



# Country Coastal Junior Soccer Association Incorporated



Country Coastal Junior Soccer Association ABN: 26 204 224 043

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# Season Program – SAP

## Skills Acquisition Phase (9-12)

### Role of the Coach

- The role of the coach is to provide the players with the basic skills required to play the game.
- Provide a fun and safe environment
- Be encouraging and player focused
- Be well presented to the players and approachable
- Leave outside issues off the training field
- Challenge the players to improve
- Improve players as footballers and most importantly, as people.

### Planning sessions

- Focus on a key aspect (Core Skill) and 1 or 2 elements of that aspect.
- Key Aspects (Core Skill) include:
  - **Striking the ball**
  - **Running with the ball**
  - **One v one**
  - **First touch**
- Make your plans simple and expand on them when players get the concept, easier to work up and work down.
- Focus on technique of the chosen aspect (don't concentrate too much on passing if the focus is on one v one skills)
- If it's not working change it
- More touches on the ball (limit time spent without the ball)
- Don't be scared to do the same topic if players didn't get it the first time, simplify it.
- Have a plan before you get to training
- Make sessions engaging, no long lines or long speeches

### Key aspects and some elements

- **Striking the ball**
  - Passing short distances
  - Passing long distances
  - Shooting (More detail needed)

- Crossing
- Through balls
- Drawing a defender and passing
- **Running with the ball**
  - Running with the ball with pressure from behind
  - Running with the ball to draw defenders
  - Running with the ball into space
  - Running with the ball with pressure from the side
  - Running with the ball (technique, with using laces)
  - Picking the right time to run with the ball
- **One v One**
  - Skill moves to beat a defender
  - When to pass when to take defenders on
  - Isolating a One v one situation
  - Creating space to shoot
  - Being positive and going at defenders
- **First touch**
  - First touch into space
  - Away from a defender
  - Controlling a ground pass
  - Controlling a ball in the air
  - Facing forward
  - Technique of using different parts of the feet
  - Back foot

These are examples of training session topics you can focus on to improve players skills and techniques needed to play the game. The 4 **key aspects** are the overview and the **elements** are your topics for the session.

**Example :** *In this session we are focusing on our **first touch** and **how to move that first touch into space**. Players immediately know when are focusing on first touch (controlling the ball) and what element of that first touch – moving the ball into space identified by the player.*

**AS A COACH, YOUR FOCUS IS TO INTRODUCE THE SKILL, PUTTING THEM IN SITUATIONS WHERE THEY NEED TO USE THE SKILL AND FINALLY SEEING IF THEY CAN USE THE SKILL IN A GAME SITUATION.**

CCJSA

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## Conducting a session

### First component – Warm up or Skill Introduction

- Introduce the topic to the players and get them straight into practising the skill.
- Limit time spent with no ball.
- Make it fun and enjoyable to set up the rest of the session.
- Lots of repetition and success is needed.
- Limited defenders or make defenders passive to practice the skill.
- Should be high paced and used to warm all the players up.
- Limit coaching this component.
  - Coaching should be done with demonstrations at the start and on the run coaching.
  - If a player isn't getting it, maybe pull a player out of the session and show them while the other continue.
  - If the whole team isn't getting maybe another demonstration
- Step it up and challenge the players if they are doing this easy.

### Second Component – Skill training

- Here is where your coaching points come in, your time to coach is now!
- Focus on the aspect and the element.
- Put the players in a situation where they need to use the skills in the sessions focus repeatedly.
- **Have in your head things you are looking at coaching (First Touch – away from a defender – have in your head if a player takes their first touch toward a defender, stop the play and ask the player what happened, recreate the scene and get the player to make the session focus come to life) These are your coaching points!**
- Don't over coach – let the players play and pull up your coaching points when serious ones occur.
- Don't stray from the focus, don't coach one v one if your focus is first touch.
- Step it up if too easy, step it down if it's not getting success. There should be success but not too much that's it's not a challenge.
- Make it enjoyable.
- Make sure everyone is in a situation where they can use the focus.

### Third component – Skill Game

- Game at the end of the session.
- Here the coach observes and watches if players learnt anything from the session.
- Provide positive feedback to players that do the focus.
- Drive the session and limit stopping the play.
- Let them play, kids want to play the game.
- At the end debrief and ask the players what the focus is and how they can do it in a game.

## Forth Component – Weekends Game

This is the most important component and one coaches lose focus on. The game is what we are training players to ultimately do, all training should lead to game day. It is your job as coach to set your team up with objectives in the game, is win an objective? Yes but at this stage in their development their skills are more important than winning. Kids will naturally try to win, the coach needs to set specific objectives

Example – *This week players we have been focusing on getting our first touch away from defenders, so when you're out there this is what I am looking for. Can we position ourselves so we can face forward or position ourselves so we can see the defender and also see where I want to go.*

This just brings the weeks training sessions back into focus on game day. Again kids will naturally try to win games, it is your role to develop their skills and techniques in a safe and fun environment without the added pressure from the coach to win at all cost. This is the long game for development and one that starts with you the coach.

**GOOD LUCK AND BE A ROLE MODEL WITH YOUR BEHAVIOUR ON THE SIDELINE AND AT TRAINING.**

### Session 1 – 1v1 creativity

Video of session plan <https://youtu.be/k8qRZvt4ue0>

### Session 2 – Defensive principles

Video of session plan <https://youtu.be/Hl3ym-K4lbs>

### Session 3 – First touch, away from defenders

Video of session plan <https://youtu.be/ZX6vGdFOExw>

### Session 4 – Running with the ball, penetrate and drive into space

Video of session plan [https://youtu.be/N28lgF\\_1ozw](https://youtu.be/N28lgF_1ozw)

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