

AGE 10-11
FOOTBALL / LGFA

THE CLONDUFF WAY

YOUTH PLAYER PATHWAY



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THE CLONDUFF WAY PLAYER PATHWAY

The Coach

- Simple tips
- Cheer & Praise
- Organised/ Planned coaching sessions
- Check if players have their own ball at home
- Recognise that player development comes before winning

Technical Skills

- Kicking**
Emphasis on accuracy.
Kicking on the move and kicking for distance. Free taking (Hands and ground)
- Handling**
Low, chest and high catch in pressured situations
- Movement**
Attack at full pace. Chip lift
- Tackling**
Shadowing player in possession both on and off the ball

Decision Making

- Play conditioned games to create pressure on players decision making
- Activities focus on building skills to gain and maintain possession of the ball under pressure

Tactical

- Learning to work in a team environment.
Individual decisions now has more impact on team outcome

Environment

- FUN is number one priority
- Coach to player ratio 1:8
- At least 1 football for every 2 players
- Players enjoy practice. Coach sets Fun tasks between sessions
 - Player enjoy game experiences rather than results

The Player

- Have a short attention span
- Enjoy team games
- Compete with greater intensity against each other
- Can be self-conscious in learning new skills

Physical Fitness

- Body Resistant exercise**
Performed through Fun games incorporating push, pull, squat, lunge movement patterns. E.g Leap frog
- Evasion**
encourage use of side step and feint in possession of the ball
- Running**
Challenge players to stop suddenly to develop deceleration

Team Play

- Encourage and support team mates vocally
- Work on teams ability to create space when in possession
- Work on teams ability to deny space when not in possession

The Game

- Small sided games
 - 5v5, 7v7, 9v9
- Continue to allow players to explore all positions
- Limit plays of the ball in coaching sessions to mirror that of match day rules.
- Has their own ball at home



"Fun leads to learning,
learning leads to success"

"Feet, Arms, Body, Brain"

SKILLS CHECKER

P6/7 Football

Under 12 LGFA

High Catch

- Coach stands 15m away
- Kicks 10 balls
- Player must catch above their head.

Score:
(1 point/catch)

Hand Pass

- 6 balls in a line
- Pick up ball , 4 steps and hand pass to coach (10m) to the right using left hand
- Turn & repeat using right hand

Score:
(2 points/pass)

Crouch Lift & Twist

- Two cones 10m apart
- Run around each cone, lift, twist, take 4 steps & drop How many in 30 secs?

Score:

Punt Kick

- Punt kick at goal from 21m line
- Ball cant touch ground
- 5x each foot

How many out of 5 attempts?

	Right	Left
	<input type="text"/>	<input type="text"/>

Solo (Moving)

- Place 11 cones 8m apart in a zig-zag shape
- Player solos with left foot at left cones and right foot at right cones

2 points per successful solo.

	Right	Left
	<input type="text"/>	<input type="text"/>

Hook Kick

- 3 cones on 21m line
- 1 cone in center and 1 20m either side w/ 2 balls at each
- Player runs to 1st cone and hook kicks balls with each foot over the bar.
- Repeat at 2nd & 3rd cone

Score: (2 points/score)

	Right	Left
	<input type="text"/>	<input type="text"/>

Can they... **Frontal block while moving?**

Right Hand?

Left Hand?

Can they... **Perform the Near hand tackle?**

Right Hand?

Left Hand?