



Development Objectives

Because we take children through the stages from 7 year olds to 17 year olds we believe it is important to have a structure in our coaching methodology that ensures the boys and girls are taught all the essential skills at the stage where it is most appropriate for them to learn those skills. The following is a basic outline of what is expected in terms of football education at each step along the way.

Auskick.

Educate the parents and players to accept that the coach is in charge.

Basic kicking, catching, pick up and handball skills on both sides of the body.

Ball familiarity and the discipline to perform in groups.

Play a the end of each session to re-enforce some of the skills taught

Under 9 & Under 10.

Skills development including:

Talking

Bumping & Shepherding

Kicking

Principles of manning up

Handball

Marking on Chest and in Hands

Bouncing the ball

Non preferred side of body skills

Being Part of a Team

Learning the ground positions; what is required of each position.

The coach needs to allow time for the development of non preferred side body skills.

The coach must not allow the players to dictate what position they will play in. Rotation of all players in all positions is critical



Under 11 & Under 12

Confirm the above & introduce the following:

Talking, encouragement and dead ball issues.

Educate on the “corridor” including defensive skills at the kick out.

Correct tackling method.

Tackling is introduced at Under 11

Under 13 & Under 14

Confirm the above and introduce the following:

Running skills—may require a running coach

Talking through a contest

Set plays:

Ruck duels—centre bounce and boundary throw in's

Include: Talking—dead ball

Defense—Kicking out drills

Forward plays—including centre the ball drills.

Under 15 & Under 16

Confirm the above & introduce the following:

Enhance talking—especially off the contest.

Improve tackling skills

Training intensity to be increased with emphasis on “under pressure disposal”

Under 17

Confirm the above & introduce the following:

Educate on commitment—life in general as well as to football & the team

Educate on acceptance of own decisions—taking responsibility

Educate on the next step of football requirements. Training , commitment & fitness

Prepare players for the increased intensity of senior