

AGE 7-9
FOOTBALL / LGFA

THE CLONDUFF WAY



YOUTH PLAYER PATHWAY



AGE 7-9 FOOTBALL

LGFA

THE CLONDUFF WAY PLAYER PATHWAY

The Coach

- Variation. Coach open to trial and error.
- Well organised/planned sessions
- Maximise all coaching resources to increase knowledge
- Guide children. Don't tell them
- Be a role model
- Convey Enthusiasm

Environment

- FUN is number one priority
- Coach to player ratio 1:8
- Be sensitive to each players development needs
- Discovery exploration
- Actual game results are secondary

The Player

- Only goes flat out- no sense of pace
- Need approval from coach/ parents
- Like to show off their individual skills
- Small group activities are vital for improvement
- Imagine themselves as inter county players to improve skills.

The Game

- Small sided games
- 2v2, 3v3, 4v4, 6v6, 7v7
MAX
- Zones can be used to stop bunching of players.
- Player fouled takes free
 - Players sample all positions
- Every child has their own ball at home. Play against a wall, with a friend, with group of friends.

Technical Skills

Kicking
Punt Kick
Right hand to right foot
Left hand to Left foot

Handling
Stationary catch- body/low/high.

Movement
Use four steps,
One handed bounce
Solo

Tackle
Near hand tackle

Tactical

Decision Making

Players encourages to move into space

Devise games that require players to look up



Running- Speed developed through fun games- i.e chasing games
Jumping/ Landing
Jump for distance & in all directions

Agility- Jump for distance and in all directions

Body resistance exercise
Fun squat performed through "laying an egg" game. Balance and strength improved through fun tug of war games

Physical Fitness

Zones

Use zones for basic positional understanding

Players play all positions to experience attack and defence

Small sided games crucial for individual learning

Basic communication
Call for the ball

The Game

"Fun leads to learning,
learning leads to success"

"Head, Hands, Feet"

SKILLS CHECKER

P4/5 Football

P5/6 LGFA

Catching

- Coach stands 10m away
- Coach throws 8 balls
- 2x high, low, body & moving catch

Score:
(2 points/catch)

Hand Pass

- Two players 5m away
- 5 with each hand
- 2 points per successful pass

Score:
(2 points/pass)

Crouch Lift

- Two cones 5m apart
- Run around each cone, lift & drop.
- How many in 30 secs?

Score:

Punt Kick

- Player stands 10m from target
- Target- 2 cones, 3m apart
- 5 attempts per foot

How many out of 5 attempts?
Right Left

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

Hook Kick

- 14m from goal
- Hook kick over the bar
- 5 with each foot

Score: (2 points/score)
Right Left

Can they...

Perform the Frontal block?

Yes

No

Can they...

Perform the Near hand tackle?

Yes

No