

The St. Mary's Way

A Coaches 1 page guide



Overall club principles: *Move ball quickly, use of foot is first option - comfortable both sides, preferably we go forward, team is attack minded, forwards that can win own ball, good team movement, support play is key regardless of pitch position, good use of width at all times.*

Coaches: *On time, ensure adequate set up time, suitable equipment available, clear on what you want to work on and achieve from the session, design drills or games that will deliver those outcomes, write them down, vary the sessions, clear short instruction in team talks, involve all your coaching team, continuous assessment & improvement, don't be afraid to learn from others, keep open mind, try to stay positive, remember FUN!*

Skill	u6	u8	u10	u12
Ball	First touch	First touch	Quick Touch	Smart touch
Ball Handling	Be able to bounce R&L; catch	Getting more comfortable	Much more comfortable; 2 balls for those more advanced	Handling of 2 balls should be tried by everyone
Hand Pass	Can start trying, but mainly throwing and catching	Introduce correct technique for R&L	Comfortable on both sides	R&L at match pace intensity
Soloing	Standing position - can try it both R&L	Now on the move - trying it both R&L - no pressure	Comfortable on both sides; apply pressure; 2 balls	R&L at match pace intensity or 2 balls
Catching	Introduce child to it; jump up & catch if coach holding it	Body & Overhead catches - coach throwing the ball	Body & Overhead catches - players kicking to each other	Very comfortable - holding one ball & catching with other hand
Kicking	Attempt the action off R&L - mainly working on punt kick; no pressure	Introduce the punt & hook kick - work on R&L - still no pressure	Kick over bar or to team-mate with R&L - Punt & Hook Kick - watch distance (10 metres)	Comfortable passing or shooting; R&L; amend distance to ability
Pick-up	Introduce child to the idea of the proper pick-up	Child should be attempting to do it R&L	Picking up correctly R&L while moving	Picking up correctly both sides at match intensity
Tackling		Can introduce idea to child during game play	Introduce idea of standing up & near-hand technique	Tackling correctly in match situation
Blocking ball		Introduce child to blocking	Work on correct technique	Set targets in games
Main focus	Introduce to basic skills - getting child comfortable with ball - working primarily on one side	Still working on basic skills - work on both sides for handpass, pick-up and kicking	Still working on basic skills - able to bring these into more game situations	Basic skills now able to be done at match pace intensity
Strength & conditioning	Fun games working on Agility, Balance & Co-ordination	Fun games working on Agility, Balance & Co-ordination	Introduce idea of lunges, squats, press-ups (core)	Lunges, squats, press-ups, planks, own-body weight excercises

Under-pinning all of the above: work-rate, discipline, and resilience

*“I used to think coaching was all about getting fellas fit.
I learned that the real effective coaching is the ability to get into the heart and soul of the person.”*