home and away games, see fixture list*
- U13s** **Sundays** mix of morning and afternoon League home and away games, see fixture list*
- U14s** **Sundays** mix of morning and afternoon League home and away games, see fixture list*
- U16s** **Sundays** mix of morning and afternoon League home and away games, see fixture list*

*Fixtures and venues will be published on each team's page at www.fcbluestar.net