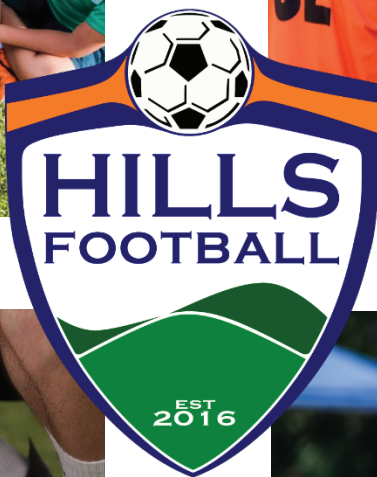


# Grassroots Coaching Expo

March 2022

Bella Vista Public School



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## Welcome

### From the GM

It is with great pleasure that I welcome you all to our inaugural HFI Grassroots Coaching Expo. This will be what I'm sure will be first of many coaching education engagements over the coming years as we take a renewed focus in the development, education, service and support of our local grassroots coaches within the Hills District. I want to personally thank our Head of Football Dan Sheppard for putting this day together as well as the tremendous contribution from our Coaches delivering sessions today. Our grassroots activities would not be possible without the continued ongoing support of our partners, many of whom are represented today. But most of all the Association wishes to convey our gratitude to the many that have attend tonight and will volunteer their time throughout the season in coaching and supporting one of our over 800 local teams; at the forefront providing a positive experience for our Members. Enjoy the day



Matt Rippon  
General Manager

### From the TD

Welcome to the Hills Football Grassroots Coaching Expo.



Most grassroots coaches will only receive coach development through the formal coach education courses. This Expo is designed to be a different experience. Coach Education can be rigid and understandably follows a set course structure. The Expo is up to you. As an attendee to the Expo you can freely walk around observing which ever session best suits your interests. You will find within this booklet all the session plans for all today's sessions. From here you can make an educated assumption of what will be the most beneficial to you.

Grassroots coaches have a huge opportunity to facilitate an engaging football experience to a vast range of players. As such it is appropriate to provide a variety of coach development opportunities. After the

Expo I encourage you to view the 'Events Calendar' at [hillsfootball.com.au](http://hillsfootball.com.au) under the banner 'Club HQ'. The events calendar lists the upcoming coaching events that you might be able to attend.

I would like to take this opportunity to thank all the players, club, coaches for being part of this event. Without them and their hard work this Expo would not be possible. Huge thank you for all involved in this. Many thanks and good luck for the upcoming season.

Dan Sheppard  
Head of Football/ Technical Director



## Event Timetable

Time	Activity
9:00	Gates open
9:15	Players arrive
9:30	Introduction with Technical Director
9:45	All sessions start
11:15	All sessions finish*
11:20	After session discussion with Q&A
12:00	Close

**\*Please note that sessions will have different finish times in order to accommodate appropriately for the players needs. For example the Heading Pro and MiniRoo sessions will most likely be the first sessions completed.**

## Event map

Observe the sessions you are most interested in.

### 2022 Grassroots Coaching Expo Venue layout





## Session Plans

The following pages contain the session plans that the respective coaches will be undertaking today.

### Warm Up

Coaches will be conducting FIFA 11+ (or variations) as part of their warmup. Some groups such as the MiniRoos won't conduct a formal warm up process compared to others.

FIFA 11+

### PART 1

#### RUNNING EXERCISES • 8 MINUTES




**1 RUNNING STRAIGHT AHEAD**

The course is made up of 8 to 10 pairs of parallel cones, spaced 5-6 metres apart. Two players start at the same time from the first pair of cones. **Run together** all the way to the last pair of cones. On the way back, you can increase your speed progressively as you warm up. **2 sets**



**2 RUNNING HIP OUT**

Walk or jog easily, stopping at each pair of cones to lift your knee and **rotate your hip outwards**. Alternate between left and right legs at successive cones. **2 sets**



**3 RUNNING HIP IN**

Walk or jog easily, stopping at each pair of cones to lift your knee and **rotate your hip inwards**. Alternate between left and right legs at successive cones. **2 sets**




**4 RUNNING CIRCLING PARTNER**

Run forwards as a pair to the first set of cones. Shuffle sideways by 90 degrees to meet in the middle. **Shuffle an entire circle around one other** and then return back to the cones. Repeat for each pair of cones. Remember to stay on your feet and keep your centre of gravity low by bending your hips and knees. **2 sets**



**5 RUNNING SHOULDER CONTACT**

Run forwards in pairs to the first pair of cones. Shuffle sideways by 90 degrees to meet in the middle then **jump sideways towards each other to make shoulder-to-shoulder contact**. Note: Make sure you land on both feet with your hips and knees bent. Do not let your knees buckle inwards. Make it a full jump and synchronise your timing with your team-mate as you jump and land. **2 sets**



**6 RUNNING QUICK FORWARDS & BACKWARDS**

As a pair run quickly to the second set of cones then run **backwards quickly to the first pair of cones keeping your hips and knees slightly bent**. Keep moving the ball, running two cones forwards and one cone backwards. Remember to take small, quick steps. **2 sets**

### PART 2

#### STRENGTH • PLYOMETRICS • BALANCE • 10 MINUTES

LEVEL 1



**7 THE BENCH STATIC**

**Starting position:** Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.

**Exercise:** Lift your body up, supported on your forearms, pull your stomach in, and hold the position for 20-30 sec. Your body should be in a straight line. Try not to sway or arch your back. **3 sets**



**8 SIDEWAYS BENCH STATIC**

**Starting position:** Lie on your side with the knee of your lowermost leg bent to 90 degrees. Support your upper body by resting on your forearm and knee. The elbows of your supporting arm should be directly under your shoulders.

**Exercise:** Lift your uppermost leg and hips until your shoulder, hip and knee are in a straight line. Hold the position for 20-30 sec. Take a short break, change sides and repeat. **3 sets on each side**



**9 HAMSTRINGS BEGINNER**

**Starting position:** Kneel on a soft surface. Ask your partner to hold your ankles from behind.

**Exercise:** Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Complete a minimum of 3-5 repetitions and/or 60 sec. **1 set**



**10 SINGLE-LEG STANCE HOLD THE BALL**

**Starting position:** Stand on one leg.

**Exercise:** Stand on one leg whilst holding the ball with both hands. Keep your body weight on the ball of your foot. Remember: try not to let your knees buckle inwards. Hold for 30 sec. Change legs and repeat. The exercise can be made more difficult by passing the ball around your waist and/or under your other knee. **2 sets**



**11 SQUATS WITH TOE RAISE**

**Starting position:** Stand with your feet hip-width apart. Place your hands on your hips.

**Exercise:** Imagine that you are about to sit down on a chair. Perform squats by bending your hips and knees to 90 degrees. Do not let your knees buckle inwards. Descend slowly then straighten up more quickly. When your legs are completely straight, stand on or on your toes then slowly lower down again. Repeat the exercise for 30 sec. **2 sets**



**12 JUMPING VERTICAL JUMPS**

**Starting position:** Stand with your feet hip-width apart. Place your hands on your hips if you wish.

**Exercise:** Imagine that you are about to sit down on a chair. Bend your legs slowly until your knees are bent to 90 degrees, and hold for 2 sec. Do not let your knees buckle inwards. From the squat position, jump up as high as you can. Land softly on the balls of your feet with your hips and knees slightly bent. Repeat the exercise for 30 sec. **2 sets**

LEVEL 2



**7 THE BENCH ALTERNATE LEGS**

**Starting position:** Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.

**Exercise:** Lift your body up, supported on your forearms, and pull your stomach in. Lift each leg in turn, holding for a count of 2 sec. Continue for 60-90 sec. Your body should be in a straight line. Try not to sway or arch your back. **3 sets**



**8 SIDEWAYS BENCH RAISE & LOWER HIP**

**Starting position:** Lie on your side with both legs straight. Lean on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot. The elbows of your supporting arm should be directly beneath your shoulders.


**Exercise:** Lower your hip to the ground and raise it back up again. Repeat for 20-30 sec. Take a short break, change sides and repeat. **3 sets on each side**



**9 HAMSTRINGS INTERMEDIATE**

**Starting position:** Kneel on a soft surface. Ask your partner to hold your ankles from behind.

**Exercise:** Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Complete a minimum of 3-5 repetitions and/or 60 sec. **1 set**



**10 SINGLE-LEG STANCE THROWING BALL WITH PARTNER**

**Starting position:** Stand 2-3 m apart from your partner, with each of you standing on one leg.

**Exercise:** Keeping your balance, and with your stomach held in, throw the ball to one another. Keep your weight on the ball of your foot. Remember: keep your knees just slightly bent and try not to let it buckle inwards. Keep going for 30 sec. Change legs and repeat. **2 sets**



**11 SQUATS WALKING LUNGES**

**Starting position:** Stand with your feet hip-width apart. Place your hands on your hips if you wish.

**Exercise:** Large forward step onto an even step. As you lunge, bend your leading leg until your hip and knee are flexed to 90 degrees. Do not let your knee buckle inwards. Try to keep your upper body and hips steady. Large your way across the pitch again. 10 times on each leg and then jog back. **2 sets**



**12 JUMPING LATERAL JUMPS**

**Starting position:** Stand on one leg with your upper body bent slightly forwards.

**Exercise:** Jump up. As an exaggerated arm swing for each line (opposite arm and leg). Try not to let your leading leg cross the middle of your body or let your knees buckle inwards. Repeat the exercise until you reach the other side of the pitch, then jog back to recover. **2 sets**


LEVEL 3



**7 THE BENCH ONE LEG LIFT AND HOLD**

**Starting position:** Lie on your front, supporting yourself on your forearms and feet. Your elbows should be directly under your shoulders.

**Exercise:** Lift your body up, supported on your forearms, and pull your stomach in. Lift one leg up to 15-20° (vertical) of the ground, and hold the position for 20-30 sec. Your body should be straight. Do not let your opposite hip dip down and do not sway or arch your lower back. Take a short break, change legs and repeat. **3 sets**



**8 SIDEWAYS BENCH WITH LEG LIFT**

**Starting position:** Lie on your side with both legs straight. Lean on your forearm and the side of your foot so that your body is in a straight line from shoulder to foot. The elbows of your supporting arm should be directly beneath your shoulders.

**Exercise:** Lift your uppermost leg up and slowly lower it down again. Repeat for 20-30 sec. Take a short break, change sides and repeat. **3 sets on each side**



**9 HAMSTRINGS ADVANCED**

**Starting position:** Kneel on a soft surface. Ask your partner to hold your ankles from behind.

**Exercise:** Your body should be completely straight from the shoulder to the knee throughout the exercise. Lean forward as far as you can, controlling the movement with your hamstrings and your gluteal muscles. When you can no longer hold the position, gently take your weight on your hands, falling into a push-up position. Complete a minimum of 10-15 repetitions and/or 60 sec. **1 set**



**10 SINGLE-LEG STANCE TEST YOUR PARTNER**

**Starting position:** Stand on one leg opposite your partner and at arm's length apart.

**Exercise:** Whilst you both try to keep your balance, each of you in turn tries to push the other off balance in different directions. Try to keep your weight on the ball of your foot and prevent your knee from buckling inwards. Continue for 30 sec. Change legs. **2 sets**



**11 SQUATS ONE-LEG SQUATS**

**Starting position:** Stand on one leg, loosely holding onto your partner.

**Exercise:** Lower your knee as far as you can, controlling the movement on your hamstrings and your gluteal muscles. Bend your knee slowly then straighten it slightly more quickly, keeping your hips and upper body in line. Repeat the exercise 10 times on each leg. **2 sets**



**12 JUMPING BOX JUMPS**

**Starting position:** Stand with your feet hip-width apart. Imagine that there is a box in front of you.

**Exercise:** Alternate between jumping forwards and backwards, then side to side, and diagonally across the ground, using as quickly and explosively as possible. Your knees and hips should be slightly bent. Land softly on the balls of your feet. Do not let your knees buckle inwards. Repeat the exercise for 30 sec. **2 sets**

### PART 3

#### RUNNING EXERCISES • 2 MINUTES



**13 RUNNING ACROSS THE PITCH**

Run across the pitch, from one side to the other, at 75-80% maximum pace. **2 sets**




**14 RUNNING BOUNDING**

Run with high bounding steps with a high knee lift, landing gently on the ball of your foot. Use an exaggerated arm swing for each line (opposite arm and leg). Try not to let your leading leg cross the middle of your body or let your knees buckle inwards. Repeat the exercise until you reach the other side of the pitch, then jog back to recover. **2 sets**




**15 RUNNING PLANT & CUT**

Jog 4-5 steps, then plant on the outside leg and cut to change direction. Accelerate and sprint 5-7 steps at high speed (80-90% maximum pace) before you decelerate and do a new plant & cut. Do not let your knees buckle inwards. Repeat the exercise until you reach the other side, then jog back. **2 sets**







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## Game Training

For coaches training players participating in 11v11 football with an adequate level of technique.

The aim of this session is to improve the team's ability to **defend collectively by preventing forward passes between two defenders.**

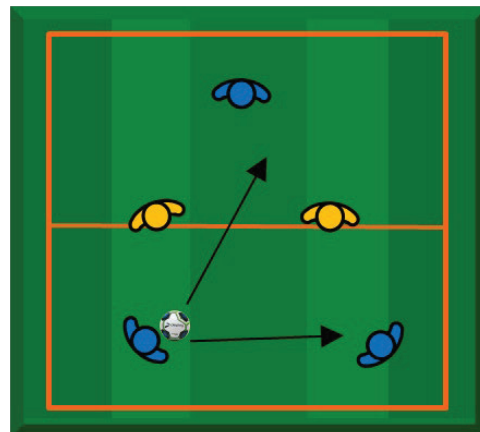
### Passing Practice

Yellow = need to work together to win the ball back. If they win the ball, they will swap with 2 blue players. Yellow start on the halfway line but can move anywhere in the area.

Blue = Keep the ball for as long as possible or until the coach rotates players. Blue must always have 1 player in the opposite half to the ball. One Blue player can cross the halfway line when the ball transitions.

**Competition** = Every pass that successfully crosses the halfway line is 1 point.

**Progression** = If the forward pass 'splits' or goes between the two Yellows (as shown) that it worth 3 points.



### Positioning game

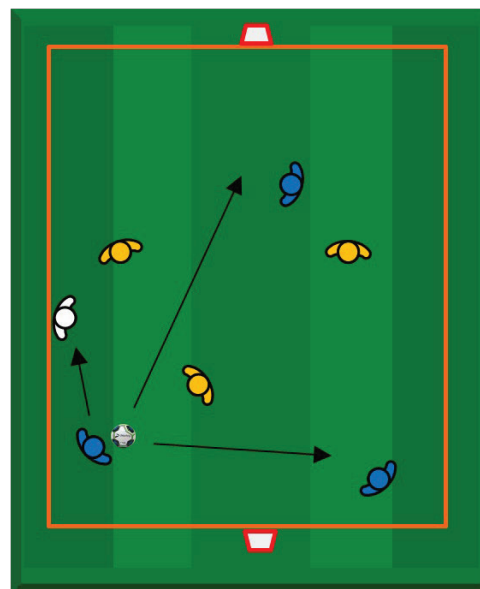
White = Plays on the team that has possession of the ball.

Blue = Score in the goal.

Yellow = Win the ball back and score in the opposite goal.

**Competition** = If a goal is scored from a **pass** that 'splits' defenders or goes between the two Yellows this is worth 3 goals.

**Coaching** = Yellow starting positions: Press or drop off. When one presses the others must do the same. 1<sup>st</sup> defender (responsibilities, body shape, and communication), 2<sup>nd</sup> defender (positioning and angles), 3<sup>rd</sup> defender (positioning, possible action, and communication).



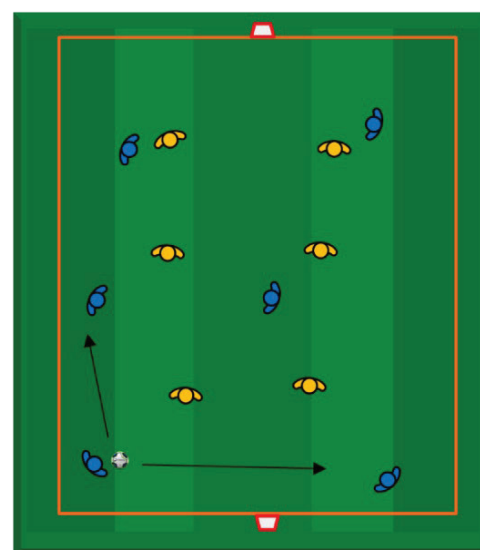
### Game Training

Regular game rules (use joker/white players if needed for numbers or to 'step down').

**Aim** = When in possession play forward, penetrating passes between 2 or more defenders, then score.

**Shape** = Organise attackers (blue) to take up realistic receiving positions to pull defenders out of shape.

**Coaching** = ask the 1<sup>st</sup> player when, why, and how to engage the ball. 2<sup>nd</sup> support angle in regard to player 1 and how that changes. 3<sup>rd</sup> defender provides support and balance to team shape. Where and when to attempt to win the ball back.



## Skill Training #1

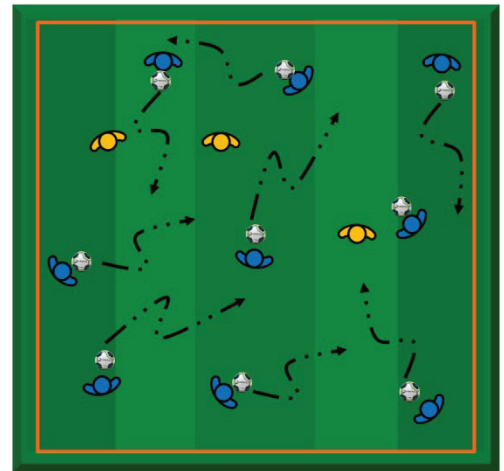
For coaches training players aged 9-13 years old.

The aim of this session is to improve the players ability to **run with the ball in wide areas** of the field.

### Skill Introduction

Blue = Dribble the ball around the area, at different speeds, angles etc keeping away from the Yellow players.

Yellow = If you can place your foot 'on top' of or win the ball, you become a Blue player. That player then becomes a Yellow player.



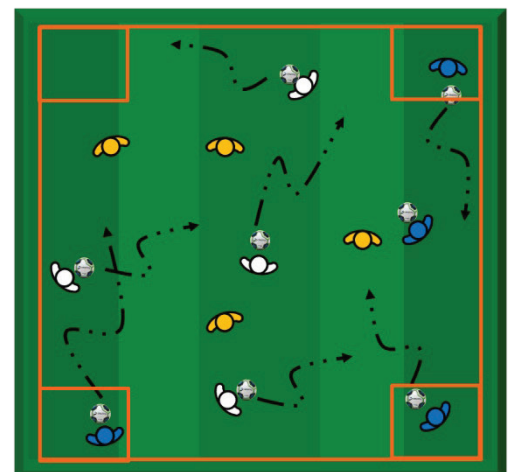
### Skill Training

Yellow = Kick all the balls out of the area from one team

White/Blue = Keep possession of the ball. The corners are 'safe zones' where they can wait for 3 seconds.

**Aim** = The game is over when one coloured team has had all their balls kicked out. The winning team is the team with any player still in possession of a ball. Rotate defenders so all colours become defenders.

**Coaching** = What part of the foot, which foot, where/why to run there, head position, body position, what to look for, why fast/why slow.



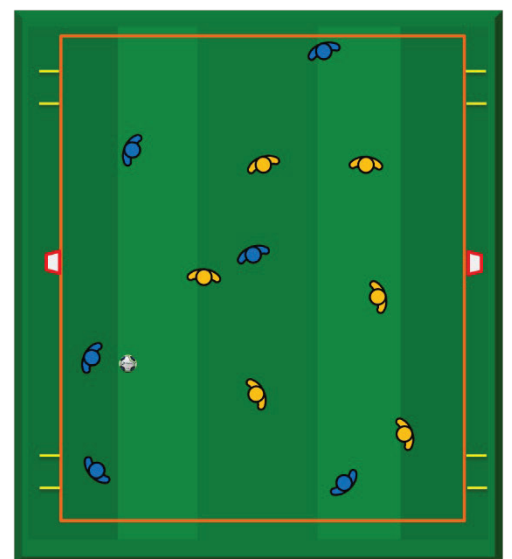
### Skill Game

When the ball leaves the playing area, play restarts with a goal kick.

**Scoring** = 1 goal for scoring in a goal, 2 goals if they can run the ball through the poles.

**Shape** = Organise the defenders to defend realistically not guarding the goals.

**Coaching** = Attackers when to pass/run with the ball, what areas of the field are best for running with the ball, how to attack the space, what they might do when engaged with a defender, potential positions to be when that player does not have the ball.





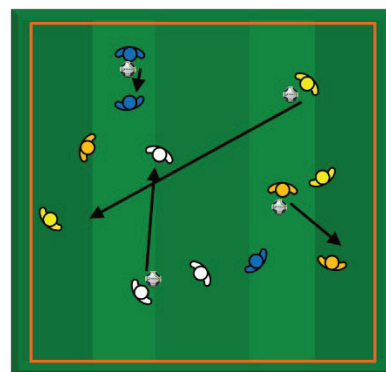
## Skill Training #2

For coaches training players aged 9-13 years old.

The aim of this session is to improve the players ability to **play a through or killer pass**.

### Skill Introduction

In small groups of 2-4 players, pass and move. Ensure passes are of a variety of angles and distances etc. Pass the ball only within your designated group.



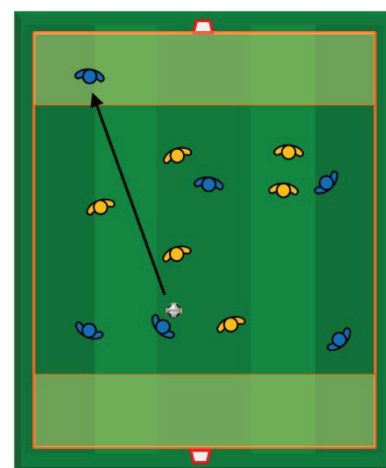
### Skill Training

Blue v Yellow small game.

**Aim** = receive a pass in the shaded end zone.

**Progression** = Score in the mini goal however players must receive a pass in the end zone before doing so.

**Coaching** = Type of pass, part of the foot, body shape, receiving position, receiving angles, support angles, weight of pass, direction of first touch.



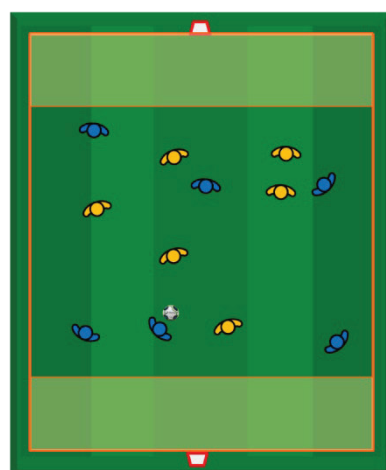
### Skill Game

6v6 game.

Scoring = 1 goal for scoring in a goal, 3 goals if scoring comes direct from receiving a pass in the end zone.

**Shape** = Organise the defenders to defend realistically not guarding the end zone/goal.

**Coaching** = Attackers when to pass/run with the ball, what to best receive the ball, how to draw the defence out, what they might do when engaged with a defender, potential positions to be in when team mate has possession of the ball, part of the foot to strike the ball.



## Heading Pro

**Please note that due to the safety requirements in relation to heading, the heading pro session will be a shorter session. This demonstration will conclude well before the other sessions.** For coaches looking at practices to teach players how to head the ball in a safe environment, the heading pro demonstration shows activities that could be suitable additions within a regular training session, potentially building these over several weeks.

### Warm up

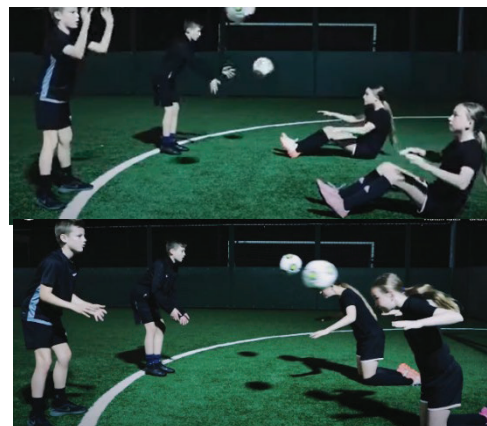
Warm up will include neck exercises in addition to regular warm up.

### Skill Introduction

**Aim** = In pairs isolating the technique and body to focus on good technique.

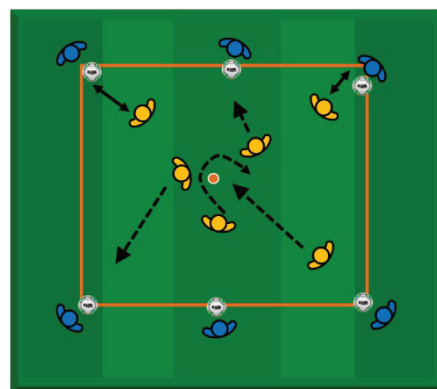
**Coaching** = strong neck and core, use forehead watching the ball onto head, use arms for balance

**Progression** = Repeat with players kneeling.



### Skill Introduction v2

Players in blue serve the ball by throwing to Yellow players. Yellow will head the ball back to the same Blue player. Yellow will then run around middle before then repeating at a new Blue player. After 60 seconds change player roles. Repeat activity several times covering off a number of different techniques.

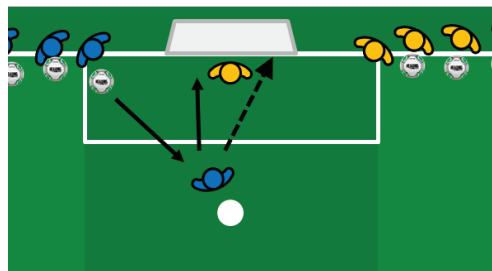


### Skill Training

**Aim** = Attacking headers

Blue #2 serves with a throw for Blue #1 to attempt to score with an attacking header. The Yellow #1 attempts to save the header. Immediately as the header is sent towards the goal, that Blue attacker (Blue #1) becomes the goalkeeper.

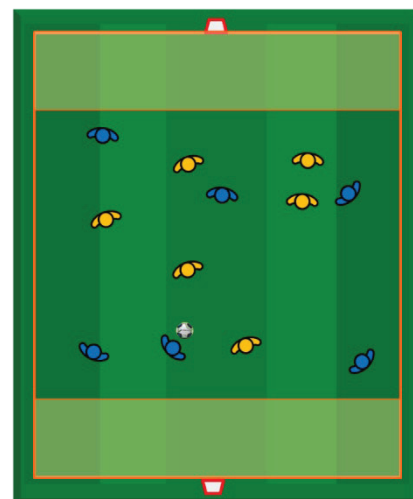
Yellow #2 immediately takes up the attacker position, and will receive a serve from Yellow #3. After Yellow #2 has attempted to score, they become the goalkeeper against Blue #2. The game then repeats.



### Skill Training v2

Game is played as a netball game.

Final pass into end zone or goal (coaches' choice) must be via a header.



## MiniRoos

For coaches training players in the 'discovery phase' with players first introduction to football typically 5-9 years old.

The aim of this session is to improve the players **first touch by taking controlling touches away** from the opposition.

### Beginning

In pairs the players pass the ball between the coloured gates, then move to the next gate and repeat.

Competition = make it a race! *"How many can you complete in 60 seconds?"*

### Middle

3v3 (or similar numbers) rules appropriate to normal match rules. Allowing on goal kicks, kick ins etc space/time for the restart.

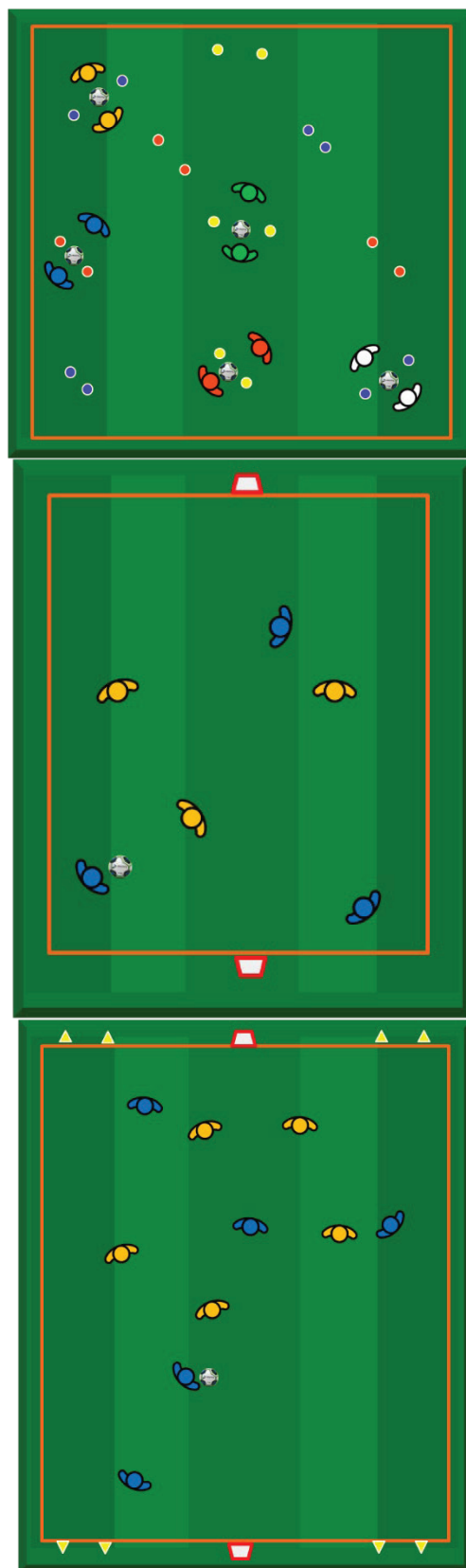
**Coaching** = type of pass, where to be to receive the pass (dead ball moment), body shape as receiving the ball, where to look, what to look for, where should first touch go, what part of the foot should be used.

### End

Combine all players together to play a game. Additional goals through cones/poles have been added to the end line. Players can decide to score by scoring in the goal, or by dribbling through the game.

**Progression** = Scoring in the goal = 2 goals, scoring through the gate = 1 goal.

**Coaching** = During the dead ball moments start positions to receive the ball, Left, right, middle (number dependant) options, during game play touching away from defenders, where is the space.





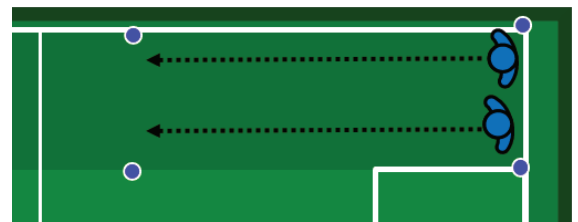
## Football Conditioning

This section is for coaches looking for inspiration on how to deliver football based fitness training to maximise the chance of improving fitness while practising football. This is ideally suited for players participating in an 11v11 format, however components of this work are suitable across all age groups.

### Acceleration Runs

Acceleration runs are an injury prevention activity by gradually increasing the difficulty over the following weeks. Players need to accelerate quickly to the prescribed speed, hold that speed for the duration of the prescribed distance and in a controlled fashion decelerate to a stop. Players then wait the allocated rest time and repeat.

Week	Distance	Speed	Reps	Rest between reps
1	60m	60%	6	60 sec
2	50m	70%	7	50 sec
3	40m	80%	8	40 sec
4	30m	90%	9	30 sec
5	20m	100%	10	20 sec
6	20m	100%	10	20 sec



### Football Activities

Some football activities are excellent for physically challenging the players eg. The running with the ball game shown on this page.

How to play = Yellow player runs with the ball into the scoring (shaded) zone. As soon as they shoot, the Blue player takes off to score in the goal. The Yellow player that just scored then becomes a defender and must chase the Blue player down. When the Blue player scores or is tackled, the next Yellow player takes off. The game then repeats.

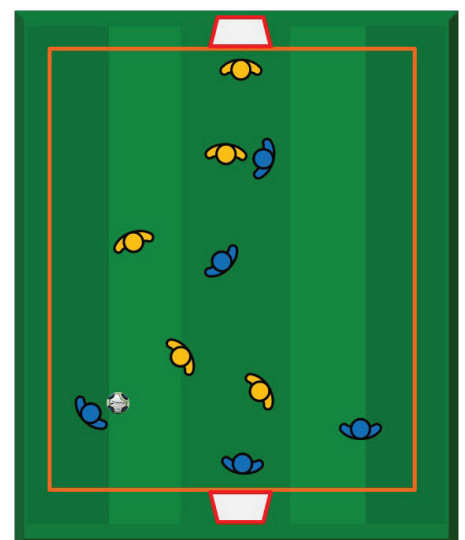
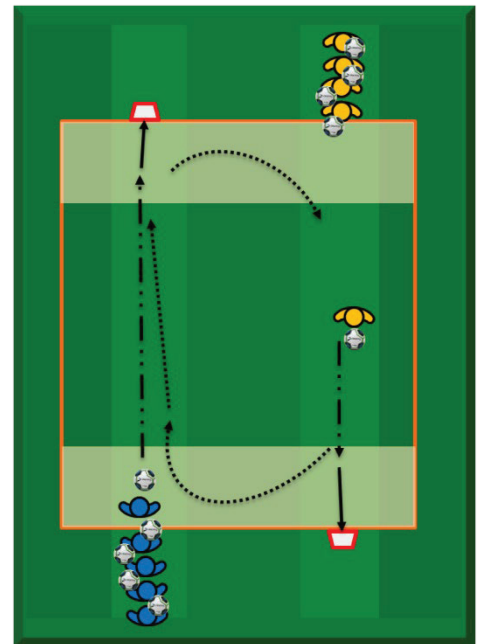
Note = Defenders will often forget to chase back. Players waiting need to ensure they have a ball ready.

### Conditioning Games

Essentially this is a normal game, except the intensity is increased. There are no fouls or outs as every restart is with a goal kick. Whenever the GK has the ball, the game must be restarted within 3 seconds. If they're too slow the opposing GK must restart with a ball (within 3 secs).

When defending **all** players (except GK) must press the ball carrier or other another opponent. Structure and shape can be forgotten about here as we look for any opportunity for players do run at speed.

Tip = Drive the intensity and ensure players are working hard.



Conditioning Games						
Type	Dimensions	Players	Reps	Time	Rest between games	Expected duration
Big Games	80m x 60m	8v8 - 11v11	2	10 min	2 min	22 min
Medium Games	50m x 40m	6v6 - 7v7	4	2 min	2 min	14 min
Big Games	80m x 60m	8v8 - 11v11	2	10 min	2 min	22 min
Medium Games	50m x 40m	6v6 - 7v7	4	2 min	2 min	14 min
Medium Games	50m x 40m	6v6 - 7v7	4	4 min	2 min	22 min
Small Games	40m x 30m	4v4 - 5v5	6	1 min	2 min	16 min
Medium Games	50m x 40m	6v6 - 7v7	4	4 min	2 min	22 min
Small Games	40m x 30m	4v4 - 5v5	6	1 min	2 min	16 min
Small Games	40m x 30m	4v4 - 5v5	6	1 min	2 min	16 min
Big Games	80m x 60m	8v8 - 11v11	2	5 min	2 min	12 min
Small Games	40m x 30m	4v4 - 5v5	6	1 min	2 min	16 min
Big Games	80m x 60m	8v8 - 11v11	2	5 min	2 min	12 min

### High Speed Running

Used as a 'top up' to training. This is normally only conducted after 3-4 weeks of training has been undertaken and a base level of fitness is acquired. High-speed running typically occurs at the end of training when players are most warm, and typically early to mid-week of a normal training week. Avoid undertaking this too close to game day.

High speed running is very beneficial as it exposes players to running longer distances at high speeds. This is most relevant for teams playing an 11v11 format due to the size of the pitch.

Week	Distance	Speed	Reps	Rest between reps
3	30m	100%	4	30 sec
4	40m	100%	4	40 sec
5	50m	100%	4	50 sec
6	60m	100%	4	60 sec



## Goal Keepers

For coaches who are working in small groups with a Goalkeeper for specific Goalkeeper training.

### Skill Introduction

Rebounder. Individually GK throw and catch off the rebounder.

**Techniques** = W, Cup, Scoop.

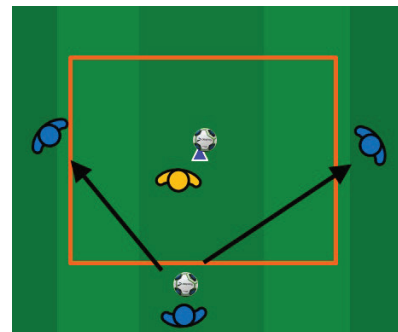
**Coaching** = Ensure hands/feet/head in correct position.

### Defend the castle

Yellow GK to defend the ball placed on the cone in the middle of the area (castle). Blue GK to throw the ball to each other moving the Yellow to find a time/opportunity to attempt to knock the ball off the castle.

**Progression** = Ball at feet, smaller/larger square.

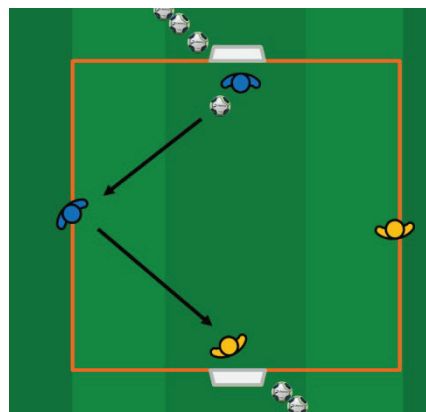
**Coaching** = Yellow positioning, body shape, move with the ball, set position, hand position.



### Skill Training

Blue #1 rolls the ball to Blue #2 who shoots at the Yellow goal. Blue players then swap positions. The Yellow then repeats same actions, as the Yellow player shoots at Blue goal.

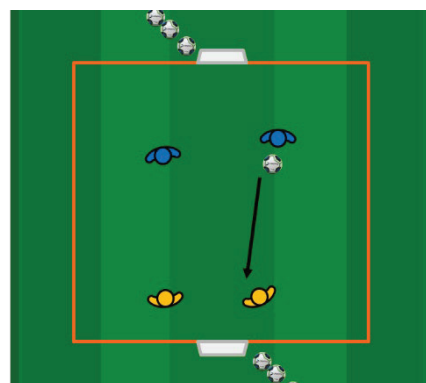
**Coaching** = Moving with the ball, body position, set position.



### Skill Game

2v2. The attacking team using feet attempts to score.

The defending team uses their hands to stop the ball going in.



### Skill Game v2

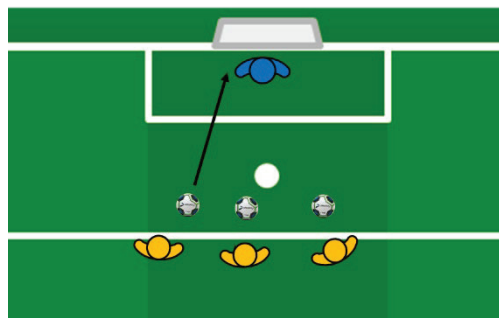
10-5-1 shooting game

Yellow players take turns shooting at the Blue GK.

10 points = clean save

1 point = deflection save/shot at target

-5 points = goal conceded





## Coaching Tools

### SO CHANGE IT

SO CHANGE IT is a useful coaching tool which can add variety to your session. It can be used if a training activity isn't working, to change up an activity, or to put a different emphasis on what the players are working/focussing on.

<b>S</b>	<b>SAFETY – PHYSICALLY AND EMOTIONALLY</b> A place where the field is free from danger such as sprinkler heads, drains, fences etc and a place where players are free to try, experiment, be creative without judgement.
<b>O</b>	<b>ORGANISED</b> Coach starts the practice quickly (no wasting football/playing time), has all equipment for the session and has a basic plan of what they are going to do.
<b>C</b>	<b>COACHING STYLE</b> Provide feedback in the drink break or change of activities without interrupting the game. Use player role models.
<b>H</b>	<b>HOW TO SCORE/WIN</b> Increase opportunities for players to score/win.
<b>A</b>	<b>AREA</b> Increase or decrease the game challenges by changing the size/shape of the playing area, i.e. long and narrow, short and wide, smaller/larger.
<b>N</b>	<b>NUMBERS</b> Use different team numbers of players to overload the advantage of one team or vary the number of turns at goal etc.
<b>G</b>	<b>GAME RULES</b> Change the rules slightly, i.e. no tackling, minimum number of passes etc.
<b>E</b>	<b>EQUIPMENT</b> Vary the equipment used, i.e. a bigger goal, smaller goals, more goals.
<b>I</b>	<b>INCLUSION</b> Engage the players in modifying the practices, provide options they could choose from to encourage ownership. Consider what a player can do as opposed to what they can't or your perception of what they can or can't do.
<b>T</b>	<b>TIME</b> Reduce or extend the time to perform actions, i.e. how many passes can you make in 20 seconds, get a shot at goal in 30 seconds,

### Club Coach Coordinator (CCC)

Does your club have a CCC?

The primary purpose of this role is to provide relevant and valued coaching support in the Club environment, and to monitor and mentor coaches to conduct appropriate quality football activities that will enhance the players' and coaches' experience.

If you have questions regarding coaching, your club's CCC should be the first person you contact. If you don't know who that is, a member of your Club's committee will be able to assist.

## Coach Development

### Coaching Accreditation

Hills Football in conjunction with Football NSW and Football Australia provide a variety of formal coaching accreditation courses. The courses range in requirements and commitments dependant on the needs of the coach and/or players.

The below list of courses are all entry level with no prerequisites needed. However, it is recommended that coaches obtain at least a Skill or Game Training Certificate before registering for a C Licence. It's highly recommended that coaches undertake at least a MiniRoos Certificate due to it's shorter duration and the course fee (free). All other coaching courses have a cost.

Community Certificates		
MiniRoos	3 hours 1 session	5-9 years old
Skill Training	11 hours 3 sessions	9-13 years old
Game Training	14 hours 4 sessions	14+ years old

Advanced Pathway		
C Licence	50 hours 7 sessions	9+ years old

### How to register for a course

There are number of ways to do this however the two most common and easiest methods include:

1. Visit [playfootball.com.au/coach/find-a-course](http://playfootball.com.au/coach/find-a-course)

Select the course, location etc. to find all courses in NSW that are available.

2. If you want to ensure you stay closer to the Hills, visit <https://hillsfootball.com.au/hills-football-event-calendar/>

On this page you will see all the dates of Hills Courses, as well as other coach development opportunities like webinars and the Female Coaching Network.

### Webinars

During lockdown, Hills Football conducted multiple free Coaching Webinars to the broader coaching community. 2022 will see these Webinars continue, all be it less frequent as the commitments of day-to-day life take up time. All previous (and future) Webinars are available on the Hills Football YouTube Channel for viewing at your leisure. Within the Coach Development playlist you will find Webinars on subjects such as the Laws of the Game from a coaches perspective, session designing, what are the core skills, the role of a grassroots coach and many more.

## Female Coaching Network

The female coaching network is open to any current or aspiring female coach within the Hills Football Association. The network is free and open to all participants and is used to connect coaches in an inclusive and supportive environment. To join go to [forms.gle/Qv32QTkyeUW8pihe6](https://forms.gle/Qv32QTkyeUW8pihe6)

## Resources

You can find coaching resources to assist you during the season at:

[playfootball.com.au/coach/resources](https://playfootball.com.au/coach/resources)

[hillsfootball.com.au/coaches-hub/](https://hillsfootball.com.au/coaches-hub/)

Search Hills Football in YouTube



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