

U6-U9 Annual Training Cycle

Refer to model session laid out in the new FFA curriculum:

www.footballaustralia.com.au/nationalcurriculum Pages 86 to 126

Model Sessions

Here are some useful tips to help you perform the important role of 'kids coach':

- Two weekly training sessions of 45 minutes and one game during the weekend is a **maximum** safe workload for U/6's and U/7's
- For U/8's and U/9's the length of the sessions can be increased to 60 minutes
- Plan your sessions in advance
- Arrive early and set up the area
- Give clear, short instructions
- Demonstrate quickly and efficiently
- Keep the session flowing
- Vary the activities but keep it simple
- Be enthusiastic and give lots of praise
- Encourage after mistakes
- Be patient
- Have fun (both the kids and you!)
- Keep everyone active, avoid having kids standing around

Session planning

A training session for kids this age consists of 3 components: The Beginning, The Middle and The End.

The purpose of The Beginning (better known as the warm-up) is to get the kids in the right frame of mind and activate their bodies. It's unnecessary to run laps around the field and do stretches to achieve that: all sorts of relays and tagging games with and without the ball are much better (more specific, more fun) and also help develop the children's basic coordination.

The Middle is the section of the training session where we conduct fun football exercises such as dribbling, passing, shooting, etc.

The last part (The End) is allocated for playing all sorts of Small-Sided Games

This leads to the following session timeline:

- 1 Welcome (5 minutes)
- 2 The Beginning (10 minutes)
- 3 The Middle (15 minutes)
- 4 The End (20 minutes)
- 5 Wrap up (5 minutes)

CYCLE 1

	Week 1	Week 2	Week 3	Week 4	Week 5	Week 6
Weekday Training	Model Session 1	Model Session 2	Model Session 3	Model Session 4	Model Session 5	Model Session 6
	Week 7	Week 8	Week 9	Week 10	Week 11	Week 12
	Model Session 7	Model Session 8	Model Session 9	Model Session 10	Model Session 11	Model Session 12
Saturday	GAME	GAME	GAME	GAME	GAME	GAME

NOTE: Repeat Cycle once after week 12.