



BLACKTOWN DISTRICT SOCCER FOOTBALL ASSOCIATION  
**REP PROGRAM UTILISING**  
WESTERN SYDNEY WANDERERS FC  
**COOPERATIVE DEVELOPMENT PROGRAM**

THANKS TO



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## **Acknowledgements**

All diagrams and wording used in this manual has come from the FFA National Curriculum. It remains the property of the FFA and is not too be altered in any form.



<http://www.footballaustralia.com.au/>



<http://www.bdsfa.com/>



<http://www.wswanderersfc.com.au/>



<http://www.ffacoachingresource.com.au/>

# C.H.A.N.G.E. I.T.

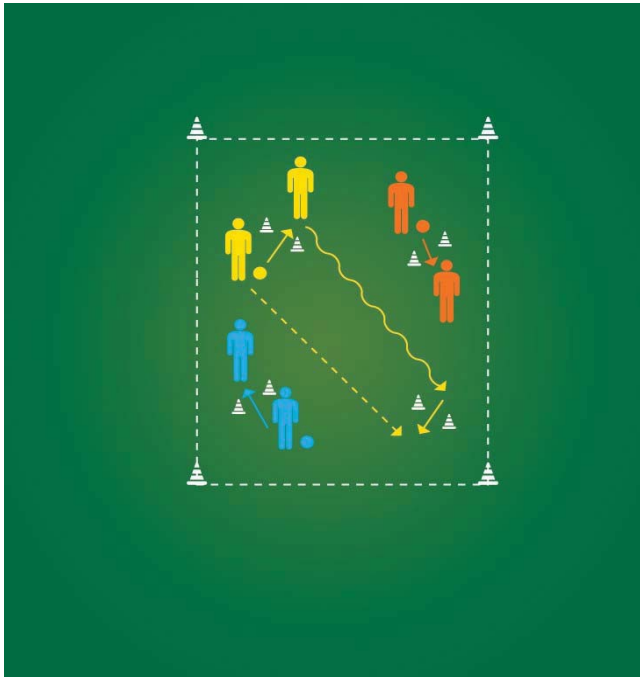
<b>C</b>	<b>COACHING STYLE</b> Provide feedback in the drink break or change of activities without interrupting the game. Use player role models.
<b>H</b>	<b>HOW YOU SCORE/WIN</b> Increase opportunities to score.
<b>A</b>	<b>AREA</b> Increase or decrease the game challenges by changing the size/shape of the playing area, i.e. long and narrow, short and wide, smaller/larger.
<b>N</b>	<b>NUMBERS</b> Use different team numbers of players to overload the advantage of one team or vary the number of turns at goal, etc.
<b>G</b>	<b>GAME RULES</b> Change the rules slightly, i.e. no tackling, minimum number of passes, etc.
<b>E</b>	<b>EQUIPMENT</b> Vary the equipment used, i.e. a bigger goal, smaller goals, more goals.
<b>I</b>	<b>INCLUSION</b> Engage the players in modifying the practices; provide options they could choose from to encourage ownership. Consider what can a player do as opposed to what they can't or your perception of what they can or can't do.
<b>T</b>	<b>TIME</b> Reduce or extend the time to perform actions, i.e. how many passes in 20 seconds, get a shot at goal within 30 seconds.

## WSWFC and Blacktown Cooperative Training Program - U6-7 Teams

Stations	Technique		Week 1 and 2	Week 3 and 4	World Cup	Week 6 and 7	Week 8 and 9	World Cup	Week 11 and 12	Week 13 and 14	World Cup	Week 16 and 17	World Cup
	WSW APP												
<b>Dribbling and Running With the Ball</b>													
On the Ball Skills		Ball Skills	WSW APP						WSW APP				
Dribbling Cones			Diagram 3							Diagram 3			
Dribbling Cones - Boomerang						Diagram 7							
Dribbling Relays							Diagram 11					Diagram 11	
<b>Touch and Positioning Games</b>													
Pairs through Gates			Diagram 1						Diagram 1				
Half in Half Out Touch Game				Diagram 4						Diagram 4			
<b>Striking the Ball</b>													
Dribble and Pass		Striking Skills				Diagram 8							
Pass to Score							Diagram 12					Diagram 12	
<b>1v1 and More</b>													
Tackling Partners		Ball Skills	WSW APP						WSW APP				
1v1 with Goals				Diagram 5					Diagram 5				
1v1 - End Line						Diagram 9				Diagram 9			
Dynamic 1v1 with 4 Goals							Diagram 13					Diagram 13	
<b>Games</b>													
Small Sided Gameplay			Diagram 2										
Line Game						Diagram 10				Diagram 10			
4 Goal Game				Diagram 6					Diagram 6				
4 Goal Game - Short and Wide							Diagram 14					Diagram 14	
<b>Game Understandings</b>													
Subbing			Do in Gameplay										
Restarts - Kickoffs and Throw/Kick-ins									Do in Gameplay				Do in Gameplay
Restarts - Corners & Goalkicks - Attack													
Restarts - Corners & Goalkicks - Defend													
Going to Space									Do in Gameplay				



Diagram 1



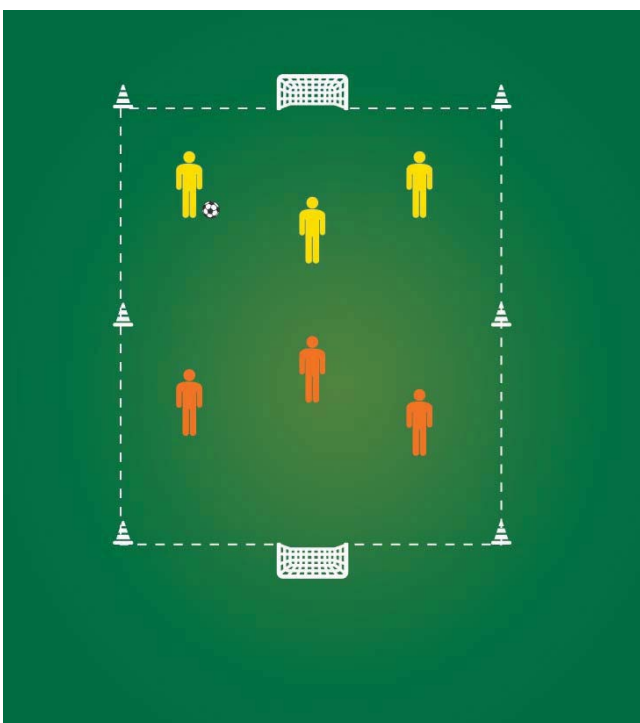
**Coaching Points**

- Area: - 7m x 10m with 4 to 6 small gates 2m apart.
- Players run around in pairs and pass through each gate.

**Notes**

See which pair (one at a time) can pass through the most gates in 20sec.

Diagram 2



**Coaching Points**

- Length :- 20m -25m
- Width :- 14m -18m
- Goal :- 2m-3m

**Notes**

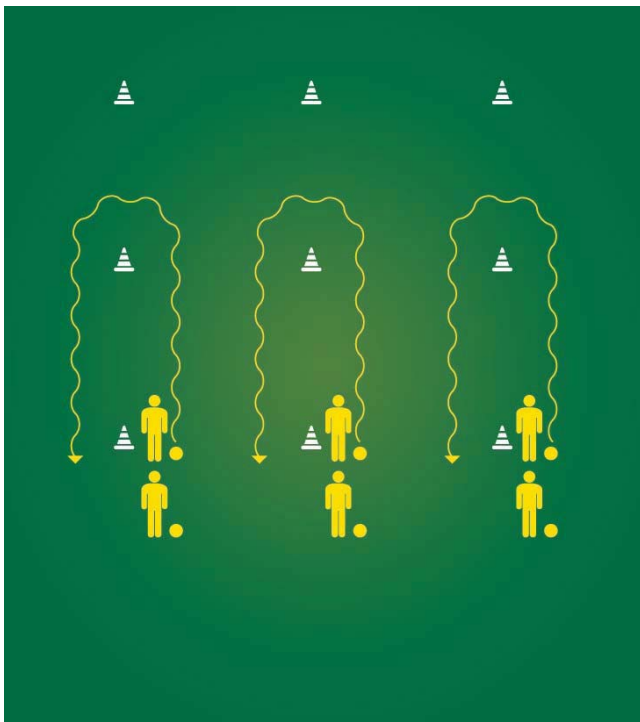
Just let them play.

Play with or without keepers.

Short games 2-3 mins with regular drink breaks.

Rotate players.

Diagram 3



**Coaching Points**

- Player dribbles around 1<sup>st</sup> marker, then back to start where next player goes.
- Add more markers as players develop skills.

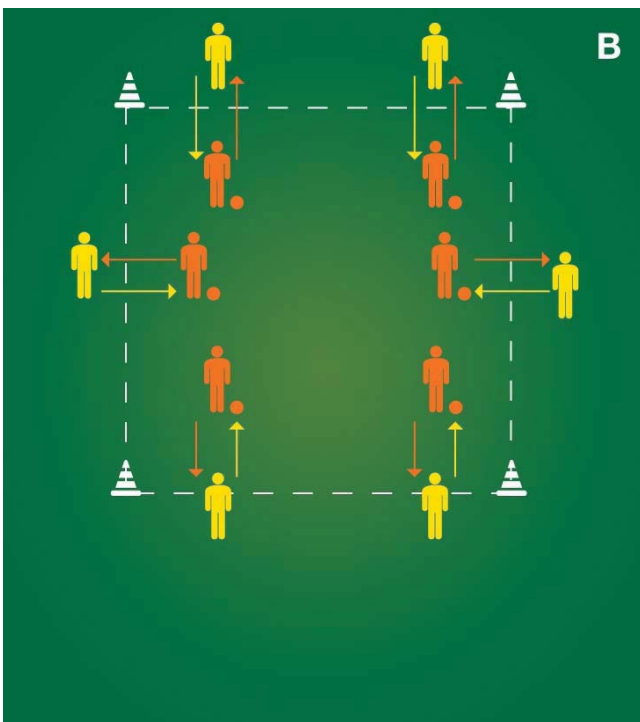
**Notes**

Avoid long queues.

Keep players active.

Variations: - Right foot only, Left foot only, inside/outside.

Diagram 4



**Coaching Points**

- Players 3-4m apart.
- Players move towards each other whilst passing the ball to a distance of 1-2m
- Then they move backwards, still passing until they reach original start point.

**Notes**

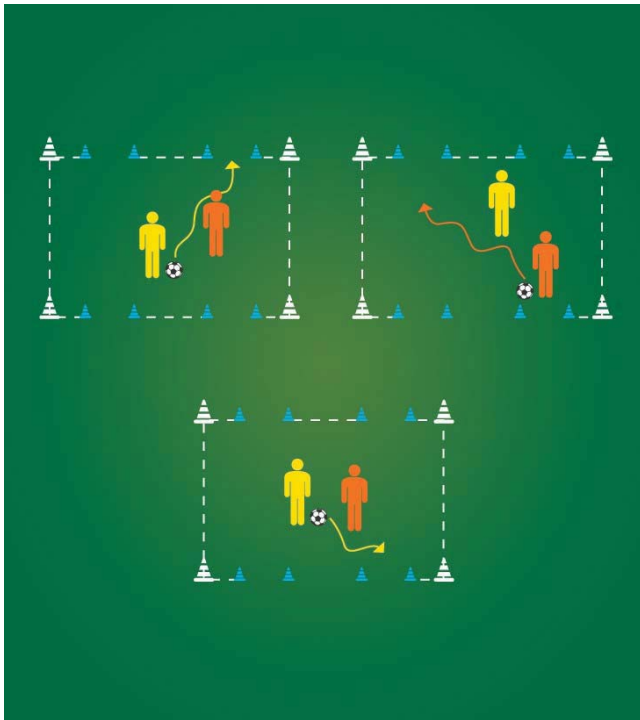
Get players to work on weight & accuracy of their pass.

**Variations**

Right foot only, Left foot only, Right/Left alternately.



Diagram 5



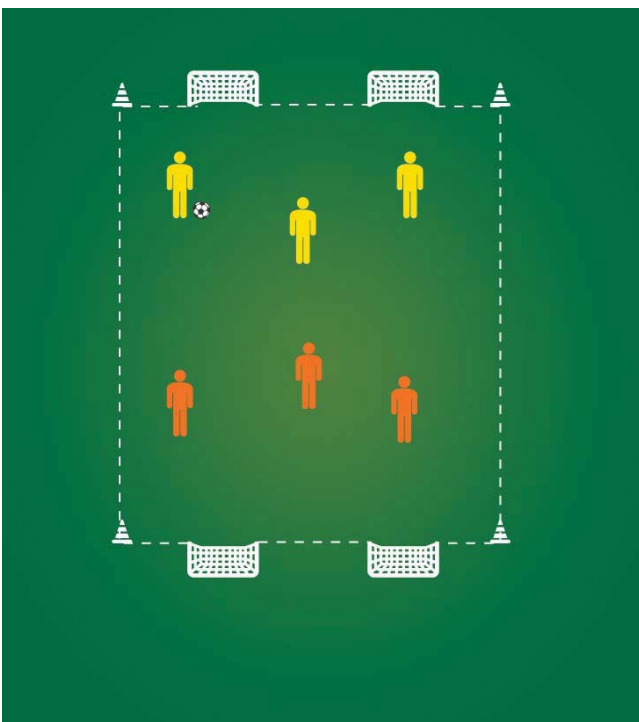
### Coaching Points

- Area :- 7m x 10m (short and wide)
- 2 goals 2m wide, 1m in from corners.
- Must dribble through gates or goals

### Notes

Rotate players regularly. (This gives them required rest)

Diagram 6



### Coaching Points

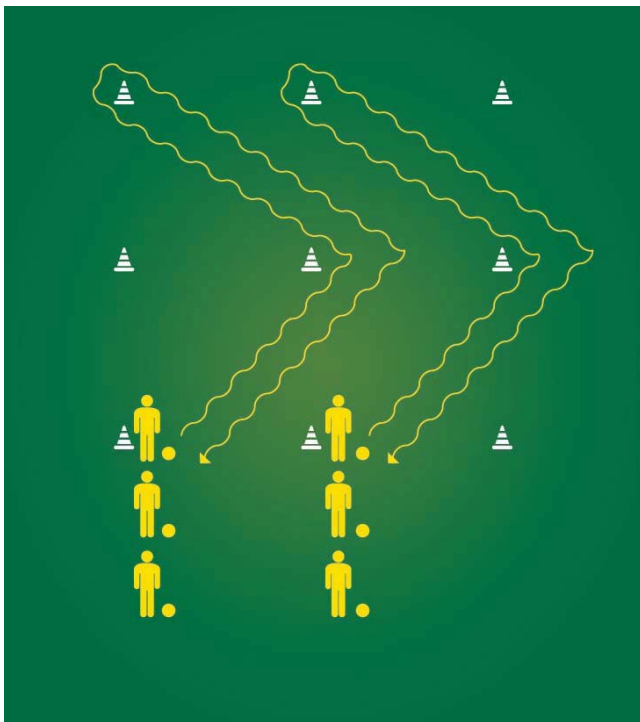
- Area :- 20m x 15m
- Goals: - 2 goals, 2m wide on each end line.

### Notes

No goalkeepers.

Goals can be scored in either of opponents goals.

Diagram 7



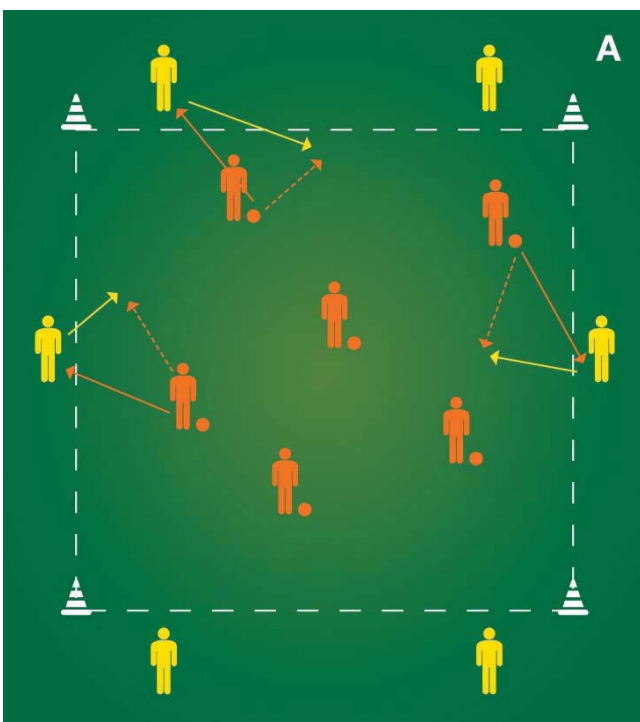
**Coaching Points**

- Each player starts with a ball, and dribbles around the 1<sup>st</sup> marker and then cuts the ball, changing direction to the left (as shown in diagram).
- They then dribble around 2<sup>nd</sup> marker, and repeat the same pattern (but cuts right this time) on the way back.

**Notes**

Upon returning to start, the next player goes with their own ball.

Diagram 8



**Coaching Points**

- Area :- 20m x 20m
- Half of players positioned around outside of grid without ball.
- Other half inside grid with ball.
- Take a touch into space, and then play a player on the outside without a ball.

**Notes**

Change roles every 2mins.

Get players to use both feet (i.e. on coaches call left foot, then right foot, etc.)