

SUBIACO AFC's PLAYER GUIDE BOOK, 2016

U/12-U/16 NPL



Kevin Grima, Subiaco AFC Technical Director

About Subiaco AFC

<http://subiacosoccer.asn.au/page/show/285304-history-of-subiaco-afc>

Football in Subiaco dates back to 1909 when the club established its base at a small playing area within the environs of the Shenton Park Lake. Established a little over 50 years, after a group of Benedictine monks, whose founder came from Subiaco, Italy, settled in the area in 1851, Subiaco AFC clearly has at its roots a broad mix of some of the world's best footballing philosophies.

From the early Italian immigrants, Subiaco can claim to have at its roots the great Italian football philosophies of playing attacking football with style, flair and creativity. In the early 1900s, an influx of industrial working class immigrants from cities such as Glasgow, Liverpool, Manchester and Newcastle during the Kalgoorlie gold rush years brought with it the great British footballing traditions of passion, spirit and hard graft that were to influence Subiaco's style of play for a number of years. During the post war years, the influence of the dynamic attacking and tactically advanced footballers from Southern and Eastern Europe allowed Subiaco to adopt a more technically superior style of play which in recent years has further been strengthened with the flair and freedom of expression that many new and young players are seeing in South America and Asia.

Throughout its history and years of hard fought success, Subiaco has however remained an integral part of Western Australia's football history and in the 2009 season we were proud to celebrate our Centenary Year. Playing as Subiaco City for over 80 years, the club has enjoyed periodic success. Whilst Subiaco City juniors have played continually at Rosalie Park, senior members of the club moved to Balcatta and changed their name to Subiaco Stirling in 1989 and after another move to Balga, the senior arm formed Balga West Coast in 1992 before folding in 1993. Subiaco United formed as an amateur senior club in 1984.

It is therefore most fitting that in 2009, our Centenary Year, Subiaco's junior and senior clubs - Subiaco City and Subiaco United, commenced the process of merging the two clubs to create Subiaco AFC, one of the largest football clubs in the Perth metropolitan area and in Western Australia.

With a clear goal of becoming the most successful football club in Western Australia over the next 10 years, Subiaco has at its core a focus on building its junior development program to be the pride of Western Australia's football community. With approximately 600 children playing in over 40 teams, the club is investing heavily in its junior ranks and has recruited some of the best coaches in the state. Subiaco AFC is a great club to be involved with. We welcome senior and junior players, men, women, boys and girls from all backgrounds, abilities and ages, we're building links at a grass-roots level across our community and we have players that aren't just falling in love with The World Game, but are playing The Beautiful Game.





Player Profile

Full Name: _____

Date of Birth: _____

Place of Birth: _____

Height: _____

Weight: _____

Favourite Position/s: _____

Favourite Team: _____

Favourite Player: _____

Subiaco AFC Team: _____

Insert self portrait

Nickname: _____



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Preface

Dear Subiaco AFC U/12-U/16 NPL Player,

It is with great pleasure that I present you with Subiaco AFC's NPL U/12-U/16 Player Guide Book. This is the first edition of a book of this kind which has been designed to create a football environment for NPL youth players at Subiaco AFC that is professional, consistent, progressive and conducive to youth football development and growth. In the 2016 edition of Subiaco AFC's Player Guide Book you will find a section that explains Subiaco AFC's rich history (page 2); a player profile section for you to fill out (page 3); information about what your Club values and stands for (pages 6-8); a section to set individual and team goals for the season (pages 10-13); detailed information on player roles and responsibilities in the 1-4-3-3 system (pages 14-30); information on how to become a 'student of the game' (page 31); and, a self assessment section so that you are able to monitor your own football growth and development throughout the 2016 season (pages 32-39).

In your Player Guide Book, you will also find a section with information on nutrition (pages 40-41), injury prevention (page 42), and injury management (page 43) so that you are able to make better choices about your health and well-being. Suggestions are offered for developing positive pre-match (page 44) and post match (page 45) routines, together with a full compliment of reflection activities (pages 46-73) to complete before and after each and every National Premier Leagues (NPL) and Football West Junior Cup fixtures for the 2016 season.

The final part of this Player Guide Book is made up of additional football exercises for you to consider to extend on the work of your coaches outside of regular NPL training time. All that you need to complete these additional exercises is four cones and a football. Having access to a local park with a full-sized goal is ideal to complete some of these activities but not essential. I have also included exercises for you to consider with a friend, two friends and three friends. Please ensure that you don't over train so I encourage you to discuss your additional program with your coach. You will find four activities under the following headings: solo technical (pages 76-81); solo football conditioning (pages 82-85); solo core strength (pages 86-89); pairs technical (pages 90-93); threes technical (94-97); and, fours technical (98-101). A goalkeeper decathlon (pages 102-111) is also included to support the development of goalkeepers during regular NPL training time.

Lastly, I wish to take this opportunity to congratulate you on winning selection to represent Subiaco AFC NPL in season 2016. Representing Subiaco AFC at the highest level of youth football in Western Australia is a privilege that I know you will honour with great pride and distinction throughout the 2016 season. I look forward to monitor your growth and development as a person and football player throughout the season.



Kevin Joe Grima
Subiaco AFC Technical Director

Subiaco AFC's Vision and Mission

SUBIACO AFC'S VISION

Subiaco AFC's vision is to be a community hub that facilitates the development of its members, with particular focus on youth, through sport.

SUBIACO AFC'S MISSION

To maintain, and continually improve, a sustainable infrastructure, for the purpose of supporting the development of youth and adults, in relation to life and sport, through:

1. organic growth;
2. the provision of player pathways;
3. the search of excellence;
4. encouragement, education, guidance and support;
5. member contribution and re-contribution;
6. a strong work ethic;
7. professional conduct;
8. the provision of a safe, progressive and challenging environment;
9. the willingness to give, without expectation.



2015 Junior League Top 4 Finals Winners: U/12 Div 2 and U/18 Div 1



Subiaco AFC's Style of Play

Subiaco AFC has a rich history spanning over 100 years which has enabled the Club to develop its own sense of identify and playing style. Overtime, the Club has been influenced by a broad mix of influential people from all parts of the world to create a playing style that brings together the strengths of some of the world's best footballing philosophies. These include:

- **Italian**- Defensive shape and structure
- **British**- Passion, spirit and hard graft
- **Australian**- Team mentality and never say die attitude
- **South American**- flamboyance and creativity
- **Asian**- Technical proficiency and discipline
- **African**- Strength and attacking flair
- **Southern European**-Tactical masters and attention to detail

*Subiaco AFC's playing style in attack is underpinned by playing a proactive and positive brand of football that showcases **technical proficiency, creativity and attacking flair**.*

*Defensively and in transition, the key components are **structure, discipline, hard graft and attention to detail**.*

*Subiaco AFC has a strong **team mentality** and a **never say die attitude**, capitalising on Australia's traditional strengths.*



Figure 1: Formation of Subiaco AFC's Identity and Playing Style

Subiaco AFC's Core Values in Youth Football

Quality Football

Subiaco AFC teams play an attractive and positive brand of football

Team Work

Subiaco AFC players work hard to support their team mates and coaches at all times

Positive Attitude

Subiaco AFC players are recognised for being positive role models on and off the pitch

Winning Mentality

Subiaco AFC has a strong winning culture and never say die attitude





Goal Setting

Top-level athletes, successful business-people and achievers in all fields all set goals. **Setting goals** gives you long-term vision and short-term motivation (MindTools, 2016). Goal setting provides you with direction and helps you prepare and achieve your desired performance (Hogg, 2000). The trick to goal-setting is to make sure that you create **SMART goals**. That requires you to create goals that are: specific, measurable, attainable, realistic and time-bound (SEOMoz, 2016 [Refer to Figure 2]).

Specific

A goal is specific when it is *clear* and *well defined*. General or vague goals don't provide sufficient direction because they don't clearly articulate what you want to achieve (IOC, 2015). Goals are specific when they identify *exactly* what you want to achieve.

Measurable

A goal needs to include precise amounts and dates so that you are able to measure your degree of success along the way. Without this, you will likely miss out on celebrating the successes that you achieve throughout your journey (IOC, 2015).

Attainable

You need to make sure that you create goals that are challenging yet achievable. If you set goals that you have no hope of achieving, you will only demoralise your confidence (IOC, 2015). However, make sure that you create goals that are not too easy otherwise you will not be motivated to achieve them.

Realistic

We all have dreams to aspire to but you must avoid the trap of setting goals that are unrealistic. For example, the best U/12 NPL player will not play with the U/18s because his or her body is not physically ready for senior football. Be careful, creating unrealistic goals can erode your confidence.

Time-Bound

Your goals must have a *deadline* so that you aim to achieve your goals by a specific time-frame. If you don't have a time-frame, you will not know how to measure your progress or when to celebrate your successes.



Figure 2: SMART Goals (SEOMoz, 2016)



Goal Setting (Individual Goals)

My individual goals are:

To reach my individual goals I will:

I will know if I reached my individual goals because:

Two things that will help me stick to my individual goals are:



Goal Setting (Team Goals)

Our team goals are:

To reach our team goals we will:

We will know if we reached our team goals because:

Two things that will help us stick to our team goals are:



Goal Setting (Team Goals)

Insert team photo

Subiaco AFC _____

Roles and Responsibilities

The 1-4-3-3 Formation

Preferred formation to enhance development

The 1-4-3-3 formation is recognised by a number of leading experts as the most appropriate formation to develop technically proficient and tactically insightful players (Berger, 2010; Lavers, n.d.; Podeyn, 2008). The system “puts almost all players at diagonal angles in relation to each other automatically” (Sandringham SC, 2013, p. 8). This formation enables players to face forwards when receiving the ball and encourages angled passes, which is a trait that I wish to encourage in all Subiaco AFC NPL players across all ages.

The 1-4-4-2 formation is still widely used in Australia and even at Subiaco AFC; however, this system automatically puts players in ‘grid positions’ across the pitch, which encourages square passes and forces midfielders and attackers, at times, to face backwards to receive the ball from a team mate. Personally, I discourage square passes in my teams as an errant pass can easily be intercepted with an entire line of players bypassed. This puts tremendous pressure on the defenders in managing a quick counter-attack.

As Club Technical Director, I encourage coaches to exercise professional wisdom in adopting a system that is most likely to provide their team with the opportunity to experience success, using the 1-4-3-3 formation as a starting point. The 1-4-3-3 formation can easily be adopted into similar formations, such as: 1-4-1-4-1; 1-4-2-3-1; and ‘False 9’. For example, in 2015, the U/14 NPL team adopted the 1-4-1-4-1 system on their way to the Grand Final of the ‘Junior Cup’ and the U/12 Div 2 side adopted a 1-4-2-3-1 formation after scoring an early goal against Perth SC to win the ‘Junior League Top Four Finals’ 1-0 against all odds. It is encouraged that all Subiaco AFC NPL players are familiar with the roles and responsibilities of the 1-4-3-3 formation as the primary formation of choice, which are detailed for you in the following pages.



The 1-4-3-3 formation as the Building Block to enhance player development.

Roles and Responsibilities

The 1-4-3-3 Formation

1-4-3-3 System

This is the 1-4-3-3 System with the Central Attacking Midfielder (#10) playing just behind the Centre Forward (#9). This system has a numerical system that relates to a certain position:

1. Goalkeeper
2. Right Full-back
3. Central Defender (stopper)
4. Central Defender (technical)
5. Left Full-back
6. Right Midfielder
8. Left Midfielder
10. Attacking Midfielder (playmaker)
7. Right Forward
9. Centre Forward
11. Left Forward



Source: Podeyn, R. (2008: p. 18) *Coaching the Dutch 4-3-3*. Leawood: World Class Coaching.

Roles and Responsibilities: PRESSURE PLAY

HIGH PRESSURE PLAY

This is usually implemented in situations where you might be down a goal or are playing against a considerably weaker or inferior opponent. Using high pressure is different than simply applying pressure. High pressure involves the systematic marking and pressuring of an entire team to eliminate options and win the ball back as quickly as possible. Pressure involves the reduction of time and space with possession to force your opponent to either make a mistake or to lose possession of the ball.

LOW PRESSURE PLAY

A team cannot possibly play high pressure all of the time. It requires too much energy and too much risk. Therefore, it is very common for a team to vary their style throughout the course of the game to off-balance your opponent. Low pressure involves getting everyone behind the ball once possession is lost. You allow a certain amount of space in front of you for your opponent as your shape becomes very compact centrally. Once your opponent approaches you, then you begin to guide them to the side and to eliminate any and all central options. Often when possession is won the first look is for the centre forward (#9) who may be matched up 1 v 1 against one of the opposing central defenders. This creates the opportunity of an immediate counter-attack.



High Pressure Play on Lionel Messi: Atletico Madrid (2) vs. FC Barcelona (1) in 2010.

Source: Podeyn, R. (2008: p. 17) *Coaching the Dutch 4-3-3*. Leawood: World Class Coaching.

Roles and Responsibilities: #1 GOALKEEPER

Ball Possession (BP)

A goalkeeper's main responsibility is to protect the goal, but the modern day goalkeeper is expected to do a lot more. We want him/her to be 2-footed, be able to receive a ball comfortably, pass the ball and be able to clear the ball when being passed back to and under pressure. Also, his/her quick distribution can start a quick counter attack. Our style will focus on a good build up from the back, but if there is a one v one situation up front then play it long to safety.

Ball Possession Opposition (BPO)

This player must be an excellent communicator and should always be giving instruction and information to their defensive unit. They need to be able to read what the opposition is doing and to communicate this effectively and concisely to the defenders. It can be a game of centimetres, and goalkeepers must be very specific in where they want their defenders and, at times, how they want them to defend. They should be in control of their area and should be able to command at all times. A good goalkeeper knows how to effectively communicate for the duration of the match and is always in command of the 18 yard box. It is also necessary for today's goalkeeper to be able to come out and act as a sweeper to negate through balls and quick counter attacks, for example: Manuel Neuer. This system forces teams to attempt through balls in an attempt to alleviate the pressure of having the ball and opponents in their half of the field for the majority of the time. The goalkeeper should understand this and always be aware of what the opponent is doing and how they might be able to minimize it.



German goalkeeper Manuel Neuer shows safe hands at the 2014 FIFA World Cup.

Source: Podeyn, R. (2008: pp. 14 & 17) *Coaching the Dutch 4-3-3*. Leawood: World Class Coaching.

Roles and Responsibilities: #2 & #5 RIGHT AND LEFT FULL BACKS

Ball Possession (BP)

Fullbacks look great when coming forward overlapping and putting in great crosses, for example: Philipp Lahm and Jordi Alba. When one fullback has made that run the other fullback should tuck inside and slightly behind the two central defenders to provide proper support in case of loss of possession and to prevent a successful counter attack from the opponent. The fullbacks should also look to push on down the line when the goalkeeper has the ball. The goalkeeper can either play the ball directly to either of them (if they are free and available). Fullbacks can also receive possession from the central defenders who receive the ball and look to play it wide for the build-up. The first option in this style of play is to always look and play forward as quickly as possible. In every situation, a player who has time and space in this position should always look to run forward with the ball. The second option is play it sideways into a midfielder when they are free and showing for the ball. The third and final option is to play the ball backwards and start the build up again through the other flank. The fullback and wide forward on that same side (e.g. #2 & #7 / #5 & #11) should be very familiar with one another and understand how and where they want the ball delivered. For example, if the wide forward is tightly marked the ball should be played into space behind. If the wide forward has time and space, then the ball should always be delivered into feet. This is an incredibly important factor as a wide forward that can consistently get behind the defender can create goal-scoring chances. These scoring chances cannot be realized without effective communication and strong support from the fullbacks.



Source: Podeyn, R. (2008: p. 14) *Coaching the Dutch 4-3-3*. Leawood: World Class Coaching.

Roles and Responsibilities: #2 & #5 RIGHT AND LEFT FULL BACKS

Ball Possession Opposition (BPO)

If your opponents play a 4-3-3 formation then the full backs (#2 & #5) will man mark their direct opponent on the wing. If the attack takes place down the flank of your other fullback then tuck in and cover and help your two central defenders. If it is a 4-4-2 formation against you then when the ball is played on your side push onto the wide midfielder to mark him/her and your closest central defender (#3 or #4) tucks in to cover and support you. The biggest difference between these two is that the fullbacks must react more quickly when pushing forward to pressure a wide midfielder in a 4-4-2 formation whereas in a 4-3-3 formation the wide forward (#7 or #11) is always close to the fullback (#2 or #5).



Jordi Alba for Spain versus France (2012)



Source: Podeyn, R. (2008: p. 16) *Coaching the Dutch 4-3-3*. Leawood: World Class Coaching.

Roles and Responsibilities: #3 & #4 CENTRAL DEFENDERS

Ball Possession (BP)

Number 3 is generally looked upon as being the 'stopper'. The main purpose of this player is to defend, for example: Terry and Hummels. Number 4 is the technical player. This player, when called upon to, is asked to start the build up from the back and may also be looked to push on into midfield, for example: David Luiz. It would be ideal if the right central defender was right-footed and the other left-footed. This would give the defensive third perfect balance in the build-up. In a perfect situation both would be able to defend and both would be technically strong players. When the goalkeeper has the ball the positioning of the central defenders to start the build-up is important. They should begin at the corners of the penalty box so they can spread the opponents' strikers who want to close down and pressure.

The central defenders should be prepared to accept the ball sideways on so that they can quickly look forward for the next pass with the ball at their feet. They should look to make quick and effective choices of where to play the ball and to minimize the risks of deciding where to continue possession or whether to run with the ball. Remember, making an incorrect decision in the middle defensive third will almost always cost you a goal. Central defenders are the heart and soul of your defence. It is important that when one goes forward you make sure that either a midfielder covers for them, or both of the fullbacks (#2 & #5) tuck in to create some security in the middle of the defence.



Source: Podeyn, R. (2008: p. 14) *Coaching the Dutch 4-3-3*. Leawood: World Class Coaching.

Roles and Responsibilities: #3 & #4 CENTRAL DEFENDERS

Ball Possession Opposition (BPO)

The first and most important responsibility of these two players is to make sure that they are supporting the #2 and #5 players when they are defending an opponent with possession. This means that they must be at an angle behind that player and within 10 - 12 metres of them to prevent the opponent from coming inside. These players are responsible for making sure the defence is properly shifting and has its shape. They are the link between each of the fullbacks but, more importantly, they are the ones who read the opposition and communicate to the defence what adjustments are needed. It should be as if the entire defensive unit is on a rope that is being guided and pulled by the two central defenders (#3 & #4).



Mats Hummels defending at the 2014 FIFA World Cup Final

Source: Podeyn, R. (2008: p. 17) *Coaching the Dutch 4-3-3*. Leawood: World Class Coaching.



Roles and Responsibilities: #6 & #8 RIGHT AND LEFT MIDFIELDERS

Ball Possession (BP)

These two players are always referred to as linking players, for example: Yaya Toure and Sergio Busquets. They are there to link the possession between the fullbacks (#2 & #5) and the attackers (#7, #9 & #11). They are the middle point of the triangle, the essence of the system, and always provide support for the central players (#10 & #9). Also, they look to capitalize on the open or available spaces created by the attackers' runs to either gain an attempt at goal or to possibly get a scoring chance for themselves.

When one midfielder makes an advancing run the other one must hold and tuck into a central position to keep the teams' shape and balance in case possession is lost. They should always look to make themselves available to the ball, especially when the goalkeeper is in possession, so that they may receive and quickly look to play the ball forward to the attacking players.

Their first option will always be to look forward to the central players. If they are not available, then they look for their second option (attacking players wide, or the space behind them and the wide defenders). Their third option would be to play the ball wide to an advancing fullback (#2 or #5). The final option, as with all positions, would be to play the ball back to a supporting player.



Source: Podeyn, R. (2008: pp. 14 & 15) *Coaching the Dutch 4-3-3*. Leawood: World Class Coaching.

Roles and Responsibilities: #6 & #8 RIGHT AND LEFT MIDFIELDERS

Ball Possession Opposition (BPO)

These players are responsible for maintaining the shape of the triangle at all times, defensively as well. They do this to support the central midfielder and to prevent and eliminate the risk of the opponent switching the field of play, something that would break down the system quickly. These players must make sure that they are within 12-15 metres of each other and are keenly aware of the opponent's central options. They must be sure to shift and mark them closely, but to not damage the integrity of the triangle in this action. They just need to be close enough to disrupt, intercept or force the opponent back to the same side. There must always be a point of the triangle blocking a central option for the opponent. In addition, if the opponent should penetrate deep into the defensive third, then they must become marking players inside the 18 yard box to eliminate the threat of an attack via a served or driven ball.



Yaya Toure playing for Ivory Coast at the 2014 FIFA World Cup

Source: Podeyn, R. (2008: p. 16) *Coaching the Dutch 4-3-3*. Leawood: World Class Coaching.



Roles and Responsibilities: #10 ATTACKING MIDFIELDER

Ball Possession (BP)

This player should be your most technically gifted player, for example: Maradona, Zidane, Ronaldinho and Messi. The main responsibility of this player is to always support and play off the central forward (#9). This player must read the game well and be able to anticipate the attacking play based upon the runs made by the attackers. They must always look to keep the central balance of the attack by always being available to receive the ball from any of the three attackers (#7, #9 & #11).

They are responsible for attacking the goal on all serves, but must also be ready to read the central defenders in order to determine which type of run needs to be made. For example, if the central attacker makes a checking run to receive the ball and draws both of the central defenders, then this player must recognize this and immediately attack the space vacated by the two central defenders. If only one of the central defenders follows and the other remains, then this player must check in behind the centre forward (#9) for immediate support.

This central midfield player, also known as the '*trequartista*', is the playmaker of the system and is looked upon as the player who makes things happen in and around the box with their skill and vision. This player will always be looked upon to create scoring chances for others and for themselves.



Source: Podeyn, R. (2008: p. 15) *Coaching the Dutch 4-3-3*. Leawood: World Class Coaching.

Roles and Responsibilities: #10 ATTACKING MIDFIELDER

Ball Possession Opposition (BPO)

This player's main responsibility is to prevent a central player from receiving and playing a ball through the middle. They must always be aware of where the central options for the opponent are and do their best to eliminate or reduce the possibility of a central pass forward. Often this may be one of the central defenders attempting to possess and move the ball forward.

The central midfielder must make sure that they apply immediate pressure to guide them to one side. Once they have been guided there, the near side fullback (#2 or #5) then picks up the task and allows the attacking midfielder (#10) to remain central (within the width of the 18 yard box) in an effort to continue eliminating the opponent's central options.



Lionel Messi skips past two Swiss defenders (2014 FIFA World Cup)

Source: Podeyn, R. (2008: p. 16) *Coaching the Dutch 4-3-3*. Leawood: World Class Coaching.



Roles and Responsibilities: #7 & #11 RIGHT & LEFT FORWARDS

Ball Possession (BP)

The most important skill these players must have is speed, for example: Cristiano Ronaldo and Arjen Robben. It would be ideal that they are the fastest players on the field, but they must be at least above average in speed for this system to work. This whole system is predicated upon the fact that these players have speed and can put immediate pressure because of this on the opposing defence.

They always look to stay wide and are often called upon to serve the ball into the box for the central players (#10 & #9) to attack the goal. They must understand that when the fullback marks them tightly that the ball needs to be played into space behind them. Conversely, when they have space between them and the opposing fullback, the ball must then be played into their feet. They always look for opportunities to isolate the opposing fullback and take them on 1 v 1 as often as possible.

They also look for combinations with supporting central players in an attempt to exploit and beat their defender. They always look to stay as wide and as deep as possible when the team has ball possession. Finally, they must be patient players as they will often go extended periods of time without ever gaining possession of the ball but they must always stay focused and involved, as their role is often to stretch the defence. By holding the line as deep as possible the right and left forwards (#7 & #11) are automatically creating space for others and themselves.



Source: Podeyn, R. (2008: p. 15) *Coaching the Dutch 4-3-3*. Leawood: World Class Coaching.

Roles and Responsibilities: #7 & #11 RIGHT & LEFT FORWARDS

Ball Possession Opposition (BPO)

These two players are responsible for monitoring the opposing two fullbacks. For **high pressure**, allow a distance in which you invite the opposing goalkeeper to pass to one of the opposing fullbacks. Once the goalkeeper has decided to distribute to one of the fullbacks, then the wide forwards (#7 & #11) look to close and immediately apply pressure inside with the central forward (#9) dropping back centrally anticipating a pass back to the goalkeeper.

The weak side or opposite side wide forward also tucks inside to eliminate space and to try to force a difficult or errant pass from the opponent. In normal situations the wide forwards (#7 & 11) would drop back and tuck in to force the opposition to play the ball wide. Once the goalkeeper distributes ball, then the wide forward would apply **moderate pressure** ensuring that possession stays wide and that no central possession opportunities exist.



Cristiano Ronaldo skips past two defenders (2014 FIFA World Cup)

Source: Podeyn, R. (2008: p. 16) *Coaching the Dutch 4-3-3*. Leawood: World Class Coaching



Roles and Responsibilities: #9 CENTRE FORWARD

Ball Possession (BP)

This player is expected to score the goals and win your team the game, for example: Zlatan Ibrahimovic and Luis Suarez. A good centre forward (#9) can be played comfortably into feet so he/she can bring other players into play. They must be able to hold the ball under pressure from an opponent and still be able to see supporting players. They will often be called upon to attack the goal via flighted balls and must be able to win the ball in the air. They are smart, quick players who are very attack-minded and look to get behind the defence as often as possible.

They must be able to read the central defenders to see if they are being double-teamed and, if not double-teamed, be able to turn and quickly attack the one central defender. They must have the insight to see supporting players immediately, but also understand where supporting players are without seeing exactly where they are. There is a certain trust factor with this player and all players in this system as they are expected to operate under pressure at all times and must be able to make runs and attack a defence for the duration of the match whether immediately successful or not.



Source: Podeyn, R. (2008: pp. 15-16) *Coaching the Dutch 4-3-3*. Leawood: World Class Coaching.

Roles and Responsibilities: #9 CENTRE FORWARD

Ball Possession Opposition (BPO)

Starts in between the two opposing central defenders and waits for the right moment to cut off the goalkeeper and force possession to the sides. The plan should be to force possession to the technically weakest central defender as there is a better chance of either winning the ball or forcing this player to make a mistake. The centre forward (#9) should always try to anticipate a pass by the defender back to the goalkeeper. This is the best time to apply pressure in the hopes of forcing your opponent to make a mistake.



Zlatan Ibrahimovic playing for Sweden against Denmark (2009)

Source: Podeyn, R. (2008: p. 16) *Coaching the Dutch 4-3-3*. Leawood: World Class Coaching.



Roles and Responsibilities: OFFSIDE TRAP

OFFSIDES

Playing the offside trap can be very risky, especially when you play with a flat back four system. The most important fact is that the defence needs to be functioning and working together. If they are shifting and sliding as they are supposed to be, then the off-side trap will become easier to employ.

In a situation where the opponent has possession on the wide areas (wing), which should be the case most of the time since this system is predicated on forcing and keeping your opponent wide, then the responsibility of implementing the offside trap becomes that of the weak side fullback. For example, if the ball is on #2's side, then it is up to #5 to determine if an offside trap should be attempted.

This should never be implemented as your main defensive weapon as it is far too risky and can often fail because of too many variables, such as, incorrect decisions by the linesperson in question. However, it is sometimes necessary to implement this when trying to negate your opponent's tactical advantage or game plan.



Offside trap to perfection: Liverpool FC versus Newcastle United (2008)

Source: Podeyn, R. (2008: p. 17) *Coaching the Dutch 4-3-3*. Leawood: World Class Coaching.



Player Education

As a National Premier Leagues (NPL) player, you are encouraged to become a **student of the game** so that you develop a better understanding of the game. Becoming a student of the game develops by taking a genuine interest in how the game is played and taking time to analyze how others view and play the game of football.

Football is played and expressed in a number of different styles and no one style or system is better than the other. For example, Leicester City under Italian coach Claudio Ranieri has reverted back to a traditional 4-4-2 flat formation, which has seen them excel in the English Premier League this season against all odds. Perth Glory FC has also recently converted back to this formation during their recent form rise.

Meanwhile, FIFA Club World Cup winners FC Barcelona continue to adopt a free flowing 4-3-3 formation to dominate the Spanish La Liga and UEFA Champions League, whilst last year's UEFA Champions League runners-up Juventus FC continue to tinker between a 3-5-2 formation and a 4-4-2 diamond [trequartista] formation to top the Italian Serie A for the fourth consecutive year. In the meantime, German giants FC Bayern Munich under Spanish [Catalan] coach Pep Guardiola have reinstated the 'W-M formation' to good effect in both the German Bundesliga and UEFA Champions League, a system which was first introduced by Arsenal FC in the 1970's. These examples go to show that no system is more effective than the other. Each system and style of play is carefully selected by the coach that best suits the players in the team and to break down the opposition most effectively. The Foxtel network has rights to show all these leagues. It is recommended that you take time to observe and analyse these teams to develop a better understanding of each of these styles and systems. Below you find links to the fixtures of the English Premier League, Hyundai A-League, Spanish La Liga, Italian Serie A and German Bundesliga:

English Premier League

<http://www.premierleague.com/en-gb/matchday/matches.html>

Hyundai A-League

<http://www.a-league.com.au/results>

Spanish La Liga

<http://www.skysports.com/football/competitions/la-liga/fixtures>

Italian Serie A

<http://www.skysports.com/football/competitions/serie-a/fixtures>

German Bundesliga

<http://www.skysports.com/football/competitions/bundesliga/fixtures>

To become a student of the game, you also need to have good knowledge of the laws of the game. Below you will find a link to a free online course:

FFA's Laws of the Game Online Course

<https://laws.myfootballclub.com.au/>

A certificate of completion is available for you to print once you successfully complete this *free* online course!

Self- Assessment: 1-4-3-3 Competence Profile and Assessment Forms: Under 12s-Under 19s

Berger, Football Federation Australia, 2010

Subiaco AFC NPL coaches are required to submit a '1-4-3-3 Competence Profile and Assessment Form' to assess player development. These assessments are conducted at the mid-point and conclusion of every season to monitor progress on each of their players based on a specialized position in the 1-4-3-3 formation. The following pages (pp. 32-38) provide you with the 'Competency Profile and Assessment Forms' for each specialized position in the 1-4-3-3 formation, which includes: #1 goalkeeper; #2 and #5 right and left full-backs; #3 and #4 central defenders; #6 and #8 right and left midfielders; #10 attacking midfielder; #7 and #11 right and left forwards; and, #9 centre forward. These tools were developed by former FFA Technical Director Han Berger and adopted from his previous youth roles in the Netherlands.

As a Subiaco AFC NPL player, I highly encourage you to become familiar with the 'competency profile and assessment form' for your specific position. You should be able to identify all the competency criteria in: Ball Possession Own Team; Ball Possession Opponent; Football Fitness; and, Personal Characteristics so that you are aware of the areas that you will be assessed on. If you play different positions, it is recommended that you become familiar with the criteria of the different roles that the coach asks you to fulfil. Dark blue boxes indicate that players in this age group are not developmentally ready to demonstrate a specific competency indicator, whilst light blue boxes indicate that it is unlikely but possible in some talented players. The white boxes are the areas to be filled by your coach based on the specific performance criteria. The three columns with E, A, M indicate the level of proficiency for each performance criteria. **E** is viewed as being below average; **A** as being average and **M** as being above average. Coaches assess you using these performance criteria based on the level of quality present in your age category. For example, U/14 NPL players are assessed comparatively to all other U/14 NPL players.

All Subiaco AFC NPL players are encouraged to engage in **self-assessment** using these 'competence profile and assessment forms' to critically and honestly evaluate your own football development and highlight areas for growth. This **self-assessment** should be conducted three times a year in order to gain maximum benefits from the exercise. The first self assessment should be undertaken in pre-season as a form of **diagnostic assessment** to identify where you are currently at without any match practice. The second self assessment should be undertaken at the mid-point of the season as a form of **formative assessment** to provide information about your progress and the final self assessment should be undertaken at the end of the season as a form of **summative assessment** to provide a final indication of your football growth and development (Brady & Kennedy, 2010; Marsh, 2014). It is also highly recommended that you request the mid-point assessment form from your coach as a form of feedback in search of continuous growth and development.



Han Berger
Former FFA Technical Director

1-4-3-3 Competence Profile and Assessment Forms: #1 GOALKEEPER

Berger, Football Federation Australia, 2010

Goalkeeper nr. 1 Competence profile & assessment form	U/12 - U/13			U/14 - U/15			U/16 - U/17			U/18 - U/19		
	E	A	M	E	A	M	E	A	M	E	A	M
Ball possession own Team												
Playing out & support to defense line												
Goal kick												
Volley and dropkick												
Throwing & rolling												
Positioning in relation to the play												
Ball possession Opponent												
Starting position and footwork												
Stance / set position												
Duel 1 v 1 (opponent coming towards goal)												
Catching technique (scoop, cup, W)												
Diving												
Parrying/deflecting												
Handling crosses (intercepting & punching)												
Tactical insight / decision making												
Goalkeeping Fitness												
Explosivity in goalkeeping actions												
Quick recovery between two explosive actions												
Maintaining explosivity of goalkeeper actions												
Maintaining quick recovery between explosive goalkeeper actions												
Flexibility / agility												
Coordination												
Personality characteristics												
Organizing & leadership (BPO & BP)												
Ability to perform under pressure												
Bravery & decisiveness												
Ability to learn (is the player 'coachable' ?)												
Ability to focus / concentrate												
Presence / personality / charisma												
Handling disappointments												
General attitude, discipline & conduct												
Self image / assessment												

Name:

Team:

Remarks & follow-up:

➤

➤


➤

➤

➤

➤

➤



1-4-3-3 Competence Profile and Assessment Forms: #2 & #5 RIGHT AND LEFT FULL BACKS

Berger, Football Federation Australia, 2010

Full-backs nr. 2 (ri) & nr. 5 (le) Competence profile & assessment form	U/12 - U/13			U/14 - U/15			U/16 - U/17			U/18 - U/19		
	E	A	M	E	A	M	E	A	M	E	A	M
Ball Possession own Team												
Receiving / first touch												
Running with the ball												
Passing												
Crossing												
Handling speed												
Tactical insight re. playing out and attacking												
Ability to use both feet												
Transitioning BPO to BP												
Ball Possession Opponent												
1 v 1 (duelling & tackling)												
Preventing & blocking crosses												
Defensive heading												
Defensive positioning												
Squeezing & covering the central defenders												
Tactical insight re. defensive decision making												
Transitioning BP to BPO												
Football Fitness												
Explosivity in football actions												
Quick recovery between two explosive actions												
Maintaining explosivity during 90 minutes												
Maintaining quick recovery during 90 minutes												
Speed & coordination												
Personal Characteristics												
Task conscientious												
Agressiveness												
Initiative												
Motivation												
Ability to learn (is the player 'coachable' ?)												
Ability to maintain focus												
General attitude, discipline & conduct												
Handling disappointments												
Self image / assessment												

Name:

Team:

Remarks & follow-up:

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1-4-3-3 Competence Profile and Assessment Forms: #3 & #4 CENTRAL DEFENDERS

Berger, Football Federation Australia, 2010

Central Defenders nrs. 3 (ri) & 4 (le) Competence profile & assessment form	U/12 - U/13			U/14 - U/15			U/16 - U/17			U/18 - U/19		
	E	A	M	E	A	M	E	A	M	E	A	M
Ball Possession own Team												
Receiving / first touch												
Short passing in playing out												
Long passing												
Running with the ball												
Handling speed												
Tactical insight re. playing out & attacking)												
Ability to use both feet												
Transitioning BPO to BP												
Ball Possession Opponent												
1 v 1 (dueling & tackling)												
Defensive heading												
Defensive positioning												
Covering (full back and central defender)												
Tactical insight re. defensive decision making												
Transitioning BP to BPO												
Football Fitness												
Explosivity in football actions												
Quick recovery between two explosive actions												
Maintaining explosivity during 90 minutes												
Maintaining quick recovery during 90 minutes												
Speed & coordination												
Personal Characteristics												
Task conscientious												
Coaching and leadership												
Solid, resilient, winner mentality												
Motivation												
Ability to learn (is the player 'coachable' ?)												
Ability to maintain focus												
General attitude, discipline & conduct												
Handling disappointments												
Self image / assessment												

Name:

Team:

Remarks & follow-up:

- ✓
- ✓
- ✓
- ✓
- ✓
- ✓
- ✓



1-4-3-3 Competence Profile and Assessment Forms: #6 & #8 RIGHT AND LEFT MIDFIELDERS

Berger, Football Federation Australia, 2010

Midfielders nrs. 6 (ri) & 8 (le)	U/12 - U/13			U/14 - U/15			U/16 - U/17			U18 - U/19		
Competence profile & assessment form	E	A	M	E	A	M	E	A	M	E	A	M
Ball Possession own Team												
Receiving / first touch												
Passing & (feeling for) combination play												
Running with the ball (penetrating)												
Creating scoring chances ('killer pass')												
Goal scoring ability												
Ability to keep the ball under pressure												
Positional play												
Handling speed												
Tactical insight / decision making												
Ability to use both feet												
Transitioning BPO to BP												
Ball Possession Opponent												
1 v 1 (dueling & tackling)												
Marking, tracking & pressuring												
Defensive positioning (intercepting passes / cutting pass lines)												
Tactical insight: 'reading' the game; anticipating												
Transitioning BP to BPO												
Football Fitness												
Explosivity in football actions												
Quick recovery between two explosive actions												
Maintaining explosivity during 90 minutes												
Maintaining quick recovery during 90 minutes												
Speed & coordination												
Personal Characteristics												
Task conscientious												
Game intelligence / vision												
Decisiveness												
Motivation												
Ability to learn (is the player 'coachable'?)												
Ability to maintain focus												
General attitude, discipline & conduct												
Handling disappointments												
Self image / assessment												

Name:

Team:

Remarks & follow-up:

- ✓
- ✓
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1-4-3-3 Competence Profile and Assessment Forms: #10 ATTACKING MIDFIELDER

Berger, Football Federation Australia, 2010

Offensive midfielder nr. 10	U/12 - U/13			U/14 - U/15			U/16 - U/17			U/18 - U/19		
Competence profile & assessment form	E	A	M	E	A	M	E	A	M	E	A	M
Ball Possession own Team												
Receiving / first touch												
Effective running with & without the ball												
Effective combination play												
1 v 1 (ability to take on defenders)												
Finishing skills (shooting / heading)												
Creating scoring opportunities (killer pass)												
Ability to keep the ball in tight areas												
Handling speed												
Tactical insight / positioning												
Ability to use both feet												
Transitioning BPO to BP												
Ball Possession Opponent												
Transitioning BP to BPO												
Disturbing and tracking												
Pressuring / dueling												
Defensive positioning (blocking pass lines)												
Tactical insight: 'reading' the game; anticipating												
Football Fitness												
Explosivity in football actions												
Quick recovery between two explosive actions												
Maintaining explosivity during 90 minutes												
Maintaining quick recovery during 90 minutes												
Speed & coordination												
Personal Characteristics												
Creativity; ability to improvise												
Game intelligence / cleverness												
Task awareness and consciousness												
Motivation												
Ability to learn (is the player coachable ?)												
Ability to maintain focus												
General attitude, discipline & conduct												
Handling disappointments												
Self image / assessment												

Name:

Team:

Remarks & follow-up:

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1-4-3-3 Competence Profile and Assessment Forms: #7 & #11 RIGHT & LEFT FORWARDS

Berger, Football Federation Australia, 2010

Wing attackers nrs. 7 (ri) & 11 (le) Competence profile & assessment form	U/12 - U/13			U/14 - U/15			U/16 - U/17			U/18 - U/19		
	E	A	M	E	A	M	E	A	M	E	A	M
Ball Possession own Team												
Receiving / first touch												
Effective combination play												
1 v 1 (ability to take on defenders)												
Running with the ball												
Finishing skills (shooting / heading)												
Creating opportunities (cross / 'killer' pass)												
Handling speed												
Tactical insight / positioning												
Ability to use both feet												
Transitioning BPO to BP												
Ball Possession Opponent												
Transitioning BP to BPO												
Disrupting & tracking												
Pressuring / dueling												
Defensive positioning												
Tactical insight: 'reading' the game; anticipating												
Football Fitness												
Explosivity in football actions												
Quick recovery between two explosive actions												
Maintaining explosivity during 90 minutes												
Maintaining quick recovery during 90 minutes												
Speed & coordination												
Personal Characteristics												
Creativity												
Imperturbability												
Game cleverness												
Motivation												
Ability to learn (is the player coachable ?)												
Ability to maintain focus												
General attitude, discipline & conduct												
Handling disappointments												
Self image / assessment												

Name:

Team:

Remarks & follow-up:

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1-4-3-3 Competence Profile and Assessment Forms: #9 CENTRE FORWARD

Berger, Football Federation Australia, 2010

Central striker nr. 9 Competence profile & assessment form	U/12 - U/13			U/14 - U/15			U/16 - U/17			U/18 - U/19		
	E	A	M	E	A	M	E	A	M	E	A	M
Ball Possession own Team												
Revealing / first touch												
Effective combination play (wall pass; 3rd man)												
1 v 1 (ability to take on defenders)												
Running with the ball												
Finishing skills (shooting / heading)												
Goal scoring 'instinct'												
Creating opportunities												
Shielding the ball under pressure of opponent												
Handling speed												
Tactical insight / positioning												
Ability to use both feet												
Transitioning BPO to BP												
Ball possession Opponent												
Transitioning BP to BPO												
Disturbing and tracking												
Pressuring / dueling												
Defensive positioning ('leading' to a flank)												
Tactical insight: 'reading' the game; anticipating												
Football Fitness												
Explosivity in football actions												
Quick recovery between two explosive actions												
Maintaining explosivity during 90 minutes												
Maintaining quick recovery during 90 minutes												
Speed & coordination												
Personal Characteristics												
Imperturbable (calm in pressure situations)												
Finisher												
Game cleverness												
Motivation												
Ability to learn (is the player coachable ?)												
Ability to maintain focus												
General attitude, discipline & conduct												
Handling disappointments												
Self image / assessment												

Name:

Team:

Remarks & follow-up:

- ✓
- ✓
- ✓
- ✓
- ✓
- ✓
- ✓



Self-care: Nutrition

The demands on a football player's body can be incredibly high. During a regular youth NPL game, a player is in constant motion for 20-40 minutes at one time, depending on age and level of play, followed by a 10 minute break and then another 20-40 minutes of constant activity. The average football player at an elite level can travel up to 19 kilometres per game at various speeds. This means that a great deal of energy is used and must be replaced after a match to maintain peak condition and performance (McKenzie, n.d.).

"Diet affects performance, and the foods that we choose in training and competition will affect how well we train and play. Every player needs to be aware of their personal nutritional goals and of how they can select an eating strategy to meet those goals. Every player is different, and there is no single diet that meets the needs of all players at all times. Individual needs also change across the season and players must be flexible to accommodate this. Diet may have its biggest impact on training. A good diet can help support consistent intensive training while limiting the risks of illness or injury. Good food choices can also promote adaptations to the training stimulus – this can lead to more improvement for the same training load. The right diet is also important in preparing for games and in speeding up recovery afterwards." (FIFA, 2005, p. 6)

The *Australian Guide to Healthy Eating* is a food selection guide which visually represents the proportion of the *five food groups* recommended for consumption each day (Department of Health, 2015). In the following page, you will find an explanation of each group together with examples. It is important that you discuss your nutrition intake with your parents or caregivers so that you can all make better health choices together.

Drink Lots of Water

Remember that it's important to hydrate prior to, during and after games.

Here are some recommendations for hydrating:

When	Water
Pre-event meal	2-3 cups
2 hours before game	2-2 ½ cups
½ hour before game	2 cups

*Frequently throughout the game.

(McKenzie, n.d.)



Players should limit dehydration during training and matches by drinking water or a sports drink.

(FIFA, 2005, p. 26)

Self-care: Nutrition

<https://www.eatforhealth.gov.au>

Grains (cereal) foods:

Grain foods are mostly made from wheat, oats, rice, rye, barley, millet, quinoa and corn. The different grains can be cooked and eaten whole, ground into flour to make a variety of cereal foods like bread, pasta and noodles, or breakfast cereals.

Vegetables and legumes/ beans:

Vegetables are a good source of minerals and vitamins. Vegetables come from many different parts of the plant, including leaves, roots, tubers, flowers, stems, seeds and shoots. Legumes are the seeds of the plant and are eaten in their immature form as green peas and beans, and mature form as dried peas, beans, lentils and chickpeas.

Fruit:

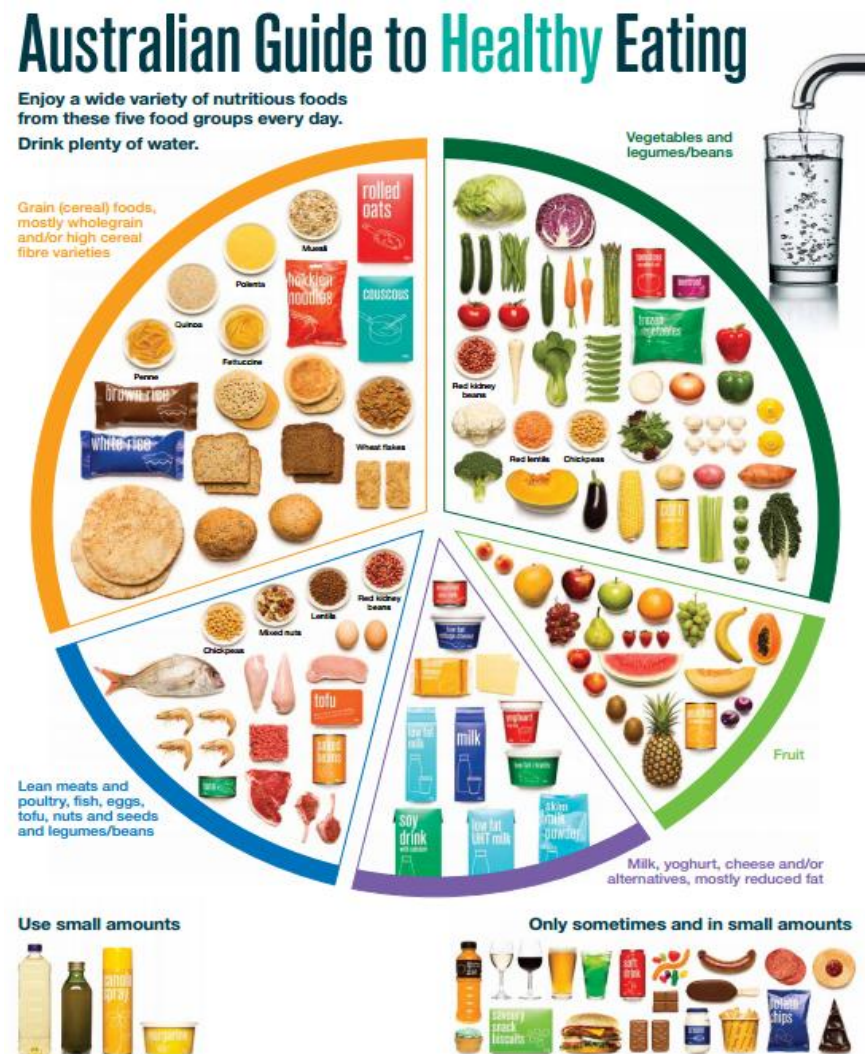
A wide variety of fruit is grown and available in Australia. Choosing fruits in season provides better value and better quality. Eating seasonally also adds more variety to your diet throughout the year. And just like with veggies, choosing different coloured fruits increases the variety of nutrients, which can enhance your health!

Lean meat and poultry, fish, eggs, tofu, nuts and seeds:

Traditionally, foods from this group are considered 'protein rich' and most Australians have no trouble eating enough protein each day. More importantly however, this food group also provides a wide variety of other nutrients such as: iodine, iron, zinc, vitamins, especially B12, and essential fatty acids. Lean red meats are a particularly good source of iron, zinc and B12 and are easily absorbed.

Milk, yoghurt, cheese and / or alternative group:

A wide range of milk and yoghurt products are available with varying levels of fat. Milk can be fresh, dried, evaporated, or long life. Cheese is usually high in kilojoules, saturated fat and salt and is best limited to 2-3 times a week.



Australian Guide to Healthy Eating (Department of Health, 2015)

Self-care: Injury Prevention

Football places many demands on the technical and physical skills of players. During the course of play, you will accelerate, decelerate, jump, cut, pivot, kick and head the ball and, as a result, injuries can and do occur.

The causes and types of injuries

- More injuries occur during games rather than training
- Up to 35% of injuries are caused by foul play, for example, a rough tackle
- The most common types of injuries are bruising, sprains, strains, fractures and dislocations. This is often the case in youth football also
- Injuries to the lower body, namely the ankle and knee, to the upper body and head are most common
- Common causes of injuries are player contact, falls and tackles
- The quality of playing areas due to drought conditions may contribute to injury

Safety tips for football

Good preparation is important:

- Always warm up before and cool down after every training session or match
- Undertake training prior to competition to ensure readiness to play
- Undertake fitness programs to develop endurance, strength, balance, coordination and flexibility. There are many additional football exercises for you to consider in this book
- Gradually increase intensity and duration of your training load
- Good technique and practices will help prevent injury
- Know the rules and play fairly. There is a rules test for you to complete in this book
- Notify your coach or referee of any hazards on the playing surface



Sports Medicine Australia, Football Fact Sheet, 2008

Self-care: Injury Management

Fix Up: Your guide to injury management

Nobody likes being on the sidelines as a result of injury. The best way to recover from any soft tissue injury is by using the RICER and NO HARM injury management approach. They help to prevent further damage and will mean less time away from playing football.

- The first 48-72 hours are vital in the effective management of any soft tissue injury.
- Soft tissue injuries refer to all ligament sprains, muscle strains and muscle bruises (corks etc) and most bumps and bruises which occur in sport.
- The immediate treatment is RICER.
- RICER should be initiated immediately after injury and continued for 48-72 hours.
- For a successful recovery, NO HARM factors should be followed in conjunction with RICER.

NO HARM

NO HEAT: Applying heat to an injury increases bleeding. Avoid hot showers, baths and heat packs.

NO ALCOHOL: Alcohol increases bleeding and swelling which delays healing. Obviously it is illegal to consume alcohol under the age of 18 years anyway.

NO RUNNING: Running or exercise increases blood flow to the injured site, which will delay healing.

NO MASSAGE: Massage increases swelling & bleeding.



REST

Place yourself in a comfortable position. Keep the injured area supported. Avoid using the injured area for at least 48-72 hours as continued activity will increase bleeding and damage.

ICE

Apply ice to the injured area for 20 minutes, every two hours for the first 48-72 hours after injury. Ice reduces swelling, pain and bleeding.

COMPRESSION

Apply a firm wide elastic bandage over the injured area, as well as above and below. Where possible hold ice in place with the bandage. Between ice treatments maintain bandage compression. Applying a bandage will reduce bleeding and swelling and provide support for the injured area.

ELEVATION

Raise the injured area above the level of the heart at all times. A pillow can be used to provide support and comfort. Elevating the injured area reduces bleeding, swelling and pain.

REFERRAL

As soon as possible after injury arrange to see a qualified health care professional such as a doctor or physiotherapist. This will help determine the extent of your injury.

Pre-match routine

It is crucial that you develop some positive habits in preparation for every football match. No matter how important the football match is, it is essential that you develop a routine that you are comfortable with that best prepares you physically and psychologically for a match. There are no hard and fast rules that best prepares you for a match because every individual is different but below are some suggestions that you may wish to consider throughout your football journey at Subiaco AFC to help you perform at your best.

These include:

- Complete the *pre-match* part in your Player Guide Book the night before the match after discussing this with your coach at training
- Eat a large carbohydrate meal the night before the match
- Get a minimum of eight hours of quality sleep
- Have a shower in the morning to freshen you up
- Have a protein rich breakfast, ideally 2-3 hours before kick off
- Look through your Player Guide Book in the morning to remind you of your team and individual aims
- Skim read through the 'roles and responsibilities' section of the position that you are most likely to play during the match.
- Arrive at least 45 minutes before kick-off to prepare your mind and body for a football contest
- Observe another football match to get you in the mind frame of playing football, for example, another Subiaco AFC team
- Complete the warm-up with intensity and seriousness
- Visualize yourself playing on the pitch during the warm-up
- Ask the coach and/or assistant coach any last minute questions about your role and responsibility for the game
- Get into your position before kick-off and become familiar with the conditions of the ground.
- Go out there, have fun and try your very best 😊



2014 Football West 'Junior Cup' Winners: U/12's NPL team.

Post-match routine

At the end of every match, it is imperative that you develop some positive habits to demonstrate good sportsmanship; to show gratitude to your opponents, team mates, coaches and parents; and, to continue to represent Subiaco AFC in a positive manner. No matter the score or the opponent, it is crucial that you demonstrate the traits that we come to expect from all Subiaco AFC youth players. These traits that we come to expect are available in 'Subiaco AFC's Core Values in Youth Football' (page 8). Furthermore, you are also encouraged to engage in deep reflective practice at the end of each match to identify individual and team strengths, and to identify areas that could be improved moving forward by yourself as an individual and also as a team. Below are some suggestions that you may wish to consider throughout your football journey at Subiaco AFC to help you develop positive post-match routines and to continue to develop as a person and footballer.

These include:

- Shake hands with all your opponents and their coaches
- Shake hands with the referee and assistant referees
- Shake hands and say thank you to your coaches
- 'High five' every team mates irrespective of the score
- Complete a short cool-down specified by your coach
- Listen to your coaches post-match debrief and consider the points that are raised in supporting your development
- Help your coaches with packing up all equipment
- Say a big thank you to your parents for supporting your passion to play football and for taking you to the game
- Drink plenty of fluid after your game to replace lost fluids
- Eat a large protein rich meal an hour after the game
- Unwind by having a shower to freshen up
- Reflect on your individual and team's performance
- Complete post-match part in your Player Guide Book
- Give yourself and your team a score out of 10 for the match
- Consider ways to continue to develop as a football player



2015 Football West 'Top 4 Finals Series Winners': U/18's Div 1 team.

Reflective Practice

Experience working with elite football players suggests that those that excel in the sport constantly reflect on their own performance and progress at training and in games in search for continuous improvement and development. Just like all successful people in any profession in life, a football player needs to be able to identify their areas of strengths and consolidate on these, and also be able to recognize perceived areas of weaknesses and be able to identify ways to improve in these areas. Engaging in honest and deep reflective practice will enable you to monitor your progress and set yourself realistic development targets to enable you to reach your full potential as a football player.

Developing this type of routine takes time and plenty of self discipline. As a teacher and coach, I constantly engage in **deep reflective practice** to help improve my coaching development. The cycle requires me to: 1. **Plan** a session; 2. **Deliver** it; and, 3. then **Evaluate** it, in that order. This type of reflective practice helps me to monitor my own coaching development and growth. As a player, I encourage you to engage in a similar process. As you can see in Figure 3, **you** are central to this process. You are required to: 1. **Train**, which includes regular training and additional training; 2. play in a **Game**; and 3. then **Evaluate** your performance. The **player's reflective cycle** is continuous and ongoing as the arrows indicate with the same process taking place after every single game. In the following pages you will find blank templates to complete during the 2016 NPL season and Junior Cup. It is encouraged that you complete the pre-match objectives prior to each game and complete the post-match evaluation as soon as you return home from your match so that the information is still fresh in your mind and most accurate.

Remember that football is a team sport so in order to improve as an individual you also need to consider your team's goals and areas of strengths and weaknesses. You are part of a system so you are encouraged to look at your development as it fits in the context of your team. A player cannot possibly reach their full football potential if they fail to consider those around them, such as their team mates and coach, because it is these people that make it possible to help you achieve your individual goals. Please remind your coach to discuss your team objectives at the conclusion of your last training night before your next match so that you are clear on the expectations and goals prior to the match. I trust that this process of reflective practice will assist you with your development.

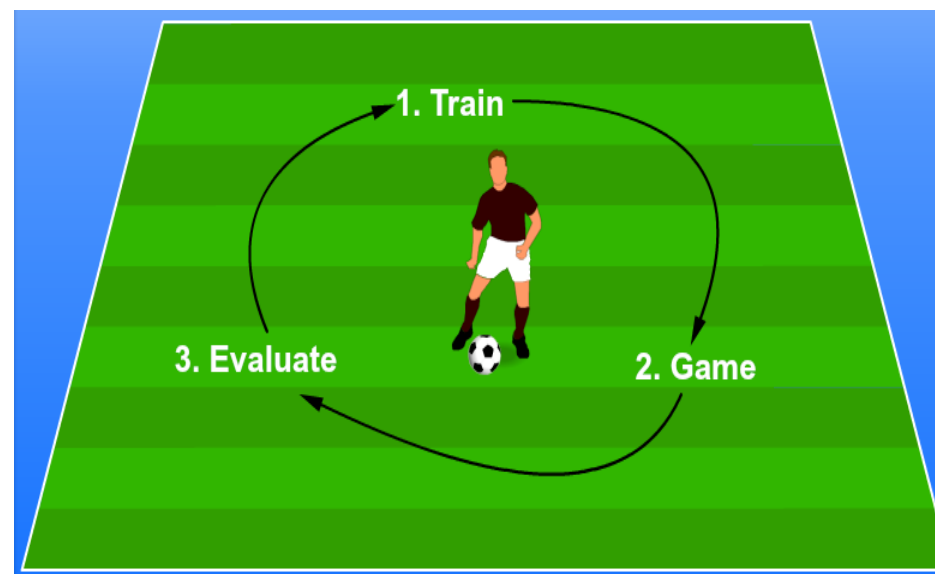


Figure 3: Player's reflective Cycle (Grima, 2016)



Reflective Practice: NPL Round 1

Scheduled location: Dorrien Gardens

Scheduled date: 3rd April, 2016

Scheduled time: _____



Perth SC

VS



Subiaco AFC

Pre-match

Our team aims are to _____

My individual aims are to _____

Post-match

Did your team meet their pre-match objections? Yes ☐ No ☐

1) What strengths did your team display during the game?

2) What areas could your team improve on before the next game?

Team Match Rating:

/ 10

Did you meet your individual pre-match objections? Yes ☐ No ☐

1) What strengths did you display during the game?

2) What areas could you personally improve on before the next game?

Individual Match Rating:

/ 10



Reflective Practice: NPL Round 2

Scheduled location: Rosalie Park

Scheduled date: 10th April, 2016

Scheduled time: _____



Subiaco AFC

VS



Cockburn City

Pre-match

Our team aims are to _____

My individual aims are to _____

Post-match

Did your team meet their pre-match objections? Yes ☐ No ☐

1) What strengths did your team display during the game?

2) What areas could your team improve on before the next game?

Team Match Rating:

/ 10

Did you meet your individual pre-match objections? Yes ☐ No ☐

1) What strengths did you display during the game?

2) What areas could you personally improve on before the next game?

Individual Match Rating:

/ 10



Reflective Practice: NPL Round 3

Scheduled location: Rosalie Park

Scheduled date: 24th April, 2016

Scheduled time: _____



Subiaco AFC

VS



Floreat Athena

Pre-match

Our team aims are to _____

My individual aims are to _____

Post-match

Did your team meet their pre-match objections? Yes ☐ No ☐

1) What strengths did your team display during the game?

2) What areas could your team improve on before the next game?

Team Match Rating:

/ 10

Did you meet your individual pre-match objections? Yes ☐ No ☐

1) What strengths did you display during the game?

2) What areas could you personally improve on before the next game?

Individual Match Rating:

/ 10



Reflective Practice: NPL Round 4

Scheduled location: Morgan Park

Scheduled date: 1st May, 2016

Scheduled time: _____



Armadales SC

VS



Subiaco AFC

Pre-match

Our team aims are to _____

My individual aims are to _____

Post-match

Did your team meet their pre-match objections? Yes ☐ No ☐

1) What strengths did your team display during the game?

2) What areas could your team improve on before the next game?

Team Match Rating:

/ 10

Did you meet your individual pre-match objections? Yes ☐ No ☐

1) What strengths did you display during the game?

2) What areas could you personally improve on before the next game?

Individual Match Rating:

/ 10



Reflective Practice: NPL Round 5

Scheduled location: Rosalie Park

Scheduled date: 8th May, 2016

Scheduled time: _____



Subiaco AFC

VS



Mandurah City

Pre-match

Our team aims are to _____

My individual aims are to _____

Post-match

Did your team meet their pre-match objections? Yes ☐ No ☐

1) What strengths did your team display during the game?

2) What areas could your team improve on before the next game?

Team Match Rating:

/ 10

Did you meet your individual pre-match objections? Yes ☐ No ☐

1) What strengths did you display during the game?

2) What areas could you personally improve on before the next game?

Individual Match Rating:

/ 10



Reflective Practice: Football West Junior Cup Round 1

Scheduled location: _____

Scheduled date: 14th May, 2016

Scheduled time: _____



Subiaco AFC

VS

Pre-match

Our team aims are to _____

My individual aims are to _____

Post-match

Did your team meet their pre-match objections? Yes ☐ No ☐

1) What strengths did your team display during the game?

2) What areas could your team improve on before the next game?

Team Match Rating:

/ 10

Did you meet your individual pre-match objections? Yes ☐ No ☐

1) What strengths did you display during the game?

2) What areas could you personally improve on before the next game?

Individual Match Rating:

/ 10



Reflective Practice: NPL Round 6

Scheduled location: Arbor Grove

Scheduled date: 15th May, 2016

Scheduled time: _____



Ellenbrook United

VS



Subiaco AFC

Pre-match

Our team aims are to _____

My individual aims are to _____

Post-match

Did your team meet their pre-match objections? Yes ☐ No ☐

1) What strengths did your team display during the game?

2) What areas could your team improve on before the next game?

Team Match Rating:

/ 10

Did you meet your individual pre-match objections? Yes ☐ No ☐

1) What strengths did you display during the game?

2) What areas could you personally improve on before the next game?

Individual Match Rating:

/ 10



Reflective Practice: NPL Round 7

Scheduled location: Hilton Park

Scheduled date: 22nd May, 2016

Scheduled time: _____



Fremantle City

VS



Subiaco AFC

Pre-match

Our team aims are to _____

My individual aims are to _____

Post-match

Did your team meet their pre-match objections? Yes ☐ No ☐

1) What strengths did your team display during the game?

2) What areas could your team improve on before the next game?

Team Match Rating:

/ 10

Did you meet your individual pre-match objections? Yes ☐ No ☐

1) What strengths did you display during the game?

2) What areas could you personally improve on before the next game?

Individual Match Rating:

/ 10



Reflective Practice: NPL Round 8

Scheduled location: Rosalie Park

Scheduled date: 29th May, 2016

Scheduled time: _____



Subiaco AFC

VS



Quinns FC

Pre-match

Our team aims are to _____

My individual aims are to _____

Post-match

Did your team meet their pre-match objections? Yes ☐ No ☐

1) What strengths did your team display during the game?

2) What areas could your team improve on before the next game?

Team Match Rating:

/ 10

Did you meet your individual pre-match objections? Yes ☐ No ☐

1) What strengths did you display during the game?

2) What areas could you personally improve on before the next game?

Individual Match Rating:

/ 10



Reflective Practice: Football West Junior Cup Round 2

Scheduled location: _____

Scheduled date: 4th June, 2016

Scheduled time: _____



Subiaco AFC

VS

Pre-match

Our team aims are to _____

My individual aims are to _____

Post-match

Did your team meet their pre-match objections? Yes ☐ No ☐

1) What strengths did your team display during the game?

2) What areas could your team improve on before the next game?

Team Match Rating:

/ 10

Did you meet your individual pre-match objections? Yes ☐ No ☐

1) What strengths did you display during the game?

2) What areas could you personally improve on before the next game?

Individual Match Rating:

/ 10



Reflective Practice: NPL Round 9

Scheduled location: Ashfield Arena

Scheduled date: 5th June, 2016

Scheduled time: _____



Perth Glory

VS



Subiaco AFC

Pre-match

Our team aims are to _____

My individual aims are to _____

Post-match

Did your team meet their pre-match objections? Yes ☐ No ☐

1) What strengths did your team display during the game?

2) What areas could your team improve on before the next game?

Team Match Rating:

/ 10

Did you meet your individual pre-match objections? Yes ☐ No ☐

1) What strengths did you display during the game?

2) What areas could you personally improve on before the next game?

Individual Match Rating:

/ 10



Reflective Practice: NPL Round 10

Scheduled location: Rosalie Park

Scheduled date: 12th June, 2016

Scheduled time: _____



Subiaco AFC

VS



Perth SC

Pre-match

Our team aims are to _____

My individual aims are to _____

Post-match

Did your team meet their pre-match objections? Yes ☐ No ☐

1) What strengths did your team display during the game?

2) What areas could your team improve on before the next game?

Team Match Rating:

/ 10

Did you meet your individual pre-match objections? Yes ☐ No ☐

1) What strengths did you display during the game?

2) What areas could you personally improve on before the next game?

Individual Match Rating:

/ 10



Reflective Practice: NPL Round 11

Scheduled location: Beale Park

Scheduled date: 19th June, 2016

Scheduled time: _____



Cockburn City

VS



Subiaco AFC

Pre-match

Our team aims are to _____

My individual aims are to _____

Post-match

Did your team meet their pre-match objections? Yes ☐ No ☐

1) What strengths did your team display during the game?

2) What areas could your team improve on before the next game?

Team Match Rating:

/ 10

Did you meet your individual pre-match objections? Yes ☐ No ☐

1) What strengths did you display during the game?

2) What areas could you personally improve on before the next game?

Individual Match Rating:

/ 10



Reflective Practice: Football West Junior Cup Round 3

Scheduled location: _____

Scheduled date: 25th June, 2016

Scheduled time: _____



Subiaco AFC

VS

Pre-match

Our team aims are to _____

My individual aims are to _____

Post-match

Did your team meet their pre-match objections? Yes ☐ No ☐

Did you meet your individual pre-match objections? Yes ☐ No ☐

1) What strengths did your team display during the game?

1) What strengths did you display during the game?

2) What areas could your team improve on before the next game?

2) What areas could you personally improve on before the next game?

Team Match Rating:

/ 10

Individual Match Rating:

/ 10



Reflective Practice: NPL Round 12

Scheduled location: E&D Litis Stadium

Scheduled date: 26th June, 2016

Scheduled time: _____



Floreath Athena

VS



Subiaco AFC

Pre-match

Our team aims are to _____

My individual aims are to _____

Post-match

Did your team meet their pre-match objections? Yes ☐ No ☐

1) What strengths did your team display during the game?

2) What areas could your team improve on before the next game?

Team Match Rating:

/ 10

Did you meet your individual pre-match objections? Yes ☐ No ☐

1) What strengths did you display during the game?

2) What areas could you personally improve on before the next game?

Individual Match Rating:

/ 10



Reflective Practice: NPL Round 13

Scheduled location: Rosalie Park

Scheduled date: 3rd July, 2016

Scheduled time: _____



Subiaco AFC

VS



Armadales SC

Pre-match

Our team aims are to _____

My individual aims are to _____

Post-match

Did your team meet their pre-match objections? Yes ☐ No ☐

1) What strengths did your team display during the game?

2) What areas could your team improve on before the next game?

Team Match Rating:

/ 10

Did you meet your individual pre-match objections? Yes ☐ No ☐

1) What strengths did you display during the game?

2) What areas could you personally improve on before the next game?

Individual Match Rating:

/ 10



Reflective Practice: Football West Junior Cup- Quarter Final

Scheduled location: _____

Scheduled date: 16th July, 2016

Scheduled time: _____



Subiaco AFC

VS

Pre-match

Our team aims are to _____

My individual aims are to _____

Post-match

Did your team meet their pre-match objections? Yes ☐ No ☐

Did you meet your individual pre-match objections? Yes ☐ No ☐

1) What strengths did your team display during the game?

1) What strengths did you display during the game?

2) What areas could your team improve on before the next game?

2) What areas could you personally improve on before the next game?

Team Match Rating:

/ 10

Individual Match Rating:

/ 10



Reflective Practice: NPL Round 14

Scheduled location: Hyundai Stadium

Scheduled date: 17th July, 2016

Scheduled time: _____



Mandurah City

VS



Subiaco AFC

Pre-match

Our team aims are to _____

My individual aims are to _____

Post-match

Did your team meet their pre-match objections? Yes ☐ No ☐

1) What strengths did your team display during the game?

2) What areas could your team improve on before the next game?

Team Match Rating:

/ 10

Did you meet your individual pre-match objections? Yes ☐ No ☐

1) What strengths did you display during the game?

2) What areas could you personally improve on before the next game?

Individual Match Rating:

/ 10



Reflective Practice: NPL Round 15

Scheduled location: Rosalie Park

Scheduled date: 24th July, 2016

Scheduled time: _____



Subiaco AFC

VS



Ellenbrook United

Pre-match

Our team aims are to _____

My individual aims are to _____

Post-match

Did your team meet their pre-match objections? Yes ☐ No ☐

1) What strengths did your team display during the game?

2) What areas could your team improve on before the next game?

Team Match Rating:

/ 10

Did you meet your individual pre-match objections? Yes ☐ No ☐

1) What strengths did you display during the game?

2) What areas could you personally improve on before the next game?

Individual Match Rating:

/ 10



Reflective Practice: Football West Junior Cup- Semi Final

Scheduled location: _____

Scheduled date: 30th July, 2016

Scheduled time: _____



Subiaco AFC

VS

Pre-match

Our team aims are to _____

My individual aims are to _____

Post-match

Did your team meet their pre-match objections? Yes ☐ No ☐

Did you meet your individual pre-match objections? Yes ☐ No ☐

1) What strengths did your team display during the game?

1) What strengths did you display during the game?

2) What areas could your team improve on before the next game?

2) What areas could you personally improve on before the next game?

Team Match Rating:

/ 10

Individual Match Rating:

/ 10



Reflective Practice: NPL Round 16

Scheduled location: Rosalie Park

Scheduled date: 31st July, 2016

Scheduled time: _____



Subiaco AFC

VS



Fremantle City

Pre-match

Our team aims are to _____

My individual aims are to _____

Post-match

Did your team meet their pre-match objections? Yes ☐ No ☐

1) What strengths did your team display during the game?

2) What areas could your team improve on before the next game?

Team Match Rating:

/ 10

Did you meet your individual pre-match objections? Yes ☐ No ☐

1) What strengths did you display during the game?

2) What areas could you personally improve on before the next game?

Individual Match Rating:

/ 10



Reflective Practice: NPL Round 17

Scheduled location: Peter Moyes Anglican School

Scheduled date: 7th August, 2016

Scheduled time: _____



Quinns FC

VS



Subiaco AFC

Pre-match

Our team aims are to _____

My individual aims are to _____

Post-match

Did your team meet their pre-match objections? Yes ☐ No ☐

Did you meet your individual pre-match objections? Yes ☐ No ☐

1) What strengths did your team display during the game?

1) What strengths did you display during the game?

2) What areas could your team improve on before the next game?

2) What areas could you personally improve on before the next game?

Team Match Rating:

/ 10

Individual Match Rating:

/ 10



Reflective Practice: Football West Junior Cup Grand Final

Scheduled location: _____

Scheduled date: 13th August, 2016

Scheduled time: _____



Subiaco AFC

VS

Pre-match

Our team aims are to _____

My individual aims are to _____

Post-match

Did your team meet their pre-match objections? Yes ☐ No ☐

Did you meet your individual pre-match objections? Yes ☐ No ☐

1) What strengths did your team display during the game?

1) What strengths did you display during the game?

2) What areas could your team improve on before the next game?

2) What areas could you personally improve on before the next game?

Team Match Rating:

/ 10

Individual Match Rating:

/ 10



Reflective Practice: NPL Round 18

Scheduled location: Rosalie Park

Scheduled date: 14th August, 2016

Scheduled time: _____



Subiaco AFC

VS



Perth Glory

Pre-match

Our team aims are to _____

My individual aims are to _____

Post-match

Did your team meet their pre-match objections? Yes ☐ No ☐

1) What strengths did your team display during the game?

2) What areas could your team improve on before the next game?

Team Match Rating:

/ 10

Did you meet your individual pre-match objections? Yes ☐ No ☐

1) What strengths did you display during the game?

2) What areas could you personally improve on before the next game?

Individual Match Rating:

/ 10



Reflective Practice: NPL Top 4 Finals- Week #1

Scheduled location: _____

Scheduled date: 28th August, 2016

Scheduled time: _____



Subiaco AFC

VS

Pre-match

Our team aims are to _____

My individual aims are to _____

Post-match

Did your team meet their pre-match objections? Yes ☐ No ☐

Did you meet your individual pre-match objections? Yes ☐ No ☐

1) What strengths did your team display during the game?

1) What strengths did you display during the game?

2) What areas could your team improve on before the next game?

2) What areas could you personally improve on before the next game?

Team Match Rating:

/ 10

Individual Match Rating:

/ 10



Reflective Practice: NPL Top 4 Finals- Week #2

Scheduled location: _____

Scheduled date: 4th September, 2016

Scheduled time: _____



Subiaco AFC

VS

Pre-match

Our team aims are to _____

My individual aims are to _____

Post-match

Did your team meet their pre-match objections? Yes ☐ No ☐

Did you meet your individual pre-match objections? Yes ☐ No ☐

1) What strengths did your team display during the game?

1) What strengths did you display during the game?

2) What areas could your team improve on before the next game?

2) What areas could you personally improve on before the next game?

Team Match Rating:

/ 10

Individual Match Rating:

/ 10



Reflective Practice: NPL Top 4 Finals- Week #3

Scheduled location: _____

Scheduled date: 11th September, 2016

Scheduled time: _____



Subiaco AFC

VS

Pre-match

Our team aims are to _____

My individual aims are to _____

Post-match

Did your team meet their pre-match objections? Yes ☐ No ☐

1) What strengths did your team display during the game?

2) What areas could your team improve on before the next game?

Team Match Rating:

/ 10

Did you meet your individual pre-match objections? Yes ☐ No ☐

1) What strengths did you display during the game?

2) What areas could you personally improve on before the next game?

Individual Match Rating:

/ 10

Additional Football Training

Football is an art form and it takes years of pertinent practice to develop expertise. Although the game itself is relatively simple, the skills that make up the game require many hours of practice to develop. Swedish researcher Anders Ericsson introduced the 10,000 hours rule, meaning that “it takes 10,000 hours (or 10 years) of practice to reach a level of excellence in sports, science [or] art” (Football Federation Australia [FFA], 2013, p. 26). Few could argue this position in football; it takes immense dedication, commitment, hard work and training to reach a high level of football representation, such as, national team selection.

I have been fortunate enough to witness two former students from my time at Safety Bay SHS Football Academy put on the green and gold for Australia at national youth team level. I can assure you that both boys worked tremendously hard in order to develop the necessary skill-sets to win national team selection. As Year 8 students, for example, both boys trained four hours per week during regular school curriculum time plus a game every fortnight, devoted another four hours per week to Club training plus a weekend match and attended regular training and trials with the state team. In total, that equates to approximately 16 hours devoted to football per week not the mention the additional exercises they completed in their own time to enhance their development.

At Subiaco AFC we currently offer only two structured training sessions per week plus a match on weekends. To develop expertise in football, this simply is not enough time and previous experience shows this. As a player, you are highly encouraged to work towards the ‘10,000 hours of practice’ outside of regular training times by attempting some of the additional football training exercises that I have created for you in the following pages. All that you need to complete these additional exercises is four cones and a football. I have also included exercises for you to consider with a friend, two friends and three friends. Please ensure that you don’t over train and discuss your additional program with your coach.



Top: Mohamed Beyan in U/16 National Team (2011); **Bottom:** Jamal Reiners in U/17 National Team (2015)

Subiaco AFC U15 NPL Champions 2015



Additional Football Training (solo technical)

Football Skills Coach, 2016; Mazzantini & Bombardieri, 2013, pp. 32-36

1. Technical Skills Block (ACF Fiorentina, 2013; Football Skills Coach, 2016)



Equipment:

- Four cones
- One football

Set Up and Purpose:

- Create a rectangle using 4 cones- 12 metres long by 8 metres wide.
- To develop confidence in dominating attacking 1v1 situations.

Instructions:

- You are encouraged to practice each of the following four (4) exercises for 2 minutes each. Total time = 8 minutes
- You are required to dribble from one end of your grid to the other performing one specific exercise at a time (see diagram on left).



Variations/Progressions:

- Perform technical exercises using both feet.
- Access and perform other technical skills available on YouTube.

Self-check points:

- Refer to supporting pictures and key coaching points.
- Videotape yourself on an iPad or phone and check your performance against the key coaching points and supporting pictures.
- Ask a parent/friend to observe you and provide you constructive feedback using key coaching points and supporting pictures as a guide.
- Download YouTube clip to show how these exercises look at full speed and compare your perform with that of the expert/professional.

Additional Football Training (solo technical)

Football Skills Coach, 2016; Mazzantini & Bombardieri, 2013, pp. 32-36



Exercise 1- **Scissor Move** (Left picture)

Key Coaching Points:

1. Step wide around ball
2. Push ball away with outside of other foot
3. Accelerate away

YouTube clip: <https://www.youtube.com/watch?v=6dcW1VhK3Yw>

Exercise 2- **Double Scissor Move** (Right picture)

Key Coaching Points:

1. Step wide around ball
2. Step around ball again with other foot
3. Push ball away with outside of first foot

YouTube clip: <https://www.youtube.com/watch?v=6dcW1VhK3Yw>



Exercise 3- **The Drag Push** (Left picture)

Key Coaching Points:

1. Drag ball across body with inside of foot
2. Push ball in opposite direction with outside of foot
3. Accelerate away

YouTube clip: <https://www.youtube.com/watch?v=zQYVXRzwou4>

Exercise 4- **The Drag Scissors** (Right Picture)

Key Coaching Points:

1. Drag ball across body with inside of foot
2. Step wide around ball
3. Push ball away with outside of other foot

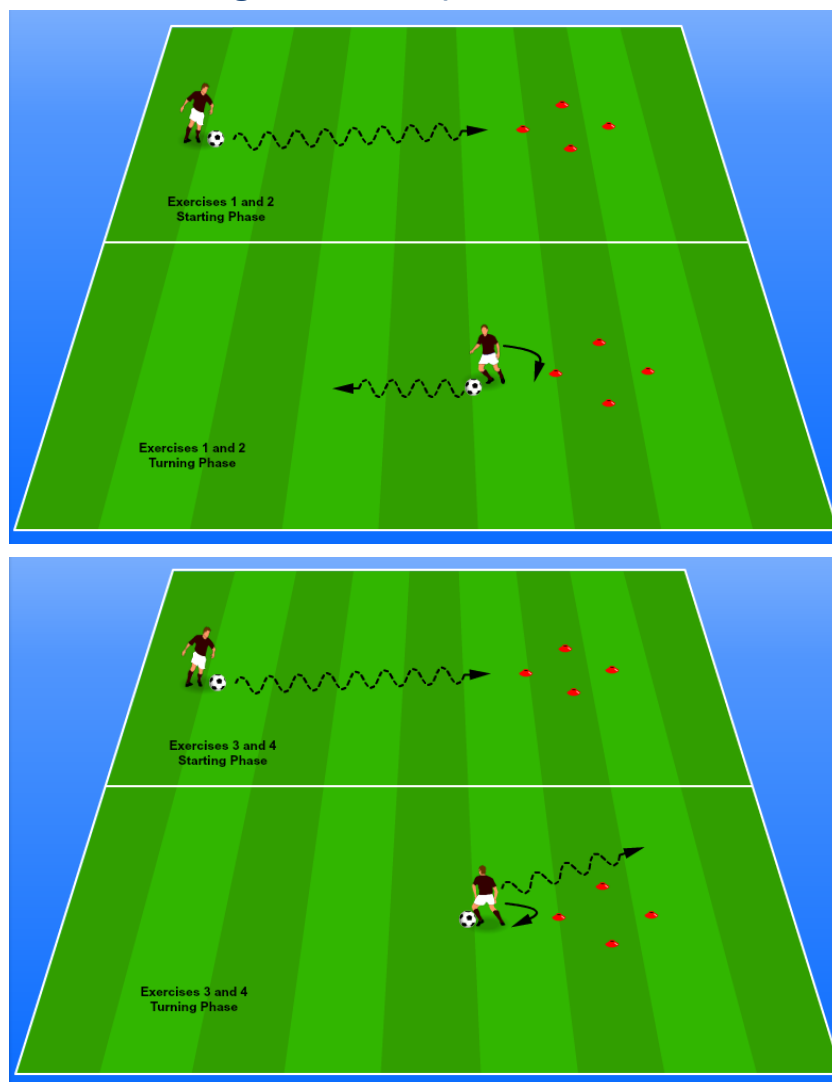
YouTube clip: <https://www.youtube.com/watch?v=zQYVXRzwou4>



Additional Football Training (solo technical)

Football Skills Coach, 2016; Mazzantini & Bombardieri, 2013, pp. 32-36

2. Shielding Skills Block (ACF Fiorentina, 2013; Football Skills Coach, 2016)



Equipment:

- Four cones
- One football

Set Up and Purpose:

- Create a small 2 x 2 metre diamond using 4 cones (see diagram on left).
- To develop confidence in protecting the ball in tight areas.

Instructions:

- You are encouraged to practice each of the following four (4) exercises for 2 minutes each. Total time = 8 minutes
- You are required to dribble from one end of your grid to the other performing one specific exercise at a time (see diagram on left).

Variations/Progressions:

- Perform technical exercises using both feet.
- Access and perform other shielding/ turning skills available on YouTube.

Self-check points:

- Refer to supporting pictures and key coaching points.
- Videotape yourself on an iPad or phone and check your performance against the key coaching points and supporting pictures.
- Ask a parent/friend to observe you and provide you constructive feedback using key coaching points and supporting pictures as a guide.
- Download YouTube clip to show how these exercises look at full speed and compare your perform with that of the expert/professional.

Additional Football Training (solo technical)

Football Skills Coach, 2016; Mazzantini & Bombardieri, 2013, pp. 32-36



Exercise 1- **Inside Cut** (Left picture)

Key Coaching Points:

1. Reach around ball and cut with inside of foot
2. Push ball away with outside of other foot
3. Accelerate away

YouTube clip: <https://www.youtube.com/watch?v=Gms0BBPdGiY>

Exercise 2- **Outside Cut** (Right picture)

Key Coaching Points:

1. Reach around ball and cut with outside of foot
2. Move around ball to shield from opponent
3. Accelerate away

YouTube clip: <https://www.youtube.com/watch?v=Gms0BBPdGiY>



Exercise 3- **The Xavi Inside** (Left picture)

Key Coaching Points:

1. Reach around and stop ball with inside of foot
2. Spin around ball to shield from opponent
3. Push ball with inside of foot and accelerate away

YouTube clip: <https://www.youtube.com/watch?v=YykoZL1XwLM>

Exercise 4- **The Xavi Outside** (Right picture)

Key Coaching Points:

1. Reach around and stop ball with outside of foot
2. Spin around ball to shield from opponent
3. Push ball with outside of foot and accelerate away

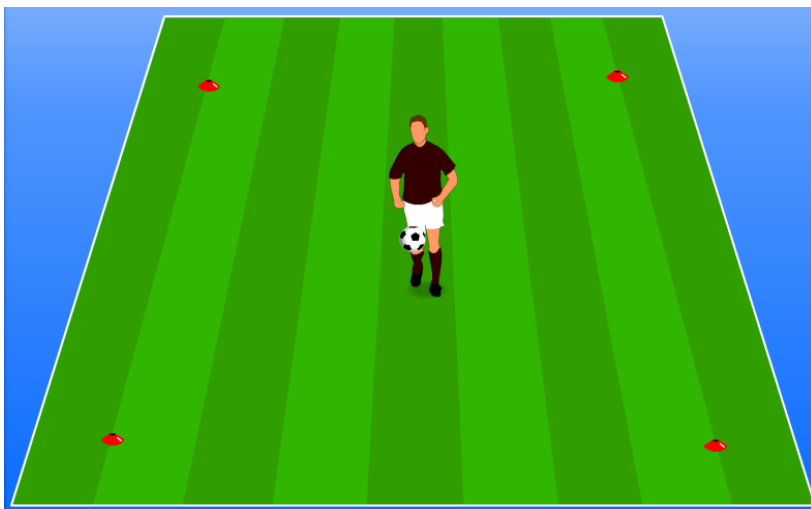
YouTube clip: <https://www.youtube.com/watch?v=YykoZL1XwLM>



Additional Football Training (solo technical)

Football Skills Coach, 2016

3. Juggling Grid (Football Skills Coach, 2016)



Equipment:

- Four cones
- One football

Set Up and Purpose:

- Create a 5 x 5 metre square using four cones (see diagram on left)
- Improve first touch, control and ball mastery

Instructions:

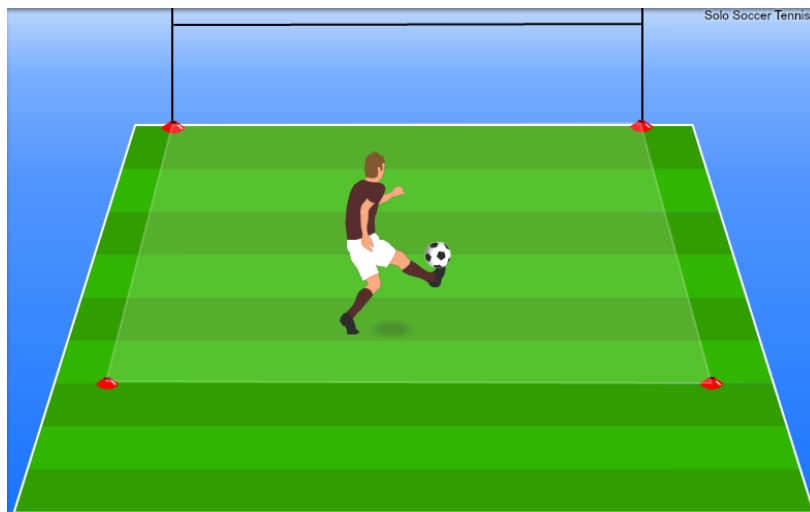
- Watch the following YouTube Links:
 - https://www.youtube.com/watch?v=Nxr9Pev3e_0&list=PLE_XRZxiHafZdcnsm2buwJDVA_0lf_moi Part 1
 - https://www.youtube.com/watch?v=MBiUt_DRSu0&list=PLE_XRZxiHafZdcnsm2buwJDVA_0lf_moi Part 2
 - https://www.youtube.com/watch?v=rc2R4X1427s&list=PLE_XRZxiHafZdcnsm2buwJDVA_0lf_moi Part 3
 - https://www.youtube.com/watch?v=YpsljDmh6xM&index=4&list=PLE_XRZxiHafZdcnsm2buwJDVA_0lf_moi Part 4
- Select an entry point that you feel will **challenge** you. It is recommended that you start from Part 1 and progress as you develop your skills.

Key Coaching Points:

- Eyes on the ball
- Use a big, flat surface (laces, thigh or head)
- Soft controlled touches
- Get into a rhythm

Additional Football Training (solo technical)

4. Solo Soccer-Tennis (Grima, 2016)



Equipment:

- Four cones
- One football
- Wall
- Chalk to draw 'net line' on wall (you **must** ask permission to do this)

Set Up and Purpose:

- Create a 5 x 5 m square directly in front of a wall. Make the square larger or smaller to suit your ability levels.
- Improve first touch, control and ball mastery

Instructions:

- Start from behind the baseline, using a half-volley to serve.
- Continue to rally off the wall using any part of the body besides your hands to keep the rally going. Unlimited touches per rally allowed.
- The ball must bounce inside the square to continue the rally.
- Try to beat your personal best score.

Variations/Progressions:

- Restrict touches, for example, one or two touches maximum.
- Restrict yourself to use non-preferred foot only to maintain rally.

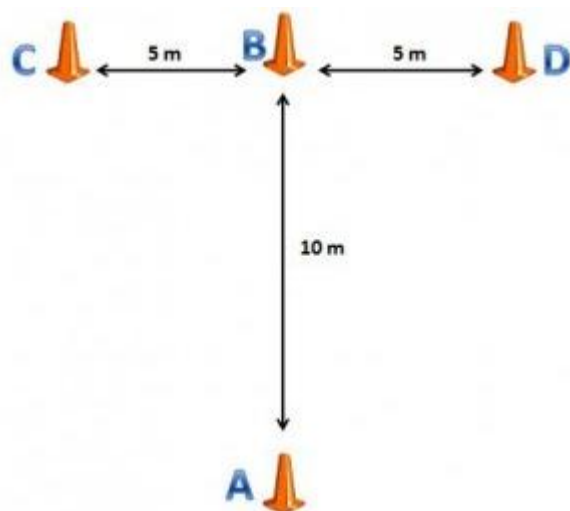
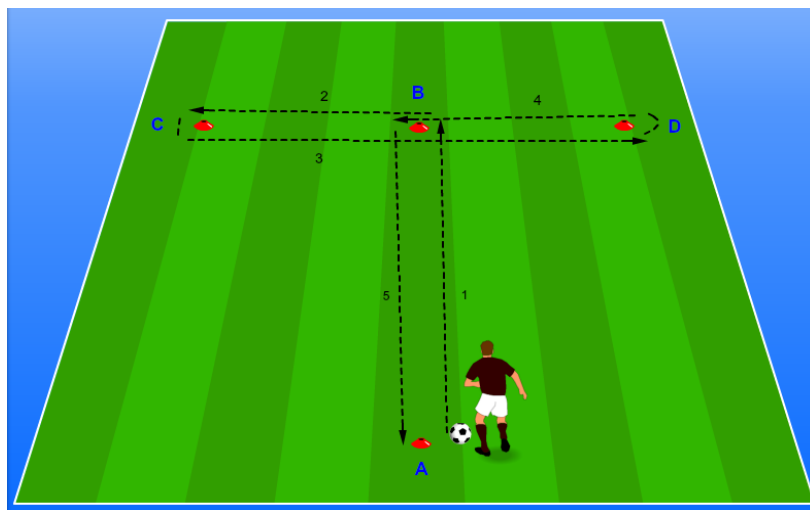
Key Coaching Points:

- Eyes on the ball
- Use a big, flat surface (laces, thigh or head)
- Soft controlled touches
- Get into a rhythm

Additional Football Training (solo football conditioning)

Bolton Wanderers International School, 2008

1. Dribbling T-test (Bolton Wanderers International School, 2008)



Equipment:

- Four cones
- One football
- Stop watch or a mobile phone that has access to a stop watch.

Set Up and Purpose:

- Create a dribbling T-test using four cones as illustrated in the bottom diagram. Ten metres between cones A to B. Five metres either side of B to create cones C and D.
- To improve dribbling technique and speed in tight and open spaces.

Instructions: *refer to top diagram to enhance understanding of the circuit.*

- Start from cone A and run to the top of cone B
- Turn left and go around cone C.
- From cone C, run to cone D.
- Turn at cone D and run to cone B.
- Turn at cone B and return to cone A to finish.

Special consideration:

- Ask a parent or helper to time you completing the circuit using a stop watch on their mobile phone, or alternative.

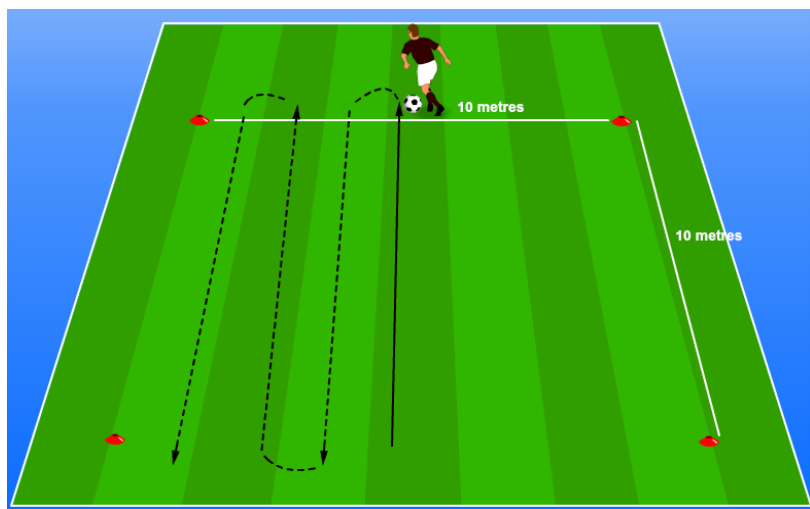
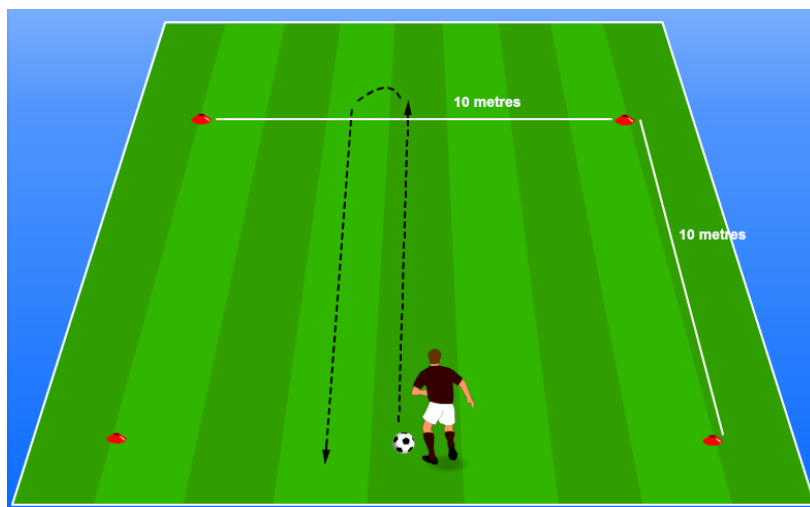
Variations/Progressions:

- Try to beat your personal best time
- Complete the circuit using your non-preferred foot only.

Additional Football Training (solo football conditioning)

Bolton Wanderers International School, 2008

2. Turning test (Bolton Wanderers International School, 2008)



Equipment:

- Four cones
- One football
- Stop watch or a mobile phone that has access to a stop watch.

Set Up and Purpose:

- Create a 'turning test' using four cones by making a square that is 10 metres wide and 10 metres in length. Refer to the diagrams on the left.
- Develop and improve running with the ball, turning and endurance.

Instructions: *refer to both diagrams to enhance understanding of this test.*

- Start from behind the end-line as seen in the top diagram.
- Run with the ball and perform a turn of your choice behind the top end-line as seen in the bottom diagram. Any turn of choice is allowed.
- Continue to complete these basic steps for 30 seconds.

Special consideration:

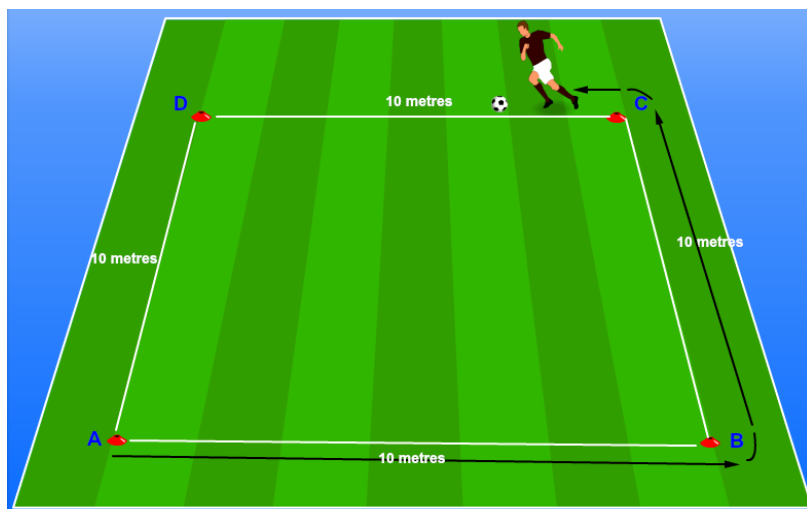
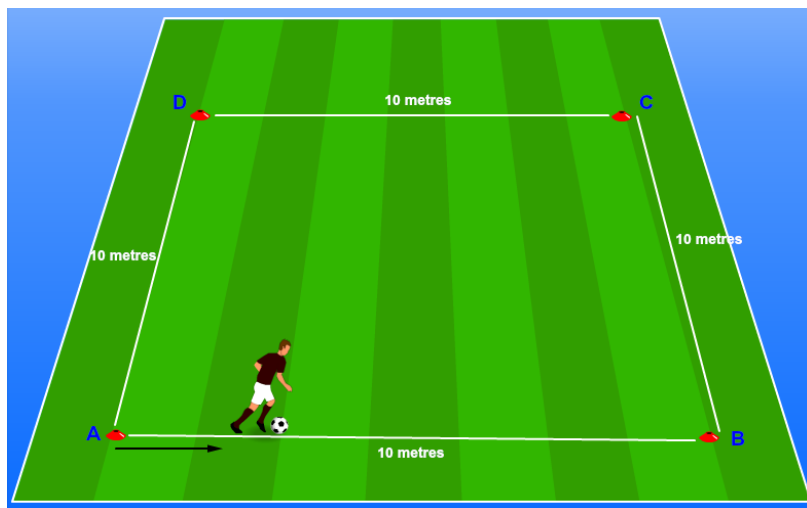
- Ask a parent or helper to assist you with counting your score and with the timing of the 30 second test using a stop watch on their phone.

Variations/Progressions:

- Try to beat your personal best score
- Complete the circuit using your non-preferred foot only.
- Perform a different type of skill at each turning point.

Additional Football Training (solo football conditioning)

3. Conditioning Square (Grima, 2016)



Equipment:

- Four cones
- One football

Set Up and Purpose:

- Create a 'conditioning square' using four cones by making a grid that is 10 metres wide and 10 metres in length. Refer to the diagrams on left.
- Develop football conditioning, acceleration and running with the ball.

Instructions: refer to both diagrams to enhance understanding

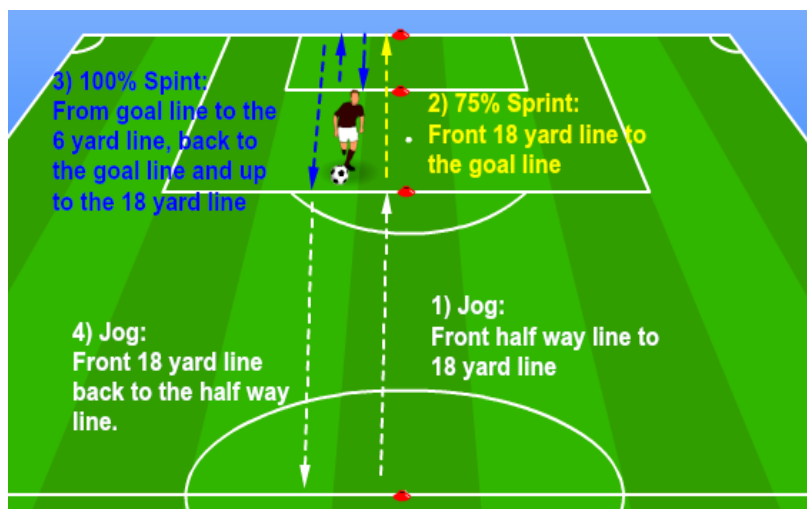
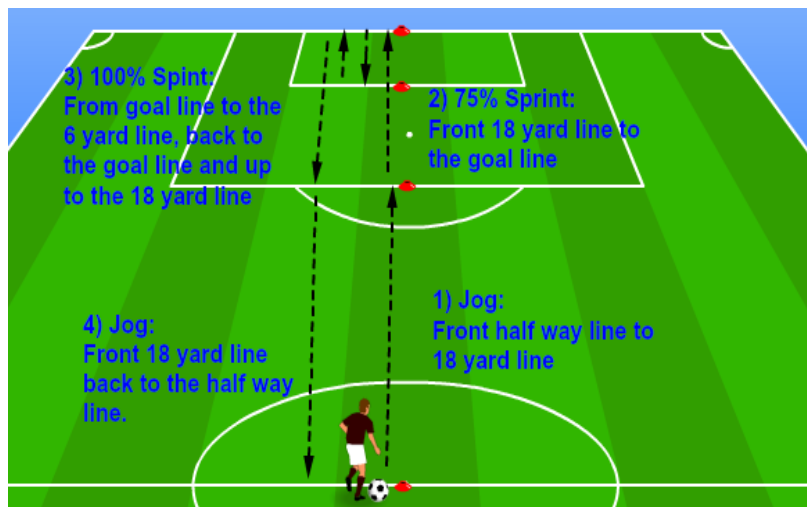
- 1) Jog from cone A- complete a full lap around cones B, C, D and back to A.
- 2) Sprint from cone A to B then jog to cones C, D and back to A.
- 3) Sprint from cones A to B and B to C then jog from C to D and D to A.
- 4) Sprint from cones A to B, B to C and C to D then jog from D back to A.
- 5) Sprint entire square from cones A to B, B to C, C to D and D back to A.
- 6) Repeat above sequence x 3.

Variations/Progressions:

- Complete the circuit using your non-preferred foot only.
- Perform a different type of skill at each turning point.
- Complete circuit on a diagonal. For example A to B then B to D, D to C and then C back to A. This reflects a criss-cross pattern.
- Change the pattern of this conditioning exercise to make it easier or harder. Increase sprint components as your fitness improves.
- Ask a parent or helper to shout out cones to sprint to, for example, "B"

Additional Football Training (solo football conditioning)

4. Football MAS Runs (Beniston & Grima, 2015)



Equipment:

- Four cones
- One football

Set Up and Purpose:

- Create a 'Football MAS Runs' circuit using four cones by placing a cone on the halfway line, 18 yard line, 6 yard line and goal line. It is recommended that you complete these exercises where a marked pitch is available. If not, position cones to reflect these distances.
- Develop football conditioning, acceleration and running with the ball.

Instructions: refer to both diagrams to enhance understanding

- Start on the halfway line as indicated on the top diagram.
- 1) **Jog:** From halfway line to the 18 yard line.
- 2) **75% Sprint:** From 18 yard line to the goal line
- 3) **100% Sprint:** From goal line to the 6 yard line, back to the goal line and up to the 18 yard line
- 4) **Jog:** From 18 yard line back to the half-way line.
- Repeat above sequence x 3.

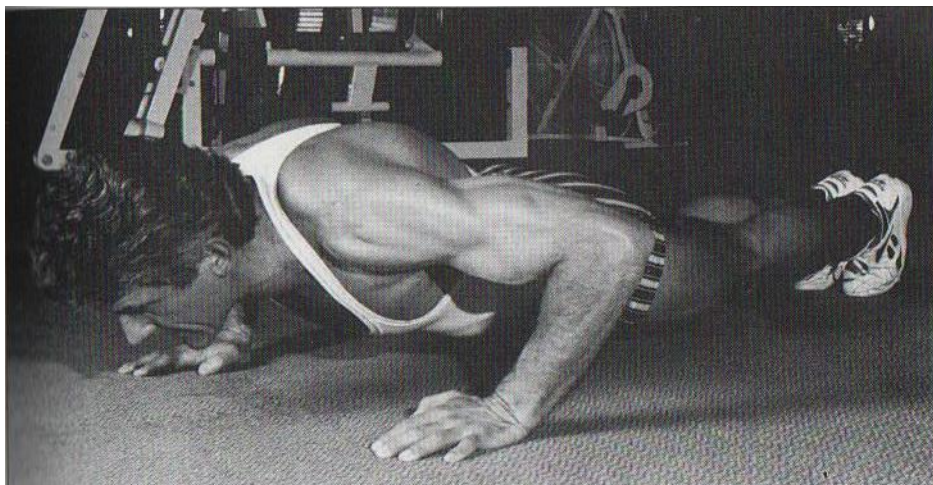
Variations/Progressions:

- Complete the circuit using your non-preferred foot only.
- Perform a different type of skill at each turning point.
- Create a different MAS sequence or ask a parent or helper to shout out a MAS sequence on the spot using the cones as the visual indicator.

Additional Football Training (solo core strength)

Batman & Van Capelle, 1995, pp. 23 & 25

1. Wide Grip Push Up



Special consideration:

- Complete exercises under the supervision of a parent or adult.

Purpose:

- To develop upper body strength and power.

Instructions:

- Lie on the floor in a prone position (see figure on left) with your fingers pointing forward and your hands as wide as comfortably possible.
- Contract [tighten] your abdominals to support your lower back and raise your body off the floor slightly so that your arms, with your elbows bent, take on the load.
- From this starting position raise your body off the floor by straightening your elbows. Maintain the fixed position of a relatively straight back and slight flexion at the hip joint throughout the down and up phases.
- Pause at the top of the movement and then lower your body back to the starting position just above the floor.

Variations:

- *Wide grip push up from knees:* to reduce the load, perform this exercise from your knees. Maintain straight line from knees through to shoulders
- *Close grip push-up* (hands closer together): to increase load & difficulty.

Repetitions:

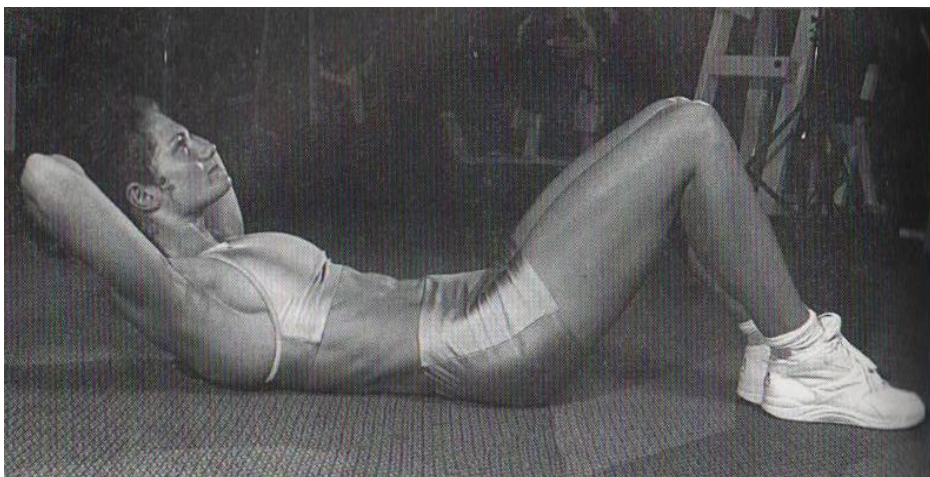
- 10 push-ups X 3 sets as a starting point under the guidance of an adult.



Above: Cristiano Ronaldo at Real Madrid training performing push-ups.

Additional Football Training (solo core strength)

2. Bent Leg Sit Up



Above: Cristiano Ronaldo at Real Madrid training after a set of sit ups

Special consideration:

- Complete exercises under the supervision of a parent or adult.

Purpose:

- To develop core strength and strengthen lower back muscles.

Instructions:

- Lie on the floor in a supine position with your knees bent about 90 degrees, feet unsupported and heels flat to the floor (see diagram).
- Support your head in your hands which are placed just above the back of your neck. Keep your elbows out to the sides of your head and avoid any pull from your arms.
- From this starting position begin to slowly curl your spine up by contracting [tightening] your abdominals.
- Raise your head and shoulders in line with your knees (see diagram)
- Pause for a second then slowly lower your body down to the original starting position.

Variations:

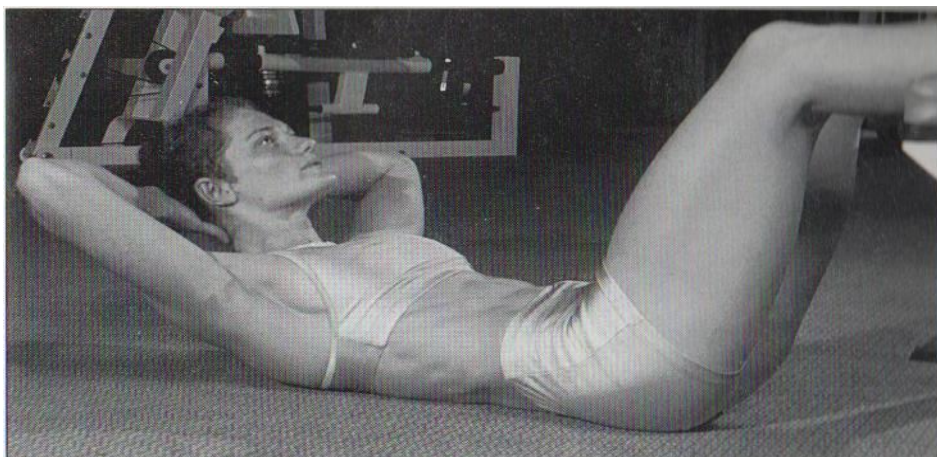
- To make it easier, try placing your hands across your chest or keep your arms down at your sides.
- To make it harder, hold a football with your arms fully extended.

Repetitions:

- 10 sit-ups X 3 sets as a starting point under the guidance of an adult.

Additional Football Training (solo core strength)

3. Abdominal Crunch



Above: Cristiano Ronaldo at Real Madrid training completing ab crunches

Special consideration:

- Complete exercises under the supervision of a parent or adult.

Purpose:

- To improve your balance by strengthening your abdominal muscles.

Instructions:

- Lie on the floor in a supine position with your hips and knees bent at 90 degrees [right angle] and your calves resting on a flat bench (see picture)
- Support your head in your hands which are placed just above the back of your neck. Keep your elbows out to the sides of your head and avoid any pull from your arms.
- From this position, slowly curl your spine up by contracting your abs.
- Raise your head and shoulders up to the same point as the top picture to your left so that you only utilize your abdominal muscles (see picture)
- Pause for a second then slowly lower your body down to the original starting position.

Tips:

- Avoid any rocking movement to raise the spine off the floor.
- Beginners may find that the 'Bent Leg Sit Up' (previous exercise) a good preliminary exercise to the abdominal crunch.
- If you have small amount of abdominal strength, keep your feet on floor

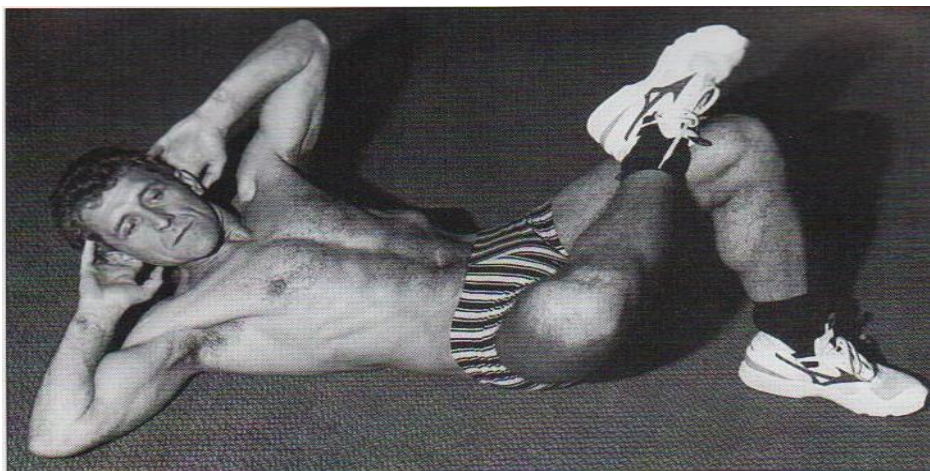
Repetitions:

- 10 crunches X 3 sets as a starting point under the guidance of an adult.

Additional Football Training (solo core strength)

Batman & Van Capelle, 1995, pp. 132-133

4. Oblique Sit Up



Special consideration:

- Complete exercises under the supervision of a parent or adult.

Purpose:

- Increase strength and flexibility in your internal and external obliques.

Instructions:

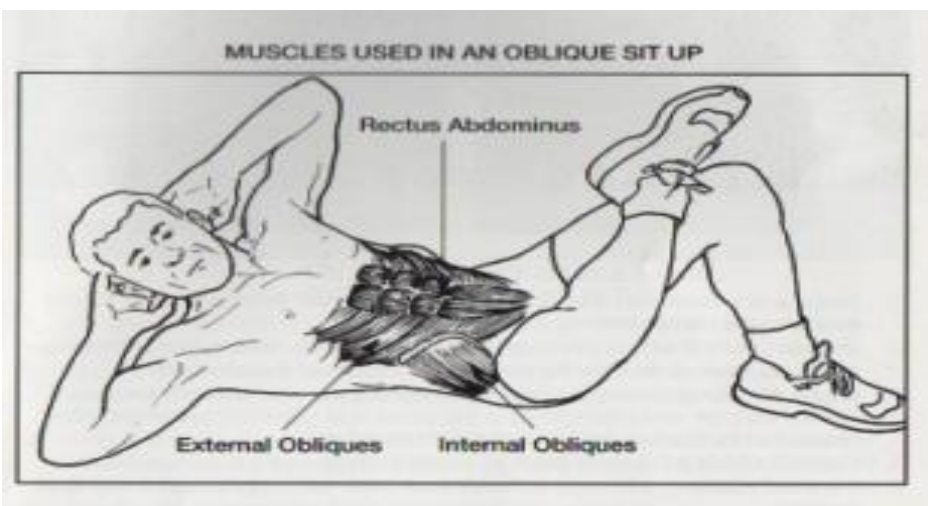
- Lie in a supine position on the ground with your right ankle crossed and resting on the knee of your bent left leg.
- Support your head in your hands which are placed just above the back of your neck. Keep your elbows out to the sides of your head and avoid any pull from your arms.
- From this starting position begin to raise your left shoulder up and forward towards your right knee. Aim to curl up and rotate gently by the contraction of the obliques.
- Pause for a second then slowly lower your body by uncurling your spine, bringing your left shoulder back to the starting position.
- Repeat the exercise lifting your right shoulder up and towards your elevated left knee.

Tips:

- By rotating your spine immediately from the supine position more emphasis is initially placed on your obliques.

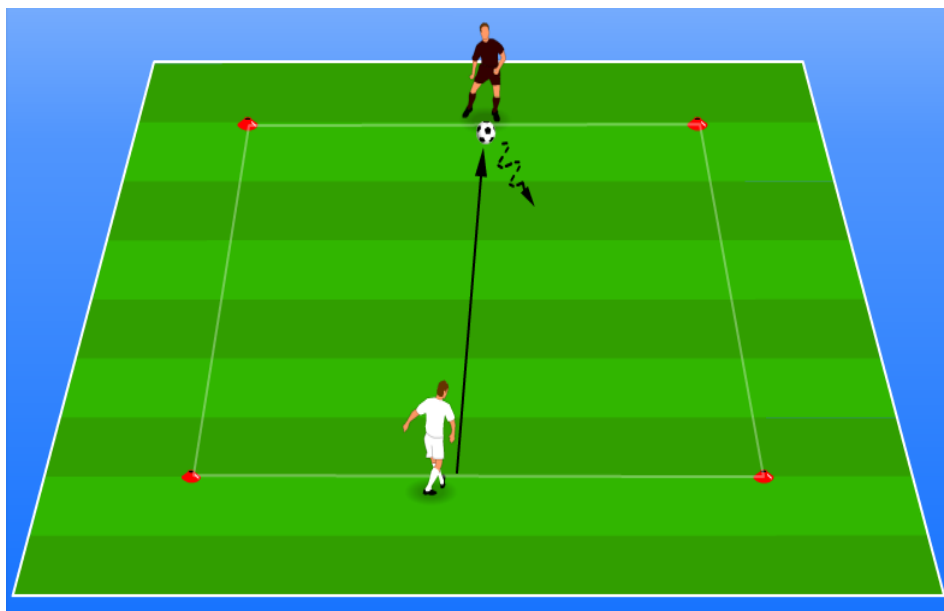
Repetitions:

- 10 oblique sit-ups X 3 sets as a starting point under guidance of an adult.



Additional Football Training (pairs technical)

1. 1 v 1 to the end line



Key Coaching Points:

Attacker:

- Keep head up to see opponent
- Attack (dribble at) defender at speed
- Use deceptive movements to unbalance defender
- Accelerate past defender

Variations/Progressions:

- Time restriction, for example, ten seconds to score.
- Create 'side gates' to increase decision making for both players.

Equipment:

- Four cones
- One football

Set Up and Purpose:

- Create a 10 x 10 m square using four cones.
- To develop attacking and defensive strategies in 1 v 1 situations.

Instructions:

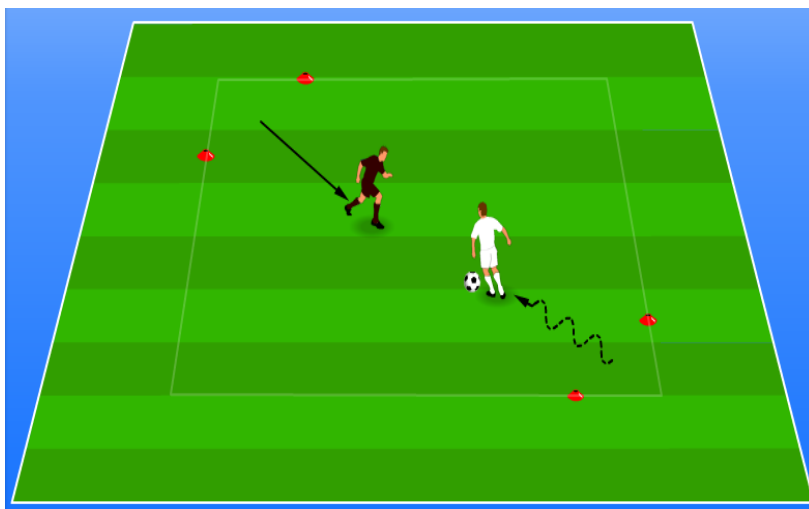
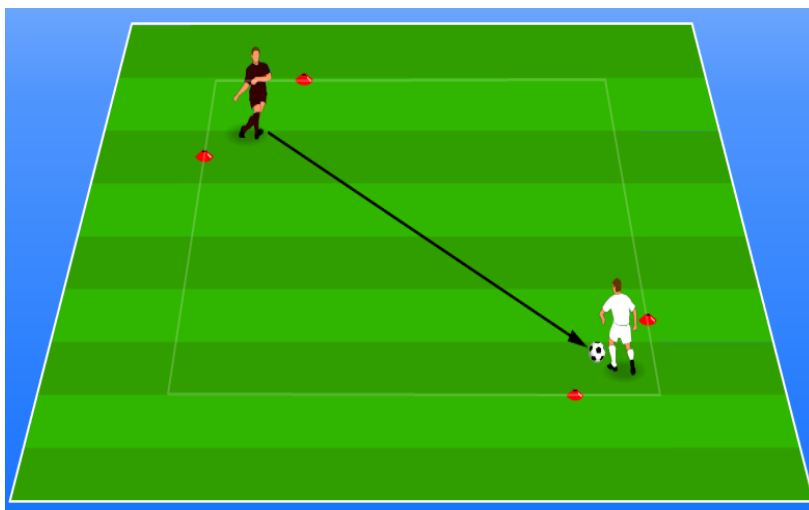
- Each player starts from behind the end-line.
- One player passes the ball to the feet of the direct opponent, who becomes the attacker.
- As soon as the attacker takes a first touch, the 1 v 1 duel commences.
- The attacker tries to beat the defender and stop the ball on opposite end-line to get a point, whilst the defender tries to stop the attacker.
- Each player has 5 attempts as a defender and attacker.
- The player who scores most points is the winner.

Defender:

- * Jockey
- * Delay the attacker
- * Show attacker wide
- * Pounce on any heavy touches

Additional Football Training (pairs technical)

2. 1 v 1 across the grid (Arsenal Soccer Schools)



Equipment:

- Four cones
- One football

Set Up and Purpose:

- Create two corner gates using four cones inside a 10 x 10 m square.
- To develop feints and correct dribbling techniques in a 1 v 1 situation.

Instructions:

- Each player starts from a corner gate as illustrated on the top diagram.
- One player passes the ball to the feet of the direct opponent, who becomes the attacker.
- As soon as the attacker takes a first touch, the 1 v 1 duel commences.
- The attacker tries to beat the defender and stop the ball inside opposite corner gate to get a point, whilst the defender tries to stop the attacker.
- Defender can intercept and score in opposite corner gate for 2 points.
- Each player has 5 attempts as a defender and attacker.
- The player who scores most points is the winner.

Key Coaching Points:

Attacker:

- Keep head up to see opponent
- Attack (dribble at) defender at speed
- Use deceptive movements to unbalance defender
- Accelerate past defender

Defender:

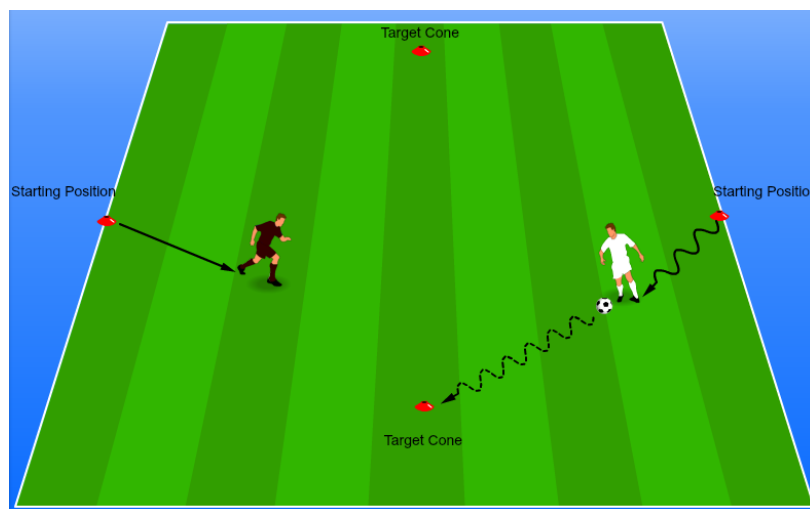
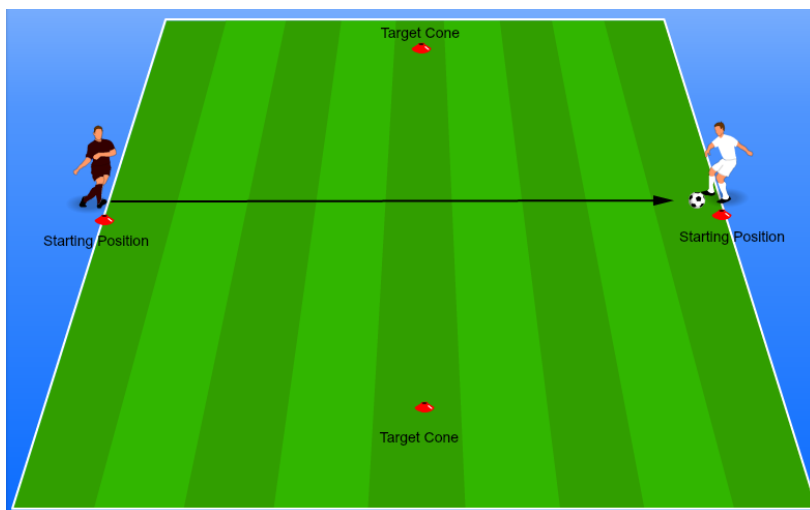
- * Jockey
- * Delay the attacker
- * Show attacker wide
- * Pounce on heavy touches

Variations/Progressions:

- Time restriction, for example, ten seconds to score.

Additional Football Training (pairs technical)

3. 1 v 1 to reach targets [modified] (Arsenal Soccer Schools; Grima, 2016)



Equipment:

- Four cones
- One football

Set Up and Purpose:

- Create a 'cross' using four cones. Distances between 'starting positions' and 'target cones' depends on the age and ability levels of the players.
- To develop a variety of ways to beat an opponent in 1 v 1 situations.

Instructions:

- Each player starts from the 'starting position' as shown on top diagram.
- One player passes the ball to the feet of the direct opponent, who becomes the attacker.
- As soon as the attacker takes a first touch, the 1 v 1 duel commences.
- The attacker tries to beat the defender and stop the ball at any of the two 'target cones', whilst the defender tries to stop the attacker.
- Defender can intercept and score in opposite 'target cone' for 2 points.
- Each player has 5 attempts as a defender and attacker.
- The player who scores most points is the winner.

Key Coaching Points:

Attacker:

- Keep head up to see opponent
- Attack (dribble at) defender at speed
- Use deceptive movements to unbalance defender

Defender:

- * Apply aggressive pressure
- * Pounce on heavy touches
- * Delay the attacker

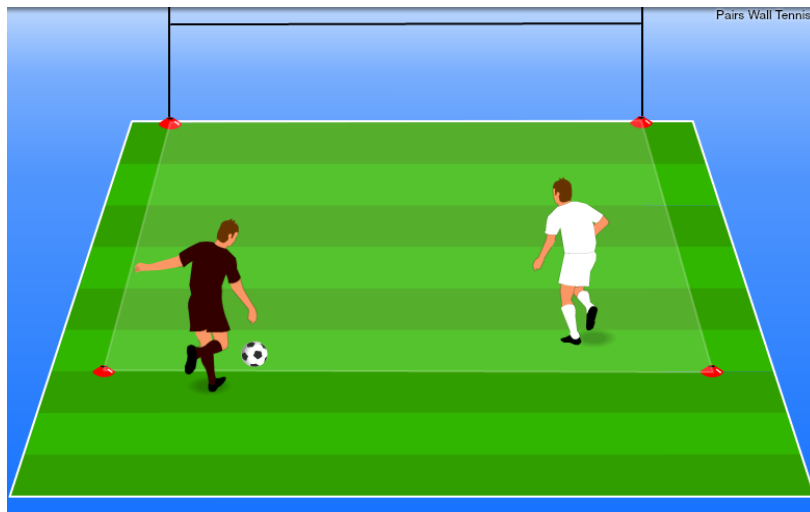
Variations/Progressions:

- Time restriction, for example, ten seconds to score.

Additional Football Training (pairs technical)

Wein, 2001, p. 53

4. Pairs Wall Soccer Tennis



Equipment:

- Four cones
- One football
- Wall
- Chalk to draw 'net line' on wall (you **must** ask permission to do this)

Set Up and Purpose:

- Create a 5 x 5 m square directly in front of a wall. Make the square larger or smaller to suit your ability levels.
- Improve first touch, control, ball mastery and individual tactics.

Instructions:

- Start from behind the baseline, using a half-volley to serve.
- Continue to rally off the wall against an opponent using any part of the body besides your hands (three touches max) to keep the rally going.
- The ball must land inside the square to maintain the rally.
- Try to beat your opponent by playing a game up to 11 points.

Variations/Progressions:

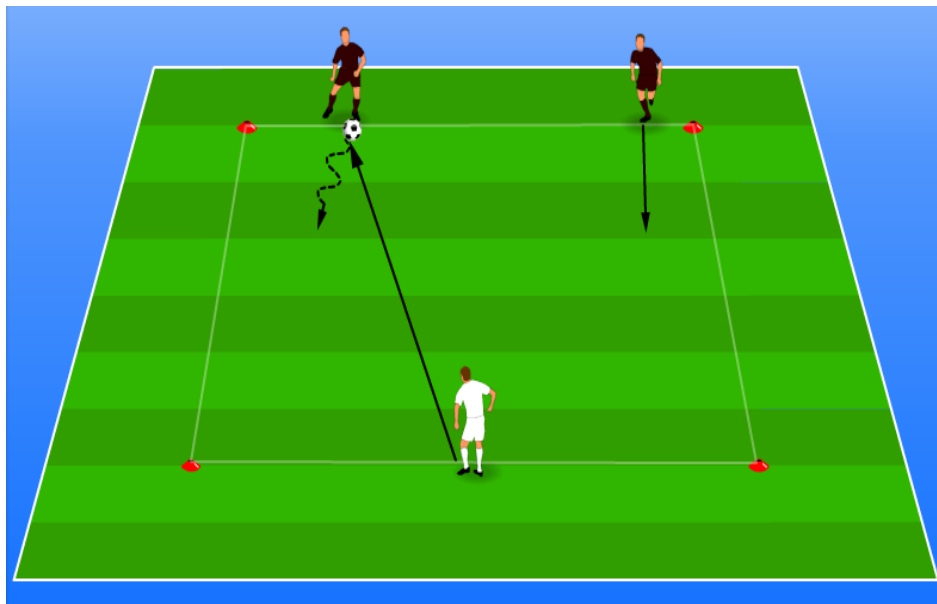
- Restrict touches, for example, one or two touches maximum per rally.
- Co-operative game- how many rallies can a pair maintain? Try better it!

Key Coaching Points:

- Position yourself middle back of the court for optional shot selection.
- Use a big, flat surface (laces, thigh or head)
- Place the ball where the opponent is not.

Additional Football Training (threes technical)

1. 2 v 1 to the end line



Key Coaching Points:

Attackers:

- Keep head up to see opponent's position
- Attack (dribble at) defender at speed
- Combine with partner to unbalance defender
- Use deceptive movements to unbalance defender

Variations/Progressions:

- Time restriction, for example, ten seconds to score.
- Change activity to 1 attacker versus 2 defenders.

Equipment:

- Four cones
- One football

Set Up and Purpose:

- Create a 10 x 10 m square using four cones.
- To develop attacking and defensive strategies in 2 v 1 situations.

Instructions:

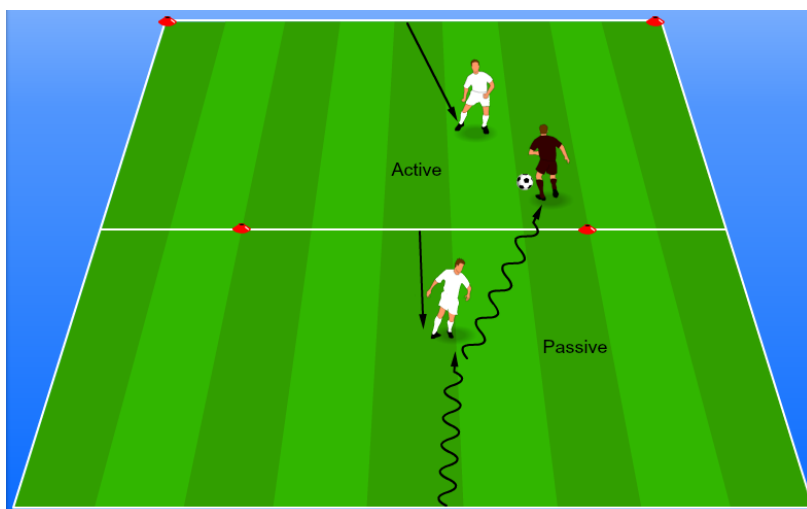
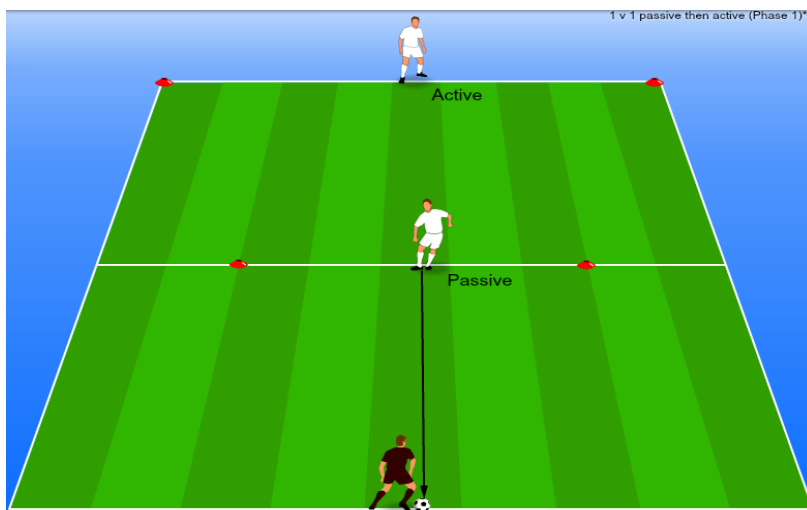
- Two players start behind end-line and the other on opposite end-line.
- Player on their own [white] passes the ball to the feet of any of the two direct opponents, who become the two attackers.
- As soon as an attacker takes a first touch, the 2 v 1 combat commences.
- The attackers try to beat the defender and stop the ball on opposite end-line to get a point, whilst the defender tries to stop the attackers.
- Each player has 5 attempts as a defender. Complete three sets.
- The defender who conceded least amount of points is the winner.

Defender:

- * Jockey
- * Delay the attackers
- * Show attackers wide
- * Pounce on any heavy touches

Additional Football Training (threes technical)

2. 1 v 1 grid- passive then active (Grima, 2016)



Equipment:

- Four cones
- One football

Set Up and Purpose:

- Create two gates as illustrated on top diagram. Note- one gate is bigger.
- To practice and refine 1 v 1 skills from technical block (pages 76 and 77).

Instructions:

- 'Passive defender' passes to the attacker in his/her starting position.
- The attacker practices a skill from the technical block against the 'passive defender' and moves past the first end zone without pressure.
- As soon as the attacker passes the gate, the active defender becomes live and the attacker and active defender engage in a 1 v 1 duel.
- The attacker tries to beat the active defender and stop the ball on the far end-line to get a point, whilst the defender tries to stop the attacker.
- Each player has 5 attempts at each position. Complete three full sets.
- The player who scores most points is the winner.

Key Coaching Points:

Attacker:

- Keep head up to see opponent
- Attack (dribble at) defender at speed
- Use deceptive movements to unbalance defender
- Accelerate past defender

Defender:

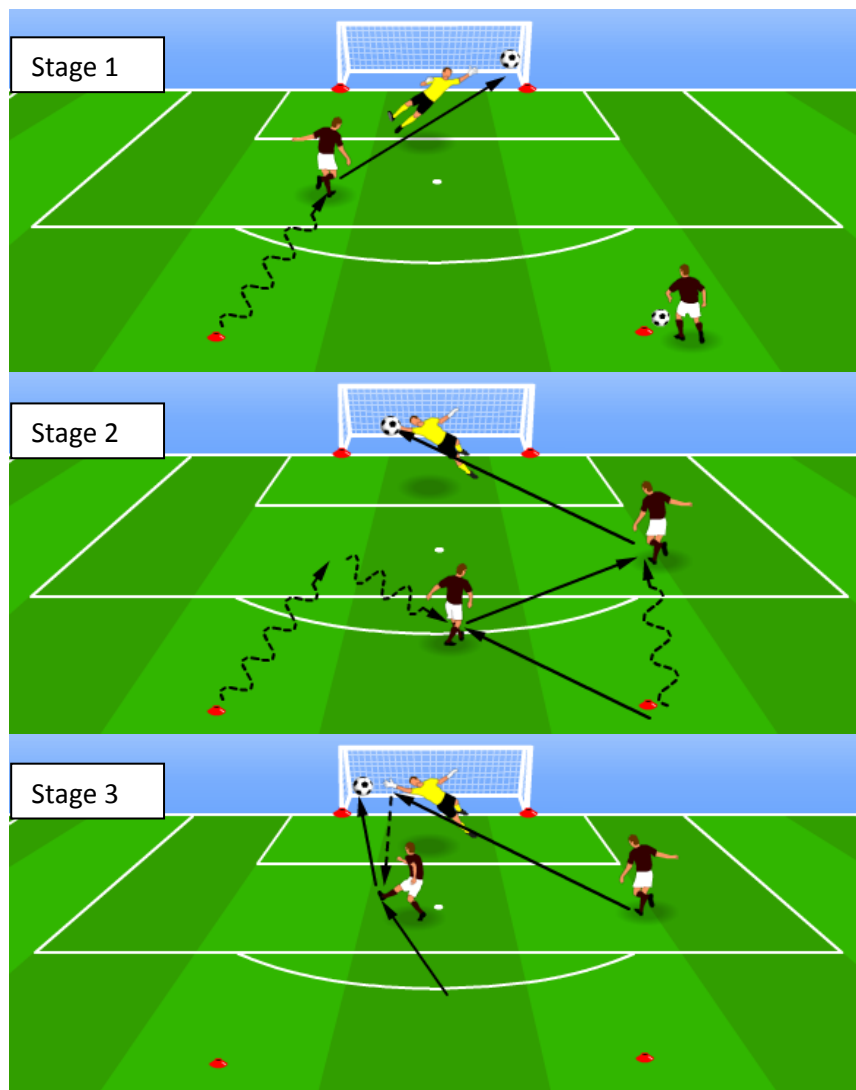
- * Jockey
- * Delay the attacker
- * Show attacker wide
- * Pounce on heavy touches

Variations/Progressions:

- Time restriction, for example, ten seconds to score.

Additional Football Training (threes technical)

3. Score and assist (Chelsea FC, 2008)



Created and compiled by Kevin Grima © 2016

Equipment:

- Four cones
- Two footballs

Set Up and Purpose:

- Conduct this exercise with the use of a full sized goal, if available. If unavailable, use two cones to create a full sized goal (see top diagram).
- Set up two cones as starting positions approximately 30 metres from the goal. Refer to illustration on left to enhance understanding.
- To develop shooting and fast combinations in attack.

Instructions: *refer to supporting illustrations as a guide.*

- 1) Player 1 dribbles and shoots at goal
- 2) Immediately Player 1 spins & plays wall pass for Player 2 to shoot at goal
- 3) Player 1 then follows the shot in order to get any rebounds off the goalkeeper or posts.

Rotation:

- All 3 players switch roles after 5 repeated attempts in the same position

Variations/Progressions:

- Time restriction, for example, 10 seconds to complete both phases.
- Change the combination passes of the two attackers.

Key Coaching Points:

Shooting:

- Select a spot to aim at
- Strike with **controlled power**

Attacking Combinations:

- * Pass into your team-mates 'advantage'
- * Move quickly into shooting position

Additional Football Training (threes technical)

4. 1 v 1 face to face with GK (Arsenal Soccer School; Grima, 2016)



Equipment:

- Four cones
- One football

Set Up and Purpose:

- Conduct this exercise with the use of a full sized goal, if available. If unavailable, use two cones to create a full sized goal (see top diagram).
- Place a cone 10metres behind each 18 yard corner edge as illustrated.
- To develop quick attacks and finishing under pressure.

Instructions:

- One player [white] passes the ball to the attacker [maroon].
- As soon as attacker [maroon] takes a first touch, the defender [white] becomes live and tries to stop the attacker from scoring against the GK.
- The attacker tries to score past the GK whilst being put under pressure by the defender [white] to register a point (goal).
- Each player has 5 attempts at each position. Complete three full sets.
- The player who scores the most goals is the winner.

Key Coaching Points:

Attacker:

- Take firm touch towards the goal
- Run with the ball to limit defender's influence.
- Select a spot to aim at
- Strike with **controlled power**

Defender:

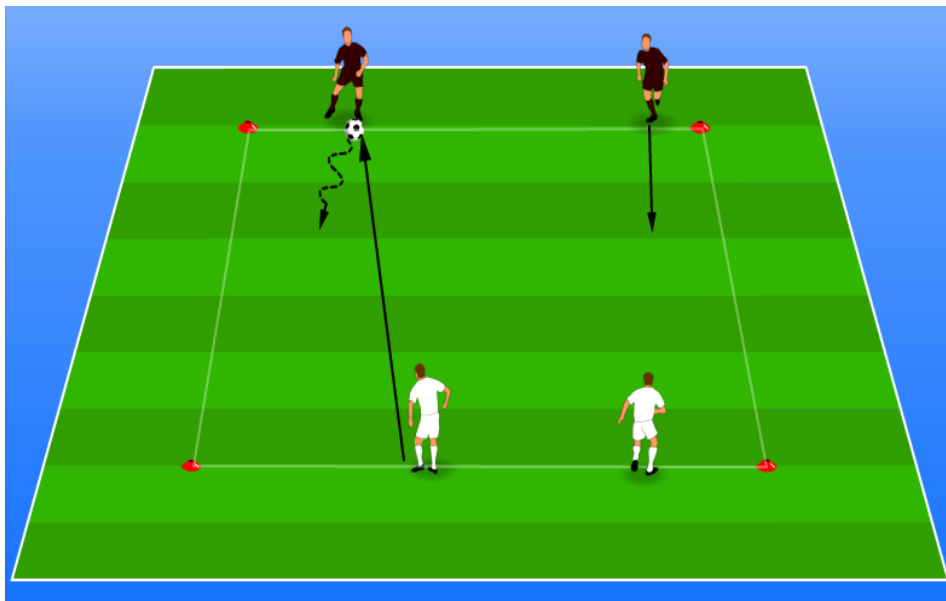
- * Apply aggressive pressure
- * Show attacker wide
- * Pounce on heavy touches
- * Be first to rebound/GK save

Variations/Progressions:

- Vary the starting positions of the attacker and defender.

Additional Football Training (fours technical)

1. 2 v 2 to the end line



Key Coaching Points:

Attackers:

- Keep head up to see opponent's position
- Attack (dribble at) defenders at speed
- Combine with partner to unbalance defenders
- Use deceptive movements to unbalance defenders

Variations/Progressions:

- Time restriction, for example, ten seconds to score.
- Create 'side gates' to increase decision making for both sets of players. You need a further four cones to complete this extension activity.

Equipment:

- Four cones
- One football

Set Up and Purpose:

- Create a 10 x 10 m square using four cones.
- To develop attacking and defensive strategies in 2 v 2 situations.

Instructions:

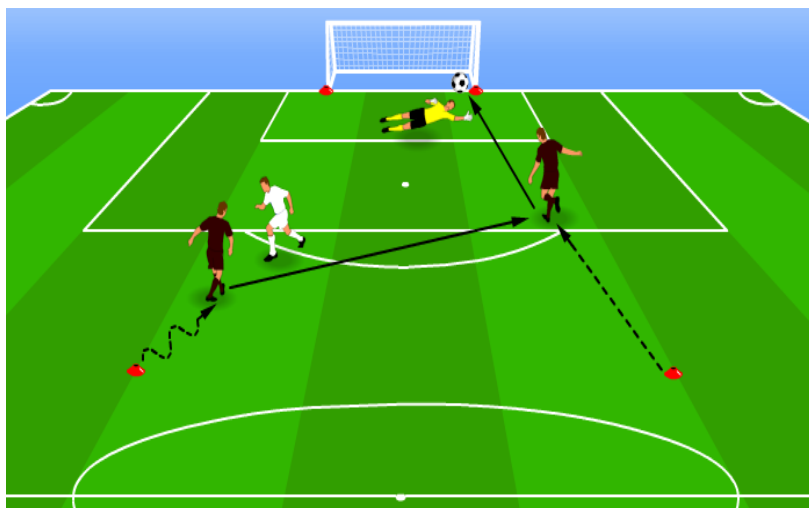
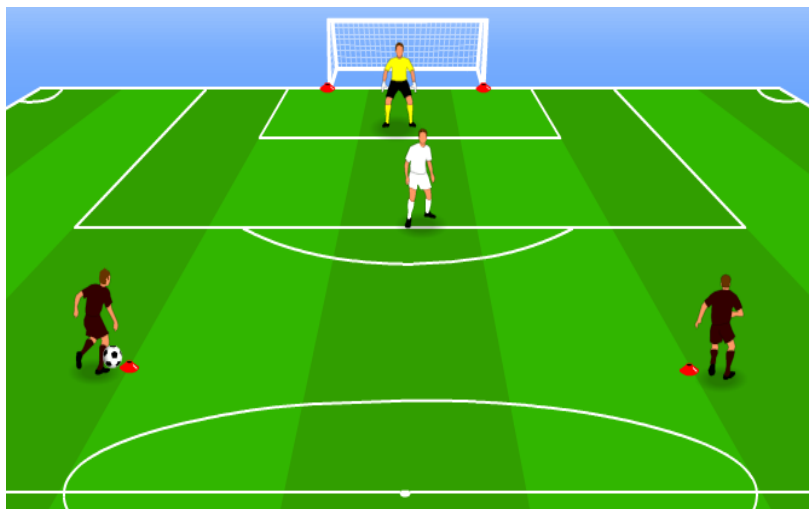
- Two players start behind each end-line (Refer to diagram on left).
- One pair [white] passes the ball to the feet of any of the two direct opponents, who become the two attackers.
- As soon as an attacker takes a first touch, the 2 v 2 combat commences.
- The attackers try to beat the defenders and stop the ball on opposite end-line to get a point, whilst the defenders try to stop the attackers.
- Each pair has 5 attempts as defenders and attackers. Complete 2 sets.
- The team (pair) that scores most points in attack is the winner.

Defender:

- * Jockey
- * Delay the attackers
- * Show attackers wide
- * Pounce on any heavy touches

Additional Football Training (fours technical)

2. 2 v 1 Transition (Arsenal Soccer Schools)



Equipment:

- Four cones
- One football

Set Up and Purpose:

- Conduct this exercise with the use of a full sized goal, if available. If unavailable, use two cones to create a full sized goal (see top diagram).
- Place two cones 10metres behind 18 yard box as illustrated on left.
- To develop quick counter attacks and finishing under time pressure.

Instructions:

- One player [maroon] starts the exercise by dribbling towards goal.
- As soon as this player takes a touch, the defender [white] becomes live as does the supporting player in maroon (on right).
- The two attackers [maroon] have **10 seconds** to score a goal.
- Complete four sets. The pair that scores the most goals is the winner.

Rotation:

- Goalkeeper and defender swap with two attackers after 5 attempts.

Key Coaching Points:

Attackers:

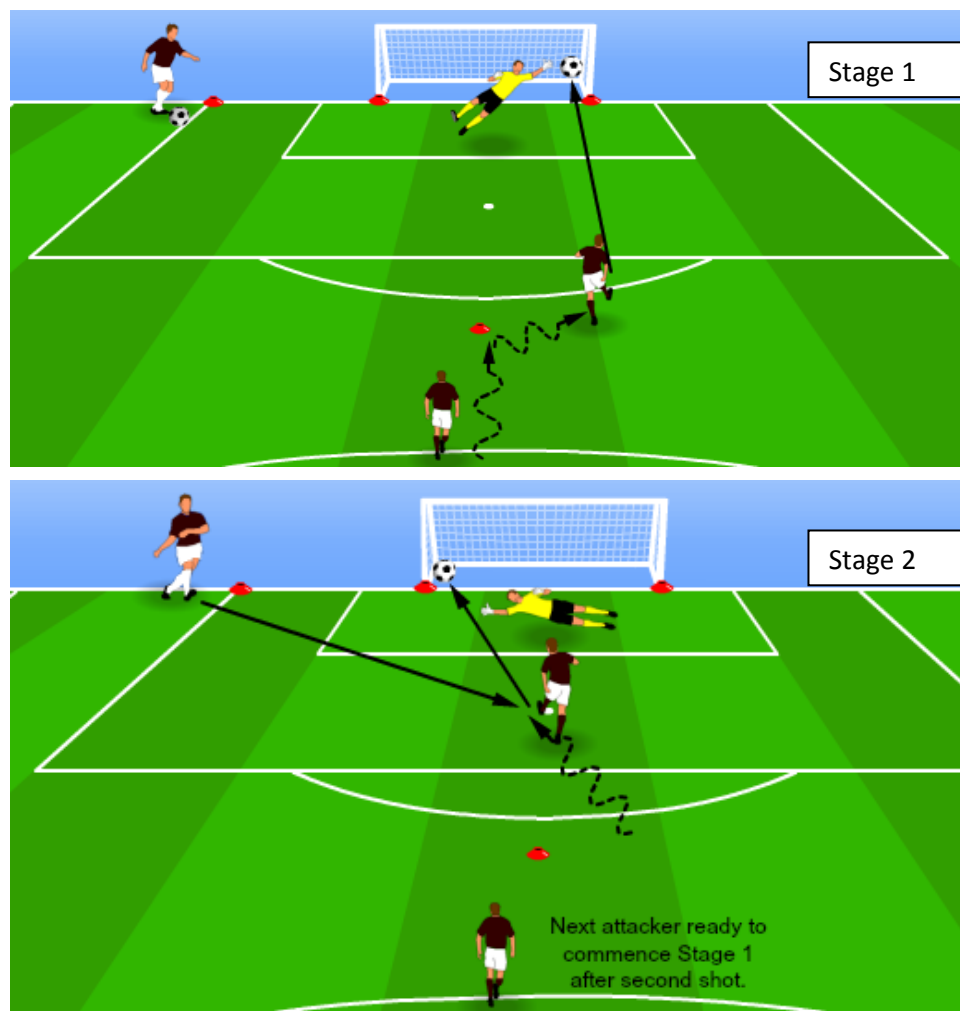
- Attack at pace
- Create open passing lane
- Decide when to dribble, pass or shoot
- Strike with **controlled power**

Defender:

- * Delay the attackers
- * Show possession player wide
- * Pounce on heavy touches
- * Be first to rebound/GK save

Additional Football Training (fours technical)

3. Power from distance, Place in the Box (Chelsea FC, 2008)



Equipment:

- Four cones
- Two footballs

Set Up and Purpose:

- Conduct this exercise with the use of a full sized goal, if available. If unavailable, use two cones to create a full sized goal (see top diagram).
- Set up one cone approximately 25 metres from goal and another in line with the goal. Refer to illustration on left to enhance understanding.
- To develop attacker's full range of finishing.

Instructions: refer to supporting illustrations as a guide.

- 1) The attacker dribbles, completes a skill, for example, 'drag scissors' at the cone and shoots with controlled power from distance.
- 2) Immediately the attacker must react and run to receive a pass from the server on the end-line. The attacker now shoots from inside the box with a placed finish. Attacker to collect both balls after second shot.

Rotation:

- Goalkeeper and server swap with two attackers after 5 shots each.

Variations/Progressions:

- Change the angle from which the server passes to the attacker.

Key Coaching Points:

Shooting:

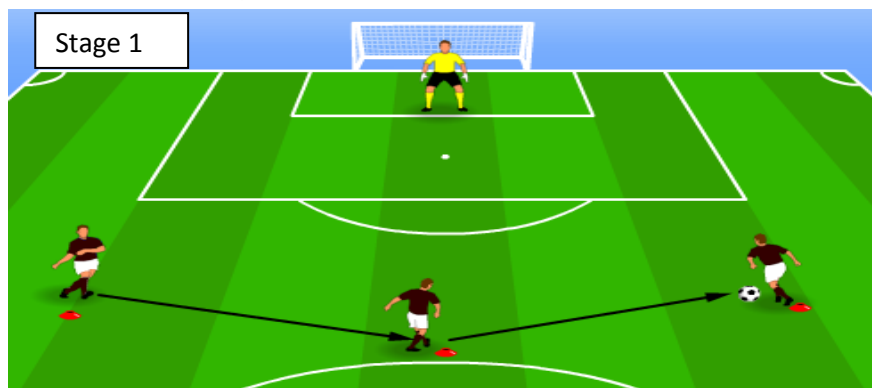
- Select a spot to aim at
- Strike with **controlled power**

Attacking Combinations:

- * Pass into your team-mates 'advantage'
- * Move quickly into shooting position

Additional Football Training (fours technical)

4. Passing Wave to Score (Chelsea FC, 2008)



Equipment:

- Three cones
- One football

Set Up and Purpose:

- Conduct this exercise with the use of a full sized goal, if available. If unavailable, use two cones to create a full sized goal.
- Set up three cones approximately 40 metres from goal (see diagrams).
- To develop fluent passing, movement off the ball and first time finishing

Instructions: refer to supporting illustrations as a guide.

- 1) To start, the ball is transferred from the left midfielder into the centre midfielder who receives the pass and opens up his/her body shape to pass to the right midfielder.
- 2) The left midfielder now makes a diagonal run into the centre of the pitch and receives a pass from the right midfielder and runs down the line to receive a return pass.
- 3) The centre midfielder makes an arched run into the box and attempts to finish first time. If unable to finish first time then centre midfielder sets up the left midfielder who has made a supporting run into the box.

Rotation:

- Goalkeeper (GK) becomes left midfielder (LM); LM becomes centre midfielder (CM); CM becomes right midfielder (RM) and RM becomes GK after 5 consecutive attempts in the same position.

Variations/Progressions:

- Change passing combination, for example, starting from the RM.

Additional Football Training (Goalkeeper Decathlon)

Wein, 2001, pp. 172-173

Goalkeeper Decathlon

Goalkeepers at Subiaco AFC are encouraged to train with the main playing squad so that they become more comfortable with the ball at their feet. However, it is also encouraged that goalkeepers practice on their own for short periods of time during every training session to attempt two or three exercises while the outfield players continue to practice with the coach. Goalkeepers are encouraged to work in pairs, ideally of similar age and ability, to maximize their development using the Goalkeeper Decathlon as a self-teaching program. This way, the goalkeepers occupy their time effectively and further develop their skills until the coach can again involve them in the training. Goalkeepers completing these activities are encouraged to provide each other feedback in search of continuous improvement. It is recommended that goalkeepers in U/12 and U/13 complete these exercises using a size 4 ball and goalkeepers from U/14-U/16 perform these exercises using a size 5 ball.

1. Penalty



Equipment:

- Access to a full sized goal, ideally with a penalty spot marked.
- One football

Description:

- Each goalkeeper starts with 5 points. The oldest one starts to defend the goal. If the attacking goalkeeper can't score from the penalty spot of 9 meters, both switch positions and roles. When a goal is scored, the defending goalkeeper loses a point and continues to defend. The goalkeeper who reduces the opponent's score to zero is the winner.

Self-check/peer-teaching points:

- Mentally prepare to face the penalty kick with success.
- Concentrate only on the ball, without being influenced by other dummy movements of the penalty taker.
- Anticipate the ball's power and placement.
- Stretch out in a **diagonal line**, not parallel, to reduce the shooting angle.

Additional Football Training (Goalkeeper Decathlon)

Wein, 2001, pp. 173-174

2. Avoid the Dribbling of an Attacker

Starting positions



Equipment:

- Access to a full sized goal, ideally with a penalty area marked out.
- Four footballs

Description:

- The attacking goalkeeper has four attacks (set out four balls outside the 18 yard box) to dribble the ball from outside the penalty area into the goalkeeper's area (6 yard box). When he touches the ball, the defending goalkeeper comes out to prevent the attacker from penetrating with the ball into the small area or six yard box.
- A goal can be scored only from inside the small area or six yard box.
- An attack ends when the ball is out of the penalty area, a goal is scored, or the attacker commits an infringement.
- A penalty is awarded for an infringement by the defending goalkeeper.
- The winning goalkeeper is the player who concedes the fewest goals in four attacks.

Self-check/peer-teaching points:

- Learn to rush out of goal, cover the shooting angle, and get down to collect the ball from the attacker.
- Be aggressive when necessary and act with determination.
- Perform dummy movements to influence attackers run into the box.
- Select the precise second for getting down, stretching out, and collecting the ball from the attacker.

Additional Football Training (Goalkeeper Decathlon)

Wein, 2001, p. 174

3. Save Twice

Starting positions



Equipment:

- Access to a full sized goal, ideally with a penalty area marked out.
- Two footballs
- Two cones

Description:

- Mark out a smaller goal in front of the full sized goal as illustrated in diagram on left. Use the 6 yard box line as a guide to setting up.
- The attacker has two balls outside the 18 yard box.
- The practice starts with the defending goalkeeper rushing out to defend the small goal with the attacker shooting into small goal on 6 yard line.
- Immediately after the first shot is taken (preferably saved in an upright position) the attacker attempts to chip the defending goalkeeper with a stationary ball into the full sized goal.
- To be able to save the second attempt, the goalkeeper runs backward and performs a second defensive action.
- Each goalkeeper has 3 double kicks from 3 different attacking positions.
- The goalkeeper who concedes fewer goals is the winner.

Self-check/peer-teaching points:

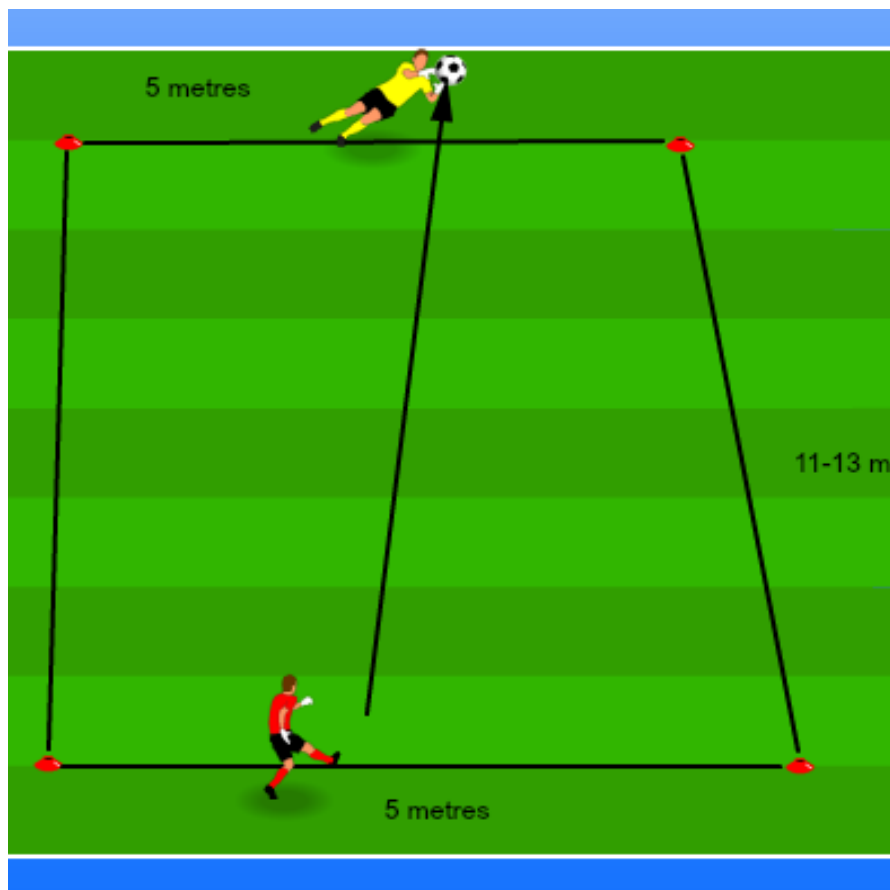
- Improve co-ordination through running both forward and backward, making sudden stops, assuming basic ready position and correct execution of different skills, for example, catch, punch, deflection, etc.
- Perfect the sense of direction and awareness
- Quick reactions between shots.

Additional Football Training (Goalkeeper Decathlon)

Wein, 2001, p. 175

4. Two Touches

Starting positions



Equipment:

- Access to open space: 13 metres long X 5 metres wide
- One football
- Four cones

Description:

- Set up a playing area 13 metres long and 5 metres wide. Make it smaller or larger depending on the level and ability of the two goalkeepers.
- Each goalkeeper defends his or her own **goal line**.
- After the opening kick from one goal line, both goalkeepers may leave their respective goals to add pressure on the opponent.
- The ball can be saved with the hands but must be kicked off the ground using two touches maximum to score in opponent's goal.
- If a player touches the ball more than twice in a row, a penalty is awarded and taken from the centre of the field.
- Length of game: two periods of 3 minutes.

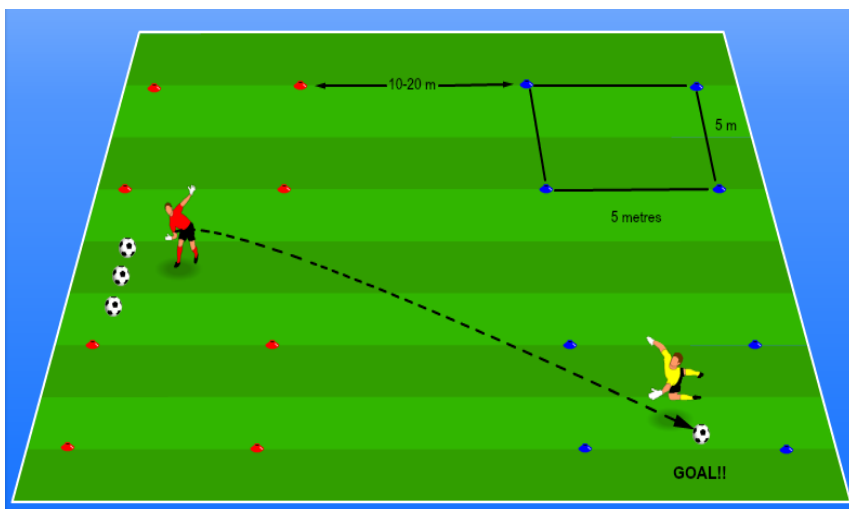
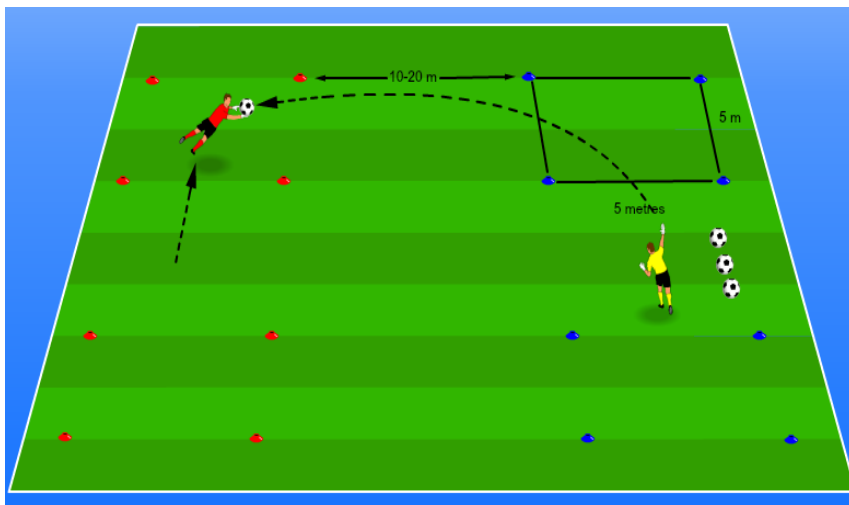
Self-check/peer-teaching points:

- Kick the ball with both feet to develop confidence in using either foot.
- React quickly to assume correct ready position to defend the goal.
- Anticipate the opponent's play.
- Perfect the sense of direction and awareness
- Perform dummy movements to influence opponent's attempt at goal.

Additional Football Training (Goalkeeper Decathlon)

Wein, 2001, p. 175

5. Throw With One Hand



Equipment:

- Access to open space on grassed area
- Four footballs
- Sixteen (16) cones

Description:

- Set up four squares measuring 5 metres per side, two in one zone and two in the opposite zone.
- A neutral zone, whose distance (10-20 metres) depends on the goalkeepers' level of power, separates the squares.
- Two goalkeepers face each other, taking a central position between their two squares.
- One throws the ball with the intention of having it land inside one of the two opponent's squares
- The defending goalkeeper, by intelligently reading and reacting, does whatever he or she can to move out of the initial central position and catch or clear the ball before its landing in either square.
- The winner is the goalkeeper who manages, with four throws only, to have the ball land inside one square of the opponent's zones the most.

Self-check/peer-teaching points:

- Thrower= Improve over-arm throwing technique and accuracy.
- Thrower= Learn to disguise the direction of the throw.
- Goalkeeper (GK) = Ability to anticipate direction of the throw.
- GK = Perform dummy movements to influence opponent's throw

Additional Football Training (Goalkeeper Decathlon)

Wein, 2001, p. 176

6. Control of the Goalkeeper's Area



Equipment:

- Access to a full sized goal, ideally with a penalty area marked out.
- Six footballs

Description:

- Place 6 balls on the edge of 18 yard box, two on each sideline and two in front of the goal (Refer to illustration on left to enhance understanding)
- The attacking player has six set shots from the position of the ball around the 18 yard box.
- The attacker's aim is to score a goal with either a free-kick or getting the ball to touch the ground inside the 6 yard box in front of the goal.
- If a free-kick is scored, the goalkeeper loses (concedes) 2 points; if ball lands inside 6 yard box the goalkeeper concedes 1 point.
- By using intelligent positional play, anticipation, and acrobatic moves, however, the defending goalkeeper tries to prevent the ball's entering the goal or landing in the 6 yard box.
- The goalkeeper who concedes fewer points is the winner.

Self-check/peer-teaching points:

- Develop the capacity to quickly make correct decisions after carefully observing the ball's trajectory and speed.
- Execute defensive actions (catch, dive, deflection, or punch) at maximum speed.
- Affect the attacker's shots by means of the positional play.
- Assume an optimal, correct ready position.

Additional Football Training (Goalkeeper Decathlon)

Wein, 2001, pp. 176-177

7. Stopping the Rebound



Equipment:

- Access to a full sized goal, ideally with a penalty area marked out.
- Four footballs

Description:

- Place four balls outside the 18 yard box as illustrated on left.
- The attacking player strikes a stationary ball from outside 18 yard box.
- The attacker watches for a possible rebound, because the goalkeeper may not have fully removed the ball from danger.
- When the first ball misses the goal, enters the goal, or rebounds out of reach of the attacker, the attacker runs to a second ball outside the box.
- Both players (goalkeeper and attacker) fight for the ball. While the goalkeeper tries to clear it from the penalty area, the attacker tries to score within less than 4 seconds after hitting the first shot.
- Sequence is repeated twice: stationary shot followed by 'rebound' X 2.
- If the attacker scores a goal with a 'direct shot', the defending goalkeeper gets a negative point; for a goal obtained from a 'rebound', the goalie loses two points.
- The player who concedes fewer points after a set wins the match.
- Complete two or three sets.

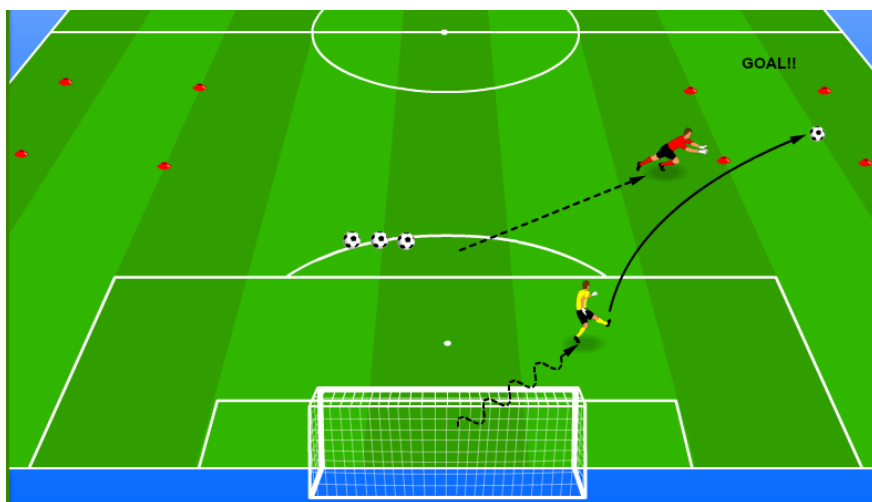
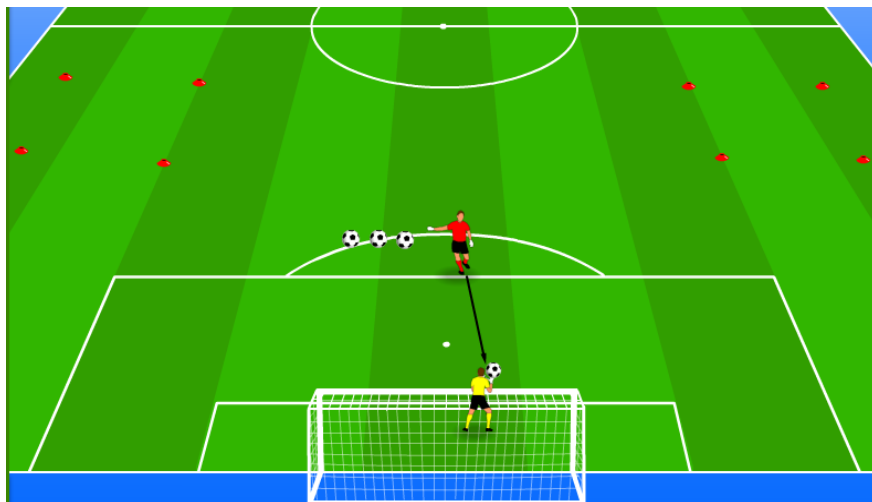
Self-check/peer-teaching points:

- Be prepared for a second defensive action after a first save!
- Improve perception and decision making skills.
- Improve co-ordination and timing. For example, when to rush out.

Additional Football Training (Goalkeeper Decathlon)

Wein, 2001, p. 177-178

8. Accurate Clearances With Kicks



Equipment:

- Access to a full sized goal, ideally with a penalty area marked out.
- Four footballs
- Eight cones

Description:

- Create two squares not more than 20 metres apart from one another; size of the square will depend on the age and ability of the goalkeepers.
- Standing just outside the 18 yard box, the attacking goalkeeper kicks the ball accurately and not too strongly to the defending goalkeeper. Within 6 seconds, the defending goalkeeper collects the ball and clears it toward one of the two squares (Refer to diagrams on the left).
- In the first two clearances the goalkeeper must attempt to drop kick and volley technique. The objective is to get the ball to land in one of the two squares.
- In the third and fourth clearances, the defending goalkeeper drops the ball on the ground and looks to ground pass into one of the two squares
- Attacking goalkeeper tries everything possible to ensure that none of the clearances enter any of the two squares once he/she kicks the ball.
- The goalkeeper who executes more correct clearances is the winner.

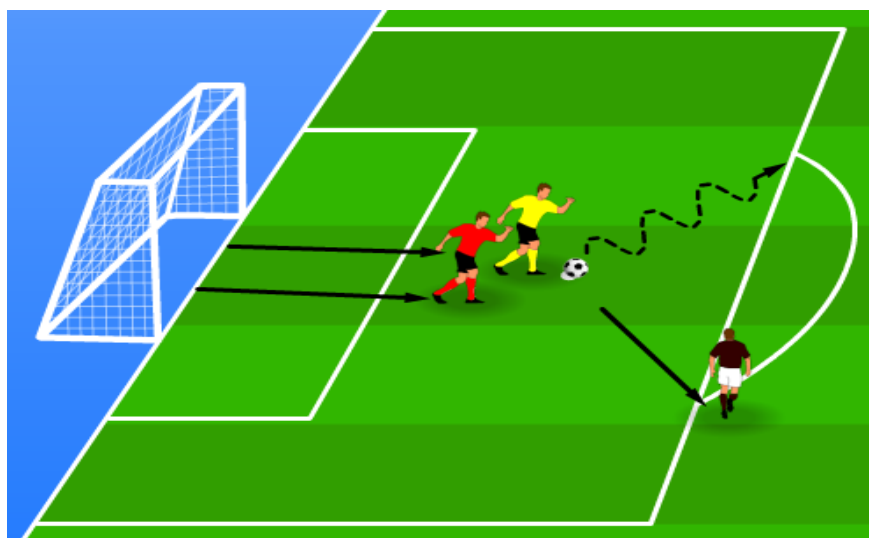
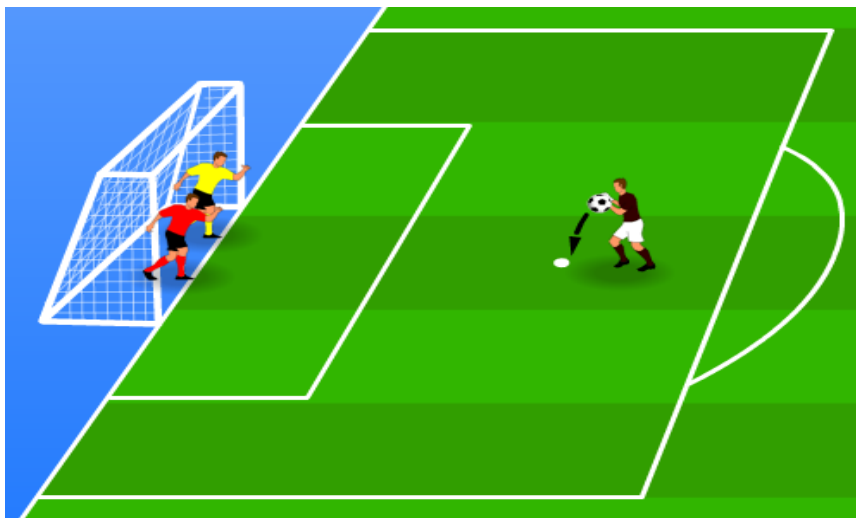
Self-check/peer-teaching points:

- Kick the ball with accuracy and power
- Disguise the direction of the clearance
- Vary the techniques used for the clearance

Additional Football Training (Goalkeeper Decathlon)

Wein, 2001, p. 178

9. Sprint to Clear the Ball First



Equipment:

- Access to a full sized goal, ideally with a penalty area marked out.
- One football

Special consideration:

- Neutral player (injured), assistant coach or helper required for this exercise otherwise place ball on penalty spot and the two goalkeepers count-down to ensure that they start at the exact same time.

Description

- Two goalkeepers play against each other.
- Neutral player or helper bounces a football onto penalty spot.
- Both goalkeepers, starting from the same goal line, fight to clear the ball
- The winning goalkeeper is the one who manages to clear the ball out of the 18 yard box. This play is awarded one point (see diagrams).
- The players continue with 2 more trials. For the second trial they start from a sitting position; for the third, they start from lying-down position
- The overall winner is the goalkeeper with the best result out of the three clearances. Repeat sequence if required.

Self-check/peer-teaching points:

- Improve reaction time.
- Improve the ability to accelerate.
- Improve the ability to make good, quick decisions.
- Improve the ability to anticipate.
- Improve will power.

Additional Football Training (Goalkeeper Decathlon)

Wein, 2001, p. 179

10. The Duel



Equipment:

- Access to a full sized goal, ideally with a penalty area marked out.
- Five footballs

Description

- Place five balls outside the 18 yard box.
- The attacking goalkeeper starts with the ball at edge of the 18 yard box. At this moment the defending goalkeeper may come out of the goal to stop the shot or dribble, always respecting the official rules of the game.
- An attack ends when the ball leaves the 18 yard box, a goal is scored, the defending goalkeeper gains possession of the ball, the attacker commits a foul, or the attack has lasted more than four seconds.
- A foul made by the defending goalkeeper results in a penalty.
- The goalkeeper who concedes fewer goals in five attacks is the winner.

Self-check/peer-teaching points:

- Reduce the attacker's time and space by closing them down as quickly as possible.
- Force the attacker to do what the goalkeeper wants.
- Anticipate the technique of the shot at goal, as well as its trajectory.
- Make good decisions about when to rush out of goal.

Training Objectives:

- Gain experience in correct positional play.
- Improve the ability to make good, quick decisions in 1v1 situations.



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This document is an educational tool for Subiaco AFC NPL players only and is not to be published for any financial gain. The purpose of this Player Guide Book is to create a football environment for U/12-U/16 NPL players at Subiaco AFC that is professional, consistent, progressive and conducive to youth football development and growth. Additional football training exercises and all other activities and ideas have been appropriately acknowledged using APA's sixth edition referencing style. All Subiaco AFC U/12-U/16 NPL players have access to these resources in supporting their youth football development in 2016. Written permission is required from the author Kevin Grima in order to utilize the ideas and activities that are found in *Subiaco AFC's Player Guide Book, 2016: U/12-U/16 NPL*.