

Hills Football Grassroots Coaching Festival 2025



GRASSROOTS COACHING FESTIVAL 2025

Welcome!

Welcome back to another Hills Football Grassroots Coaching festival supported by a number of key stakeholders and members.

Following the original launch of this event in 2022, we’ve continued to provide opportunities for our Hills Family to hear from the experts on the field. This event will continue to set the benchmark for the year and will provide some key insights into different coaching methods across different ages and abilities.

As part of a bigger strategic update and alignment piece, today we hope to showcase to both current and aspiring grassroots coaches what we’re hoping to achieve within the Hills district and how we can support our coaches for years to come.

A big thank you to all involved in piecing this event together and we hope that everyone feels informed and prepared for the season ahead. A special mention to our major partners for their ongoing support, some of which will be here today.

Most importantly, we want to acknowledge not only those coaches in attendance today, but also all registered coaches within our Association who will be looking after around 952 teams this season.

Without your leadership and dedication, our grassroots teams would not be prospering from season to season.

Charlotte Ercil
General Manager





Day Schedule

9:00am-9:15am	Arrival at Bella Vista Public School
9:15am-9:30am	Introductions and Welcome to event

9:30am-9:50am Sessions Phase 1. (Choose one session or more sessions to attend)

<p>Game Training Phase Using constraints to effect player behavior in Youth Football</p> <p><i>Gareth Long</i> (ACPE)</p>	<p>Skill Acquisition Phase Coaching Interventions to facilitate engagement & development</p> <p><i>Ambaye Akele</i> (Hills Football)</p>	<p>Goalkeeping Developing confidence in Youth Phase Goalkeepers</p> <p><i>Alex Gornall</i> (Hills Football & Hills United)</p>	<p>Discovery Phase Facilitating a fun football environment through holistic practices</p> <p><i>Jaimee Turner</i> (Hills Football & Hills United)</p>
--	---	---	--

9:50am-10:10am Sessions Phase 2. (Choose one session or more sessions to attend)

<p>Game Training Phase Using constraints to effect player behavior in Youth Football</p> <p><i>Gareth Long</i> (ACPE)</p>	<p>Skill Acquisition Phase Coaching Interventions to facilitate engagement & development</p> <p><i>Ambaye Akele</i> (Hills Football)</p>	<p>Goalkeeping Developing confidence in Youth Phase Goalkeepers</p> <p><i>Alex Gornall</i> (Hills Football & Hills United)</p>	<p>Discovery Phase Facilitating a fun football environment through holistic practices</p> <p><i>Jaimee Turner</i> (Hills Football & Hills United)</p>
--	---	---	--

10:10am-10:30am Sessions Phase 3. (Choose one session or more sessions to attend)

<p>Game Training Phase Using constraints to effect player behavior in Youth Football</p> <p><i>Gareth Long</i> (ACPE)</p>	<p>Skill Acquisition Phase Coaching Interventions to facilitate engagement & development</p> <p><i>Ambaye Akele</i> (Hills Football)</p>	<p>Goalkeeping Developing confidence in Youth Phase Goalkeepers</p> <p><i>Alex Gornall</i> (Hills Football & Hills United)</p>	<p>Discovery Phase Facilitating a fun football environment through holistic practices</p> <p><i>Jaimee Turner</i> (Hills Football & Hills United)</p>
--	---	---	--

10:30am-11:00am Post Session Q & A and Event Close



Pitch Layout BVPS



Discovery Phase Session – Grassroots Coaching Festival 2025

Delivery Outcome (Coach Based) – Facilitating a fun football environment through holistic practices Learning Outcome (Player Based) – Striking the Ball

30m x 25m
 1 Ball per Player
 Up to 12 players
 20 cones, bibs & 2 goals

SCAN

- Can you SCAN for a teammate or a target to strike the ball into.

MOVE

- Can you MOVE to be in a position to receive the ball from a teammate

TOUCH

- Can you TOUCH the ball to set up a pass or a shot with the next touch of the ball

PLAY

- Can you PLAY and combine with your teammates with a pass to find space or to score

PLAY – Goals Galour! 15 mins

EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> • Set up a 20m x 15m area with four goals on each side • Split players into two even teams, where each player has a ball <p><u>Game rules</u></p> <ol style="list-style-type: none"> 1. Players must attempt to score as many goals as possible within 60 seconds going in any direction 2. Players are not allowed to score in the same goal twice in a row 3. The team with the most number of goals after the 60 seconds are awarded with a point 	<ul style="list-style-type: none"> • Can you focus accurately striking the ball towards the goal • Can you use your non-kicking foot to point towards where you want the ball to go • Using your laces or the insides of the foot, can you strike through the ball
	C.H.A.N.G.E I.T
	<ul style="list-style-type: none"> • Introduce defenders on each team that must attempt to stop the other team from scoring goals • Players must go and find a different ball from a goal rather than their own.

PLAY – 2 v 1! 20 mins

EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> • Set up TWO 15m x 10m areas with one goal • Split players into two teams. • Defenders stand next to the goal with one defender standing in the goal designated as a goal-keeper. Attackers stand opposite the goal with two separate lines <p><u>Game rules</u></p> <ol style="list-style-type: none"> 1. The ball begins with the defenders (yellow) who make a pass to one of the attackers (blue), and once the attacker controls the ball the game is live. 2. Two attackers enter the game to create a 2v1 and must attempt to score a goal for a point. 3. The defender must attempt to stop the attacker from scoring and can gain a point by dribbling to the attackers starting point 4. Once the phase of play is completed, those involved in the game go to the back of their teams' line. 	<ul style="list-style-type: none"> • Can you scan if there is an open shooting lane • Can you move your body into a position where you can strike the ball as quickly as possible once you find an open shooting lane • Can you touch the ball to set up a shot on goal or to create a clear shooting lane to pull the trigger • Can you play to pull the trigger to shoot and finish attacking opportunities
	C.H.A.N.G.E I.T
	<ul style="list-style-type: none"> • Change the roles of the players • Bonus points for attackers if they can score within their attacking half (2 points) • Bonus points for attackers if they can score with two or less touches during play (3 points)

GAME - (Make it fun!) 20 mins

Suggested formations

EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> • Set up a 30 x 25m area with goals on either side • Play a game! <p><u>Game rules</u></p> <ol style="list-style-type: none"> 1. Put Players in a formation (suggested formations above) 2. Play a normal game – if they score in the other teams goal it is a point 3. Award bonus points for players dribbling with speed into space and away from defenders 4. Every time the ball goes out get players to go back into their formation 	<ul style="list-style-type: none"> • Praise players effort • Reinforce main coaching points from the session <ul style="list-style-type: none"> • Accurately striking the ball while under pressure from opponent • Keep composure when defender is pressuring.
	COACHING OBSERVATION
	<p>Are players:</p> <ul style="list-style-type: none"> • Accurately striking the ball while under pressure from a opponent • Maintaining composure in possession of the ball against a pressuring defender

Skill Acquisition Phase Session – Grassroots Coaching Festival 2025

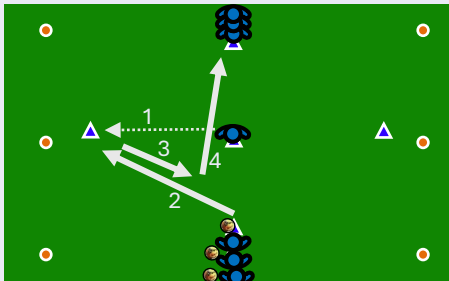
Delivery Outcome (Coach Based) – Coaching Interventions to facilitate engagement & development Learning Outcome (Player Based) – Go Somewhere Else

 30m x 25m
  1 Ball per Player

 Up to 16 players
  20 cones, bibs & 2 goals

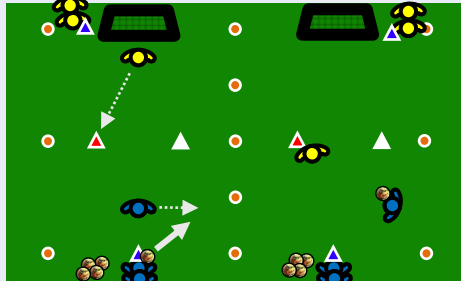
 • Can you SCAN to view where the defenders are to change the direction of attack
  • Can you MOVE to be an option away from the defenders making the field big in possession of the ball
  • Can you TOUCH into space to set up a pass to a teammate into space
  • Can you PLAY to make the field big when in possession and look to change the direction of attack away from defenders

PLAY – Diamond PP Part 2. ⌚ 15 mins



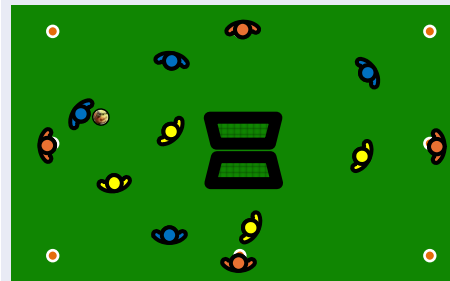
EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up cones in a diamond with one cone in middle One player at the middle cone, remaining players go to top & base of diamond Max 8 players (if more – set up 2 practices) <p><u>Game rules</u></p> <ol style="list-style-type: none"> Player in the middle cone moves to one side of the diamond to receive the ball The player at the base of the diamond makes a pass to the middle player who has moved to one of the wide cones The middle player plays a pass back to the player at the base The player at the base makes a pass to the player that is standing at the top of the diamond. Players rotate - bottom player goes to the middle – middle player goes to the top The pattern is repeated however the starting position will be the top of the diamond 	<ul style="list-style-type: none"> Can you scan where you want to pass the ball Can you move to open your body up to receive the ball on your back foot Can your first touch set up your next action Can you execute a pass to a teammate Can you think about your next action before you receive the ball
	S.O.C.H.A.N.G.E.I.T
	<ul style="list-style-type: none"> Limit the touches – 2 touch only Give players a target for how many rounds to complete within 30 seconds If two practices are set up, make it a race

PLAY – Pressure from in front ⌚ 15 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up TWO 15m x 10m areas with one goal Place two colour cones of different colour 10m apart and 5m away from the goal Split players into two teams Defenders stand next to the goal. Attackers stand opposite the goal with one attacker standing 5m away from the starting cone <p><u>Game rules</u></p> <ol style="list-style-type: none"> The game begins with one defender (Yellow) touching one of the colour cones. Once the defender touches the cone, the attacker receives the ball from a teammate. The game is live once the pass is made and the attacker controls the ball Attackers must attempt to score a goal for a point Defenders must attempt to win the ball off the attackers and dribble it out of the grid for a point 	<ul style="list-style-type: none"> Can you scan to view where the defender is Can you move to the opposite side of the defender and open your body up to allow your first touch to take you towards where you want to go Can your first touch go away from the defender and set up a dribble towards the goal Can you play to change the direction of attack depending on where the defender is located
	S.O.C.H.A.N.G.E.I.T
	<ul style="list-style-type: none"> Rotate the roles of players Bonus points for attackers if they can score within 10 seconds Change the position of the coloured cones to be closer or further away from the starting position of attackers Have attackers move first and defenders must go to the opposite cone to where the attacker has moved

PLAY – Rondo Loco ⌚ 20 mins



EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m x 25m area with two goals in the center of the grid which are back-to-back Split players into three even teams One team is designated as bouncers and go to the outside of the grid. The bouncers are on the team that has possession of the ball <p><u>Game rules</u></p> <ol style="list-style-type: none"> Teams in the middle play against each other (yellow vs blue) with support of the bouncers (oranges). Teams must attempt to combine and get 5 passes before they can attempt to score in one of the goals. If possession is lost the same process occurs, and pass counts reset. If teams score a goal they are awarded with a point Bonus points are awarded if a team can combine for 10 passes and then score – 2 points 	<ul style="list-style-type: none"> Can you scan to view where the defenders are and find a teammate in space Can you move to be an option in space away from the defenders Can your first touch go away from the defender and set up a pass into space Can you play to make the field big and look to change the direction of attack away from defenders
	S.O.C.H.A.N.G.E.I.T
	<ul style="list-style-type: none"> Change the roles of the players who are bouncers to a different team Bonus points for attackers if they can combine the ball to all four bouncers. Bouncers can be tackled by the players in the middle Increase or decrease the number of passes needed before teams are allowed to score

GAME – Play a Game ⌚ 20 mins



Suggested formation 2-3-1

EXPLANATION	COACHING POINTS
<ul style="list-style-type: none"> Set up a 30m x 25m area with goals on either side Play a game! <p><u>Game rules</u></p> <ol style="list-style-type: none"> Put Players in a formation (suggested formations above) Play a normal game – if they score in the other teams goal it is a point Award bonus points for teams that can go somewhere else and change the direction of attack depending on where the defenders are located Every time the ball goes out get players to go back into their formation 	<ul style="list-style-type: none"> Praise confidence in players attempting to change the direction of the attack by making a pass to a teammate in space or going somewhere else <p>Reinforce main points from the Session</p> <ul style="list-style-type: none"> SCAN MOVE TOUCH PLAY
	COACHING OBSERVATIONS
	<p>Are players;</p> <ul style="list-style-type: none"> Scanning to view where the defender is & for space Moving to be an option off the ball away from the defenders, using width and depth Taking a touch into space to set up a pass to a teammate in space Making the field big when in possession Changing the direction of attack away from defenders

Game Training Phase – Grassroots Coaching Festival 2025

Delivery Outcome (Coach Based) – Using constraints to effect player behavior in Youth Football **Learning Outcome (Player Based) –** Recognise and take advantage of overload

50m x 40m 1 Ball per Player
Up to 16 players 20 cones, bibs & 2 goals

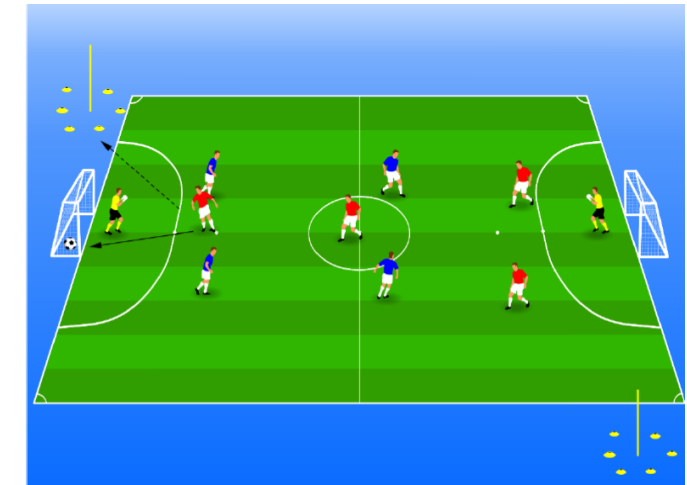
PLAY – Overload Introduction



PLAY – Overload Experimentation



PLAY – Overload Player Ownership



How to play:

- Two teams
- When on the field, players do not leave the pitch
- First game is 1v1 (red attacks)
- After a goal or when the ball goes off the pitch, the coach plays a pass to blue to create a 2v1
- Then to red to create a 3v2
- Then to blue to create a 4v3
- Then to red for a final 4v4
- Which team scored the most goals

Coaching ideas:

Observe the players with the overloads. What do they do? What don't they do?

How to play:

- One team are defenders positioned to the side of both goals
- The other team are attackers and have 6 attempts (balls) to score as many goals as possible
- Attackers choose how many attackers vs defenders
- If they score, they turn and attack the other goal
- After 6 balls, swap over
- Which team scores the most points?

Coaching ideas:

Listen to players' plans for taking advantage of the overload. Provide some ideas to support this.

How to play:

- Two teams
- Every time a goal is scored, that player leaves the field and must place a cone on a pole (leaves an overload until that player has returned)
- Which team can get all their cones on the pole first?

Coaching ideas:

Allow teams to discuss "what will we do when we have one more player?"

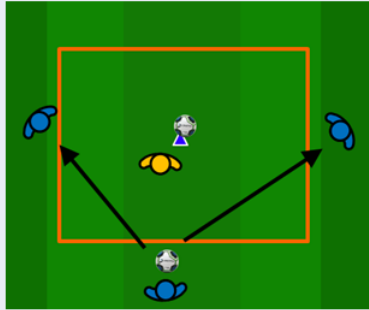
Goalkeeping – Grassroots Coaching Festival 2025

Delivery Outcome (Coach Based) – Developing confidence in Youth Phase Goalkeepers **Learning Outcome (Player Based) – Set position to collapse on the ball**

 20m x 20m
  1 Ball per Player
 Up to 8 players
  20 cones, bibs & 2 goals

PLAY – Defend the Castle

🕒 10 mins



EXPLANATION

- Set up a 15m x 15m area
- One ball is placed in the middle of the grid on top of a cone
- One goalkeeper is designated to be the 'protector'
- Other players go around the perimeter of the grid

Game rules

1. Working together, players on the outside must attempt to knock of the ball that is placed in the middle of the square/"Castle"
2. The protector (yellow) must attempt to not allow the ball to get knocked over
3. The protector gets a point for every save they make, however they lose a point every time the ball/castle gets knocked over.
4. Do 2-minute rounds before changing roles

COACHING POINTS

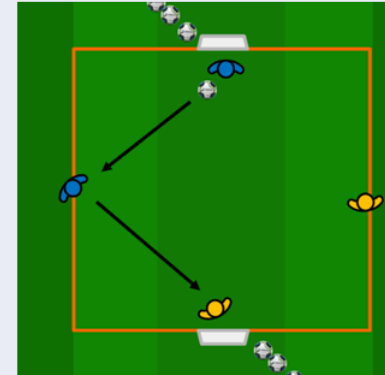
- Can you get into the correct set position
- Can you move with the ball as it moves around
- Can you make a safe watching the ball the whole way
- Can you collapse on the ball to stop it from hitting the target

C.H.A.N.G.E.I.T

- Have players on the outside have the ball at their feet
- Increase or decrease the size of the grid

PLAY – 2 v 2 GK

🕒 20 mins



EXPLANATION

- Set up a 20 x 20m area with goals on either side
- Put players into two separate teams.

Game rules

1. Blue #1 rolls the ball to Blue #2 who shoots at the Yellow goal. Blue players then swap positions.
2. The yellow team repeats same actions. As the yellow player shoots at the blue goal

COACHING POINTS

- Can you get into the correct set position
- Can you move with the ball as it moves around
- Can you make a safe watching the ball the whole way
- Can you collapse on the ball to stop it from going into the goal

C.H.A.N.G.E.I.T

- Make it a competition! – teams are awarded with a point for every goal they score
- Introduce on time limit for players on the ball to shoot

Upcoming Coaching Courses



MiniRoos

For coaches typically training 5-8-year-old players

The 3-hour course is fully practical and encourages the coach to develop practices that are based on FUN and the Development of Fundamental Football Skills.

Annangrove Park
16th April

Foundation of Football

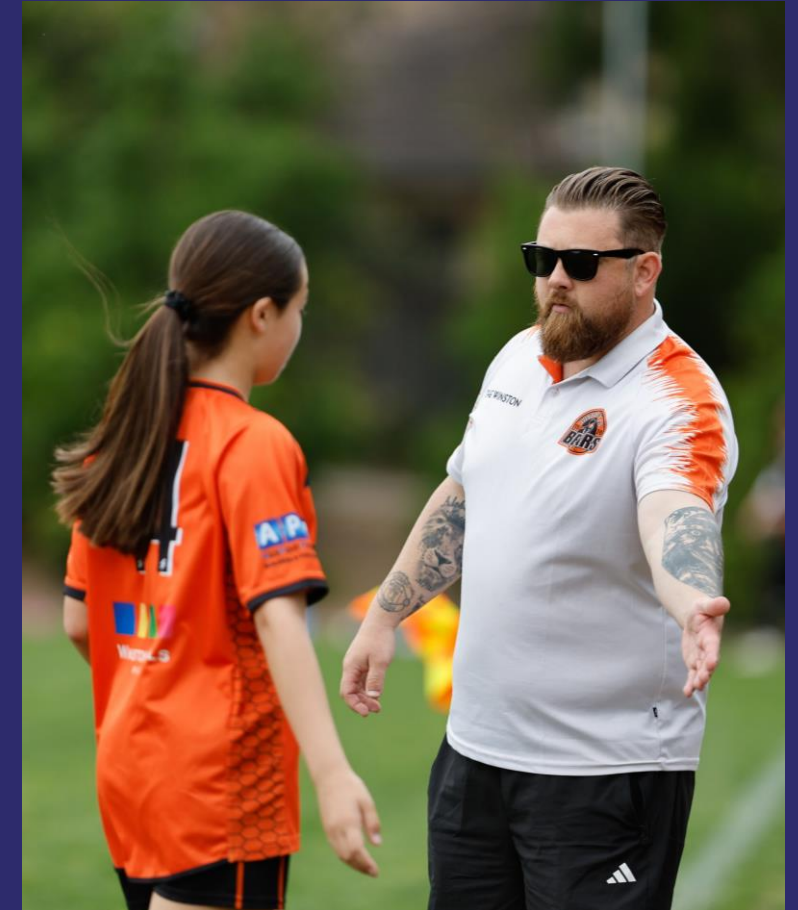
For coaches typically training 9-15-year-old players

Over 9-hours Coaches will participate in practical sessions covering practices and key coaching delivery implementation (use of coaching tools) to facilitate a learning environment centered around the development of football technique and decision-making skills.

North Rocks Park
26th March, 2nd 9th April

Bernie Mullane
31st March, 7th 14th April

Hills Centenary
28th April, 5th 12th May



Female Coaches Network



Hills Football are excited to continue to provide and deliver the Female Coaching Network. This initiative is aimed to help support and provide development opportunities to new and existing female coaches from within Hills Football.

The network is exclusive to females already coaching or looking at getting involved in coaching within the Hills Football family. The network is open to all female coaches regardless of experience level, qualification, or any perceived skill level.

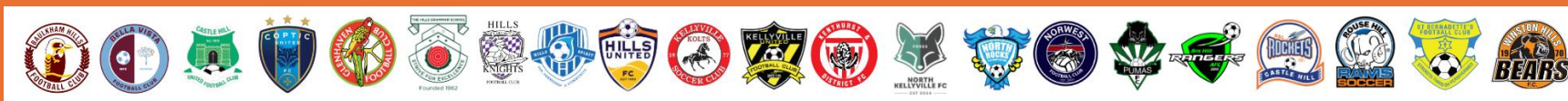
The network will provide all female coaches with a safe and inclusive environment where we will share knowledge, information, and support whilst also providing learning and development opportunities.

The network is free and completely optional, with no compulsory attendance requirements.

To become a member, please complete the online registration form. We encourage all Hills Football Clubs to promote this within and help grow the awareness of female coaching.



<https://form.jotform.com/250159127782864>



The Hills Way



The Hills Way has been created to deliver clear guidance, consistent support, and a shared identity for football development in the Hills District. This comprehensive approach aims to inspire and elevate players, coaches, and clubs within our community. By establishing a unified football identity and a singular approach, The Hills Way defines our Game Model, Player Development Objectives, and the distinctive characteristics that represent the Hills District. Together, these elements enable our pathway and association to lead the way in player development across New South Wales, setting a new standard for growth and excellence.

<https://hillsfootball.com.au/the-hills-way/>



Principles and teachings of The Hills Way aim to be transcended through all HFI Member Clubs. As such, Hills Football Development has created TRAINING PROGRAMS. Training programs are specific to the breakdown of age groups and align with the Football Australia Curriculum.

Hills Football Discovery Phase

AGES 3-8

Training Program

Created by HILLS FOOTBALL DEVELOPMENT

Hills Football Skill Acquisition Phase

AGES 9-12

Training Program

Created by HILLS FOOTBALL DEVELOPMENT



Other Coaching Resources



On our Hills Football Website Coach HQ, you'll be able to find resources including registration links to Coaching Courses, Coaching Tools, Articles, Videos and Training Programs that you can use on your Coaching Journey!

To go to the Coach HQ, Click on the link below:

<https://hillsfootball.com.au/coaches-hq/>



Football NSW

On the Football NSW website there are a number of resources to support with your Coach Development Journey. This includes the Football NSW Technical Newsletter which provides monthly coaching articles, interviews, drills and resources from across the Football NSW coaching community.

<https://footballnsw.com.au/coach-hub/>

