Hills Spirit

Club Player Program

2026 Season *Program Booklet*

HILLS FOOTBALL DEVELOPMENT



INTRODUCTION

Welcome to the Hills Football Development Club Player Program (CPP) at Hills Spirit!

This season, Hills Spirit is participating in the Hills Football Development Club Player Program —an initiative designed to strengthen grassroots football by providing Coach Mentoring and Player Development opportunities across all Hills Football Member Clubs.

During the program, Hills Football will be delivering the Coach-the-Coach sessions during your club's training on Tuesday Nights.

The CPP Coach-the-Coach Delivery provides Hills Football Coach Mentors will work directly with Hills Spirit Coaches, offering guidance, feedback, session plans, and ongoing support.



Our goal is to create an environment where both players and coaches grow—not just for this season but for the long term. We encourage club coaches to actively engage, collaborate, and embrace this opportunity to enhance their coaching journey.

At the heart of everything we do is a simple question:
How can we create an environment where players and coaches want to come back—Next week, Next year, and for life?

Let's work together to instill a lifelong love for football!

PROGRAM DELIVERY

The Club Player Program at Hills Spirit will be delivered to Mini's Age groups (U5's, 6's & 7's) for an 8-week block.

See below for Program Breakdown.

Coach-the-Coach	Week 1	Week 2	Week 3	Week 4
	Session 1	Session 2	Session 3	Session 4
	Safety and Organisation Set up, Session plan, mental/physical safety for players	**Positive connection & care with players** Session Previews and Wrap Ups	**Ability to consistently engage participants** Game-based activities, SOCHANGEIT	**Ability to effectively engage participants** Body Language, Attitude
	Week 5	Week 6	Week 7	Week 8
	Session 5	Session 6	Session 7	Session 8
	Ability to manage individuals & the group Group Management, Attention Tools	**Using Effective Communication** Concise, clear, positive, demonstrations, enthusiasm	**Using the Power of Encouragement** On the run, highlight/reinforce effort and positive behaviour	**Creating Positive Learning Environments** Questions, Interventions

COACH DELIVERY FOCUS

The table above depicts what HFL Coaching Mentors will focus on each week of the Coach-the-Coach Program. Weekly Resources will be provided linked to the development of the specific Coaching Tool and/or behaviour.

Tools and behaviours are linked to outcomes to foster a session that is Player Centric and focused on creating an environment making Football the highlight of the participants week.

SESSION STRUCTURE

Each component of the session provides the coach a way to ensure there are high levels of engagement, learning and development throughout the session.

60 mins

5 mins
PLAYER TIME
Game Review
Session Introduction
Introduce Learning Outcome

5 mins
BALL MASTERY
Ball Each with lots of touches on the ball
10 skills selected
30 sec to 1 min each

15 mins
PLAY pt 1.
High repetition of Main Learning Outcome with limited resistance e.g. Passing Practice or 1v0

20 mins
PLAY pt 2.
Repetition of Main Learning Outcome with high resistance, typically with limited numbers e.g. 1 v 1 or 4 v 2 etc.

20 mins
Game
Play a game against a different team!
Observe actions and the development of the Main Learning Outcome

5 mins
Wrap Up
Reflect on Session
Give Feedback
Give Homework

WHAT DO WE MENTOR COACHES ON

ORGANISATION
- Prepared & efficiently set up before people arrive
- Clear flow & chain of learning
- Effective management – individual, teams, time.

PLAYER ENGAGEMENT & ENJOYMENT
- Connection, care & belief of participants
- Participants developing a love for the game
- All people included and actively involved

COMMUNICATION
- Positive, energetic body language
- Use of effective words linked to Key Learning Outcome
- Effective use of Demonstrations
- Using the Power of Encouragement
- Use of questions to develop cognitive decision making

LEARNING
- Holistic Approach to Coaching
- Encouragement of self expression and mistakes both for the coach and participants
- Positive, useful and timely feedback to participants
- Using Reflection as a tool for self improvement

EXPECTATIONS

Hills Football Development Responsibility

- Training Plan for duration of Program distributed.
- Conduct a Coach's meeting prior to the session of the week. Held 15-minutes prior to the start of the session. In this meeting the following will be provided:
  - An overview of session plan within training program.
  - Giving Coaches 'Focus Points' prior to sessions.
  - Ask Coaches if there is any particular area they would like support or feedback
- Actively supporting and providing feedback to Coaches
- Where required demonstrate coaching behaviours, activities and knowledge to Coaches
- Creating a positive learning environment
  - Where questions are encouraged
  - Coaches are empowered to develop
  - Support wherever necessary

Hills Spirit Coaches Responsibility

- Register for MiniRoos Coaching Course prior to start of Program
- Review Session Plan prior to arriving at the session
- Bring relevant and adequate equipment to all sessions
- Be in attendance for Coaches meeting each week (15-minutes prior to start time)
- Create a positive and supportive environment for their players
- Communicate and collaborate openly with HF Development Coaches

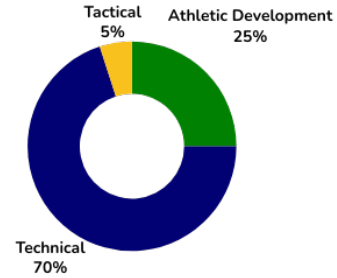
UNDERSTANDING THE PARTICIPANTS

The discovery phase refers to participants between the Ages of 5-8. Participants within this age group have the following characteristics;

- Enjoy playing, not watching
- Limited attention span
- Effort is performance – if they try hard, they are doing well
- Active imaginations
- Typically have 2 speeds – Extremely fast and stopped
- Still developing coordination
- First interaction with football

LEARNING OUTCOMES

As per The Hills Way, football Learning Outcomes are based on the characteristics of the developmental phase, setting a platform to enable a more enjoyable Player Experience and a heightened Player Development base.



In this development phase, the focus is on **DEVELOPING** a love for the game, fundamental technical football skills and gross motor skills

By the end of this phase participants should attain the following characteristics & abilities;

- Basic levels of confidence
- Basic levels of resilience and determination
- Understand the concept of Football game-play
- Understanding of how to manipulate the ball to;
  - dribble towards a direction
  - strike the ball towards a direction
  - basic ability to strike, control and dribble with both feet
  - maintain possession of the ball from a defender

BALL MASTERY

Ball mastery exercises are specifically designed to improve a players' technique with the ball (both left and right foot), enhance coordination & agility and fitness, & controlled speed with the ball.

Ball Mastery comes from work with the ball to the point where it feels comfortable, like second nature, instinctive, and therefore develops the confidence of an individual on the ball.

Hills Football heavily encourages that each session within the Skill Acquisition Phase starts with an arrival activity of Ball Mastery.

The Coach to select 10 skill moves for players to complete. Each exercise should be performed twice for 30 seconds or 1 minute each.

Please note, players develop at different rates - some players will see early improvement while others may take a little longer. The key to their success is persistence and encouragement.

To view Ball Mastery skills – click on the following link
https://www.youtube.com/watch?v=IeMYh7roBjk
https://www.youtube.com/watch?v=PuF_gM2S7rk



MINIROOS COACHING CERTIFICATE

As part of the Club Player Program, Coaches are rewarded with a MiniRoos Coaching Certificate at the completion of the Program. Before the beginning of the Program – we require all Coaches to register in order to attain their certificate. An email will be sent prior to the Program with a link to register.

Please note – the course is free and easy to navigate. Once registration has been completed, Online Modules will also need to be completed – these take 10-20 mins each.

The MiniRoos Coaching Certificate is for Coaches working with participants 5-8-year-old. The emphasis is on a holistic game-based approach i.e. learning by PLAYING football. Limited coaching but organising FUN football exercises is the key to helping players build intrinsic motivation and a love for the game.

For more information about Coaching Courses and other Coaching Resources including Coaching Workshops and Tools, head to our website
https://hillsfootball.com.au/coaches-hq/



Discovery Phase Training Program Session #01

Learning Outcome – Running with the ball

HILLS FOOTBALL DEVELOPMENT

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

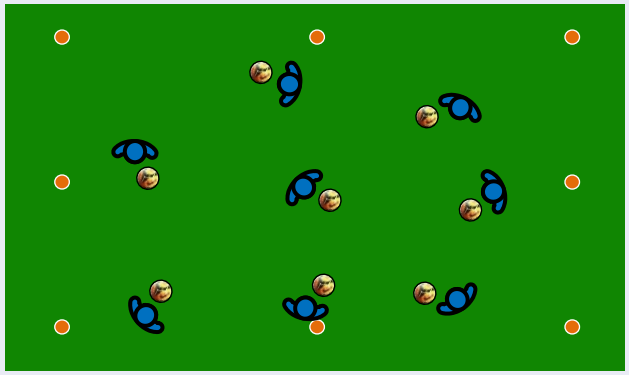
SCAN • Can you SCAN while you are dribbling

MOVE • Can you MOVE with the ball with speed

TOUCH • Can you TOUCH the ball smaller in tight areas and bigger when in open space

PLAY • Can you PLAY to dribble with varied speed towards a desired direction

PLAY – Traffic Lights! — 15 mins



EXPLANATION

- Set up a 20 x 20m area
- Each player has a ball

Game rules

1. Players are freely dribbling around the area and must complete different actions with the ball within the grid, including:
   - Green Light
     - Dribble fast (both feet)
     - Dribble fast (one foot)
   - Yellow Light
     - Dribble slow (both feet, little touches)
     - Dribble slow (one foot)
   - Red Light
     - Aeroplane stop
   - Pit Stop
     - 10 toe taps
   - Swap cars
     - Swap balls (cars) with another player

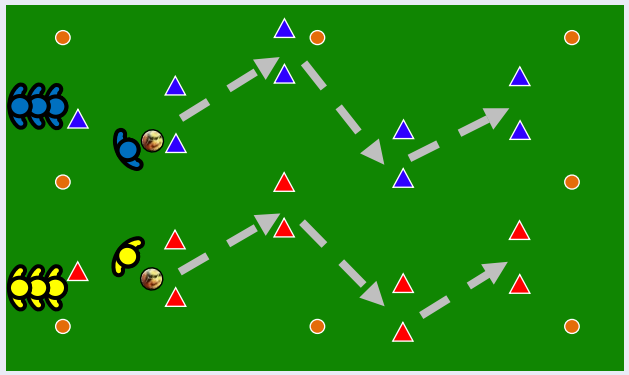
COACHING POINTS

- Can you keep the ball under control
- When you have little space, keep the ball close to you, if you see space in front of you can you accelerate into the space
- Can you change direction at speed
- Can you use both feet

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

- Add another action
- Award points for who can do the actions the best
- Add a Defender

PLAY – Drag Race! — 20 mins



EXPLANATION

- Set up the cones to replicate the circuit above
- Split players into 2-3 teams (max of 4 players per team)

Game rules

1. Players must dribble through the circuit with their race cars (balls)
2. There is several actions which the coach can call out during the race for the players to perform including:
   - Green Light – Dribble fast
   - Yellow Light – Dribble slow
   - Red Light – Aeroplane stop
   - Pit Stop – 10 toe taps

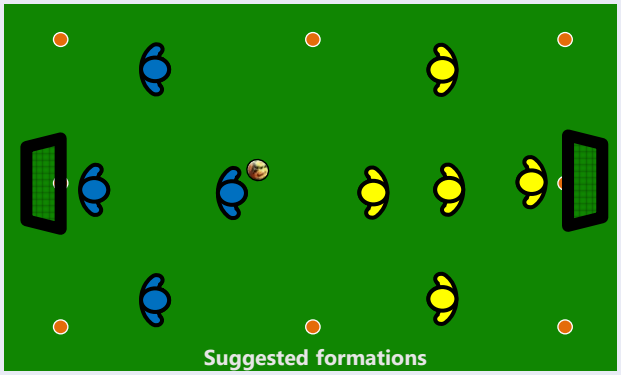
COACHING POINTS

- Can you keep the ball under control
- When you have little space, keep the ball close to you, if you see space in front of you can you accelerate into the space
- Can you change direction at speed
- Can you use both feet

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

- Start without a ball
- Change the circuit (add more turns/stops for players to dribble around)
- Right foot only
- Left foot only

GAME - (Make it fun!) — 20 mins



EXPLANATION

- Set up a 30 x 25m area with goals on either side
- Play a game!

Game rules

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

COACHING POINTS

- Praise players effort
- Reinforce main coaching points from the session
  - Dribble with speed
  - Dribble into space
  - Changing direction when dribbling

COACHING OBSERVATION

Are players:

- Dribbling with varied speed
- Dribbling into space
- Able to change direction with the ball

COACHING REFLECTION

- Was your session SAFE
- Was your session ORGANISED
- Was your session ENGAGING
- Did players end the session with smiles on their faces
- Were all players involved in the session

WRAP UP!

Ask players what they learnt and enjoyed from the session.
Tell the team and individuals what they did well.
HIGH FIVES!

Discovery Phase Training Program Session #02

Learning Outcome – Running with the ball

HILLS FOOTBALL DEVELOPMENT

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

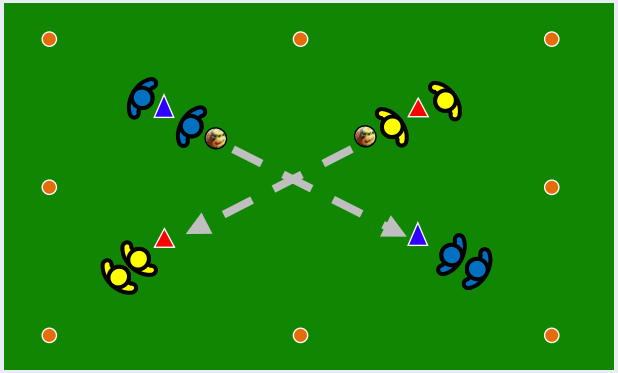
SCAN • Can you SCAN while you are dribbling

MOVE • Can you MOVE with the ball with speed

TOUCH • Can you TOUCH the ball smaller in tight areas and bigger when in open space

PLAY • Can you PLAY to dribble with varied speed towards a desired direction

PLAY – Criss Cross! — 15 mins



EXPLANATION

- Set up a 20m x 20m area
- Set up a 10 x 10m square within your area
- Each player has a ball to dribble
- Set up two even teams standing at the cone's diagonal from each other.

Game rules

1. Players must dribble diagonally across the field and avoid the other team.
2. Players must perform a ball mastery skill before they reach the opposite corner
3. Both teams are racing to see who can complete the most dribbles
4. After each round introduce a different skill

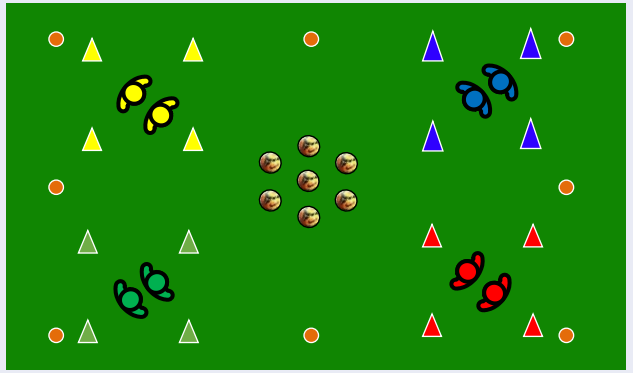
COACHING POINTS

- Can you dribble with speed
- Can you dribble into space
- Can you avoid other players in the middle
- Can you keep the ball close
- Can you use a ball mastery skill and then accelerate into space

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

- Coach stands in the middle to force players to run around them
- Add constraints to the dribble:
  - Only use dominant foot
  - Only use weaker foot
  - Only use the sole of your foot
  - Only use the outside of your foot

PLAY – Rob the nest! — 20 mins



EXPLANATION

- Set up a 30 x 25m area with squares in the corners as shown
- Split the players into 4 even teams, lining up in their 'nests'
- Place all the balls in the middle of the grid

Game rules

1. On the coach's signal, one player per team run to take a ball from the "nest"
2. Before taking a ball from the nest, players must complete a specific ball mastery skill
3. After the middle nest is emptied, players can take a ball from another team's nest
4. Play multiple rounds with a new skill every round

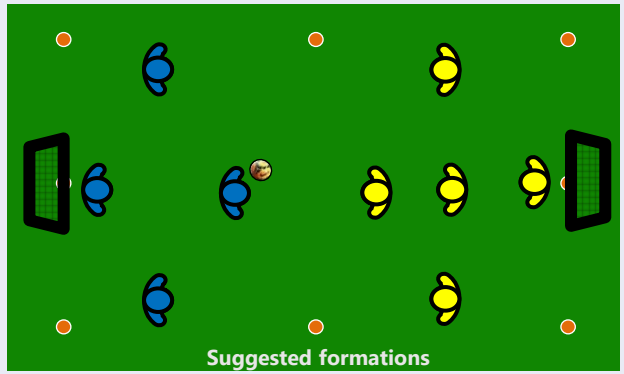
COACHING POINTS

- Can you dribble with speed
- Can you SCAN for the balls
- Can you avoid other players in the middle
- Can you complete your ball mastery skill, turn with the ball and accelerate into space.

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

- Make it a competition!
- Add another requirement before players can take the ball (e.g.; Star Jumps)
- Players have to hop/skip to the middle rather than run.

GAME - (Make it fun!) — 20 mins



EXPLANATION

- Set up a 30 x 25m area with goals on either side
- Play a game!

Game rules

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

COACHING POINTS

- Praise players effort
- Reinforce main coaching points from the session
  - Dribble with speed
  - Dribble into space
  - Changing direction when dribbling

COACHING OBSERVATION

Are players:

- Dribbling with varied speed
- Dribbling into space
- Able to change direction with the ball

COACHING REFLECTION

- Was your session SAFE
- Was your session ORGANISED
- Was your session ENGAGING
- Did players end the session with smiles on their faces
- Were all players involved in the session

WRAP UP!

Ask players what they learnt and enjoyed from the session.
Tell the team and individuals what they did well.
HIGH FIVES!

Discovery Phase Training Program Session #03

Learning Outcome – Beating a defender with a dribble

HILLS FOOTBALL DEVELOPMENT

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

SCAN • Can you SCAN to view where the defender & make decisions that maintain possession

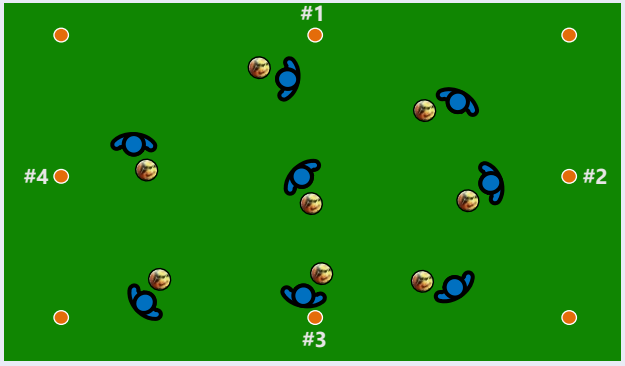
MOVE • Can you MOVE your body in between the defender and the ball to maintain possession

TOUCH • Can you TOUCH the ball and keep it out of the tackling range of the defender

PLAY • Can you PLAY to maintain possession of the ball against a defender in a 1 v 1 situation

PLAY – Number Rush!

15 mins



EXPLANATION

- Set up a 20 x 20m area
- Each player has a ball
- When coach calls out a number players must run to that numbered side and perform an aeroplane stop

Game rules

1. Players are dribbling freely in the area.
2. Each side of the field is labelled with a number
3. On the coaches' call – players must RUSH to the side with the corresponding number.
4. First player there get a point

COACHING POINTS

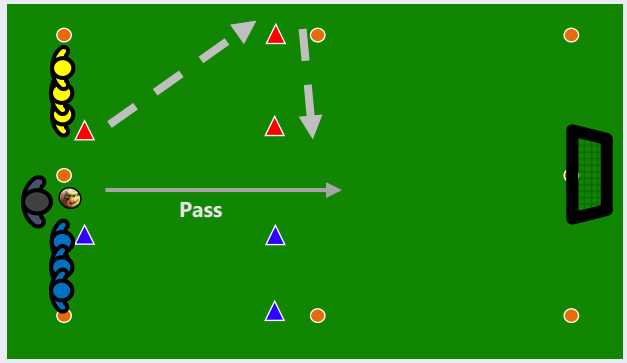
- Can you dribble with speed
- Can you find the space and accelerate into it
- Can you react to what's happening
- Can you avoid the other players

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

- Complete a skill after aeroplane stop (e.g. toe taps)
- Call multiple numbers for the same turn
- Add a defender in that can tackle players going through the middle (build-ups or swaps)
- Use colours rather than numbers

PLAY Hills Speedway 1v1!

20 mins



EXPLANATION

- Set up a 10 x 15 m area with one or two goals at one end of the area
- Split players into even teams – have teams stand behind a cone each
- All balls are with the coach on the base line

Game rules

1. On the coaches signal one player from each team must run to the side cone before running back to the cone in the middle
2. The attacking team is the team that reaches the middle first – after one player reaches the middle the coach plays the ball through and it's a race to see who can get the ball and score.
3. Once the 1 v 1 situation ends, the players involved must exit the field and go to the back of the line

COACHING POINTS

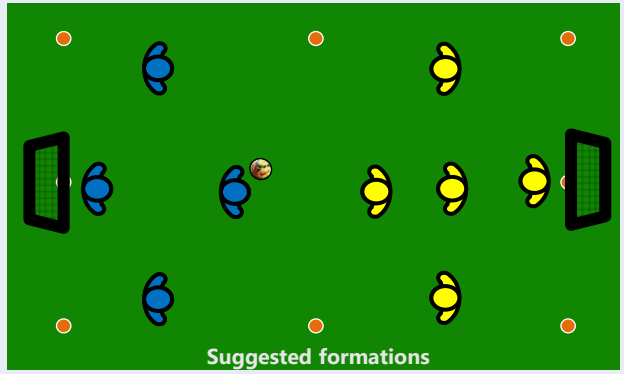
- Can you dribble with speed away from the defender
- Can you dribble into space in front of you with speed
- Can you dribble with speed towards the goal

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

- Change the starting position of attackers
- Award extra points if an attacker can score within 5 seconds
- Increase or decrease space between the start and goal
- Delay the start of the defender entering the field of play
- Introduce extra points if the attacker can dribble into a shooting zone and score

GAME - (Make it fun!)

20 mins



EXPLANATION

- Set up a 30 x 25m area with goals on either side
- Play a game!

Game rules

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

COACHING POINTS

- Praise players effort
- Reinforce main coaching points from the session
  - Dribble past the defender
  - Dribble into space
  - Dribble towards goal

COACHING OBSERVATION

Are players:

- Dribbling with varied speed
- Dribbling into space
- Able to change direction with the ball

COACHING REFLECTION

- Was your session SAFE
- Was your session ORGANISED
- Was your session ENGAGING
- Did players end the session with smiles on their faces
- Were all players involved in the session

WRAP UP!

Ask players what they learnt and enjoyed from the session.
Tell the team and individuals what they did well.
HIGH FIVES!

Discovery Phase Training Program Session #04

Learning Outcome – Beating a defender with a dribble

HILLS FOOTBALL DEVELOPMENT

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

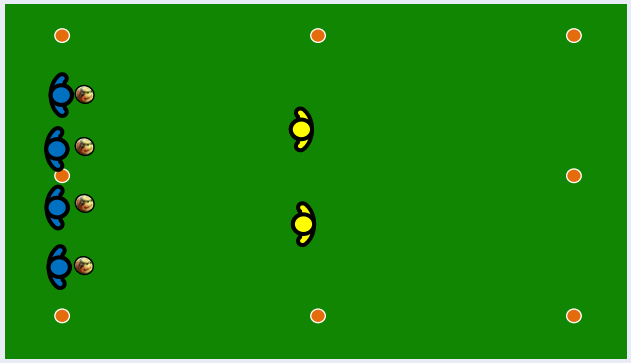
SCAN • Can you SCAN to view where the defender & make decisions that maintain possession

MOVE • Can you MOVE your body in between the defender and the ball to maintain possession

TOUCH • Can you TOUCH the ball and keep it out of the tackling range of the defender

PLAY • Can you PLAY to maintain possession of the ball against a defender in a 1 v 1 situation

PLAY – Soccer Bull Rush! — 15 mins



EXPLANATION

- Set up a 30 x 25m area
- Players are lined up on the baseline
- Select TWO defenders who are positioned in the middle of the area

Game rules

1. Attackers (blues) must attempt to get from one side of the square to the other without the defenders (Yellow) tipping them
2. Defenders get a point for every player they can tip.
3. If an attacker gets tipped, they must complete 10 toe taps or star-jumps and go to the end
4. Play multiple rounds, giving each participant a turn to be the defender

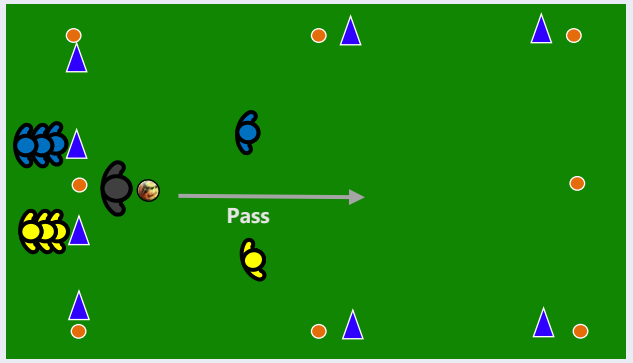
COACHING POINTS

- Can you dribble with speed away from the defender
- Can you view where the defender is and dribble with speed into space away from them
- Can you beat the defender with a skill
- Can you maintain possession through putting your body in-between the defender and the ball

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

- Start without balls
- Defender must attempt to win the ball off attackers for a point
- Increase or decrease number of defenders
- Add a goal for defender to score in

PLAY – Escape Artist! — 20 mins



EXPLANATION

- Set up a 10m x 15m area with two side gates and two gates on the starting line
- Set up two even teams

Game rules

1. The coach will start with the balls and play it in, with the first player in each line competing for the ball
2. To score, players must perform a 'change of direction' to 'escape' their defender
3. Players get a point if they can dribble through one of the gates

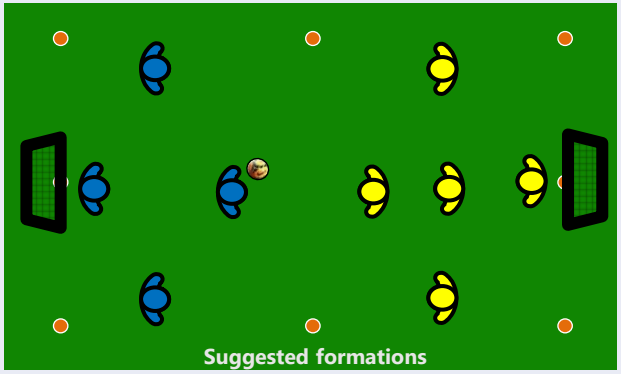
COACHING POINTS

- Can you find the space and accelerate into it towards one of the gates
- Can you beat the defender with a skill move
- Can you be confident and turn with the ball and attempt to beat the defender for bonus points

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

- Award bonus points if players dribble over the starting line (2 points)
- Award bonus points if players use a skill in order to beat a defender and dribble through a gate (5 points)
- Add more players to turn it into a 2v2

GAME - (Make it fun!) — 20 mins



EXPLANATION

- Set up a 30 x 25m area with goals on either side
- Play a game!

Game rules

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

COACHING POINTS

- Praise players effort
- Reinforce main coaching points from the session
  - Dribble with speed
  - Dribble into space
  - Dribble past defenders

COACHING OBSERVATION

Are players:

- Maintaining possession of the ball Being confident in possession of the ball
- Dribbling with speed and acceleration into space & away from a defender

COACHING REFLECTION

- Was your session SAFE
- Was your session ORGANISED
- Was your session ENGAGING
- Did players end the session with smiles on their faces
- Were all players involved in the session

WRAP UP!

Ask players what they learnt and enjoyed from the session.
Tell the team and individuals what they did well.
HIGH FIVES!

Discovery Phase Training Program Session #05

Learning Outcome – Striking the ball

HILLS FOOTBALL DEVELOPMENT

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

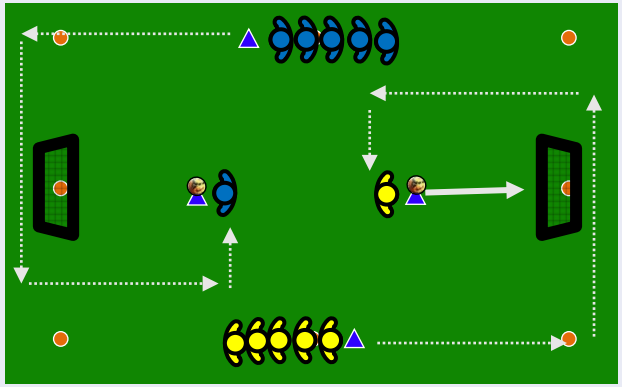
SCAN • Can you SCAN for a teammate or a target to strike the ball into.

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 – 1 v 1 Race to Shoot! — 15 mins



EXPLANATION

- Set up a 15m x15m area with goals on either side
- Place one cone in 1m in front of each goal and place a ball on top
- Split players into two even teams, where they must line up behind a starting cone each

Game rules

1. The Player at the front of their teams line must run around the goal and must attempt to shoot the ball off the cone into the goal
2. A team is awarded a point for the first person to get the ball into the goal.
3. Whichever players knocks over the ball first then gets the ball for a 1 v 1 against the other player.

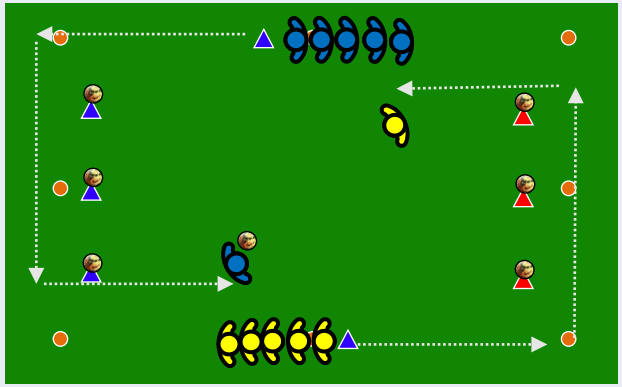
COACHING POINTS

- 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

- Change distance between cones and goal (further to make it more challenging or closer to make it easier)
- Change techniques of striking the ball (with outside of the foot, backheel, etc)

PLAY – Knock it Off 1v1! — 20 mins



EXPLANATION

- Set up a 20m x 15m area with 3 cones on either side with a ball on top of the cones
- Split players into two even teams, where they must line up behind a starting cone each

Game rules

1. One player from each team must run around the cones and must attempt to shoot the balls off the cones (i.e. blue team are aiming for the blue cones & yellow team are aiming for the red cones)
2. The team who knocks all of the balls of their teams cones first are awarded with a point.
3. If a ball is knocked off the cone it stays off, until all balls are off
4. Once the players active have had their go, they return to the back of their teams line
5. The process is then repeated with a different set of players

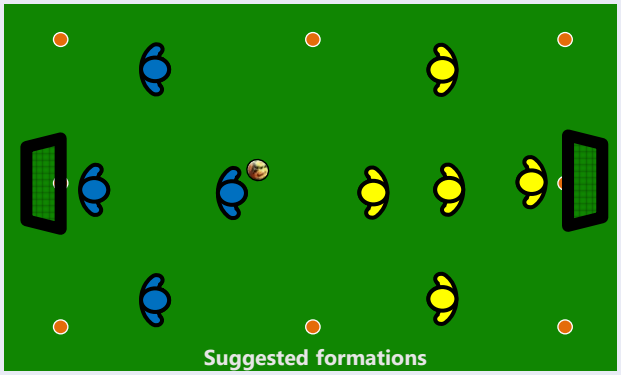
COACHING POINTS

- Can you focus on accurately kicking the ball to knock it off the cone
- 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

- Introduce additional players going at the same time i.e. 2v2, 3v3
- Change the cones that teams are aiming to knock off, so that teams must now attempt to beat the defender and then strike to knock the balls off

GAME - (Make it fun!) — 20 mins



EXPLANATION

- Set up a 30 x 25m area with goals on either side
- Play a game!

Game rules

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

COACHING POINTS

- Praise players effort
- Reinforcemain coaching points from the session
  - Can you strike the ball either to make a pass or to score a goal

COACHING OBSERVATION

Are players:

- Completing passes between each other with speed and accuracy

COACHING REFLECTION

- Was your session SAFE
- Was your session ORGANISED
- Was your session ENGAGING
- Did players end the session with smiles on their faces
- Were all players involved in the session

WRAP UP!

Ask players what they learnt and enjoyed from the session.
Tell the team and individuals what they did well.
HIGH FIVES!

Discovery Phase Training Program Session #06

Learning Outcome – Striking the ball

HILLS FOOTBALL DEVELOPMENT

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

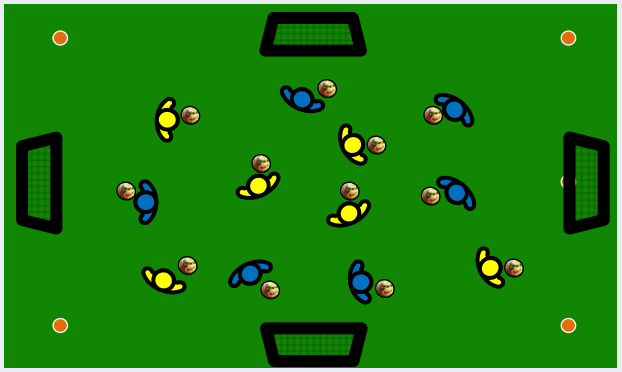
SCAN • Can you SCAN for a teammate or a target to strike the ball into.

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

- 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

Game rules

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

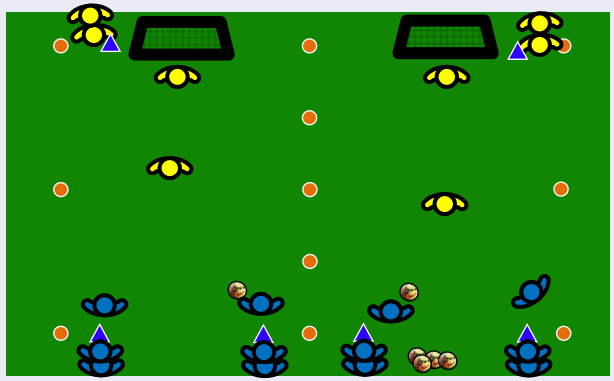
COACHING POINTS

- 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

- 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

- 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

Game rules

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.

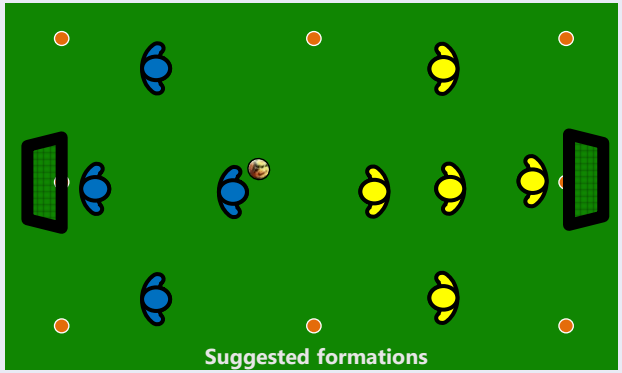
COACHING POINTS

- 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

- 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



EXPLANATION

- Set up a 30 x 25m area with goals on either side
- Play a game!

Game rules

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

COACHING POINTS

- Praise players effort
- Reinforce main coaching points from the session
  - Accurately striking the ball while under pressure from opponent
  - Keep composure when defender is pressuring.

COACHING OBSERVATION

Are players:

- Accurately striking the ball while under pressure from a opponent
- Maintaining composure in possession of the ball against a pressuring defender

COACHING REFLECTION

- Was your session SAFE
- Was your session ORGANISED
- Was your session ENGAGING
- Did players end the session with smiles on their faces
- Were all players involved in the session

WRAP UP!

Ask players what they learnt and enjoyed from the session.
Tell the team and individuals what they did well.
HIGH FIVES!

Discovery Phase Training Program Session #07

Learning Outcome – Passing and receiving

HILLS FOOTBALL DEVELOPMENT

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

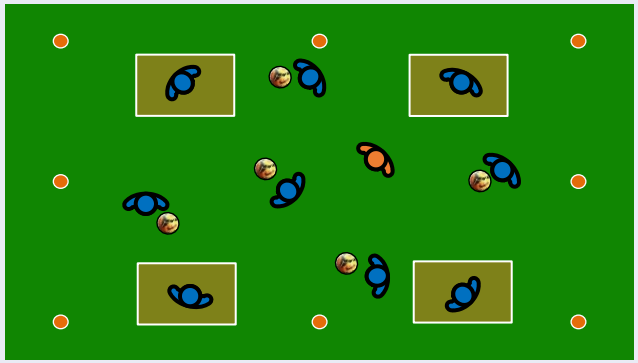
SCAN • Can you SCAN to find a teammate in space away from the defender to maintain possession

MOVE • Can you MOVE for your teammates to be in a position where you can receive the ball in space

TOUCH • Can you TOUCH the ball away from a defender to perform a action that maintains possession – pass or dribble

PLAY • Can you PLAY to maintain possession of the ball and find a teammate in space to create scoring chances

PLAY – Jungle Party! — 15 mins



EXPLANATION

- Set up a 30 x 25m area
- In the are set up four 3m x 3m grids near the corners of your area. (Bushes)
- Designate one Defender (Lion)

Game rules

1. 4 players are placed inside safe zones (Bushes) to hide from the Lion.
2. All remaining players have a ball and dribble around the grid.
3. The Lion must try and win the ball of one of the players with the ball – if they do, the Lion must throw their bib on the floor and swap with whoever lost the ball.
4. Players with a ball are permitted to make a pass to a player who is standing in the Bushes/Safe Zones and must swap positions.

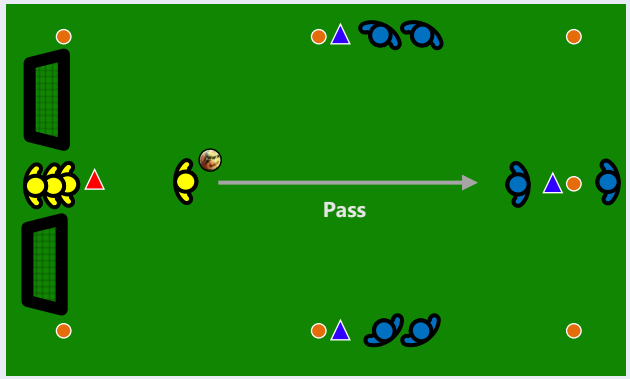
COACHING POINTS

- Can you maintain possession of the ball through either a dribble or a pass
- Can you scan to see where the defender/Lion is located and MOVE away from them to maintain possession
- Can players in the bushes receive the ball and exit in one touch

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

- Add additional defenders/Lions
- Introduce a time limit on how long players can have a ball for (they must find a player within one of the safe zones)
- More/Less safe zones
- More/Less balls

PLAY – 3v1! — 20 mins



EXPLANATION

- Set up a 10m x 15m area
- 2 even teams
- Attackers (Blue) vs Defenders (Yellow)

Game rules

1. On the coaches call 1 defender dribbles into the grid and plays a pass to the CENTRAL attacker. (as shown)
2. Once the attacker receives the ball the game is live and one attacker from each line enter the grid.
3. The defender must attempt to get the ball and dribble out of the grid.
4. The attackers must combine together to score.
5. Allow 2-3 minute rounds then teams swap roles.

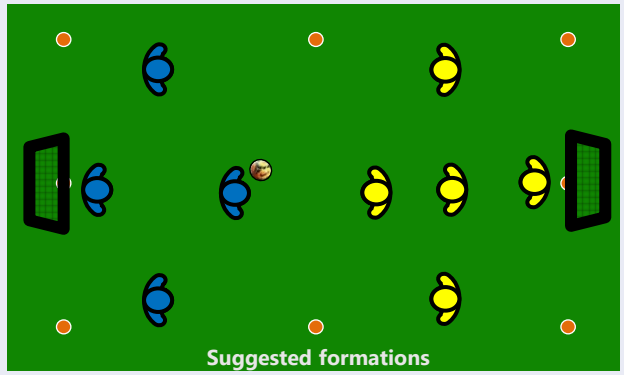
COACHING POINTS

- Can you maintain possession of the ball by passing to a teammate in space
- Can you take your first touch away from the defender and into space to maintain possession of the ball
- Can attackers MOVE into a position where they can receive the ball from a teammate
- Can attackers work together to score a goal.

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

- Award bonus points if all players touch the ball (2 points)
- Award bonus points for 5 passes before scoring a goal
- Add a scoring zone in to prevent attackers scoring from distance

GAME - (Make it fun!) — 20 mins



EXPLANATION

- Set up a 30 x 25m area with goals on either side
- Play a game!

Game rules

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

COACHING POINTS

- Praise players effort
- Reinforce main coaching points from the session
  - Can you pass to your teammates
  - Can you score a goal

COACHING OBSERVATION

Are players:

- Completing passes between each other
- Scoring goals

COACHING REFLECTION

- Was your session SAFE
- Was your session ORGANISED
- Was your session ENGAGING
- Did players end the session with smiles on their faces
- Were all players involved in the session

WRAP UP!

Ask players what they learnt and enjoyed from the session.
Tell the team and individuals what they did well.
HIGH FIVES!

Discovery Phase Training Program Session #08

Learning Outcome – Passing and receiving

HILLS FOOTBALL DEVELOPMENT

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

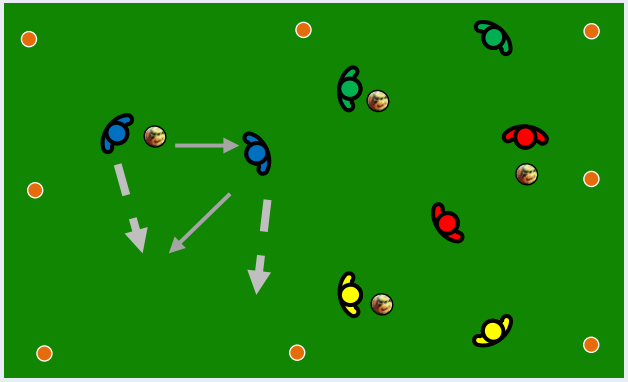
SCAN • Can you SCAN to find a teammate in space away from the defender to maintain possession

MOVE • Can you MOVE for your teammates to be in a position where you can receive the ball in space

TOUCH • Can you TOUCH the ball away from a defender to perform a action that maintains possession – pass or dribble

PLAY • Can you PLAY to maintain possession of the ball and find a teammate in space to create scoring chances

PLAY – Hot potato! — 15 mins



EXPLANATION

- Set up a 20m x 20m area
- Players are grouped into pairs
- Each pair has 1 ball

Game rules

1. Working in pairs, players must pass and move the ball around the grid.
2. After passing to their teammate – players must attempt to "move to a new space" to receive the ball.
3. After receiving the ball players cannot move and must wait for their partner to move and call for the ball.
4. Players are limited to 5 seconds with the ball.
5. The team that has the most passes at the end of the designated time wins!
6. Allow 2–3-minute rounds.

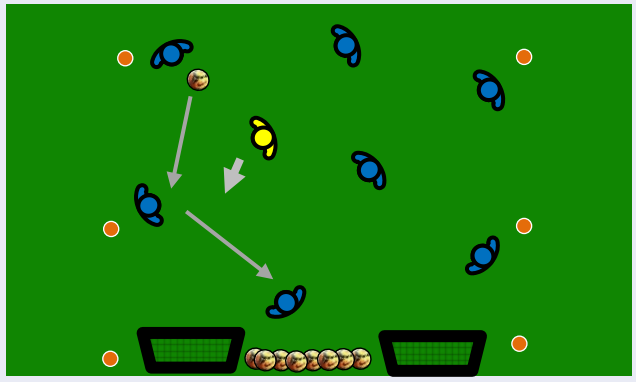
COACHING POINTS

- Can you make a pass to your partner into space
- Can players MOVE into space to receive the ball back
- Can you receive the ball and pass with speed

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

- Players start with the ball in their hands
- Larger groups of players (3 – 4)
- Reduce time limit with the ball to challenge players (4 Seconds/3 Seconds…)

PLAY – Rondo! — 20 mins



EXPLANATION

- Set up a 20 x 20m area with two goals on one side
- Players spread themselves around the grid with one designated defender (orange)

Game rules

1. The attackers attempt to make as many passes as possible without the defender getting the ball.
2. Each time the players make 6 pass they can go a try to score in the goal for 1 point
3. Each time the players make 8 passes they get 2 points.
4. If the defender wins the ball, they must play it back to the coach to restart play and they get 1 point.
5. After 2–3-minute swap defenders.

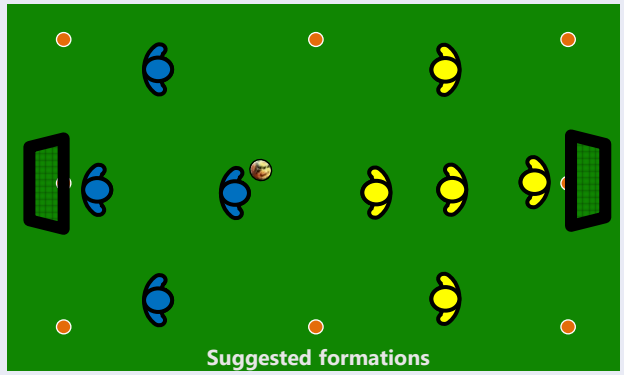
COACHING POINTS

- Can you maintain possession of the ball by passing to a teammate in space
- Can you take your first touch away from the defender and into space to maintain possession of the ball
- Can attackers MOVE into a position where they can receive the ball from a teammate

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

- Change the number of passes allowed before scoring.
- Add another Defender
- Coach starts as defender to allow players to understand concept of exercise.

GAME - (Make it fun!) — 20 mins



EXPLANATION

- Set up a 30 x 25m area with goals on either side
- Play a game!

Game rules

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

COACHING POINTS

- Praise players effort
- Reinforce main coaching points from the session
  - First touch away from defenders into space
  - Move into space when team mate has ball

COACHING OBSERVATION

Are players:

- Controlling the ball/taking a first touch
- Taking their first touch into space
- Moving into space when their teammate has the ball or after they have made a pass

COACHING REFLECTION

- Was your session SAFE
- Was your session ORGANISED
- Was your session ENGAGING
- Did players end the session with smiles on their faces
- Were all players involved in the session

WRAP UP!

Ask players what they learnt and enjoyed from the session.
Tell the team and individuals what they did well.
HIGH FIVES!