



# Youth Skill and Game Training Coaching Essentials

ZOOM SERIES





# House Keeping

- Turn your camera and microphone off so you don't get any bandwidth or background noise issues
- We will record the presentation and send you the link
- I will put link to our Zoom Series Coaches WhatsApp group - click link to join.
  - All presentations will be in there.
  - This is also where how we will communicate to each other throughout the season
- If you have a question put it in the Chat. You can send it just to me or to everyone.
  - We will then get to those throughout the night in the different segments and then at the end



# NWSF DNA

## WHO WE ARE





## Smart

## Skilful

## Athletic

## Ruthless

## Resilient

### Culture

- Humble
- Respectful
- Focused
- Here for the right reasons

### Principles of Play

- Attacking
  - Penetration
  - Width & depth
  - Mobility
- Defending
  - Stop/delay
  - Cover
  - Balance and compress



### Core Behaviours

#### ATTACKING

##### Without the ball, attacking

- See player, see ball
- Get into line of pass
- Open body facing forward
- Get level and either side (off the shoulder) of the defender
- Try and receive beyond/behind the defender
- If you cannot get behind (with or without the ball) drop level to the line of the ball but not towards it (one lane away)

##### When receiving the ball:

- Receive with the inside of the foot as the dominant habit
- Move the ball with a good first touch out of tackling range

##### With the ball:

- Keep the ball central to your body and face the defender
- When under pressure and without options, run with the ball to space or to a teammate

##### Penalty box behaviours

- Get free
- See ball, see defender
- Attack the ball
- Attack the space
- See ball, see goal

*Scan constantly*

*Explode in transition*

#### DEFENDING

##### First Defender

- Stop or delay forward progress
- Shot/Assist/Forward Pass in that order
- Close the ball/player/space
- Press if we can win the ball within 4 seconds when the opposition:
  - receives the ball with back to goal
  - passes backwards within a block
  - passes sideways within a lane
  - takes a poor touch or we can win the ball
  - has at least one less player than us and their passing lanes are limited

##### Other Defenders

- Knock out lines of pass and support the first defender
- See ball see attacker
- Close the ball/attackers/space
- Stay balanced and keep your shape, where appropriate

##### Penalty box behaviours

- Stop them getting free
- See ball, see attacker
- Attack the ball
- See ball, see opposition goal

### Zone Rules

#### ATTACKING

- Must have a minimum of one player in each Lane across the field, except when the ball enters Block A within 4 seconds
- The closest centre back to the ball must be at least half a block back from the 6/8/2/5 if they have the ball
- When the ball enters the penalty box there must be the intent to get 4 in the box. 2 must be in the shot box when the ball enters it and 1 must be able to touch the GK when a shot comes in (4-2-1-0)

#### DEFENDING

- The whole team must be 3 lanes around the ball from each other within 4 seconds
- Team must be 1.5 blocks from most forward attacker to deepest defender, and 1 block when pressing
- We have one more player than the opposition when the ball enters our penalty box or shot box



## Our DNA is...

**Smart**

**Skillful**

**Athletic**

**Ruthless**

**Resilient**

This DNA is both **who we are** and **what we want to become**.

**High quality players/people who have the technical and decision making ability to play at the highest level in football/life**



# Culture

- Humble
- Respectful
- Focused
- Here for the right reasons



## DNA - Core Actions

### ATTACKING

#### Without the ball, attacking

- See player, see ball
- Get into line of pass
- Open body facing forward
- Get level and either side (off the shoulder) of the defender
- Try and receive beyond/behind the defender
- If you cannot get behind (with or without the ball) drop level to the line of the ball but not towards it (one lane away)

#### When receiving the ball:

- Receive with the inside of the foot as the dominant habit
- Move the ball with a good first touch out of tackling range

#### With the ball:

- Keep the ball central to your body and face the defender
- When under pressure and without options, run with the ball to space or to a teammate



## DNA - Core Behaviours

### DEFENDING

#### First Defender

- Stop or delay forward progress  
Shot/Assist/Forward Pass in that order
- Close the ball/player/space
- Press if we can win the ball within 4 seconds when the opposition:
  - receives the ball with back to goal
  - passes backwards within a block
  - passes sideways within a lane
  - takes a poor touch or we can win the ball
  - has at least one less player than us and their passing lanes are limited





## DNA - Core Behaviours

### Penalty box behaviours - Attacking

- Get free
- See ball, see defender
- Attack the ball
- Attack the space
- See ball, see goal

### Penalty box behaviours - Defending

- Stop them getting free
- See ball, see attacker
- Attack the ball
- See ball, see opposition goal



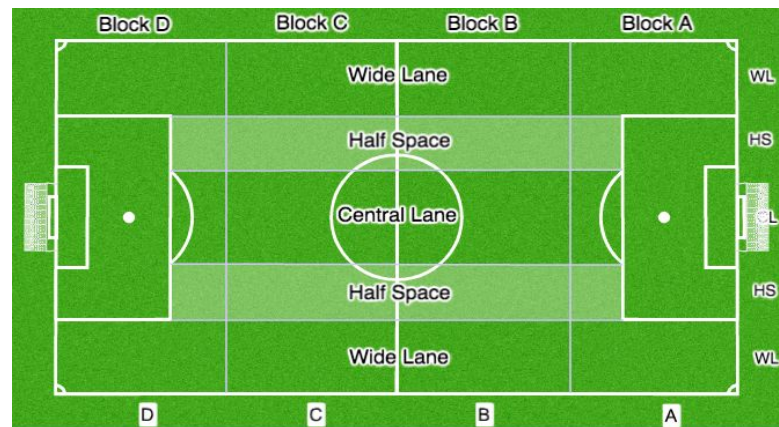
## Zone Rules

### ATTACKING

- Must have a minimum of one player in each Lane across the field, except when the ball enters Block A within 4 seconds
- The closest centre back to the ball must be at least half a block back from the 6/8/2/5 if they have the ball
- When the ball enters the penalty box there must be the intent to get 4 in the box. 2 must be in the shot box when the ball enters it and 1 must be able to touch the GK when a shot comes in (4-2-1-0)

### DEFENDING

- The whole team must be 3 lanes around the ball from each other within 4 seconds
- Team must be 1.5 blocks from most forward attacker to deepest defender, and 1 block when pressing
- We have one more player than the opposition when the ball enters our penalty box or shot box





## Handy Hints

- Set your:
  - ground rules for parents
  - expectations for players
  - expectations for yourself
- Start on time, Finish on time, Don't break for long
- Pre set your whole session
- Aim to the highest players - technical and behaviour
- Get excited when they score / Support them when they don't
- Minimum 60% gametime for all players
- Preplan your subs
- Organise a preseason off field moment for your team
- Give feedback to your players
- Be specific with your behaviour management

# Tim Palmer - NWS Head of Player Development





# What App Group

- Click the link in the chat to join the whats app group
- Everyone on that will get the presentations and the link to the recorded presentations



# Compulsory Coach Education

## What is it?

Making coach education compulsory for appropriate coaching development levels and age groups. In 2021:

- U6 to U8 coaches certified with a miniroos certificate
- Super League and Premier League coaches certified with a Senior Certificate (or C License)
- Both male and female team coaches

## Next year?

- U9 to U12
- Youth League
- AA1

## Why?

- To increase the quality of our player's football experience. This is the number one reason why people choose to stay/leave our game
- To increase the quality of our coaching, this is the core driver for the football experience and the number 2 reason why people stay/ leave
- To increase the quality of development of our players in our sport
- To increase the enjoyment levels and longevity of those in coaching positions
- To decrease the need for time spent on getting coaches to coaching courses from both clubs and associations
- To engage high-level young players in our Premier League and Super League competitions.



# Compulsory Coach Education

## Miniros Certificates (U6 to U8 Coaches)

What	How to Register	Starting Date	Time	Location
Miniros Certificate - North Zone	<a href="https://education-ffa.sportingpulse.com/Entry/?EID=23188">https://education-ffa.sportingpulse.com/Entry/?EID=23188</a>	Monday, March 29, 2021	6.30pm to 9.30pm	View St, West Pennant Hills
Miniros Certificate East Zone	<a href="https://education-ffa.sportingpulse.com/Entry/?EID=23193">https://education-ffa.sportingpulse.com/Entry/?EID=23193</a>	Monday, April 19, 2021	6.30pm to 9.30pm	Christie Park
Miniros Certificate - West Zone	<a href="https://education-ffa.sportingpulse.com/Entry/?EID=23186">https://education-ffa.sportingpulse.com/Entry/?EID=23186</a>	Monday, May 10, 2021	6.30pm to 9.30pm	Harold West Oval
Miniros Certificate - South Zone	<a href="https://education-ffa.sportingpulse.com/Entry/?EID=23192">https://education-ffa.sportingpulse.com/Entry/?EID=23192</a>	Monday, May 17, 2021	6.30pm to 9.30pm	Meadowbank Oval
Miniros Certificate - Far North Zone	<a href="https://education-ffa.sportingpulse.com/Entry/?EID=23191">https://education-ffa.sportingpulse.com/Entry/?EID=23191</a>	Monday, May 24, 2021	6.30pm to 9.30pm	Hayes Park

## Senior Certificate (Super League and Premier League Coaches)

What	How to Register	Starting Date	Time	Location
Senior/Performance Certificate	<a href="https://education-ffa.sportingpulse.com/Entry/?EID=23187">https://education-ffa.sportingpulse.com/Entry/?EID=23187</a>	Sunday, March 28, 2021	Sunday March 28 and May 2 - 5pm to 9pm	Christie Park



# NWSF COACH EDUCATION 2021

Skill Training Super Centre - Night 1	The course all U9 to U12 coaches should attend. It is delivered by the best NWSF and FNSW presentors with the NWSF Spirit coaches in a fun dynamic format. Develops in coaches the ability to coach the four core skills that allow players to love the game.	<a href="https://education-ffa.sportingpulse.com/Entry/?EID=23194">https://education-ffa.sportingpulse.com/Entry/?EID=23194</a>	Monday, April 26, 2021	6.30pm to 9.30pm	West Epping Oval
Skill Training Super Centre - Night 2		See Night 1 link	Monday, May 03, 2021	6.30pm to 9.30pm	West Epping Oval
Female Coaches Only! - A Mentoring Zoom Presentation	Our top female Koalas FC coaches will take you through insights in coaching and ways we can support you this season.	<a href="https://us02web.zoom.us/j/84240275356">https://us02web.zoom.us/j/84240275356</a>	Sunday, May 02, 2021	6pm to 7pm	ZOOM
Coaching Female Players - Zoom Presentation	Our panel of experts from Koalas FC will share incites into coaching female players and how to engage them in your sessions and during gameday.	<a href="https://us02web.zoom.us/j/88493656825">https://us02web.zoom.us/j/88493656825</a>	Monday, April 19, 2021	7pm to 8pm	ZOOM
Creating a high performance athlete and person	We will take you through how to give your child the best chance to become the best athlete they can be but also become successful in the other parts of their life. Join our panel of experts to go through this important topic for modern children and athletes. Includes a FRONT OF MIND PRESENTATION from Youthsafe!	<a href="https://us02web.zoom.us/j/83962860035">https://us02web.zoom.us/j/83962860035</a>	Monday, June 07, 2021	7pm to 8pm	ZOOM
Coaching Apprentiships Nominations Due	Your club can nominate coaches to come and be apprentices at the renowned NWSF Academy. Coaches (young or old) who do this take their coaching to another level by working with our NWSF Spirit and Koalas FC Coaches. The commitment is as much as they have time to commit and only operates on a Monday.	<a href="https://form.jotform.com/210335720031842">https://form.jotform.com/210335720031842</a>	Friday, April 09, 2021	NA	NA





# NWSF COACH EDUCATION 2021

Club GK Program - West Zone - Night 1	Run by NWSF Spirit and Koalas FC Coaches and Players - GK Players get free training in these sessions and coaches get inserviced on Coaching GK's. Include girls only groups.	<a href="https://form.jotform.com/210335765272858">https://form.jotform.com/210335765272858</a>	Friday, April 16, 2021	5pm to 6pm (U8-U12) and 6.15pm to 7.15pm (U13-Snr)	Harold West Oval
Club GK Program - North Zone - Night 1	Run by NWSF Spirit and Koalas FC Coaches and Players - GK Players get free training in these sessions and coaches get inserviced on Coaching GK's. Include girls only groups.	<a href="https://form.jotform.com/210336169264858">https://form.jotform.com/210336169264858</a>	Friday, March 26, 2021	5pm to 6pm (U8-U12) and 6.15pm to 7.15pm (U13-Snr)	View St - West Pennant Hills
Club GK Program - East Zone - Night 1	Run by NWSF Spirit and Koalas FC Coaches and Players - GK Players get free training in these sessions and coaches get inserviced on Coaching GK's. Include girls only groups.	<a href="https://form.jotform.com/210336312778858">https://form.jotform.com/210336312778858</a>	Friday, April 30, 2021	5pm to 6pm (U8-U12) and 6pm to 7pm (U13-Snr)	Christie Park
A Night with Kelly Cross (Sydney FC - Head of Academy and former ATD for Australia) - Zoom	Kelly Cross is the Current Sydney FC Head of Academy's. He was also the Head of Advanced Coaching and wrote a lot of the manuals we now present across the country. He will take you through Youth Development including his work with FIFA Youth task force. This event is brought to you by NWSF Spirit/Koalas FC and Sydney FC.	<a href="https://us02web.zoom.us/j/89746509284">https://us02web.zoom.us/j/89746509284</a>	Monday, May 31, 2021	7pm to 8pm	ZOOM
A Night with Ian Crook - Ian Crook is Western Sydney Wanderers FC Academy Director and former Tottenham Player and Sydney FC Coach -	Ian Crook will talk to coaches and DOC's about their new state of the art venue and everything he has learnt since starting at the role 7 years ago. Proudly brought to you by GHFA Spirit and Koalas FC.	<a href="https://us02web.zoom.us/j/84607349598">https://us02web.zoom.us/j/84607349598</a>	Monday, May 17, 2021	7pm to 8pm	ZOOM
C License (Dates TBA - weekends)	NWSF will be hosting a C License. This is the first professional level license designed by FFA.	Details to be sent out later.	Saturday, October 02, 2021	9am to 4pm	Christie Park 1



## NWSF COACH EDUCATION 2021

Club GK Program - West Zone - Night 1	Run by NWSF Spirit and Koalas FC Coaches and Players - GK Players get free training in these sessions and coaches get inserviced on Coaching GK's. Include girls only groups.	<a href="https://form.jotform.com/210335765272858">https://form.jotform.com/210335765272858</a>	Friday, April 16, 2021	5pm to 6pm (U8-U12) and 6.15pm to 7.15pm (U13-Snr)	Harold West Oval
Club GK Program - North Zone - Night 1	Run by NWSF Spirit and Koalas FC Coaches and Players - GK Players get free training in these sessions and coaches get inserviced on Coaching GK's. Include girls only groups.	<a href="https://form.jotform.com/210336169264858">https://form.jotform.com/210336169264858</a>	Friday, March 26, 2021	5pm to 6pm (U8-U12) and 6.15pm to 7.15pm (U13-Snr)	View St - West Pennant Hills
Club GK Program - East Zone - Night 1	Run by NWSF Spirit and Koalas FC Coaches and Players - GK Players get free training in these sessions and coaches get inserviced on Coaching GK's. Include girls only groups.	<a href="https://form.jotform.com/210336312778858">https://form.jotform.com/210336312778858</a>	Friday, April 30, 2021	5pm to 6pm (U8-U12) and 6pm to 7pm (U13-Snr)	Christie Park
A Night with Kelly Cross (Sydney FC - Head of Academy and former ATD for Australia) - Zoom	Kelly Cross is the Current Sydney FC Head of Academy's. He was also the Head of Advanced Coaching and wrote a lot of the manuals we now present across the country. He will take you through Youth Development including his work with FIFA Youth task force. This event is brought to you by NWSF Spirit/Koalas FC and Sydney FC.	<a href="https://us02web.zoom.us/j/89746509284">https://us02web.zoom.us/j/89746509284</a>	Monday, May 31, 2021	7pm to 8pm	ZOOM
A Night with Ian Crook - Ian Crook is Western Sydney Wanderers FC Academy Director and former Tottenham Player and Sydney FC Coach -	Ian Crook will talk to coaches and DOC's about their new state of the art venue and everything he has learnt since starting at the role 7 years ago. Proudly brought to you by GHFA Spirit and Koalas FC.	<a href="https://us02web.zoom.us/j/84607349598">https://us02web.zoom.us/j/84607349598</a>	Monday, May 17, 2021	7pm to 8pm	ZOOM
C License (Dates TBA - weekends)	NWSF will be hosting a C License. This is the first professional level license designed by FFA.	Details to be sent out later.	Saturday, October 02, 2021	9am to 4pm	Christie Park 1



# Thanks!