



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



THANKS TO



Powered by:  
**Soccer Kickstart**

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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/>

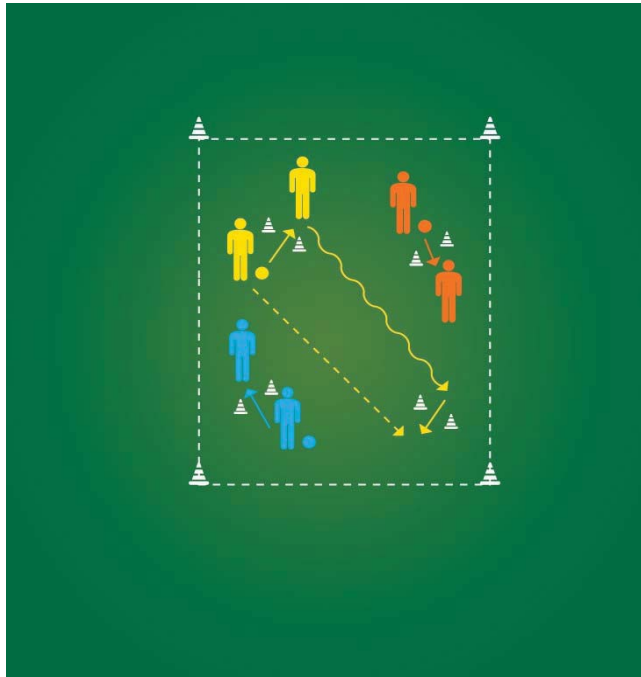
# C.H.A.N.G.E. I.T.

<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												
Dribbling and Running With the Ball													
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		
Touch and Positioning Games													
Pairs through Gates		Diagram 1						Diagram 1					
Half in Half Out Touch Game			Diagram 4						Diagram 4				
Striking the Ball													
Dribble and Pass	Striking Skills												
Pass to Score						Diagram 8					Diagram 12		
1v1 and More													
Tackling Partners	Ball Skills	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		
Games													
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		
Game Understandings													
Subbing		Do in Gameplay											
Restarts - Kickoffs and Throw/Kick-ins													
Restarts - Corners & Goalkicks - Attack													
Restarts - Corners & Goalkicks - Defend													
Going to Space							Do in Gameplay						
Thanks to Soccer Kickstart													

WSWFC and Blacktown Cooperative Training Program - U8-9 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												
Dribbling and Running With the Ball														
On the Ball Skills	Ball Skills		WSW APP						WSW APP					
Dribbling Cones										Diagram 3				
Dribbling Cones - Boomerang														
Dribbling Relays										Diagram 11			Diagram 11	
Touch and Positioning Games														
Juggling	Ball Skills		WSW APP							WSW APP				
3v1 Possession											Diagram 15			
4v2 Possession														
5v2 Possession														
Touch Game														
Striking the Ball														
Paired Passing	Striking Skills		Diagram 19						Diagram 19					
Half in Half Out Passing Game											Diagram 4			
4v4+4 with 4 Goals											Diagram 20			
Passing Tagging														
1v1 and More														
Multiple 1v1's - Goals	Ball Skills			Diagram 5										
"v"Dribbling			Diagram 22								Diagram 22			
Dynamic 1v1 with 4 Goals													Diagram 23	
Dynamic 1v1 with 4 Goals														
Games														
4v4 Line Game (RWBall)			Diagram 24							Diagram 25				
4v4+4 Wall and 4 Goal Game				Diagram 20							Diagram 26			
5v5 - 2 Touch Game						Diagram 18						Diagram 27		
3v3 Gate 1v1 Game										Diagram 25				
Game Understandings														
Restarts - Kickoffs and Throw-ins														
Restarts - Corners & Goalkicks - Attack														
Restarts - Corners & Goalkicks - Defend														
Running and Passing to Space														
Back 3 Positioning														
Front 3 Positioning												1 Station	Do in Gplay	
Playing Out Focus														
Thanks to Soccer Kickstart														

**Diagram 1**



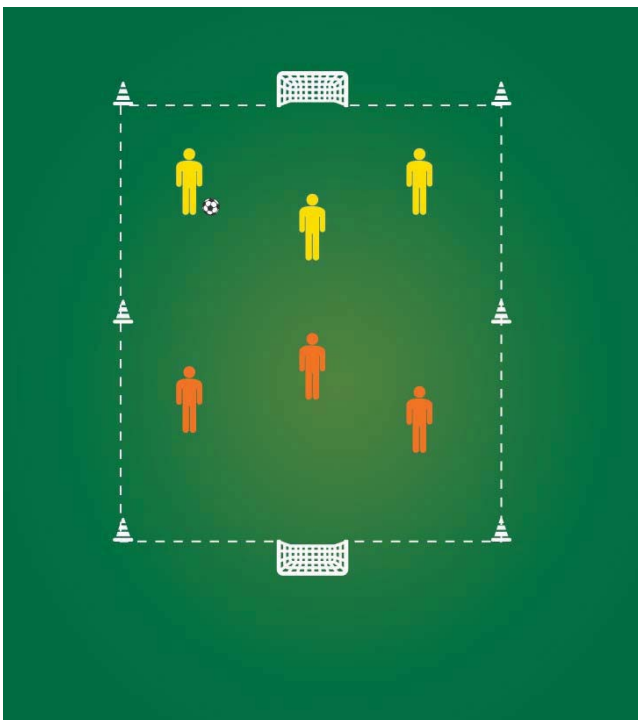
### Coaching Points

- 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

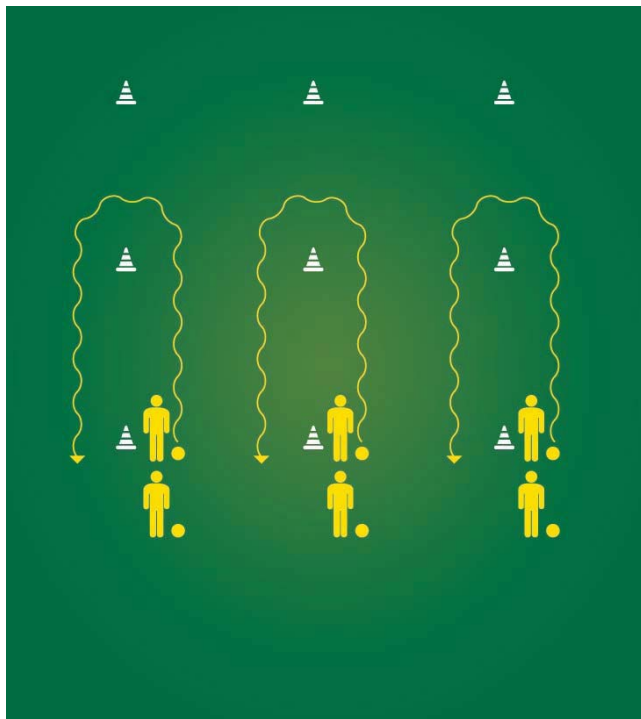
Just let them play.

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.

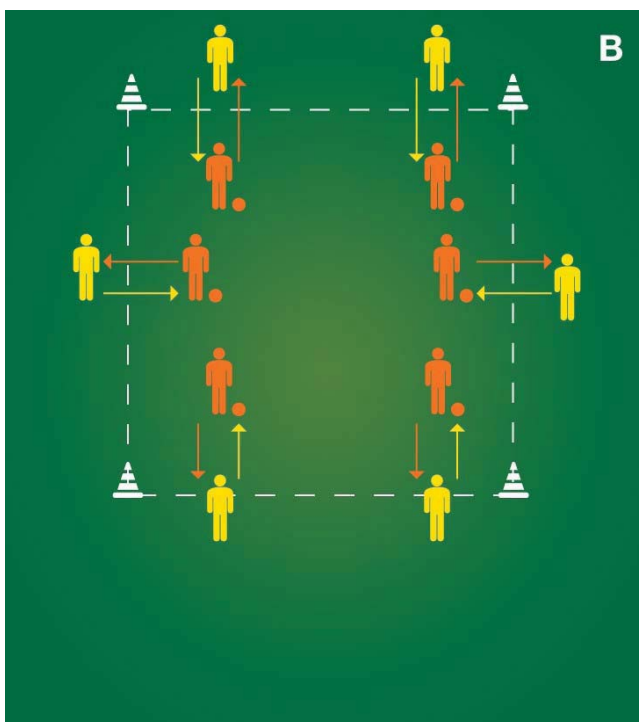
### Notes

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

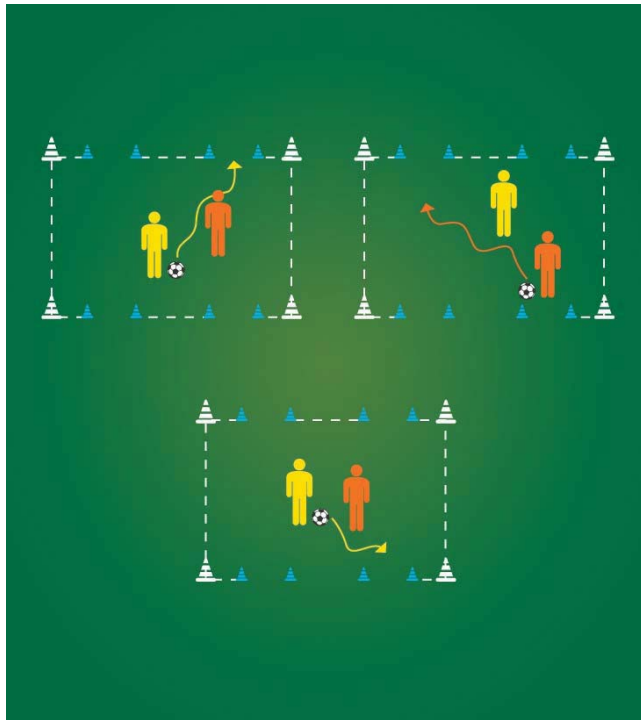
Get players to work on weight & accuracy of their pass.

### Variations

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



Diagram 5



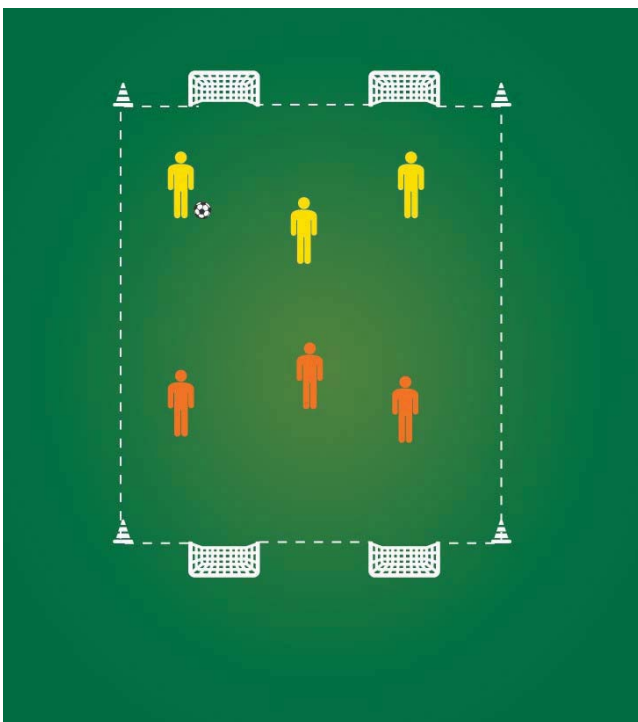
### Coaching Points

- 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

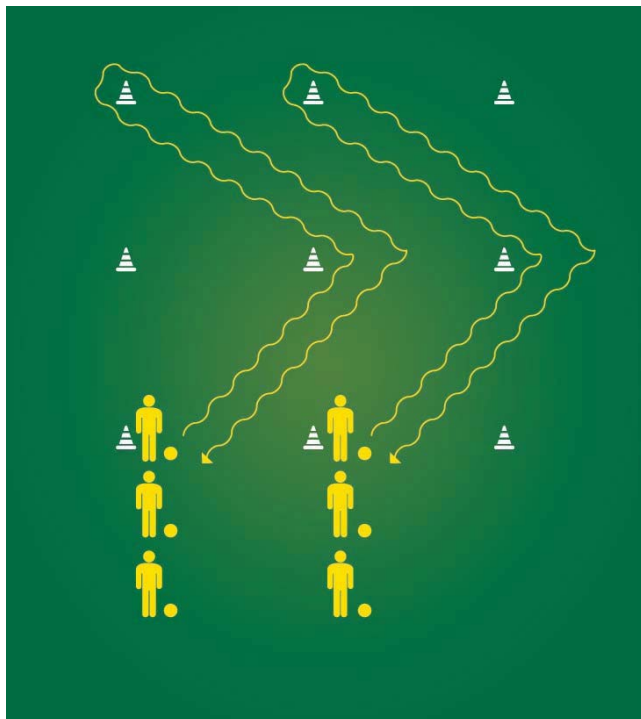
- Area :- 20m x 15m
- Goals: - 2 goals, 2m wide on each end line.

### Notes

No goalkeepers.

Goals can be scored in either of opponents goals.

**Diagram 7**



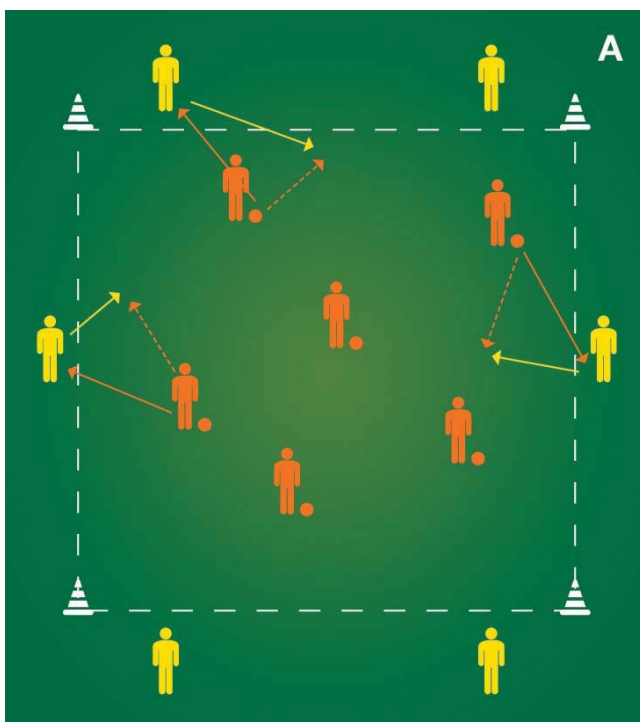
### Coaching Points

- 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

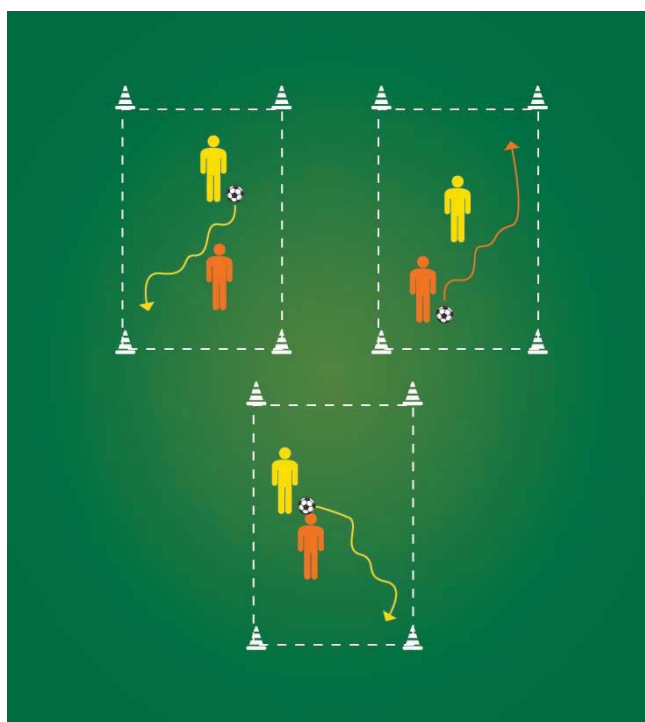
- Area :- 20m x 20m
- Half of players positioned around outside of grid without ball.
- Other half inside grid with ball.
- Take a touch into space, and then play a player on the outside without a ball.

### Notes

Change roles every 2mins.

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

Diagram 9



### Coaching Points

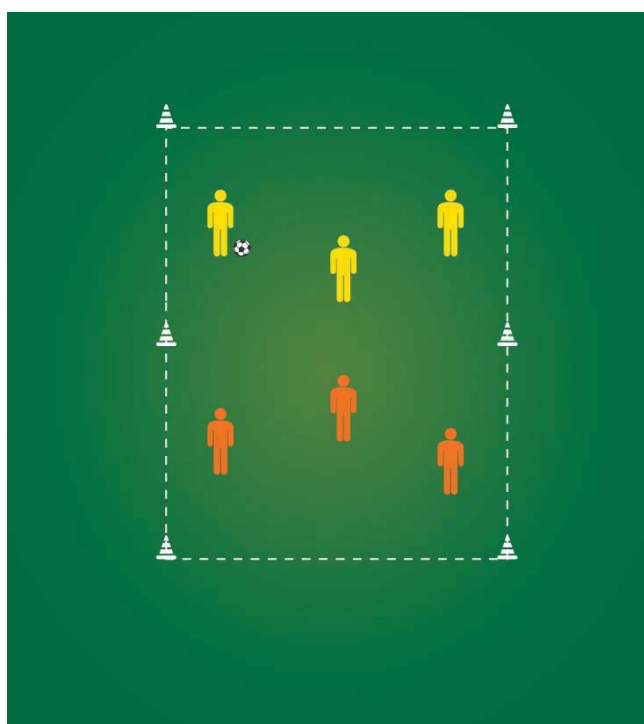
- Make 3 areas 10m x 7m.
- Think of safety when setting up areas.

### Notes

Keep rotating.

Keep games to 1min.

Diagram 10



### Coaching Points

- Length :- 20m -25m
- Width :- 14m -18m
- Goal :- None

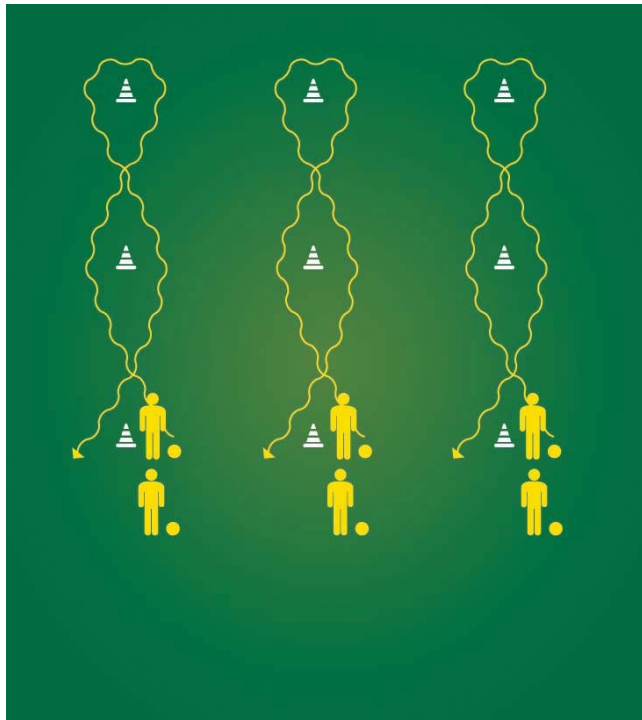
### Notes

Normal playing rules.

To score must dribble across opponent's end line.

Game should encourage 1v1.

**Diagram 11**



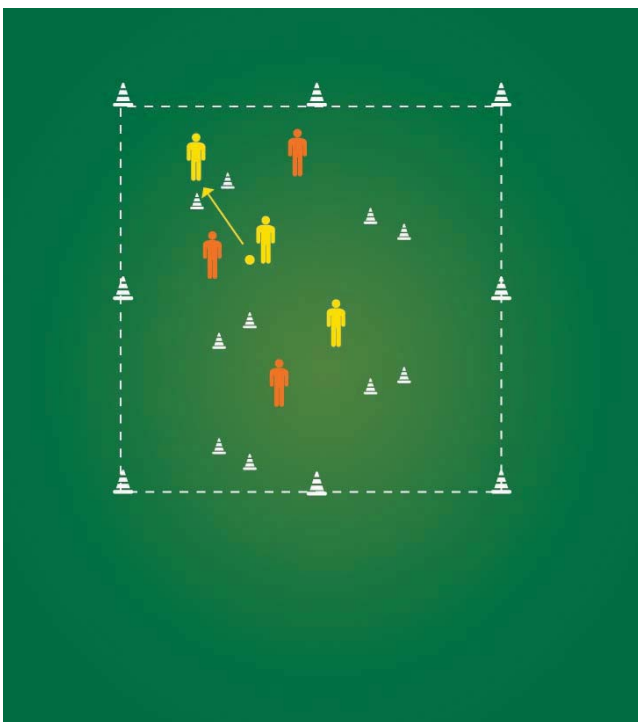
### Coaching Points

- Each player dribbles in a figure 8 direction.
- Player must return to start before next one can go.

### Notes

Get players to use just their Right foot, then Left foot and inside/outside.

**Diagram 12**



### Coaching Points

Area:-

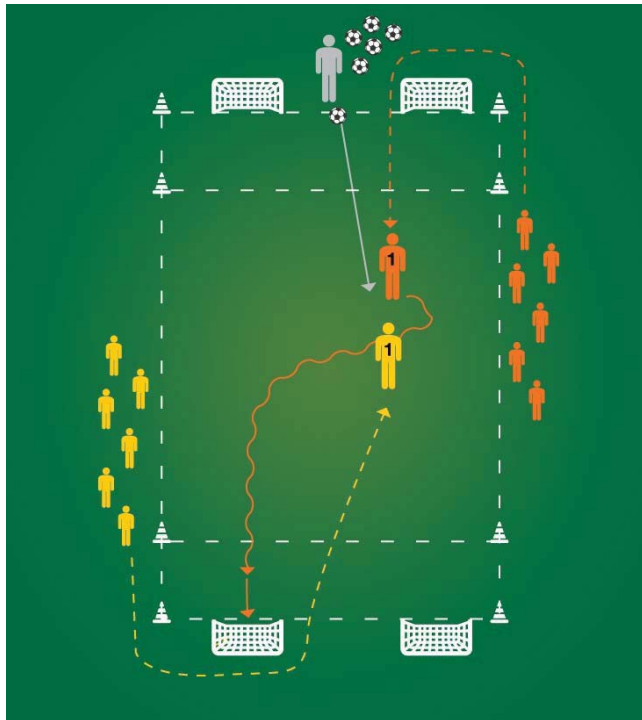
- Length :- 15m -20m
- Width :- 15m
- No goal, but make 4 or 5 gates 1-2m wide inside area.

### Notes

Possession football.

To score player must pass ball through any of the gates to a team mate.

Diagram 13



### Coaching Points

Area:-

- Length :-30m
- Width :- 20m
- 2 goals on either end.
- 5m scoring zone (as per diagram)

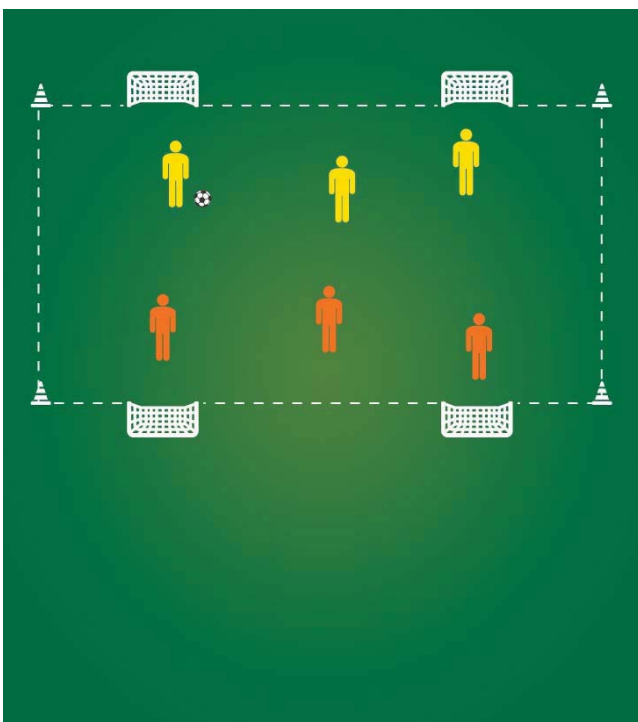
### Notes

Players positioned on sidelines next to scoring zone.

Coach plays the balls in and 1 player from each team run around in between goals and create a 1v1.

Player can only score inside scoring zone.

Diagram 14



### Coaching Points

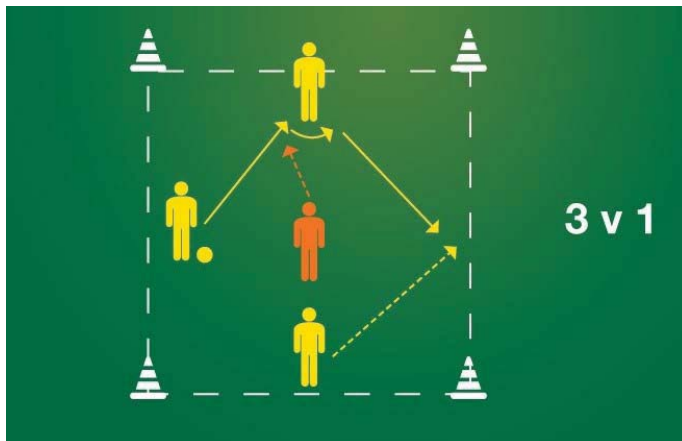
Area:-

- Length :-15m
- Width :- 25m
- 2 goals (2m wide) on each end line.

### Notes

Game develops awareness of space.

Diagram 15



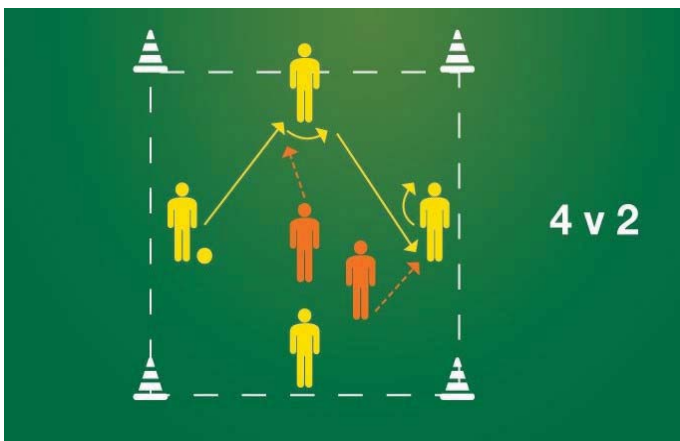
### Coaching Points

- Area:- 15m x 15m
- Two touch mandatory.
- 1<sup>st</sup> touch should be into space, 2<sup>nd</sup> touch should be a pass to a player.

### Notes

Vary grid size to capability of players.

Diagram 16



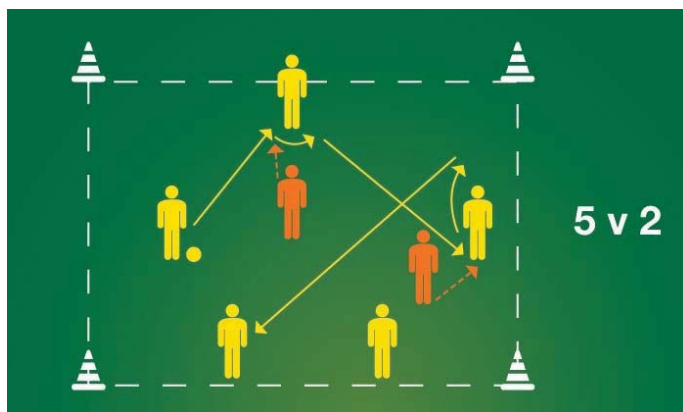
### Coaching Points

- Area:- 15m x 15m
- Two touch mandatory.
- 1<sup>st</sup> touch should be into space, 2<sup>nd</sup> touch should be a pass to a player.

### Notes

Vary grid size to capability of players.

**Diagram 17**



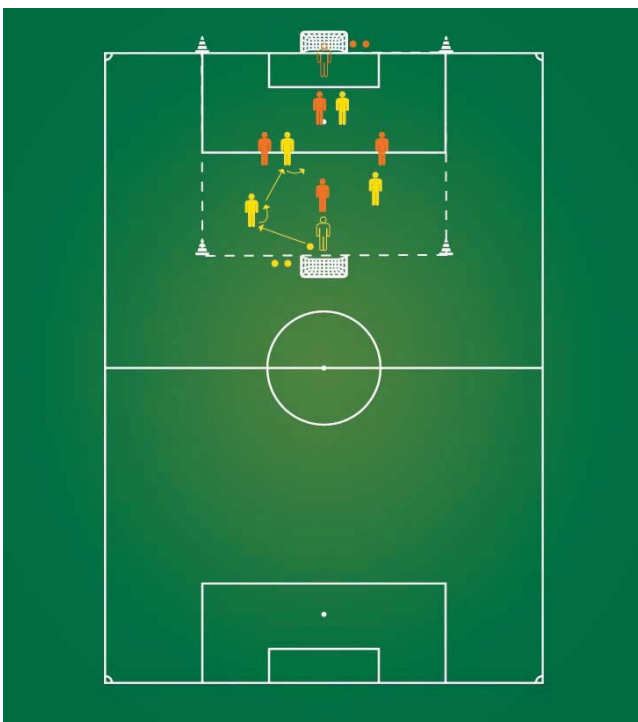
### Coaching Points

- Area:- 15m x 15m
- Two touch mandatory.
- 1<sup>st</sup> touch should be into space, 2<sup>nd</sup> touch should be a pass to a player.

### Notes

Vary grid size to capability of players.

**Diagram 18**



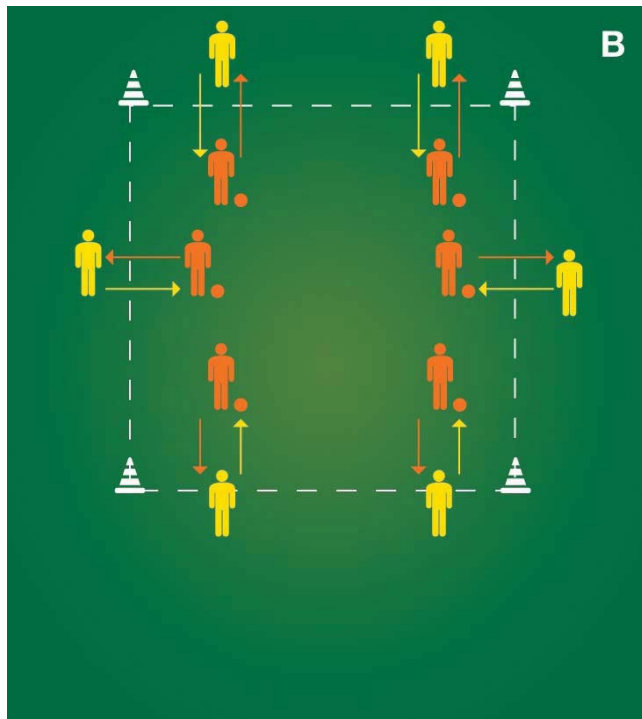
### Coaching Points

- Area:- as per diagram or 30m x 30m
- 5v5
- Every player who touches the ball is only allowed 2 touches

### Notes

By disallowing free play, it forces players to have a good first touch.

Diagram 19



### 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.

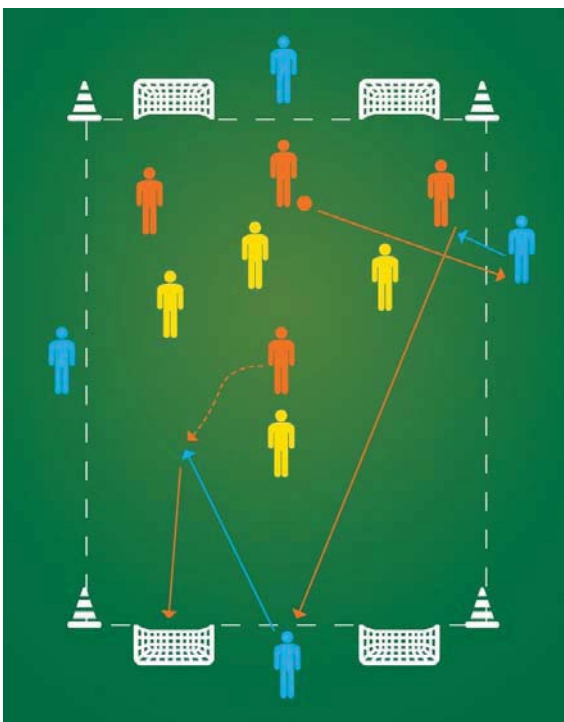
### Notes

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

### Variations

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

Diagram 20



### Coaching Points

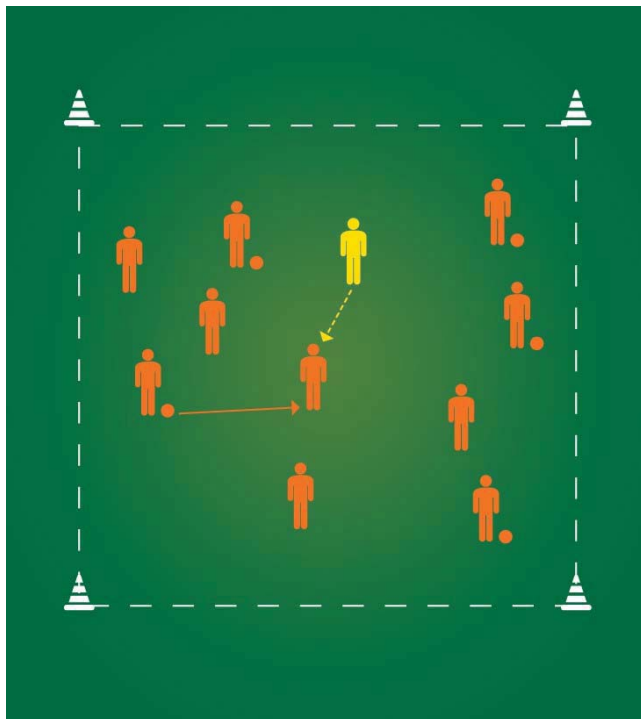
- Area:- 20m x 30m
- 4v4 with 4 neutrals.
- 2 goals on each end line.
- Team in possession can use wall players

### Notes

Rotate players every 3 mins.



Diagram 21



### Coaching Points

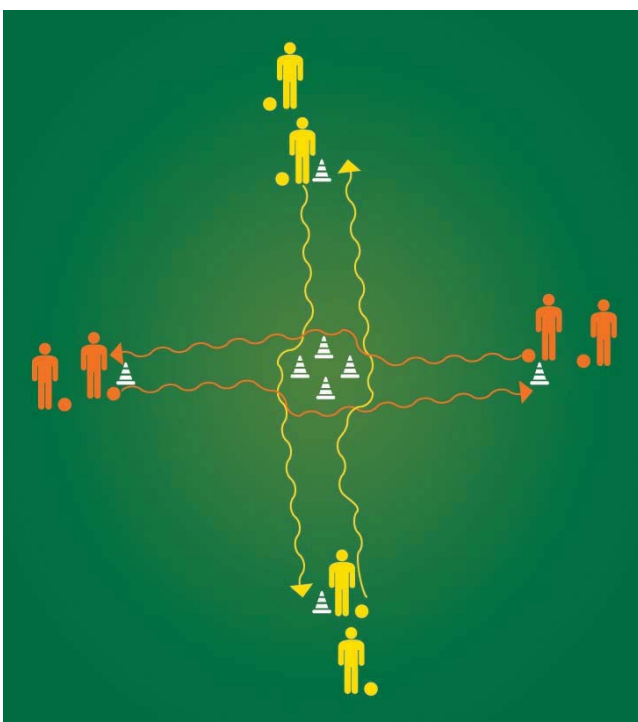
- Area:- 20m x 20m
- 5 orange players with a ball, the others without.
- 1 player appointed tagger. Tagger can only tag player without the ball.

### Notes

If tagger succeeds in tagging a player without the ball, swap roles.

Always remember 1 tagger, then half of rest of players with a ball, the other half without.

Diagram 22



### Coaching Points

- 4 markers 10-12 metres opposite each other
- 4 markers 1m apart as a diamond in the middle.

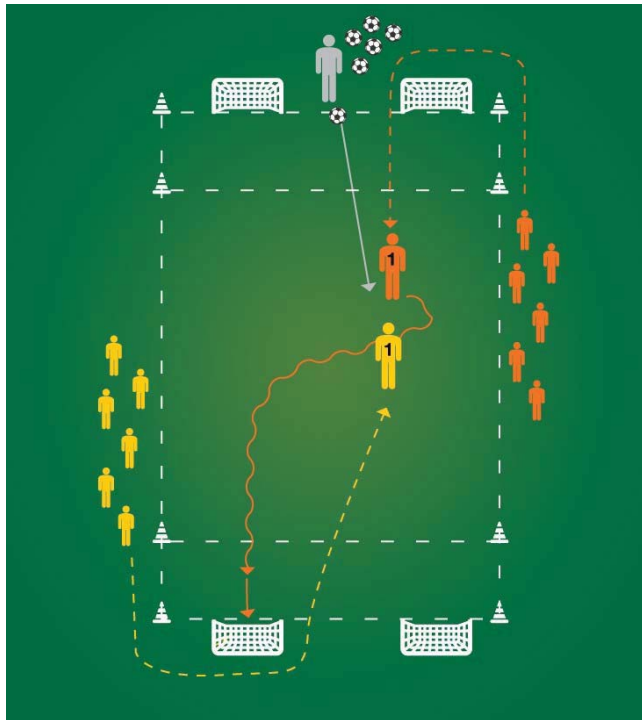
### Notes

Max. 2 players at a time.

Get players to go right, then left.

Introduce some ball mastery skills. i.e. step overs, scissors, maradona spins etc.

Diagram 23



### Coaching Points

Area:-

- Length :-30m
- Width :- 20m
- 2 goals on either end.
- 5m scoring zone (as per diagram)

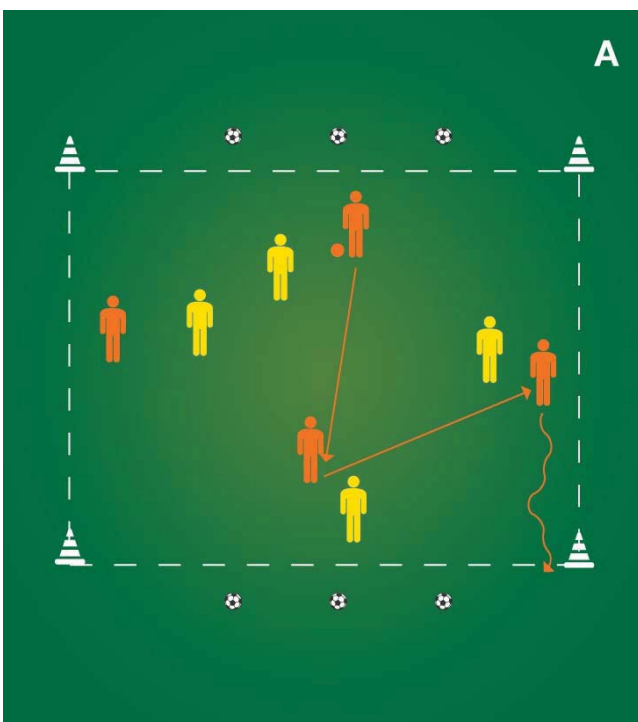
### Notes

Players positioned on sidelines next to scoring zone.

Coach plays the balls in and 1 player from each team run around in between goals and create a 1v1.

Player can only score inside scoring zone.

Diagram 24



### Coaching Points

Area:-

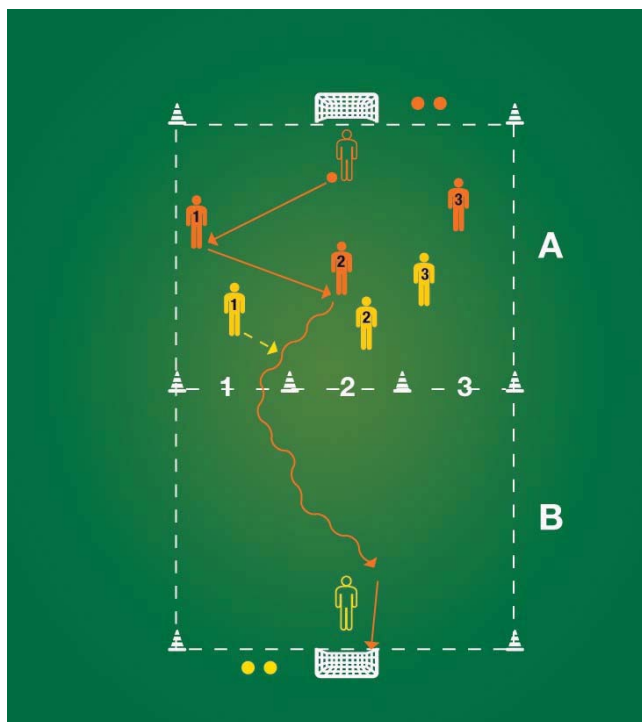
- Length :-30m
- Width :- 20m
- 4 v 4 line football
- NO GOALS

### Notes

To score player must run with the ball across opponent's end line.

Encourage players to get their heads up.

Diagram 25



### Coaching Points

Area:-

- Length :-40m
- Width :- 30m
- Big goals (if available) with keepers.
- 3 v 3
- Equal sized gates at halfway
- Each attacker/defender can only go through their gate (see diagram).

### Notes

If orange score it restarts with orange keeper. If yellow score restart with yellow keeper.



## WESTERN SYDNEY WANDERERS FC

### SOCCER IN SCHOOLS FREE PROGRAM

The Wanderers FREE SIS Program is a super fun and engaging way for students to experience football.

Our full time coaches will come in and teach the kids skills and how to play the game in a fun and dynamic environment.

To qualify for this all your school needs to be is part of our School Ambassador Network. This is where you just nominate one person at the school who we can talk to and then you will get access to benefits which include:

- Access to the FREE Soccer in Schools Program
- Qualification for the Wanderers Schools Cup. The most dynamic and fun competition is going to a new level this year. Come and join us and maybe get to play your final on a Wanderers gameday.
- Opportunities to participate in A League and W League gamedays
- Access to exclusive Ambassador events including our wonderful Ambassador thankyou day!
- To get more information email us at:  
[community@swwanderersfc.com.au](mailto:community@swwanderersfc.com.au)



## SCHOOLS SIP

### SKILL INTENSIVE PROGRAM

- This program has been built to supercharge the students skills of how to play and love the life sport of football.
- We feel that by getting students skilled up in the sport then they will learn to love the sport and play it for life which of course will lead to them having healthier lives.
- Schools will also see the benefit in the quality of football their teams will play and the fact that their students will spend more time running around at lunchtime in a sport where ALL can play.
- These programs have guaranteed WSWFC player appearances.
- The program is highly technical but also is dynamic enough so that all can enjoy what they are learning, no matter their level.
- To get more information email us at:  
[community@swwanderersfc.com.au](mailto:community@swwanderersfc.com.au)



# HOLIDAY CLINICS

**CALL 1300 139 938 TO BOOK IN NOW  
FOR THE JANUARY SCHOOL HOLIDAYS**  
VISIT [WSWANDERERSFC.COM.AU/COMMUNITY](http://WSWANDERERSFC.COM.AU/COMMUNITY)

**LEARN TO PLAY THE WANDERERS WAY**



COMMUNITY PARTNER 2014/15



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