

AGE 12-13
FOOTBALL / LGFA

THE CLONDUFF WAY



YOUTH PLAYER PATHWAY



AGE 12-13 FOOTBALL

LGFA

THE CLONDUFF WAY PLAYER PATHWAY

The Coach

- Get to know your players individually
- Well organised and planned sessions
- Games based coaching
- Set individual skill challenges to do away from the field

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**
Dummy kick/ solo, feint and sidestep. 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
- Learning to work in a team environment. Individual decisions now has more impact on team outcome

Tactical

- FUN is number one priority
- Coach to player ratio 1:10
- At least 1 football for every 2 players
- Players development takes priority over results
- Fun and enjoyment are a major theme of all sessions

Environment

The Player

- Begin to see relationship between effort and outcome
- Potential changes in maturation rate due to change in school environment
- Become very self conscious in front of the group
- Lack of confidence may be a barrier to development

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, 11v11 MAX
- Size 4 football
- Continue to explore all positions
- All players to experience game time in matches
- Limit plays of the ball in coaching sessions to mirror that of match day rules.

The Game



"As many as possible for as long as possible"

"ACE- Assist, Challenge, Engage"

SKILLS CHECKER

Under 13 Football

Under 14 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:

Long Punt Kick

- Player kicks from end line. 45m+= 3points
- 30m+=2 points
- <30m=1 point
- 5 kicks each side

Score:

Right	Left
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Solo (Dummy)

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

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?