

Training schedule for 2019

My suggested training schedule for 2019 utilises the “model sessions” provided by:

<http://www.ffacoachingresource.com.au/the-building-blocks/the-skill-acquisition-phase/session-listing/?cid=>

Week 1	First touch - Session 1
Week 2	Striking the ball - Session 1 (short passing)
Week 3	Running with the ball - Session 1
Week 4	1 v 1 – Session 1
Week 5	First touch - Session 2
Week 6	Striking the ball - Session 2 (the killer pass)
Week 7	Running with the ball - Session 2
Week 8	1 v 1 - Session 2
Week 9	First touch - Session 3
Week 10	Striking the ball - Session 3 (shooting)
Week 11	Running with the ball - Session 3
Week 12	1 v 1 - Session 3
Week 13 & 17	First touch - Coaches pick of elements from prior FT Sessions
Week 14 & 18	Striking the ball – Coaches pick of elements from prior STB Sessions
Week 15 & 19	Running with the ball- Coaches pick of elements from prior RWTB Sessions
Week 16 & 20	1 v 1 - Coaches pick of elements from prior 1 v 1 Sessions

At this age I'd suggest that the “Coaches Pick” should be a mixture of elements that the kids enjoyed the most with elements that most challenged the players (but were still achievable) to execute the core skill of the day e.g. skills intro from session 2 might have been challenging, skills training from session 3 might have been lots of fun, and skill game from session 1 was a long time ago and is new again.

Regards, Chris Jarrett KDFC Coaching Coordinator 0428 622 525