

AGE 16-17
FOOTBALL / LGFA

THE CLONDUFF WAY

YOUTH PLAYER PATHWAY



AGE 16-17 FOOTBALL

LGFA

THE CLONDUFF WAY PLAYER PATHWAY

The Coach

- Well organised and planned sessions
- Allow players to make their own decisions on the pitch
- Accept that mistakes are a big part of player learning and development
- Set example by showing respect to match officials and opponents at all times
- Use simple language

Technical Skills

- Handling**
Low/high/body catch in pressured situations
- Movement**
Dummy kick/ solo. Feint and sidestep.
Attack ball at full pace
- Tackle**
Shadowing player in possession and off the ball. Near hand tackle

Decision Making
Using questioning, vary your coaching style to improve players decision making

Guided discovery
Show me when its best to solo the ball or pass it long

Trial and error
Try and decide to support in front of the player or behind the player

Observation and feedback
Lets watch this and then...

Tactical

Environment

- Each to player ratio 1:10
- At least 1 ball for every 2 players
 - Have awareness of games schedule for other teams your players may be representing(dual players)
- Enjoyment and fun for players still a key consideration when planning sessions.

The Player

- Strong connection with admired adult (role models)
- Ability to mix socially with all teammates and adults
- Commitment to individual practice away from coaching session/matches
- Personally responsible for hydration/nutrition
- Manage rest and recovery e.g foam rolling
- Manage time effectively between school and sport

Physical Fitness

- Flexibility**
Through static stretching dynamic mobility activities
- Speed**
Multidirectional, between 5M-25M with complete recovery in between. Built into warm up.
- Strength**
Improve core strength through own body weight exercises e.g plank

Players are challenged to adapt to a number of team playing styles throughout the season

Use questions to help players problem solve "in game" when playing against opposition with a particular playing style

Reflect on these scenarios in the training sessions that follow using conditioned games.

The Game

The Game

- Players beginning to become accustom to specific position but must still be challenged to playing a variety of positions
- Aim to provide at least 16 games in a season for your team
 - Ladies Football Size 4
 - Boys football Size 5

"As many as possible for as long as possible"

"TCUP= Thinking Clearly Under Pressure"

SKILLS CHECKER

Under 17 Football

Under 18 LGFA

Shooting

- Player takes 3 shots with right foot & 3 shots with left foot along the "D."
- 2 balls on each corner of the "D" and 2 in centre of "D" line.

Time: 40 seconds

Score:

10 pts/ score

Solo (Dummy) & Score

- 6 balls spread Across the "D" like the exercise above.
- Player picks up ball and solo dummy's before turning onto opposite foot to shoot.
- 3 with each foot.

Time: 60 seconds

Score:

5pts/ dummy solo
10 pts/ score

Kicking for Goal

- Player stands 25m from goal
- Cone set 1m in from each post
- Player kicks ball for goal
- ball cannot bounce or touch ground
- 2 kicks with each foot

Scoring:

Goal in between cone & post= 3 pts
Goal in centre of goal= 1pt

High Catch

- Coach stands 20m away from Player
- Coach delivers high ball to player
- Player must read the ball to get off the ground & catch at the peak of their jump.

Scoring:

Moving to landing area= 1pt
Feet off ground for catch= 1pt
Knee up for height= 1pt
Catch ball= 1pt
... at highest point + 1pt
Land & Change direction= 1pt

Frontal Block

- 2 attackers on 20m line (8m apart)
- Defender must alternate between each attacker and block a shot on coaches call
- 3 attempts per attacker

Score:

10pts per successful block

Work Rate

- 20m x 20m square
- 3 players keep possession of the ball
- Defender has 30secs to dispossess
- Player gets 4 attempts

Scoring:

Delay attacker= 2pts
Shoulder= 2pts
Body tackle= 2pts
Turnover= 4 pts
Foul= -2pts

Score: