

# Coaches Info Pack 2006



ALBANY  
REEK  
XCELSIOR  
SOCCER CLUB INC



ALBANY  
REEK  
XCELSIOR  
SOCCER CLUB INC

Coaches Name:.....

Team:.....

Year:.....

*Football Information Pack*

[www.acesoccer.com.au](http://www.acesoccer.com.au)



# Coaches licences

## INTRODUCTION TO COACHING:

A Football Federation Australia Introduction course for those wishing to understand the principles involved in organising practices for Roo Ball & Junior Soccer.  
Duration – 8 hours \$30.00

## JUNIOR LICENCE:

A Football Federation Australia accreditation course for candidates recommended from an Introduction to Coaching course or those persons already working or keen to work in a Junior team coaching environment.  
Duration – 16 hours \$125.00

## YOUTH LICENCE:

A Football Federation Australia accreditation course for candidates who have successfully completed the Junior Licence course and have shown the ability to continue their practical experience in the game.  
Duration – 24 hours \$165.00

## YOUTH LICENCE ( GOALKEEPING SPECIFIC ):

A Football Federation Australia accreditation course for candidates who have successfully completed the Youth Licence course.  
Duration - 24 Hours \$165.00

## SENIOR LICENCE:

A Football Federation Australia accreditation course for candidates who have successfully completed the Youth Licence course with an Advance Pass and have shown ability or potential to coach at Senior Level. (Prior to a Football Federation Australia Licence being awarded ACC General Principles must be completed)  
Duration – 30 hours \$220.00

## SENIOR LICENCE (GOALKEEPING SPECIFIC):

A Football Federation Australia accreditation course for candidates who have successfully completed the Youth Licence Goalkeeping Specific course. NB Course Candidates must possess an A.S.A. Senior Licence.

Duration - 30 Hours \$220.00

## STATE LICENCE:

A Football Federation Australia accreditation course for candidates who have successfully completed the Senior Licence with an Advance Pass and have shown ability or potential to coach at State League Level.

Duration – 60 hours \$220.00 + Residential / Charges

## NATIONAL LICENCE:

A Football Federation Australia accreditation course for candidates who have successfully completed the Senior Licence with an Advance Pass and have shown ability or potential to coach at State League, National League, National Level.

Duration – 30 hours \$To be Advised

**Mr George Cowie**  
**E-mail: [gcowie@qldsoccer.com.au](mailto:gcowie@qldsoccer.com.au)**

Ready to Coach

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**Articles by George Cowie**

**Information supplied by Albany Creek Excelsior Soccer Club Inc  
Robert Kaiser, Scott Byrne, Alan Waller , Joe Amarradio and other coaches who  
inspired the manual to be created.**

**ACE Coaches Pack © 2006**



# Welcome from the DOC

(Albany Creek Excelsior Soccer Club Inc)

Dear Coach,

Welcome to the 2006 Football season and thank you for joining the coaching team.

My name is Darrel Vecchio, I am the director of coaching of Albany Creek Excelsior Soccer Club in Brisbane.

I have been coaching for the past 13 years. 2 Years ago I became the DOC at ACE, as a coach and a DOC, I felt we needed something to assist the coaches in understanding the aims of a coach and the program required to develop all players into their senior years but more importantly to have fun in the process, equally as a coach we also want to develop and have fun while coaching.

There were many tools available, except a Coaches Manual. In 2005 we decided to make a Coaches Manual to assist the 53 coaches we have at our club. With support from Robert Kaiser at Football Queensland and the Albany Creek Excelsior Soccer Club (ACE) committee, we assembled this coaches manual and put it to print

This year we have redesigned the manual for any club throughout Queensland with the support of Football Queensland in particular George Cowie .

The A-League kicked off in August with great support of our local team QLD Roar , the new structure has kicked in with 10 regions in Queensland under the new Football Queensland . It is great to finally be able to spectate a great competition on a local level at Suncorp stadium . The new A-league and Football Queensland changes seem to be positive to the our game, the major change is the emphasis on junior development, keeping players in the game and letting them enjoy the process.

This year we continue into the next phase of the program with specific football aims, we will be trying new ideas and methods that have been proven overseas in Europe and other football nations. However it is our job to make certain the players enjoy the path while developing their skills for the future.

The Coaches program is incorporated with the new Representative and Cup soccer system by Football Queensland The program begins at the Academies and Q Skills workshops from Under 9- Under 16 then continues this year with the Talent Identification Series, Representative and Cup development programs from Under 11 through to Under 16.

From under 14-16 players are selected from the TIS squads for the State teams that compete through out the year depending on the age group.

Coaches should be mindfull of the amount of time a player is training and games per week throughout the season, from Club ,representative,state and school . If the player wants to develop, they should chose the program that will give them the best quality coaching and best quality program .Excessive amounts of activity can cause serious injuries.

In the program we have introduced warm up and warm down activities with stretch downs to assist in improving flexibility .The program is designed to get the player into a regime to reduce



possible injuries, increase their skill levels and improve their speed and agility. Thus helping to achieve any level they want to achieve.

You will note we introduce juggling from Under 6. Juggling helps the player become more confident with the ball, better touches on the ball. Juggling also improves balance, concentration and fitness. We don't make juggling a chore but a challenge and a reward. If you have any questions, recommendations, suggestions or feedback please contact me at [vecchio@dalvec.com.au](mailto:vecchio@dalvec.com.au). Good luck and enjoy your coaching.

Again welcome aboard this great Football journey,

Yours in great (Football)

**Darrel Vecchio**

Darrel Vecchio  
Director of Coaching  
Albany Creek Excelsior Soccer Club

## **Our Coaching aims for season 2006 !**

### **Under 6-7**

- **To commence the fun phase of creating the athlete!**
- **Creating as many fun opportunities with many touches on the ball!**
- **Introduction to juggling**

### **Under 8-10**

- **To develop our players into fine athletes, to keep them in the game, enjoy, and have fun, while developing.**
- **To better their juggling, touches on the ball!**
- **Ace Rooball awards program.**
- **Increase their speed and agility.**
- **Creating better inner strength!**

### **Under 11-16**

**To develop our players into fine athletes, prepare them for their senior playing years, to keep them in the game, enjoy, and have fun, while developing**

- **To make them proficient at juggling the ball.**
- **Increase the inner strength of the players.**
- **Increase their fitness and speed.**
- **Increase their agility**
- **Increase their skills.**
- **Increase their knowledge of the game.**
- **Make them a better player by the end of the session.**
- **Ace competitive awards.**
- **To enjoy the game!**

## ACE Queensland Football Program 2006

### Under 6-7

### Coaching aims for Under 6-10 !

- As per the program below
- Lots of fun little games.
- Keep them moving and using the ball.
- An introduction to some of the ACE Rooball awards or Top Shots.

### Under 8-10

Each session shall include

- 5 Minutes of juggling to start.
- 10 minutes of Strength Speed and Agility sessions.( intro in dynamic stretches)
- 5 minutes of fast footwork using ladders.
- Incorporate shooting in most sessions ( into a goal)
- Mandatory small sided games at the end of every session 15-20 minutes 1 V 2 , 2 V 2 etc
- Every 3 weeks the Top Shots ACE Rooball Awards sessions  
(get assistance from the parents)



For the **Under 6** age groups we will be looking at the coaches to organize the training sessions with lots of fun games. These games would include dog and bone, throw and catch, crabs and crocs, dribbling races and other fun activities. At the end of each session we will finish with a small sided game for 15-20 minutes.

***Our aim is to commence the fun phase of creating the athlete.***

**From Under 6 to Under 10** we will introduce them to the Top Shots Skill Awards. These are a series of skills tests. There are 3 levels that can be achieved. The players will be awarded with a prize on achieving or passing each level. They have the whole season to attempt to pass the Awards. I would expect the coaches to plan the skills tests every month for half a training session. A typical training session for the Under 6-10 will vary with each age group, we together will work out a plan for the season. The DOC Rooball will be assisting you in the forward planning of the training sessions. We also ask you to finish every training session with a small sided game for a minimum of 20-30 minutes. I would encourage you to use the temporary goals during the practices.

### ***Our mission!***

***Under 6-10 is to develop our players into fine athletes to keep them in the game and enjoy and have fun while developing***

**For Under 9-10** we have eliminated the grading process. This year we will be sorting the players into similar skill groups, additionally we will be using the skill awards test as guide to their progress and for sorting. The first skill test will be completed on week two of the assessment program

### Coaching aims for Under 11-17 !

#### Under 11-17

- Increase the inner strength of the players.
- Increase their fitness and speed.
- Increase their agility
- Increase their skills.
- Make them a better player by the end of the session.
- To enjoy the game!

Each session shall include

- 15 Minutes of juggling & Dynamic warm ups. ( Not static)
- 15-20 minutes of Strength Speed and Agility sessions  
Incorporate 5 minutes of fast footwork using ladders.
- Incorporate shooting in most sessions ( into a goal)
- The balance of the time with dribbling, passing etc..
- Mandatory small to full sided games at the end of every session 20-30 minutes 1 V 2 , 2 V 2 etc
- Warm down then static stretches.
- Every 3 weeks the Competition Awards sessions (get assistance from the parents)

### ***Our mission!***

***Under 11-17 is to develop our players into fine athletes, with an emphasis on enjoying the game of Soccer through self-development, whilst preparing for their senior playing years.***

# *A message from the Technical Department Manager*

**George Cowie**

When I started work as the Manager of the Technical Department for Football Queensland a coach's manual was brought to my attention which was written by Darrel Vecchio, Junior Director of Coaching at Albany Creek. Darrel had realised that there was very little guidance for coaches who work with junior players at club level and with assistance from Robert Kaiser, Football Queensland Development Officer for Brisbane North he decided to write a coaches manual.



After reading this manual I thought it would be a good idea to make it available to every club coach in Queensland. There are many experienced coaches who will know most of this information, if not all of it and will have their own coaching programs and training ideas but there are also many inexperienced coaches who I feel will find this a very useful resource to refer to. It will certainly help them to become more informed, more organised, provides club contact numbers and addresses, state championship dates, rooball rules, coaches code of conduct, advice to parents and a full training program for the season.

I have added an article from Bobby Howe, former USA Director of Coaching, which in my opinion offers very good advice on how we should treat our young players. Bobby talks about “letting the kids play” and “having fun”. I believe that this is the most important factor for young players, after all football is a game and kids should play and have fun. If we can achieve these two factors the learning process and development will become quicker and easier.

My sincere thanks to Darrel Vecchio for the many hours of dedication in putting this manual together and having an open mind to share it with coaches and clubs throughout Queensland with one thing in mind, to assist in the development of the game of football and also thanks to Robert Kaiser, who has had 12 years experience as a Development Officer and been a major influence in the contents of this manual.

To all coaches, thank you for the many hours of time and effort that you give to the best game in the world. With more kids playing football than any other sport in Australia, the game needs everyone of you, more than ever.

Keep up the good work.

George Cowie  
Technical Department Manager  
Football Queensland



## ***Football Queensland Mission Statement***

***“Advance Football in Queensland with integrity and fair and equitable practices through full participation”***



# Let the Kids Play

by Bobby Howe

Surveys of young players over the last few years have shown that the primary reason for players under 12 dropping out of soccer is that they were not having fun. The secondary reason is that they did not like their coaches.

Both reasons would indicate that those players were not exposed to an appropriate playing environment for their age and/or ability levels. Too much at too young an age would cause players to become disenchanted with the sport. Too little activity in practice sessions (drills) and games (too many players on the field) would cause players to become bored.

As coaches and administrators of our sport, we must listen to the players. We must create the environment for players to learn the game at their own pace without the pressure of impossible decision making or the stress created by parental (adult) influence. We must allow kids to be kids and allow the game to provide their enjoyment.

Over the last few years we have seen a gradual move towards small-sided games for our youngest players. Many people have recognized modified and micro soccer as the most successful vehicles for the development of players under 12 years of age.

Fewer players on the field:

- Reduces the size of the “swarm;”
- Creates more touches;
- Does not allow players to “hide” or be excluded from the activity;
- Presents realistic but simple soccer challenges;
- Requires players to make simple but realistic soccer decisions.

If all of the above is presented in an environment which downplays the importance of winning, the result creates great enjoyment for the players.

Realistic experience + Fun = Improvement in play.

For all players the game itself is a great teacher and for our youngest players (6, 7 & 8 years of age) it should be the only teacher. However, as players become older, good coaching can accelerate the learning process. At what age should we start to give the game a hand?

The time between 9 and 11 years of age has been recognized by educators as the most productive in terms of the ability and desire of children to team. It is no less applicable to soccer. Children at this age are coordinated and eager. They have a great relationship with parents, teachers and coaches. It is important, therefore, that the influences in their lives are providing the best possible information.

Physiologically and psychologically, the ages of 9-11 are ideal for player development:

At that age children have grown out of infant instability but are not yet encumbered by the awkwardness of their early teens. This is ideal for challenging skills practice.

This age group also observes the important crossover from “selfishness” to the ability to socialize. In soccer terms, through this age period, children learn to understand the importance of cooperation in team play.

The age of 11 is generally accepted by most soccer educators as the age to begin “11-a-side play.” Players must be given time to experience and develop within the “adult game” before exposure to the pressures of tournament play.

- It is time to abandon the idea of tournament play for 11 year olds.
- It is time to abolish all-star teams for 11 year olds.
- It is time for adults to realize that team building to win games does not equate to development.
- It is time for coaches of 11 year olds to fully understand technical coaching points and simple principles of play.
- It is time to allow 11 year olds to develop their skills.
- It is time to reduce burnout and disenchantment with the sport created by too much pressure too early.
- It is time to allow 11 year olds to play!

It is one of the responsibilities of our National U-14 Coordinators to help State Associations create the appropriate playing environment for players 10-13 years of age. I am very optimistic that the influence of the National Youth License, which will be implemented at state level in 1998, will also help to create a better understanding of the requirements of play between the ages of 6-12.

With the cooperation of the states we can dramatically reduce the numbers of players dropping out of our sport before the age of 12 and increase their enjoyment of the game.

Bobby Howe is the Director of Coaching Education for U.S. Soccer.

This article appeared in U.S. Soccer Magazine - Summer 1997

<http://www.voicemessagecenter.com/nsasoccer/articles/howekidsplay.html>



# Codes of Conduct

1. Play for the “love of the game” and not just to please parents and coaches.
2. Work equally hard for yourself and your team. Your team’s performance will benefit so will you.
3. Play by the rules.
4. Never argue with an official. If you disagree, have your captain or coach approach the official during a break or after the game.
5. Be a good sport. Applaud all good plays whether they are by your team or the opposition.
6. Treat all players, as you would like to be treated. Do not interfere with, bully or take unfair advantage of another player.
7. Control your temper. Verbal abuse of officials or other players, or deliberately fouling or provoking an opponent, is unacceptable behaviour.
8. Co-operate with your coach, Team-mates and opponents. Without them there would be no game.

## **PARENTS’ CODE**

1. Remember that children play soccer for their enjoyment, not yours. If a child is reluctant to play, encourage but don’t force them.
2. Focus on the player’s effort and performance rather than winning or losing.
3. Assist in setting realistic personal goals related to his/her ability.
4. Encourage children to always play according to the laws of the game.
5. Never ridicule or yell at a child for making a mistake or losing a game.
6. Remember that children learn best by example. Applaud good play by both teams.
7. Support all efforts to remove verbal and physical abuse from all sporting activities.
8. Respect officials’ decisions and teach children to do likewise.
9. Show your appreciation of volunteers, coaches, officials and administrators. Without them, your child could not participate.
10. Encourage children to recognize the value of an honest effort so that the result of each game is accepted without undue disappointment.

## **SPECTATORS’ CODE**

1. Children play organized sports for fun. They are not playing for the entertainment of spectators only, nor are they miniature professionals.
2. Applaud good performance and efforts by your team and the opponents. Congratulate both teams upon their performance regardless of the game’s outcome.
3. Respect the officials’ decision and at all times demonstrate appropriate social sporting behaviour.
4. Never ridicule or scold a player for making a mistake during a game. Positive comments are motivational.
5. Condemn the use of violence in any form. Support all efforts to remove verbal and physical abuse from all sporting activities.
6. Show respect for your team’s opponents. Without them there would be no game.
7. Encourage players to play by the rules and the officials’ decisions.

## **ADMINISTRATORS’ CODE**

1. Involve mature young people in the planning, leadership, evaluation and decision making related to our sport.
2. Give all children equal opportunities to participate.
3. Ensure that rules, equipment, length of games and training schedules suit the age, ability and maturity level of players.
4. Provide appropriate supervision and quality instruction for all players.
5. Remember that children participate for enjoyment. Don’t over-emphasize awards.
6. Help coaches and officials highlight appropriate behaviour, skill development and help improve the standards of coaching and officiating.

## **OFFICIALS’ CODE**

1. Modify rules and regulations to match the skill levels and needs of children.
2. Compliment and encourage all participants.
3. Be consistent, fair, objective and courteous when making decisions.
4. Condemn unsporting behaviour and promote respect for all participants.
5. Emphasize the ‘spirit’ of the game, rather than errors.
6. Encourage and promote rule changes, which will make participation more enjoyable.
7. Be a good sport yourself. Actions speak louder than words. Your behaviour and comments should be positive and supportive.
8. Keep up to date with the latest trends in officiating and knowledge of children’s growth and development.

## **COACHES’ CODE**

1. Remember that children play for the fun and enjoyment and that winning is only a part of their motivation.
2. Never ridicule or yell at players for making mistakes or losing a game.
3. Be reasonable in your demands on your players’ time, energy and enthusiasm.
4. Teach your players to follow the rules.
5. Whenever possible, group players to ensure that everyone has a reasonable chance of success.
6. Avoid over playing the talented players. The ‘just average’ players need and deserve equal time.
7. Ensure that equipment and facilities meet safety standards and are appropriate to the age and ability of the players.
8. Develop team respect for the ability of opponents and for the judgments of officials and opposing coaches and to never abuse or argue the officials decision.
9. Follow the advice of a physician when determining when an injured player is ready to recommence training or playing.
10. Keep informed of the latest coaching practices and the principles of children’s growth and development.
11. Do not engage in the use of crude, foul or abusive language that may be determined offensive or engage in any conduct detrimental to the image of the game when on or off the field and accept responsibility for your actions and encourage players to demonstrate the same qualities.
12. To always maintain a safe environment for all players, and to have a duty of care to maintain a safe environment.



## Coach's Code of Ethics

### 1. Respect the rights, dignity and worth of every human being.

(A) Within the context of the activity, treat everyone equally regardless of sex, ethnic origin or religion.

### 2. Ensure the player's time spent with you is a positive experience.

(A) All players are deserving of equal attention and opportunities.

### 3. Treat each player as an individual.

(A) Respect the talent, developmental stage and goals of each individual player.

(B) Help each player reach their full potential.

### 4. Be fair, considerate and honest with players.

### 5. Be professional in and accept responsibility for your actions.

(A) Language, manner, punctuality, preparation and presentation should display high standards.

(B) Display control, respect, dignity and professionalism to all involved with the sport – these Includes opponents, coaches, officials, administrators, the media, parents and spectators.

(C) Encourage your players to demonstrate the same qualities.

### 6. Make a commitment to providing a quality service to your Players.

(A) Maintain or improve your current NCAS accreditation.

(B) Seek continual improvement through performance appraisal and ongoing coach education.

(C) Provide a training program which is planned and sequential.

(D) Maintain appropriate records.

### 7. Operate within the rules and spirit of the game of soccer.

(A) The guidelines of FIFA, ASF, QSF and BNDJSA bodies should be followed.

### 8. Any physical contact with athletes should be:

(A) Appropriate to the situation

(B) Necessary for the player's skill development.

### 9. Refrain from any form of personal abuse towards your players.

(A) This includes verbal, physical and emotional abuse.

(B) Be alert to any forms of abuse directed towards your players from other sources whilst they are in your care.

### 10. Refrain from any form of sexual harassment towards your players.

## Coaches Codes

### 11. Provide a safe environment for training and competition.

(A) Ensure equipment and facilities meet safety standards.

(B) Equipment, rules and the environment need to be appropriate for the age and ability of your players.

### 12. Show concern and caution towards sick and injured players.

(A) Provide a modified program where appropriate.

(B) Allow further participation in training and competition only when appropriate.

(C) Seek medical advice when required.

(D) Maintain the same interest and support towards sick and injured players.

### 13. Be a positive role model for your club, sport and players.

#### Coaches should.....

- Be treated with respect and openness
- Have access to self-improvement opportunities
- Be matched with a level of coaching appropriate to their level of competence.



## ***Legal Responsibilities of the Coach***

Coaches have at least ten important duties when carrying out their activities.

While not exhaustive, fulfilling these duties will substantially reduce the chances of a successful claim of negligence against the coach. In areas such as the provision or supervision of first aid or other injury management procedures, the “careful parent test” may be applied; that is, the way the coach would act in the same situation with his/her own child.

### **Ten Important Duties**

#### **1. Provide a safe environment**

Facilities and equipment must be safe for both the users and the others involved in the competition. Adverse weather conditions must also be taken into consideration during competition and training sessions.

#### **2. Activities must be adequately planned**

Impaired learning ability and injury may be the result of unplanned training sessions. Using appropriate progressions in the teaching of new skills, especially potentially dangerous skills, is imperative.

#### **3. Athletes must be evaluated for injury and incapacity**

Athletes with an injury or incapacity should not be expected to perform any potentially harmful activity. No players should ever be forced to take part in any activity that they do not wish to take part in. Individual differences must be accounted for.

#### **4. Young players should not be mismatched**

Young players should be matched not only according to age, but also height, weight and maturity. Skill levels and experience should also be considered.

#### **5. Safe and proper equipment should be provided**

Existing codes and standards for equipment should be met and all equipment should be kept in good order. It should always be adequately repaired so that it is safe to use at all times.

#### **6. Players must be warned of the inherent risks of the sport**

The inherent risks of the any sport can only be legally accepted by the participants if they know, understand and appreciate those risks. In some situations, even such a warning may not be enough: for example, where young people are involved in a school supervised activity.

#### **7. Activities must be closely supervised**

Adequate supervision is necessary to ensure the practice environment is as safe as possible. Each sport will have its own specific requirements in this regard.

#### **8. Coaches should know first aid**

Coaches should have knowledge of basic procedures and keep up to date on them. Coaches should know the following procedures for managing injuries: TOTAPS (Talk, Observe, Touch, Active Movement, Passive Movement, Skills) and RICE (Rest, Ice, Compression and Elevation) (see Injury Record Form in this Kit). Coaches should ensure that appropriate medical assistance is available and at the very least should ensure that nothing is done which could aggravate any injury.

#### **9. Develop clear, written rules for training and general conduct**

Many injuries are the result of fooling around in change rooms and training venues. Clear written rules should be developed for general conduct and behavior in such situations.

#### **10. Coaches should keep adequate records**

Adequate records are useful aids to planning and are essential in all cases of injury. Record cards should be kept on all players including relevant general and medical information and progress reports. Injury reports (not diagnosis) should be made as soon as possible after each injury that occurs,

(see Injury Record Form in this Kit)

The following program is a guide, I suggest you monitor your team's performance each game and concentrate on the areas that need improvement.

The Warm up, dynamic stretches juggles and agility work must be followed the time will vary according to the age groups.

I suggest with Under 13-17 the time be increased and include a warm down with static stretches at the end of each session.

On Game day we recommend **dynamic stretches** before the game with a warm up and at the end of the game warm down and static stretches.

Juggling is compulsory:

This program is for one training night, with the Div 1 teams I suggest using the beginning of each program and work on full sided programs for the second training night with fun games or alternate sports games to bond the team.



<b>Training Plan Guide</b> <b>Week      Date</b>			Notes: Items to cover seen from last game
Warm Up Session: Juggling	10 mins		
Strength & Agility Session:	10 mins		
Skills/ Techniques(pick one technique)	10-20 mins		
Small Sided Games( 1V1) (2v2) etc.	15-20mins		
Full sided Free game with or without GK  Warm down stretches	15-20 mins		
<b>Training Plan Guide</b> <b>Week      Date</b>			Notes: Items to cover seen from last game
Warm Up Session: Juggling	10 mins		
Strength & Agility Session: Ladders and speed course	10 mins		
Skills/ Techniques(pick one technique)	10-20 mins		
Small Sided Games( 1V1) (2v2) etc.	15-20mins		
Full sided Free game with or without GK  Warm down stretches	15-20 mins		

Coach: \_\_\_\_\_ Team \_\_\_\_\_ Division \_\_\_\_\_

## Communication

*The Club newsletter is an important form of Club communication, and will be provided fortnightly with upcoming events, coaching hints, and club information.*

*The ACE web site will also have Club information.*

**www.acesoccer.com.au**

*Other websites that may be useful during the Year.*

**BN&DJSA**

**www.bndsoccer.com.au/**

**Active Factor**

**www.activefactor.com.au.**

**Womens Football**

**www.brisbanewomenssoccer.org/**

**Mens Football**

**www.brisbanemenssoccer.com.au**

**Qld Roar**

**www.qldroar.com.au/**

**Queensland Football**

**www.footballqueensland.com.au/**

**Football Federation of Australia**

**www.footballaustralia.com.au/**

**FIFA**

**www.fifa.com/en/index.html**

### WET WEATHER

During the course of the season rain may cause the cancellation of training sessions and games. To confirm cancellations please call one of the following recorded message services.

*Please note it is recommended that the team manager ascertain the status of training sessions and games, in the event of questionable weather, then pass this information on to team members and their families. This will reduce the number of calls to the recorded message services and ensure advice is available in the timeliest manner possible.*

#### Training Session

ACE provides a recorded message service to advise of training session cancellation, in the event of wet weather. Please call the following number weekdays.

**ACE TRAINING WET WEATHER INFO – PH 3264 2885 (AFTER 4PM)**

#### Junior Games / Fixtures

BN&DJSA provide a recorded message service to advise of game cancellations, in the event of wet weather. Please call the following number weekends.



**WET WEATHER INFO**  
**1900 912 637 (AFTER 7AM)**

**<http://www.bndsoccer.com.au/>**





**CONTACT DETAILS*****Executive Committee 2006***

<b>POSITION</b>	<b>NAME</b>	<b>PHONE NUMBER</b>	<b>EMAIL ADDRESS</b>
President	Sharon Henderson	0412 421 335	sharon.henderson1@bigpond.com
Senior Vice President	Wayne Petri	07 3264 3005	hums@bytelife.com.au
Junior Vice President	Scott Hyman	0417 716 446	gasby@bigpond.net.au
Club Secretary			<a href="mailto:acc@accsoccers.com.au">acc@accsoccers.com.au</a>
Treasurer	Hilda Kocwa	0409 059 395	akocwa@bigpond.com.au

***Management Committee 2006***

<b>POSITION</b>	<b>NAME</b>	<b>PHONE NUMBER</b>	<b>EMAIL ADDRESS</b>
Junior Secretary			<a href="mailto:acc@accsoccers.com.au">acc@accsoccers.com.au</a>
Football Coordinator			
Junior Registrar	Domenica McCarthy		paul.mccarthy@iarn.telstra.com
Recorder	Paul McCarthy		paul.mccarthy@iarn.telstra.com
Fixtures Controller			
Equipment Coordinator			
Junior Delegate	Jeff Moore		althamocra@bigpond.com.au
SPSA Delegate	Hilda Kocwa	0409 059 395	akocwa@bigpond.com.au
Senior Delegate	Kym Moore		
Public Relations			
Social & Fundraising			
Grounds Controller Wotter Park	Kelly Graville	0417 778 913	dkgraville@hotmail.com
Grounds Controller Brandale	Russell Moore	3264 6530	thamocra@big.com.au

***Appointed Positions***

<b>POSITION</b>	<b>NAME</b>	<b>PHONE NUMBER</b>	<b>EMAIL ADDRESS</b>
Director Of Development & Football	Justin Kilshaw	0413 798 637	justink@accsoccers.com.au
Director of Coaching – Junior	Darrel Vecchio	0411 884 901	vecchio@dalvec.com.au
Director of Coaching – Football	Joe Amaradio	0411 462 907	amaradio@tpg.com.au
Senior Coach	Gordon Livingstone		gordon.livingstone@rafinca.gov.au
Assistant Coach	Mick Hamby	0428 881 168	Michael@wildlifecareers.org.au
Reserve Coach			
Youth Coach	Justin Kilshaw	0413 798 637	justink@accsoccers.com.au
Concussion Coordinator	Sue Kocwa		akocwa@bigpond.com.au
Grading Coordinator	Scott Hyman	0417 716 446	gasby@bigpond.net.au

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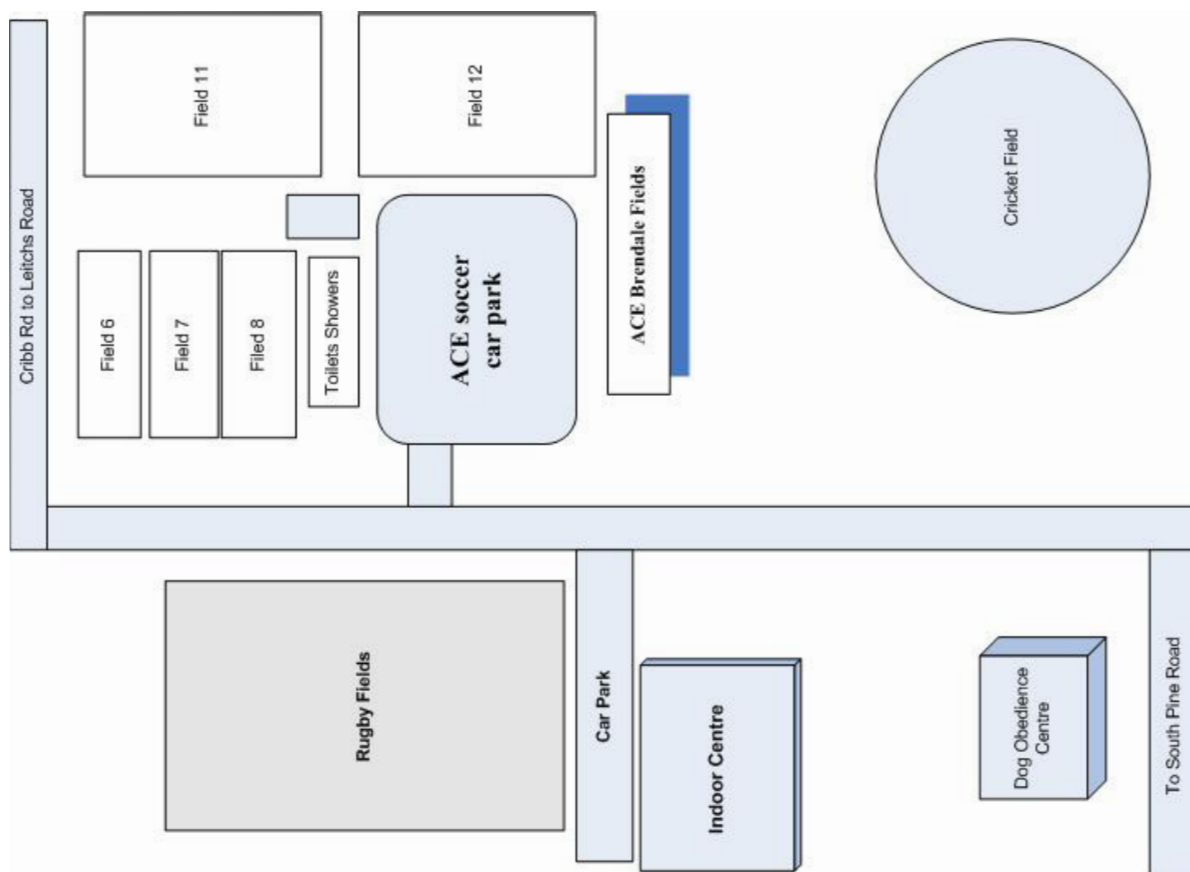
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## Brendale- ACE Training U6-12 playing fields



## Training Schedule- Proposed

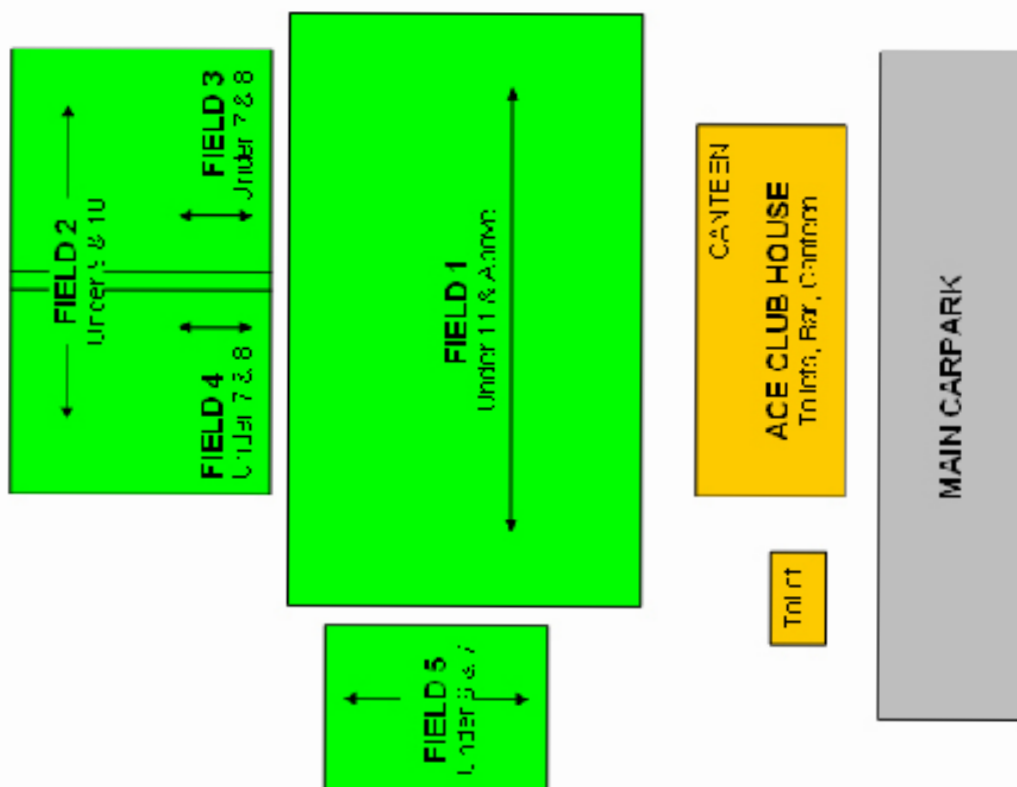
ACE TRAINING 2006 – Proposed						
BRENDALE						
Day	No. of Teams	Age Group	Time	No. of Teams	Age Group	Time
Monday	8	Under 8	5.30-6.30	1	Under 14	6.45-8.30
				2	Under 17	6.45-8.30
Tuesday	5	Under 11	5.30-7.00	4	14, rem, youth	7.15-9.00
	1	Under 12 Div 1	5.30-7.00	1	Under 15 Div 1	7.15-9.00
	1	Under 13 Div 1	5.30-7.00			
		Goalkeepers	5.30-7.00		Goalkeepers	7.15-9.00
Wednesday	5	Under 9	5.30-6.45	2	Men Div 5 & 6	7.00-9.00
	4	Under 10	5.30-6.45	2	Women U14 & U16	7.00-8.30
				2	Under 17	7.00-8.45
Thursday	1	Under 11 Div 1	5.30-7.00	2	Youth	7.15-9.00
	4	Under 12	5.30-7.00	3	Under 15	7.15-9.00
	3	Under 13	5.30-7.00			
Friday	5	Under 6	5.30-6.30	2	Under 14	6.45-8.30
	8	Under 7	5.30-6.30			





## ACE home game fields

Wolter Park – ACE Home Game Fields



## PROPOSED JUNIOR COMPETITION DATES FOR 2006

Date	Roo Ball	8 Team x 2	10 team x 2	6 team x 3	Holidays
25-26 March					
1-2 April	1	C1	1	C1	
8-9 April					First w/e Easter hols
15-16 April					Easter
22-23 April	2	1	2	1	Anzac Day Tue 25/4
29-30 April	3	2	3	2	Labour Day
6-7 May	4	3	4	3	
13-14 May	5	4	5	4	
20-21 May	6	5	6	5	
27-28 May	7	6	7	6	
3-4 June	8	7	8	7	
10-11 June	9	8	9	8	Queens Bday
17-18 June	10	9	10	9	
24-25 June		C2#	11#	C2#	First w/e School hols
1-2 July					Middle of holidays
8-9 July		C3#	12#	C3#	Last w/e School hols
15-16 July	11	10	13	10	
22-23 July	12	11	14	11	
29-30 July	13	12	15	12	
5-6 August	14	13	16	13	
12-13 August	15	14	17	14	
19-20 August	16	*	18	15	
26-27 August	17		Semi Final		
2-3 September	18		Prelim Final		
9-10 September			Grand Final		
16-17 September			Inter Association		
23-24 September					School holidays begin

# = Mid week fixture to be scheduled whenever into the season.

# Calendar Dates 2006

## ACE 2006 CALENDAR

JANUARY 2006	FEBRUARY 2006	MARCH 2006
<ul style="list-style-type: none"> <li>Sat 28<sup>th</sup> &amp; Sun 29<sup>th</sup> 11am - 3pm Junior Sign On</li> </ul>	<ul style="list-style-type: none"> <li>Committee Meeting Wed 1<sup>st</sup> - 7.30pm</li> <li>Sutton Launch 17<sup>th</sup> - 7.30pm</li> <li>Goalkeeping Course 19<sup>th</sup> - 17<sup>th</sup></li> <li>Tue 7<sup>th</sup> February 2006</li> </ul>	<ul style="list-style-type: none"> <li>Committee Meeting Wed 1<sup>st</sup> - 7.30pm</li> <li>Information Night for Coaches &amp; Managers Wed 15<sup>th</sup> - 7.30pm</li> <li>U18-U17 Wed 15<sup>th</sup> - 7.30pm</li> <li>U18 - U19 Thursday 16<sup>th</sup> - 7.30pm</li> <li>Coaches Meeting Friday 3<sup>rd</sup> - 7.30pm</li> </ul>
APRIL 2006	MAY 2006	JUNE 2006
<ul style="list-style-type: none"> <li>Committee Meeting Wed 5<sup>th</sup> - 7.30pm</li> <li>Managers Meeting Wed 19<sup>th</sup> - 7.30pm</li> </ul>	<ul style="list-style-type: none"> <li>Committee Meeting Wed 3<sup>rd</sup> - 7.30pm</li> <li>Managers Meeting Wed 17<sup>th</sup> - 7.30pm</li> <li>Am Carrol - U17 &amp; U19 Sun 21<sup>st</sup> - 9.00am</li> </ul>	<ul style="list-style-type: none"> <li>Committee Meeting Wed 7<sup>th</sup> - 7.30pm</li> <li>Managers Meeting Wed 21<sup>st</sup> - 7.30pm</li> </ul>
JULY 2006	AUGUST 2006	SEPTEMBER 2006
<ul style="list-style-type: none"> <li>Managers Meeting Wed 19<sup>th</sup> - 7.30pm</li> <li>Am Carrol - U18 Sun 23<sup>rd</sup> - 9am</li> <li>Junior Team Photos Sat 22<sup>nd</sup> - 9am</li> <li>Senior &amp; Res. Photos Thu 27<sup>th</sup> - 6pm</li> </ul>	<ul style="list-style-type: none"> <li>Committee Meeting Wed 2<sup>nd</sup> - 7.30pm</li> <li>Last Managers Meeting Wed 23<sup>rd</sup> - 7.30pm</li> <li>Am Carrol - U18 &amp; U19 Sun 20<sup>th</sup> - 9am</li> </ul>	<ul style="list-style-type: none"> <li>Committee Meeting Wed 6<sup>th</sup> - 7.30pm</li> <li>Junior Presentation</li> </ul> <p>All age groups Under 6-17. Presentation of trophy to winners Friday Night 15<sup>th</sup> 6.30pm Show</p>
OCTOBER 2006	NOVEMBER 2006	DECEMBER 2006
<ul style="list-style-type: none"> <li>Committee Meeting Wed 4<sup>th</sup> - 7.30pm</li> <li>Annual General Meeting Tue 31<sup>st</sup> - 7.30pm</li> <li>Senior Presentation Fri 15<sup>th</sup> - 7.30pm</li> </ul>	<ul style="list-style-type: none"> <li>Committee Meeting Wed 15<sup>th</sup> - 7.30pm</li> </ul>	<p><b>JANUARY 2007</b></p> <ul style="list-style-type: none"> <li>Pre-season training Under 17 Youth Senior Men 1<sup>st</sup> week of January Tuesday 18<sup>th</sup></li> </ul>

This Calendar is for the purpose of planning and is dependent on confirmation of dates from various associations.

## PROPOSED JUNIOR COMPETITION DATES FOR 2006

2006	How Ball	8 Team x 2	10 team x 2	6 team x 3	
11-12/06					
18-19/06					
25-26/06					
1-2/07	1	C1	1	C1	First w/s Easter holidays
8-9/07					Easter bank holiday Wed 19.4
15-16/07					Assess Day Tue 25.4
22-23/07	2	1	2	1	Long Weekend
29-30/07	3	2	3	2	
6-7/08	4	3	4	3	
13-14/08	5	4	5	4	
20-21/08	6	5	6	5	
27-28/08	7	6	7	6	
3-4/09	8	7	8	7	
10-11/09	9	8	9	8	Long Weekend
17-18/09	10	9	10	9	
24-25/09		C2#	11#	C2#	First w/s School hols
1-2/10					Midweek of holidays
8-9/10		C3#	12#	C3#	Last w/s School hols
15-16/10	11	10	13	10	
22-23/10	12	11	14	11	
29-30/10	13	12	15	12	
5-6/11	14	13	16	13	
12-13/11	15	14	17	14	
19-20/11	16	15	18	15	
26-27/11	17	Semi Final			
2-3/12	18	Prelim Final			
9-10/12		Grand Final			
16-17/12		Inter Association			
23-24/12					School holidays begin

# = Mid week fixtures to be scheduled whenever into the season.

Game Record Sheet							Team				
	Date										
	Other Team								Game		
	Players	Starts	Goals	Time On	Time Off	First Half	Time On	Time Off	2nd Half	Total Time	Comments
1											
2											
3											
4											
5											
6											
7											
8											
9											
10											
11											
12											
13											
14											
15											
16											

**Coaches managers please note:**

All players must have equal amount of starts and equal game time on the field.

Please record all playing time on and off the field game day.

Please record attendance of training.

Advise all players to be at the game at least 30-60 minutes before the game or training starts!



## GROUND LOCATIONS - BRISBANE NORTH

CLUB	ADDRESS	PHONE	UBD
<b>Albany Creek</b>	(A) Wolter Park, Jacaranda Drive, Albany Creek or (B) South Pine Sporting Complex South Pine Rd Brendale	3264 2885	UBD 108 M16 UBD 108 G11
<b>Bardon Latrobe</b>	Bowman Park, David Ave, Bardon	3369 9083	UBD 158 L6
<b>Brighton</b>	Wakefield Park, Wickham St, Brighton	3269 6895	UBD 100 H17
<b>Brisbane City</b>	Wilston Recreation Reserve, Mark Street, Newmarket or (Spencer Park) Newbery Street, Newmarket.	3856 2887	UBD 139 J18
<b>Brisbane Toro</b>	339 Main Myrtletown Road, Pinkenba.(opposite Lomandra Drive)	3205-3268	UBD 142 F8
<b>Dayboro</b>	Dayboro Showgrounds, Mt Mee Road, Dayboro	no phone	UBD 65 Q14
<b>Deception Bay</b>	Progress Park, 35 Old Bay Rd, Deception Bay (Opposite Deception Bay North State School)	3203 3313	UBD 69 F17
<b>Grange Thistle</b>	Lanham Park, Prince Street, Grange	3356 8553	UBD 139 M11
<b>Kenmore Lions</b>	Cubberla Creek Res (Akuna Oval), Hepworth Street, Chapel Hill	3378 9588	UBD 178 A11
<b>Mitchelton</b>	Teralba Park, Osborne Rd, Mitchelton	3354 1499	UBD 138 M3
<b>Moggill</b>	Bellbowrie Sport & Recreation Club Fields 80 Sugarwood Rd, Bellbowrie	3202 7055	UBD 196 J13
<b>Narangba</b>	(1) Narangba Sports Res, Williamina Crt (off Oakey Flat Rd, Narangba (2) Harris Avenue, Narangba	3886 7827 no phone	(1) UBD 77 J7 (2) UBD 67 P20
<b>New Farm</b>	New Farm Park, Cnr Sydney & Brunswick Sts, New Farm	3254 2632	UBD 23 P1
<b>Newmarket</b>	McCook Park, Badger & Finsbury Sts, Newmarket	3356 6015	UBD 139 J16
<b>North Pine</b>	Bob Brock Park, Marsden Rd, Dakabin	3204 6763	UBD 88 M6
<b>North Star</b>	O'Callaghan Park, 24 Jennings St, Zillmere	3216 5135	UBD 120 D3
<b>Peninsula Power</b>	AJ (Jock) Kelly Park, George Street, Kippa Ring	3284 3600	UBD 91 K4
<b>Pine Hills</b>	James Drysdale Res, Jinker Track, Bunya	3351 5088	UBD 117 Q10
<b>Pine Rivers</b>	<b>Fields 1-4</b> - Wendy Allison Park <b>Field 5</b> – John Davidson Park, Samsonvale Road, Strathpine(across road from clubhouse)	3205-4637	UBD 98 J15
<b>Redcliffe PCYC</b>	Talobilla Prk, Boardman Ro, Kippa Ring	3283 2800 (PCYC) 3284 4336 (Canteen)	UBD 81 H20
<b>Ridge Hills Utd</b>	Bald Hills Recreation Reserve (Stanley Day Park), Grand Street, Bald Hills	3261-3259	UBD 109 K5
<b>Samford</b>	Harold Brown Park, Richards Rd, Samford	3289 1509	UBD 106 G18
<b>Sandgate PCYC</b>	Sandgate PCYC, 106 Kempster Rd, Sandgate	3269 5358	UBD 110 K5
<b>Taringa Rovers</b>	Jack Speare Park, Fairley St, Indooroopilly	3371 5341	UBD 178 N5
<b>The Gap Pastime</b>	Walton Bridge Res, Glen Affric St, The Gap	3300 6004	UBD 158 B1
<b>Toowong</b>	Dunmore Park, Cnr Lang Parade & Roy Street, Auchenflower	No phone	UBD 21 G5
<b>Virginia United</b>	Albert Bishop Park, Nudgee Road, Nundah	3260 5535	UBD 141 A3
<b>Westside</b>	Grovely Sports Ground, Hanran St, Grovely	3354 3517	UBD 138 D2

**BRISBANE SOUTH**

CLUB	ADDRESS	PHONE	UBD
Acacia Ridge	Proud Field, 174 Mortimer Rd, Acacia Ridge	3277 1541	UBD 199 L18
Annerley Junior Annerley Seniors	98 Victoria Tce, Greenslopes (Cnr of Barton St) Elder Oval Ekibin Park, Ridge St, Greenslopes	3391 7370	UBD 180 E8
Bayside	Randall Oval, 34 Andrew St, Lota	3893 0177	UBD 163 P12
Beenleigh	Chris Green Park, Cnr Logan & Boundary St, Beenleigh	3287 3311	UBD 264 A17
Bethania	Opperman Park, Federation Dve, Bethania	3805 5366	UBD 262 P5
Brisbane Lions	Lions Stadium, 133 Pine Road, Richlands	3271 3636	UBD 217 R6
Camira	Bob Gibbs Park, Cnr Springfield Parkway & Old Logan Road Springfield	3818 6160	UBD 237 E12
Capalaba	John Fredrick Pk, Old Cleveland Rd, Capalaba	3823 1312	UBD 183 R13
Centenary	Atthows Park, Westcombe Street, Darra	no phone	UBD 197 P11
Clairvaux	Clairvaux School Ovals, Klump Rd, Upper Mt Gravatt	3849 8218	UBD 201 C8
Colleges United	Mt Crosby Sportsground, Allawah Rd, Mt Crosby	no phone	UBD 194 C2
Eastern Suburbs	Heath Park, 48 Hilton St, East Brisbane	3391 6099	UBD 160 J15
Greenbank	Barry White Field, Cnr Sheppard & Middle Rds, Greenbank	3297 5912	UBD 76 M7
Inala City	Top Oval, Greenfield Park, 315 Freeman Rd, Inala	3375 3900	UBD 198 E20
Ipswich City	Sutton Pk, Cnr Hunter & Workshops Sts, Brassall	3201 7706	UBD 212 Q8
Ipswich Knights	(B) @ Eric Evans Reserve, 254 Brisbane Rd, Bundamba (E) @ Stan McCrae Oval, Cnr Brisbane Road & Railway St,	3282 1496 3282 1174	B-UBD 214 F13 E – UBD 214 N11
Jimboomba	Kurrajong Pk, 94 Kurrajong Rd, Jimboomba	5546 0526	UBD 302 H20
John Paul College	College Ovals, John Paul Dve, Daisy Hill	3826 3333	UBD 242 P6
Kingsridge	Gould Adams Park, Kingston Rd, Kingston	3208 8920	
Logan City Kings	Meakin Park, Meakin Rd, Slacks Creek	3808 1909	UBD 242 K11
Loganholme	Comubia Park, Bryants Rd, Loganholme	3801 1622	UBD 243 P18
Logan Village	Big River Country Park, Steele Rd, Logan Village	5547 0504	UBD 303 K6
Mooroonda	William Taylor Sportsfield, Mooroonda Rd, Thomsdale	3822 2822	UBD 164 E18
Mt Gravatt	Dittmer Park, Klump Rd, Upper Mt Gravatt	3343 9747	UBD 201 C8
Olympic	Goodwin Park, Cansdale St, Yeronga	3844 3556	UBD 179 K8
Oxley	Dunlop Park, Oxley Rd, Corinda	3278 1168	UBD 198 N5
Park Ridge	Hubner Park, Hubner Rd, Park Ridge	3803 3088	UBD 260 L16
Redlands	Cleveland Showground, Waterloo St, Cleveland	3821 2831	UBD 185 M19
Regents Park	Hyde Park, Vansittart Road, Browns Plains	3402 2789	UBD 240 F20
Rosedale	Underwood Park, Underwood Rd, Priestdale	3841 2192	UBD 222 P9
Rocklea United	Rocklea United Sports Centre, 164 Dunn Rd, Rocklea	3875 1163	UBD 199 F7
Slacks Creek	Usher Park, Rose St, Daisy Hill	3208 1114	UBD 243 B8
South Star	Willawong Shire Park, 300 Bowhill Rd, Willawong	3372 4604	UBD 219 C2
Southside Eagles	Memorial Pk, Oxford St, Bulimba	3395 5748	UBD 160 K3
Souths United	Wakerley Park, Cnr Dew and Nathan Sts, Runcom	3345 4720	UBD 220 Q4
St James Raiders	Oates Park, Oates Avenue, Woodridge	3208 5977	UBD 241 K4
Teviot Downs	Sports Field, Argyle Road, Teviot Downs	none	UBD 278 D5
Wynnum	Carmichael Park, Boundary St, Tingalpa	3390 8432	UBD Map 4173

## Team Formation Selection

### ACE PLAYER DEVELOPMENT PROGRAM

#### Grading Guidelines

The word 'grading' is used in reference to:

- Placement of players in "like skilled" groups = where they are comfortable to play.
- Registering Ace teams into Divisions with Brisbane North & District Junior Soccer Association, our governing body, where they can compete at a level of enjoyment and also be competitive.

Grading takes place over a period of approximately four weeks. Parents can help by encouraging players, and their friends, to register during Sing-On Weekend and attend all grading sessions.

The following guidelines have been developed for players, parents and coaches to inform them of the grading policies of the Club.

We hope this information will help explain the sometimes-hard task the coaches and administrators have



## Junior Competitive Teams Under 11-17

In our Junior Competitive teams we aim to provide an environment in which players continue to develop their skills and are encouraged to play to their full potential. Ace policy in these age groups is to attract experienced coaches with the ability to quickly organise a team and communicate game play to the players.

Teams are graded on the basis of each player's skills and commitment to training and playing. ACE Policy on grading competition teams into divisions is to endeavour to place teams in the highest division possible, according to the abilities of players in the team.

### Under 11-12

At this age players should still be required to play different positions and not specialise in one position, apart from goalkeepers. Of course, there are always exceptions to the rule. Players in these age groups should receive an equal amount of 'on field' time over the season.

### Under 13 -17

As the players progress through each age group, they begin to specialise in a position. This does not mean that they will play in the same position all year, though they may play in one position more than other positions. At some stage in these age groups, coaches may choose not to give players equal amounts of "on field" time. This can be for disciplinary reasons, eg; not attending training, misbehaviour at training, not following game instructions, unsportsmanlike behaviour etc.

### Under 17

The Under 17 players may do their pre-season training with the senior teams (see Senior Men Information). This gives the senior coaching staff the opportunity to formulate an opinion on all players.

Pre-season training/trialing is four – six weeks with an emphasis on fitness. Under 17 players will know prior to junior sign-on whether they have secured a position in a Youth team and if they are to be dual registered, which will give them the opportunity to play Senior Football.

ACE usually fields a second Under 17 team with the opportunity for these players to flow into our senior teams the following year.

## Our mission!

*Under 11-17 is to develop our players into fine athletes, with an emphasis on enjoying the game of Soccer through self-development, whilst preparing for their senior playing years.*

### Goalkeepers:

This year ACE will provide a specialist goalkeeper coach. The goalkeeper will be assessed and or graded as per the age group program. Past experience has shown considerable confidence and skills improvement of players through concentrated individual goalkeeper coaching. Goalkeeper sessions will be conducted once a week. If the session conflicts with regular training we recommend, in the interest of team development, the keeper alternate between sessions. The goalkeeper coaching is available for Under 9 – Under 17 players.

*The Grading Committee is looking for the following;*

1. What the player does when he/she has the ball
  2. What the player does when his/her team mates have the ball.
  3. What the player does when the opposition has the ball.
  4. How the player behaves and responds to coaching instructions.
  5. Skills assessment levels
- The Skills tests are similar to tests carried out for the BN&DJSA Academy and Representative Trials from Under 11.

### Grading Decisions

The aim of the Club is to grade the players as fairly as possible. It is the policy of the Club to re-grade players every year, so every junior player has the opportunity to progress. It is important to note that juniors differ in their ability to acquire skills and move through the various stages of development. The Club encourages parents and players not to focus on which team a player is in, rather on the player's own development. We suggest parents help their children through the grading process by being supportive.

All Grading is done by a panel of experienced coaches who are appointed under the guidance of the Grading Coordinator in conjunction with both the Junior Director of Coaching and the Rooball Director of Coaching.

Any concerns about Grading should be directed to the Grading Coordinator.



## Junior Competitive Teams Under 11-17



Over the years we have seen many session coaches from Australia and Europe present the latest trends in coaching. The most common was the use of portable goals. A player is punished by shooting a great goal between markers then having to collect the ball that may have travelled a further 100 metres. The use of the portable goals rewards the player by seeing the result when the goal hits the net, known as the “Net Wobble”. We need more portable goals, I would like to investigate a method of finding the funds to purchase more goals, and where possible if coaches are willing to purchase portable goals we have access to various suppliers that would reduce the cost for a bulk purchase. Additionally the club is investing in more full size portable goals for the training fields.

### ***Shooting (Goals)***

Over the years we have seen many coaches from Australia and Europe present the latest trends in coaching. The most common was the use of portable goals. A player is punished by shooting a great goal between markers, then having to collect the ball that may have travelled a further 100m. The use of the portable goals rewards the player by seeing the result when the goal hits the net, known as the “Net Wobble”. We encourage you to purchase additional portable goals, and encourage all coaches to make use of them. If coaches are willing to purchase their own portable goals we have access to various suppliers. In Europe, they complete shooting practise in nearly all training sessions.

### ***On game day***

Winning is not everything! We all like to win and it is nice to win, however! Winning for the wrong reasons will not develop players.

Every player must get the same amount of playing time available.

Every player should get the same amount of game starts and finishes.

Allow players to play in all positions and support them.

Keep a log of the playing times and positions for each game. The coach will lead by example; the referee's decision is final.

The coach needs to look for the good things players achieve in all players, praise good will do better!

Advise the players that we do not mind if they make a mistake, as long as they learn and look at correcting the mistake for the next time. Learn by doing!

Remember your duty of care and responsibilities.

***Winning is not everything!***

***We all like to win and it is nice to win,  
however!***

***Winning for the wrong reasons will  
not develop players.***

### ***TAKE A TOUCH***

If a player ‘Takes A Touch’, he/she then has to make a decision about what they do with the second touch. There are 3 Basic decisions a player can make once in possession of the ball;

- Dribble – The player may lift the head and see more space that will enable them to dribble the ball.
- Pass – The player will lift the head and possibly see a team mate enabling them to pass them the ball.
- Shoot – If close enough to goal the player will raise their head and see a goal scoring opportunities.

But if the player doesn't ‘Take A Touch’ then those decisions aren't available to them, there are tendencies to get rid of the ball and panic.

Example; Little Johnny playing a game of soccer. In the ‘heat’ of play the ball comes to little Johnny and the excited Coach/ Parents yell from the side line “Kick It ... Get Rid Of It ... Big Kick!”

So what does Johnny do? He runs towards the ball takes an almighty swing at it and makes contact with the ball, kicking it with all his might, because he's been instructed or more to the point Ordered to do so.

How many decisions does the child make? Does the player make a decision about where the ball could be played or to whom? How many touches does the player get? How much time on the ball does he/she actually get, if we

telling them to kick it? Does the player develop his control and confidence if we are telling them to get rid of the ball?

Basically by forcing them to ‘Take A Touch’ we are encouraging the players to be decision-makers, which in turn encourages them to develop technically with more touches.

***So ‘TAKE A TOUCH’ is a call I would like to hear a lot this year.***

I'm sure you will have a Fun and exciting year, and between us we will give the players every opportunity to fulfill their potential as Footballers.

## Grading Guidelines

The following guidelines have been developed for players, parents and coaches to inform them of the grading policies of the Club. We hope this information will help explain the sometimes-hard task the coaches and administrators have. The policies of Ace are designed around the Club philosophy of developing players to their full potential. Our Club takes pride in the fact that we provide a pathway for talented juniors to pursue further avenues at State and National level with the prospect of eventually one-day playing for an Overseas Club.

We also take pride in the fact that Ace provides a broad social environment for young players who wish to participate at every level from Under 6's to Senior Men's.

### General Information on Grading

What is the Assessment and Grading Committee looking for in regards to "Skill Ability"?

1. When the player had the ball, how well did he/she...
  - Control their first touch
  - Use the inside of the foot for control
  - Keep the ball moving
  - Keep away from opponent's feet
  - Face where they want to play
  - Play the ball forward
  - Pass accurately
  - Protect/screen/shield the ball
  - Keep composed under pressure
  - Observe others
2. When the player's team-mates had the ball, how well did the player...
  - Keep in touch with other players
  - Watch the ball/opponent/goal
  - Make forward runs
3. When the opposition had the ball, how well did the player...
  - Win tackles
  - Stay composed and disciplined
  - Get behind the ball
  - Block "shots"
  - Block "crosses"
  - Track runners
  - Move to see the ball and opponent
  - Organize self/others
4. In general play, how well the player...did
  - Communicate with others
  - Keep to the game plan
  - Keep the team shape
  - Keep his/her self control
5. Skills assessment levels

***The word 'grading' is used in reference to:***

- ***Placement of players in "like skilled" groups = where they are comfortable to play.***
- ***Registering Ace teams into Divisions with Brisbane North & District Junior Soccer Association, our governing body, where they can compete at a level of enjoyment and also be competitive.***

### COMMUNICATION

The clubs web site will have all the information available for the coaches and players for the season. <http://www.acesoccer.com.au> If you do not have an email address we will be able fax or post the information on request.

The ACE Director of coaching, Darrel Vecchio, can be contacted via email at [vecchio@dalvec.com.au](mailto:vecchio@dalvec.com.au) or phone: 0411884901

The **ACE Awards skills test** is an introduction to Skills tests carried out at the Academy and Representative Trials from Under 11-17. We utilize these skills tests as a further guide to the player's development in their skill levels; their score assists us in placing them with other players of similar skills. At the same time the ACE awards are a measure of achievement and reward for the players

# ***"Players Learn by Doing when it is fun!"***

## ***Grading Decisions***

Grading is basically an opinion, some players will pick themselves, they will stand out, and this is usually due to an early physical or personal skill development.

It is the policy of this Club to re-grade players every year, so every junior player has the opportunity to progress.

It is important to note that juniors differ in their ability to acquire skills and move through the various stages of development. The Club encourages parents and players not to focus on which team a player is in, rather on the player's own soccer development. All Grading is done by a panel of experienced coaches who are appointed under the guidance of both the Director of Coaching and the Rooball Director of Coaching.

The aim of the Club is to grade the players as fairly as possible. Some parents place undue pressure on their children by expecting them to always be in the top team. We suggest parents help their children through the grading process by being supportive. Our request is that, in cases where a parent is in disagreement with the end result, they accept the final decision of the Club Officials. We ask that you trust our ability and honesty in selections.

### ***Concerns About Grading and Assessments***

#### ***Rooball***

Any concerns about assessments will be firstly direct to the Rooball Coordinator. If there are further concerns, the matter will be referred to the Junior Secretary. The Junior Secretary will, if necessary, refer to the Rooball DOC.

#### ***Competitive Soccer***

It is recognised that grading of players can cause some distress to both players and parents. In the competitive teams (Under 11 to Under 16), players are placed in teams on the basis of perceived playing ability. Unfortunately, issues such as friendship and shared transport cannot be taken into account. If you have any concerns about the outcome of the grading process please contact the Junior Vice President who will arrange for our DOC to discuss the issue with you.

Please note once players are placed into competitive teams (Under 11 to Under 16) by the grading committee they will only be moved to a higher graded team on the basis of an assessment conducted by the Director of coaching.

### ***Player Development Program***

The program will continue the 2006 Soccer season with a program of specific (Football) soccer aims. The Club goal is to continue the Development Program over the next 10 years, each year evolving and improving. The principles and techniques to be used have been proven overseas in Europe and other soccer nations. However, it is our job to make certain the players enjoy the path while developing their skills for the future.

#### ***Under 6:***

We will be looking to the coaches to organize the training sessions with lots of fun games. We also need to teach the players the basic rules and fundamentals of Soccer.

Our aim is to commence creating an athlete with the emphasis on fun and enjoyment.

#### ***Under 7 to Under 10:***

ACE Awards are introduced from Under 7 to Under 10. These are a series of skills tests consisting of 3 achievement levels. Players will be awarded a prize on achieving or passing each level. They have the whole season to attempt to pass the Ace Awards. Coaches will be expected to plan the skills tests throughout the year.

The DOC Rooball will be assisting Coaches in the forward planning of the skill tests as part of the training sessions. It is preferred to finish every training session with a small sided game for a minimum of 20 minutes. The aim to instil the basic rules and fundamentals of Soccer continues throughout these early developmental years and will continue to be a focal point for each age group.

Our mission for Under 6-10 is to develop our players into fine athletes and to ensure they enjoy their game and have fun while developing.

#### ***Under 16***

At this age Division 1 selection is extremely competitive and based on how far the player is likely to progress.

ACE runs the Under 17 Div 1 team as a senior team, usually trialling for this squad by invitation. Pre-season training/trialling is four – six weeks with an emphasis on fitness. Players may do their pre-season training with the senior teams. This gives the senior coaching staff the opportunity to formulate an opinion on all players. Junior Colt players will know prior to junior sign-on whether they have secured a position in the Junior Colt Division 1 team and if they are to be dual registered.

Some players will be dual registered, which will give them the opportunity to play Senior Football. It is important that eligible Junior Colt players are registered early. The Senior season commences mid February – two weeks after Junior sign-on.

It is ACE policy to promote young players as quickly as they develop. Players will not be held back to win championships. It is likely that ACE will carry higher player numbers in the Under 17 teams to compensate for injuries in our top team, which can have a flow-on impact to this age group.

It is important that parents understand that some decisions made by ACE are not always in the interest of the Under 17 team but rather on the progression of each individual player.

ACE usually fields a second Under 17 team with the opportunity for these players to flow into our senior teams the following year.



## Under 11-17 program guide to training

UNDER 11-16 Training PROGRAM			
MARCH - APRIL			
Week 1	Week 2	Week 3	Week 4
Controlling	Dribbling	Short Passing	Two touches
Juggling Dynamic Warm up 10-15mins	Juggling Dynamic Warm up 10-15mins	Juggling Dynamic Warm up 10-15mins	Juggling Dynamic Warm up 10-15mins
Fast foot work Agility Ladders 20-30	Fast foot work Agility Ladders 20-30	Fast foot work Agility Ladders 20-30	Fast foot work Agility Ladders 20-30
Fun games 10 min	Technique 20 min	Technique 20 min	1v1 / 2v2 20 min
1v1 / 2v2 20 min	Game with Conditions 15 min	Game with Conditions 15 min	3v3 / 4v4 30 min
Free game 30 min	Skills Test 15 min	Skills Test 15 min	Free game 20 min
Shooting 10 min	Free game 20 min	Free game 20 min	Shooting 10 min
	Shooting 10 min	Shooting 10 min	
Week 5	Week 6	Week 7	Week 8
Juggling/Heading	Long/Lofted Passing	Shooting/Keeping	Different positions
Juggling Dynamic Warm up 10-15mins	Juggling Dynamic Warm up 10-15mins	Juggling Dynamic Warm up 10-15mins	Juggling Dynamic Warm up 10-15mins
Fast foot work Agility Ladders 20-30	Fast foot work Agility Ladders 20-30	Fast foot work Agility Ladders 20-30	Fast foot work Agility Ladders 20-30
Game with Conditions 15 min	Game with Conditions 15 min	Game with Conditions 30 min	1v1 / 2v2 20 min
Skills Test 30 min	Shooting 10 min	Shooting 10 min	3v3 / 4v4 30 min
Free game 20 min	Skills Test 15 min	Free game 20 min	Free game 20 min
Warm down stretches	Free game 20 min	Free game 20 min	Shooting 10 min
	Warm down stretches	Warm down stretches	Warm down stretches
UNDER 11-17 Training PROGRAM			
MAY - JUNE			
Week 9	Week 10	Week 11	Week 12
Tackling	Short Passing	Dribbling	Games
Juggling Dynamic Warm up 10-15mins	Juggling Dynamic Warm up 10-15mins	Juggling Dynamic Warm up 10-15mins	Juggling Dynamic Warm up 10-15mins
Fast foot work Agility Ladders 20-30	Fast foot work Agility Ladders 20-30	Fast foot work Agility Ladders 20-30	Fast foot work Agility Ladders 20-30
1v1 / 2v2 30 min	Skills 20 min	Skills 20 min	1 v2 1 v1 3v3 / 4v4 30 min
Shooting 10 min	Game with Conditions 15 min	Game with Conditions 15 min	Shooting 10 min
Free game 20-30 min	Shooting 10 min	Shooting 10 min	Free game 20-30 min
Warm down stretches	Free game 20-30 min	Free game 20-30 min	Shooting 10 min
	Shooting 10 min	Shooting 10 min	Warm down stretches
	Warm down stretches	Warm down stretches	
Week 13	Week 14	Week 15	Week 16
Juggling/Heading	Long/Lofted Passing	Shooting/Keeping	Games
Juggling Dynamic Warm up 10-15mins	Juggling Dynamic Warm up 10-15mins	Juggling Dynamic Warm up 10-15mins	Juggling Dynamic Warm up 10-15mins
Fast foot work Agility Ladders 20-30	Fast foot work Agility Ladders 20-30	Fast foot work Agility Ladders 20-30	Fast foot work Agility Ladders 20-30
Skills 20 min	Game with Conditions 20 min	Game with Conditions 20 min	1v1 / 2v2 3v3 / 4v4 30 min
Game with Conditions 15 min	Skills Test 15 min	Skills Test 15 min	Free game 20-30 min
Free game 20-30 min	Free game 20-30 min	Free game 20-30 min	Shooting 10 min
Shooting 10 min	Shooting 10 min	Shooting 10 min	Warm down stretches
Warm down stretches	Warm down stretches	Warm down stretches	

## *Under 11-17 program guide to training*

UNDER 11-17 Training PROGRAM			
JULY - AUGUST			
Week 17	Week 18	Week 19	Week 20
Short Passing	Juggling/Heading	Dribbling	Games
Juggling Dynamic Warm up 10-15mins	Juggling Dynamic Warm up 10-15mins	Juggling Dynamic Warm up 10-15mins	Juggling Dynamic Warm up 10-15mins
Fast foot work Agility Ladders 20-30	Fast foot work Agility Ladders 20-30	Fast foot work Agility Ladders 20-30	Fast foot work Agility Ladders 20-30
Game with Conditions 20 min	Game with Conditions 15 min	Game with Conditions 20 min	1v1 / 2v2 3v3 / 4v4 30 min
Skills Test 15 min	Skills Tests 30 min	Skills Test 15 min	
Free game 20 min	Free game 20 min	Free game 20 min	Free game 20 min
Shooting 10 min	Shooting 10 min	Shooting 10 min	Shooting 10 min
Warm down stretches	Warm down stretches	Warm down stretches	Warm down stretches
UNDER 11-17 Training PROGRAM			
Week 21	Week 22	Week 23	Week 24
Shooting/Keeping	Long/Lofted Passing	Games	Games
Juggling Dynamic Warm up 10-15mins	Juggling Dynamic Warm up 10-15mins	Juggling Dynamic Warm up 10-15mins	Juggling Dynamic Warm up 10-15mins
Fast foot work Agility Ladders 20-30 Skills 20 min	Fast foot work Agility Ladders 20-30 Skills 20 min	1v1 / 2v2 20 min	Fun games 20 min
Game with Conditions 15 min	Game with Conditions 15 min	3v3 / 4v4 30 min	Other Sports 20 min
Free game 20-30 min	Free game 20-30 min	Free game 20-30 min	Free game 20-30 min
Shooting 10 min	Shooting 10 min	Shooting 10 min	Shooting 10 min
Warm down stretches	Warm down stretches	Warm down stretches	Warm down stretches

*“Players Learn by Doing when it is fun!”*

*“The best coaching  
session is a  
planned session!”*

## ***Muster Day***     *Under 6 – Under 8*

Muster is the word used for gathering all our Under 6 – Under 8 players. The players should be able to play with their friends of the same age. Parents are required to bring their child to the ACE Club House - Wolter Park on this day. The players will be placed into teams of their choice, where possible, a Coach and Manager for the season will be appointed, and a “volunteer” from each team will be nominated. Other important information will be available on this day including; training times and venues, and season commencement details.

Age Group	Muster Date	Time	Venue
Under 6 – Born 2000-2001	Sunday 26th February 2006	4:00pm	Wolter Park
Under 7 – Born 1999	Sunday 26th February 2006	5:00pm	Wolter Park
Under 8 – Born 1998	Sunday 26th February 2006	5:45pm	Wolter Park

*Players Learn by Doing  
when it is fun!*

<b><i>Coaches Guide UNDER 6-8 ROOBALL PROGRAM</i></b>			
<b>Season</b>			
<b>Week 1</b>	<b>Week 2</b>	<b>Week 3</b>	<b>Week 4</b>
<b>Welcome</b>	<b>Dribbling</b>	<b>Short Passing</b>	<b>Games</b>
Introduction & Warm up 10 min Fun games 20 min  1v1 / 2v2 20 min  Free game 30 min Shooting 10 min	Throwing 10 min  Technique 20 min Game with Conditions 15 min  Games 15 min Free game 20 min Shooting 10 min	Basket Ball Volley Ball 10 min  Technique 20 min Game with Conditions 15 min  Games 15 min Free game 20 min Shooting 10 min	Tag Games 10 min   1v1 / 2v2 20 min  3v3 / 4v4 30 min Free game 20 min Shooting 10 min
<b>Week 5</b>	<b>Week 6</b>	<b>Week 7</b>	<b>Week 8</b>
<b>Kick &amp; Catch</b>	<b>Passing</b>	<b>Shooting/Keeping</b>	<b>Games</b>
Games 10 min Technique 15 min Game with Conditions 15 min Skills Test 30 min Free game 20 min	Games 10 min Technique 20 min Game with Conditions 15 min Skills Test 15 min Free game 20 min Shooting 10 min	Games 10 min Technique 20 min Game with Conditions 30 min Free game 20 min Shooting 10 min	Games 10 min  1v1 / 2v2 20 min  3v3 / 4v4 30 min Free game 20 min Shooting 10 min

*Repeat the program from week 9 to 22.*

*The key to coaching 6-8 is keep them active and doing. They learn by doing . As dribbling exercise, let them dribble trying to touch the ball as many times as they can.*

*Throwing the ball in the air and catching the ball.*

*Standing on one leg and balancing, lots of little games keep it fun!!!*

*The croc game, is enjoyed by all ages.*



## Grading Teams Under 9-17

*The grading process, conducted over a 4-week period, will be completed by early March 2006. Four grading days are planned for the under 9 to Under 17 players during February.*

*These 4 sessions make allowance for any cancelled sessions due to inclement weather.*

### Grading Times Under 9 – 10

Age Group	Dates	Time	Venue
Under 9 – Born 1997	Wednesdays - 8th 15th 22nd Feb, 1st Mar 2006	5:30-6:30pm	Brendale Fields
Under 10 – Born 1996	Wednesdays - 8th 15th 22nd Feb, 1st Mar 2006	6:00-7:00pm	Brendale Fields

### Grading Times Under 11 – 17 Competition age groups

Age Group	Grading Dates and Assessment	Time	Venue
Under 11 – Born 1995	Tuesdays - 7th 14th 21st 28th Feb	5:45–6:45pm	Brendale Fields
Under 12 – Born 1994	Thursdays - 9th 16th 23rd Feb 2nd Mar	5:45-6:45pm	Brendale Fields
Under 13 – Born 1993	Thursdays - 9th 16th 23rd Feb 2nd Mar	7:00 pm-8:30pm	Brendale Fields
Under 14 – Born 1992	Tuesday - 7th 14th 21st 28th Feb	7.15–8:30pm	Brendale Fields
Under 15 – Born 1991	Thursdays - 9th 16th 23rd Feb 2nd Mar	7.15–8:30pm	Brendale Fields
Under 17 – Born 1990-89	Wednesday - 8th 15th 22nd 1st Mar	7.15–8:30pm	Brendale Fields

*Trial games will also be organised prior to the finalising of teams.*

### Coaches Guide UNDER 9-10 ROOBALL PROGRAM

#### MARCH - APRIL

Week 1	Week 2	Week 3	Week 4
<b>Welcome</b>	<b>Dribbling</b>	<b>Short Passing</b>	<b>Games</b>
Introduction & Warm up 10 min Fun games 20 min  1v1 / 2v2 20 min  Free game 30 min Shooting 10 min	Warm up 10 min  Technique 20 min Game with Conditions 15 min Skills Test 15 min Free game 20 min Shooting 10 min	Warm up 10 min  Technique 20 min Game with Conditions 15 min Skills Test 15 min Free game 20 min Shooting 10 min	Warm up 10 min  1v1 / 2v2 20 min  3v3 / 4v4 30 min Free game 20 min Shooting 10 min
Week 5	Week 6	Week 7	Week 8
<b>Juggling/Heading</b>	<b>Long/Lofted Passing</b>	<b>Shooting/Keeping</b>	<b>Games</b>
Warm up 10 min Technique 15 min Game with Conditions 15 min Skills Test 30 min Free game 20 min	Warm up 10 min Technique 20 min Game with Conditions 15 min Skills Test 15 min Free game 20 min Shooting 10 min	Warm up 10 min Technique 20 min Game with Conditions 30 min Free game 20 min Shooting 10 min	Warm up 10 min  1v1 / 2v2 20 min  3v3 / 4v4 30 min Free game 20 min Shooting 10 min

# Coaching Agenda *Under 9 – Under 10*

## Coaches Guide Under 9-10 Rooball Program

MAY - JUNE

Week 9	Week 10	Week 11	Week 12
<b>Tackling</b>	<b>Short Passing</b>	<b>Dribbling</b>	<b>Games</b>
Warm up 10 min	Warm up 10 min	Warm up 10 min	Warm up 10 min
Technique 20 min	Practice 15 min	Practice 15 min	1v1 / 2v2 20 min
	Skills 20 min	Skills 20 min	
1v1 / 2v2 30 min	Game with Conditions 15 min	Game with Conditions 15 min	3v3 / 4v4 30 min
Free game 20 min	Free game 20 min	Free game 20 min	Free game 20 min
Shooting 10 min	Shooting 10 min	Shooting 10 min	Shooting 10 min
Week 13	Week 14	Week 15	Week 16
<b>Juggling/Heading</b>	<b>Long/Lofted Passing</b>	<b>Shooting/Keeping</b>	<b>Games</b>
Warm up 10 min	Warm up 10 min	Warm up 10 min	Warm up 10 min
Practice 15 min	Practice 15 min	Practice 15 min	1v1 / 2v2 20 min
	Game with Conditions 20 min	Game with Conditions 20 min	
Skills 20 min	Skills Test 15 min	Skills Test 15 min	3v3 / 4v4 30 min
Game with Conditions 15 min	Free game 20 min	Free game 20 min	Free game 20 min
Free game 20 min	Shooting 10 min	Shooting 10 min	Shooting 10 min

***“The best coaching session is a planned session!”***

## Coaches Guide Under 9-10 Rooball Program

JULY - AUGUST

Week 17	Week 18	Week 19	Week 20
<b>Short Passing</b>	<b>Juggling/Heading</b>	<b>Dribbling</b>	<b>Games</b>
Warm up 10 min	Warm up 10 min	Warm up 10 min	Warm up 10 min
Practice 15 min	Practice 15 min	Practice 15 min	1v1 / 2v2 20 min
Game with Conditions 20 min	Game with Conditions 15 min	Game with Conditions 20 min	
Skills Test 15 min	Skills Tests 30 min	Skills Test 15 min	3v3 / 4v4 30 min
Free game 20 min	Free game 20 min	Free game 20 min	Free game 20 min
Shooting 10 min		Shooting 10 min	Shooting 10 min
Week 21	Week 22	Week 23	Week 24
<b>Shooting/Keeping</b>	<b>Long/Lofted Passing</b>	<b>Games</b>	<b>Games</b>
Warm up 10 min	Warm up 10 min	Warm up 10 min	Warm up 10 min
Practice 15 min	Practice 15 min	1v1 / 2v2 20 min	Fun games 20 min
Skills 20 min	Skills 20 min		
Game with Conditions 15 min	Game with Conditions 15 min	3v3 / 4v4 30 min	Other Sports 20 min
Free game 20 min	Free game 20 min	Free game 20 min	Free game 30 min
Shooting 10 min	Shooting 10 min	Shooting 10 min	Shooting 10 min

## **ROOBALL COACHING PROGRAM Under 6-10**

The Rooball Coaching Program is a guide to help all Rooball Coaches plan their Training sessions throughout the year. The Program is not set in concrete, it is a guide, which you may wish to change to suit your own team requirements.

The following is an explanation of the different activities used in the program:

### **WARM UP:**

- It may include a ball and a small amount of Stretching.
- It must have movement.
- Vary the warm up, avoid repetition.
- Warm ups must not involve laps of the oval.

### **RULES:**

- Explain and demonstrate different rules of the game.

### **TECHNIQUE:**

- Explain and Demonstrate different Skill Techniques.
- The players need to practice each Technique.

### **PRACTICE:**

- An Activity that will improve the Players Skill Techniques.
- It should include a reasonable amount of repetition.
- It should have a lot of movement, and be game related.

### **SKILLS:**

- Introduce advanced skills.
- Ask the Players to come up with their own Skills/Tricks.
- Should be fun, and encourage the players to practice at home.

### **MODIFIED GAMES:**

A modified game is used to emphasize a specific Skill. Modify the rules so the player uses the specified skill as much as possible. Using modified games can work very well by enabling you to create a learning environment where players can work within their capabilities. Not all games have to be even numbers ie. 3v3 or 4v4, depending on the type of practice you are working on, you can play 1v2, 2v3, 2v4, etc. These games are great for decision making and technical development.

#### **Games with Conditions:**

- Change the rules so that the players have to use the skills learnt earlier in the session.
- Alter the rules or conditions to ensure what you want to happen, Does Happen. For example; "the player must take at least 2 touches".

#### **1v1 and/or 2v2;**

- Small games like 1v1 or 2v2 enable the players to have numerous ball contacts. In any learning environment, repetition is necessary so that the individual can perform a task autonomously. So if players are playing in small areas with fewer players, they are likely to get more touches sooner, hence developing their own autonomy of learnt skills.
- Try to work on a specific skill you feel the team needs.
- Use Short periods of quality time for each player.

### **MODIFIED GAMES:**

#### **3v3 and/or 4v4;**

- By reducing the player numbers, individuals get more opportunities of ball contacts. 3v3 or 4v4 are good for this, as it still provides for team fundamentals. Again they are highly motivating, use less space and replicate the principles of the game.
- This is a great way to see how your players are progressing.
- Try to organise a 'round robin', this could also include other Teams.

#### **Fun Games:**

- Any kids games that involve movement, co-ordination and FUN.
- Can be with or without a ball.

#### **Other sports:**

- Any sport that will help with the players co-ordination & physical development.
- A change of sport requires the players to think and play differently.

### **FREE GAME:**

- All sessions MUST have a game of free soccer.
- This is where the kids play without any coaching.
- Observe, but don't coach. ie; "free from control, but not out of control."

### **SHOOTING:**

- Try to incorporate shooting into each session.
- Use a net when shooting ! When the ball goes into the net it is a reward not to chase the ball.
- The aim of the game is to score goals, the more they practice shooting, the better they become.
- Vary the Shooting activities.

### **SKILLS TESTS:**

- The Program gives a lot of priority to the ACE Skills Awards Tests.
- These tests are a great way to measure the improvement in your players.
- All the tests can be done in one session, or as shown in the Program, they can be completed over several sessions.
- A results sheet is available for the tests.
- The testing should be completed twice during the year, and the results handed to (DOC Rooball). ( )
- Prizes will be awarded to the players on completion of each level.
- Under 6 players are not required to do the tests, however, you may wish to incorporate this testing into your training to assist in measuring the progress of your players throughout the season.

## ***ROOBALL COACHING PROGRAM Under 6-10***

# ***COACHING POINTS***

### **GAME ACTIVATED PRACTICES**

Do not discount the importance of GAMES and Game Activated Practices. Young players need to enjoy their training, and games provide motivation, realism, and lots of decision making. Spend more time playing and less time coaching.

Game sense is one of the best learning tools available to us. We need to put the players into an environment where they can learn. Players need the opportunity to make their own decisions. We as Coaches can guide them to a degree, but the need for them to be placed in a learning environment is very important.

By developing your training sessions to include more "Game Activated Practices" you will spend less time instructing the players, as the game itself is the best vehicle for learning. Less talk = More Game Play.

### ***TAKE A TOUCH***

If a player 'Takes A Touch', he/she then has to make a decision about what they do with the second touch. There are 3 Basic decisions a player can make once in possession of the ball;

- Dribble – The player may lift the head and see more space that will enable them to dribble the ball.
- Pass – The player will lift the head and possibly see a team mate enabling them to pass them the ball.
- Shoot – If close enough to goal the player will raise their head and see a goal scoring opportunities.

But if the player doesn't 'Take A Touch' then those decisions aren't available to them, there are tendencies to get rid of the ball and panic.

Example; Little Johnny playing a game of soccer. In the 'heat' of play the ball comes to little Johnny and the excited Coach/ Parents yell from the side line "Kick It ... Get Rid Of It ... Big Kick!" So what does Johnny do? He runs towards the ball takes an almighty swing at it and makes contact with the ball, kicking it with all his might, because he's been instructed or more to the point Ordered to do so.

How many decisions does the child make? Does the player make a decision about where the ball could be played or to whom? How many touches does the player get? How much time on the ball does he/she actually get, if we are telling them to kick it? Does the player develop his control and confidence if we are telling them to get rid of the ball?

Basically by forcing them to 'Take A Touch' we are encouraging the players to be decision-makers, which in turn encourages them to develop technically with more touches.

**So 'TAKE A TOUCH' is a call we would like to hear a lot this year.**

I'm sure you will have a Fun and exciting year, and between us we will give the players every opportunity to fulfill their potential as Footballers.

***"The best coaching session is a planned session!"***



# Laws Of The Game

## LAW 11 – OFFSIDE

### Offside Position

It is not an offence in itself to be in an offside position.

A player is in an offside position if:

- he is nearer to his opponents' goal line than both the ball and the second last opponent

A player is not in an offside position if:

- he is in his own half of the field of play or
- he is level with the second last opponent or
- he is level with the last two opponents

### Offence

A player in an offside position is only penalised if, at the moment the ball touches or is played by one of his team, he is, in the opinion of the referee, involved in active play by:

- interfering with play or
- interfering with an opponent or
- gaining an advantage by being in that position

### No Offence

There is no offside offence if a player receives the ball directly from:

- a goal kick or
- a throw-in or
- a corner kick

### Infringements/Sanctions

For any offside offence, the referee awards an indirect free kick to the opposing team to be taken from the place where the infringement occurred. \* (see page 3)

## LAW 10 – THE METHOD OF SCORING

### Goal Scored

A goal is scored when the whole of the ball passes over the goal line, between the goalposts and under the crossbar, provided that no infringement of the Laws of the Game has been committed previously by the team scoring the goal.

### Winning Team

The team scoring the greater number of goals during a match is the winner. If both teams score an equal number of goals, or if no goals are scored, the match is drawn.

### Competition Rules

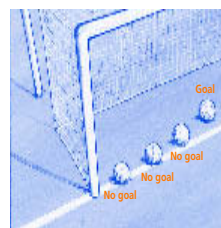
When competition rules require there to be a winning team after a match has been drawn, only the following procedures, which have been approved by the International F.A. Board, are permitted

- Away goals rule
- Extra time
- Kicks from the penalty mark

### Decisions of the International F.A. Board

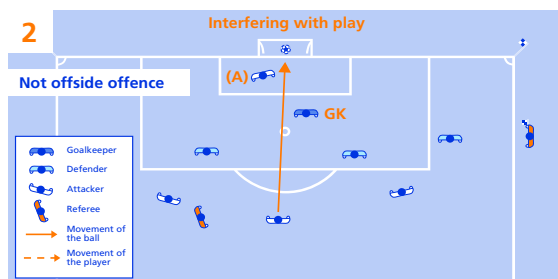
#### Decision 1

Only procedures to determine the winner of a match, which are approved by the International F.A. Board and contained in this publication, are permitted in competition rules.



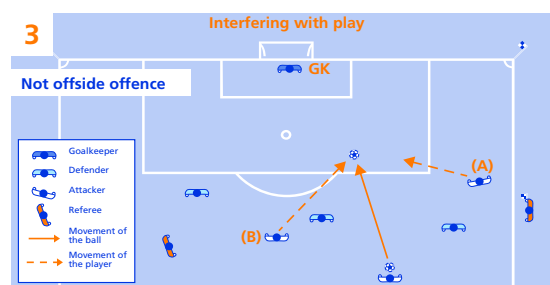
An attacker **in an offside position** (A), not interfering with an opponent, **touches the ball**.

The assistant referee should raise the flag when the player **touches the ball**.



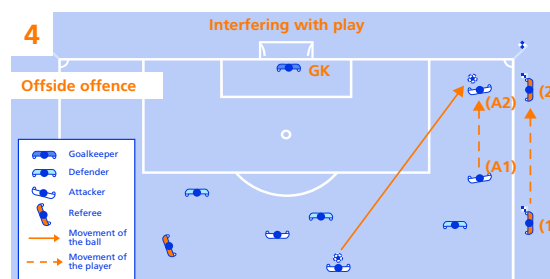
An attacker **in an offside position** (A), not interfering with an opponent, **does not touch** the ball.

The player cannot be penalised because he did not touch the ball.



An attacker **in an offside position** (A) runs towards the ball and a teammate **in onside position** (B) runs also towards the ball and plays it.

Player (A) cannot be penalised because he did not touch the ball.



An attacker **in an offside position** (A1) runs towards the ball and plays it (A2). The assistant referee should raise the flag when the player **touches** the ball (A2).

## The Rules of Rooball

# Rooball Rules

### 1 The Field of Play

#### The Field

To ensure that Rooball can be easily played and very few special requirements are needed the dimensions of a Rooball field can easily fit into an adult football field. However, Rooball can be played on any field or open area.

If marked a centre circle is required, it is to be the same radius as the goal area.

#### Dimensions

The field of play should be rectangular. In the adult game large variations in length and breadth are allowed.

In view of the fact that Rooball may be played on the quarters or halves of a main adult field there will still be variations.

The recommended sizes are:

Under 8 years of age

Max: 50mx35m      Min: 40m x 25m

Under 10 years of age

Max: 70m x 50m      Min: 60m x 45m

#### Markings

To simplify the markings there is to be a halfway line, a centre spot and a goal area.

#### Goal Area

The size of the goal area should be

Under 8 years of age:                      6m radius from the goal line

Under 10 years of age:                      7m radius from the goal line

#### Corner area

There is no need for the corner area to be marked for Rooball. Corners can be taken from the point where goal line and touch line meet.

#### The Goals

It is very important for younger players that the goal size is closely related to their age.

The internal height and width of the goals should be:

Under 8 years of age:                      1.7m x 5m

Under 10 years of age                      2m x 6m

#### The Field

To ensure that Rooball can be easily played and very few special requirements are needed the dimensions of a Rooball field can easily fit into an adult football field. However, Rooball can be played on any field or open area.

If marked a centre circle is required, it is to be the same radius as the goal area.

### 2 The Ball

Ball sizes should be

Under 8 years                      Size 3

Under 10 years                      Size 4

### 3 The number of players

The number of players for Rooball provides for the optimum involvement and development of the young player

Under 8 years of age      6 players including the goalkeeper  
   Minimum of 3 players

Under 10 years of age      9 players including a goalkeeper  
   Minimum of 5 players

Interchange of players is permitted during all Rooball games. Interchange is encouraged to provide each player equal time and provide an opportunity for a supportive coach to help the young player.

Each side may field a maximum of 3 interchange players.

Any player may be interchanged at any time,

including the goalkeeper. The referee must be advised at the time of changing.

The referee may direct that a player be interchanged if, in their opinion, the players behaviour warrants it

### 4 Player's Equipment

A player taking the field of play shall not wear anything which is dangerous to themselves or to another player.

Boots or training shoes and shin pads must be worn.

### 5 Referees

At this level official referees are not necessary, although in some areas special courses are run for Rooball.

Players in these age groups rarely attempt to deliberately break the law. If they do other players will all too readily draw attention to it.

Responsible adults organizing games could well referee the matches if needed.

Clubs are to supply Referees for all Rooball games preferably not the coach or manager of the team playing

The role of the referee in such games should be to encourage the participants and offer constructive advice where appropriate, and also to give positive praise to players from both sides.

The referee is to be agreed on for the WHOLE MATCH prior to the start of the match.

### 6 Asst Referees

They are not required at this level of soccer but may be used if desired

### 7 Duration of the Game

Young players organizing their own games rarely set time limits.

They will normally play for as long as they are enjoying themselves. Recommended times have been set with the interchange of players in mind. There is no stoppage of play for interchange.

Therefore the recommended times for Rooball are:

Under 8 years of age: 2 halves of 20 minutes each

Under 10 years of age: 2 halves of 25 minutes

At half-time the interval should be 5 minutes for all age groups.

### 8 The Start of Play

A game is started by a kick-off from the centre mark.

The team winning the toss of a coin shall have the choice of ends.

The team not kicking off must stand outside the centre circle until the ball is kicked

After a goal has been scored the game is restarted from the centre mark with the side conceding the goal taking the kick.

Following half-time the game is restarted with the teams changing ends and the kick-off being taken by the side who did not start the game.

A goal cannot be scored direct from the kick-off.

## The Rules of Rooball

# Rooball Rules

### 9 Ball in and out of Play

The ball is out of play when it is wholly crossed the goal line or the touch line, or when play has been stopped by the referee. These lines are part of the field of play.

If the ball is kicked over the goal line (not in the goal) by an attacker a goal kick is taken from inside the goal area.

If the ball is kicked over the goal line (not in the goal) by a defender a corner kick is taken from the nearest corner.

### 10 Method of Scoring

A goal is scored when the ball has wholly crossed the goal line between the goal posts and under the crossbar.

Players in under 7 & 8 may not score goals from inside the goal area.

Players in under 9 & 10 may score goals from anywhere on the field.

### 11 Offside

There is no offside in Rooball, but deliberately placing a player or players in an offside position is contrary to the spirit of the game and is discouraged.

### 12 Fouls and Misconduct

This is an important rule that relates to the behaviour of players during play. Players may not kick, trip, jump at, strike, hold, push, charge or violently charge an opponent.

The law emphasises the need for players to behave in a manner appropriate for a sportsperson. At this level it is important for referees to determine the intention of the players relative to the above offences and to at all times encourage sporting conduct.

At Rooball level it is important for the referee to consider the intention of the players relative to the above offences and at all times encourage sporting conduct.

Only goalkeepers may touch the ball with their arms or hands, and only within their goal area.

The “back pass” rule applies to all age groups.

Only the defending goalkeeper is allowed to handle the ball in the penalty area.

Upon receiving the ball, in his penalty area, during the course of normal play the goal keeper may kick or throw (note backpass rule) the ball back into play.

### 13 Free Kicks- Indirect

In Rooball all free kicks are deemed to be “indirect”. (The “indirect” free kick is one where a goal cannot be scored unless it has been touched by another player other than the kicker.)

All of the opposing players should be at least 7 metres from the ball when a free kick is taken. If a free kick is awarded to the defending team within the goal area, the kick can be taken anywhere inside the area.

Free kicks awarded in the goal area to the attacking team are taken from the goal area line at a point nearest to where the foul occurred. All other free kicks are taken from where the foul occurs.

### 13 Throw-Ins

When the whole of the ball passes out of the field of play along the touch line a throw-in is awarded to the opposing side to that of the player who last played or touched the ball.

The ball is thrown in from the spot where the ball left the field of play. The player taking the throw-in must face the field with both feet on the ground and throw the ball into the field delivering the ball over the head using both hands.

At Rooball level players should be given a second attempt if the first throw is invalid. The referee or coach should assist the player to achieve the correct method. Following two foul attempts then the throw-in is given to the opposing team.

### 14 Goal Kicks

Goal kicks may be taken from anywhere within the goal area.

Goal kicks are awarded when the whole of the ball has crossed the goal line (except for the scoring of a goal) and was last touched by one of the attacking team. Opponents must be 7 metres from the ball.

### 15 Corner Kicks

When the ball passes wholly over the goal line (as above) and was last touched by a player from the defending team then a corner kick is awarded.

Opposing players should be 7 metres from the ball.

## APPENDIX

### Coaching

Only coaches may give instructions from the sideline and then only if they are conveyed quietly without excessive emotion.

Coaches and managers are not permitted to enter the field during play, unless given permission by the referee.

## Ready to Play

Player requirements for all practice / training sessions:

- Soccer Boots - Clean and Polished
- Shin Pads - No player will train or play unless wearing shin pads
- Soccer Ball- Inflated and appropriately sized for age group
  - Under 6 – Under 8 - Size 3 ball
  - Under 9 – Under 13 - Size 4 ball
  - Under 14 – Under 17 - Size 5 ball
- Water Bottle- Filled with cool water
- Casual Shoes- No player is to be bare footed while attending training or games
- Goalkeepers are to bring gloves, long sleeve shirt and long pants

Club provided equipment for all games:

- Soccer Ball- Inflated and appropriately sized for age group
  - Under 6 – Under 8 - Size 3 ball
  - Under 9 – Under 13 - Size 4 ball
  - Under 14 – Under 17 - Size 5 ball
- Playing jersey / strip – to be worn for all games only (not training sessions)

NB: All club provided equipment remains the property of ACE

Each player should have their own sports bag to hold their gear, making it easier to organise themselves prior to attending training sessions or games. We encourage players from Under 9 upward to collectively (as a team) prepare for training/games by arriving early enough to sit with their team mates and put on their gear (shin guards, socks and boots) and at the end of each session remove their gear, again as a collective group, directly after their warm-down – fostering a disciplined and organised approach to their soccer while developing a sense of team unity.

### ***Players Practicing on your own***

The best thing that you can do is get your friends together, set up a field, and choose sides and play. Sometimes, invite players that are older than you, and better. The most important thing is that you play, whether it is 1 v 1, 2 v 2, 4 v 4, or even 2 v 3, it doesn't matter - just play!

If you can not get others to join you, spend as much time with the ball as you can. Find a wall to kick against, invent juggling games for yourself, try to chip a ball into a rubbish bin from various distances - be creative and have fun! Above all, realize that it is not up to your coach or your parents in order for you to get better. You have to take responsibility for your own development. Once you realise how much fun it is to play the game with skill, you may never want to stop!

### ***Parental Support - The Key to Peak Performance***

The role parents play in the life of a soccer player has a tremendous impact on their experience.

The following are some helpful reminders of appropriate parental behaviour, support and encouragement. If you should have any questions or concerns please feel free to discuss them with the coach and manager of your child's team.

#### ***•Let the coach coach:***

**Leave the coaching to the coach.** This includes motivating, psyching your child for practice, after game critiquing, setting goals, additional training requirements, etc. You have entrusted the care of your player to the coach and manager and they need to be free to do their job - If a player has too many coaches, it is confusing for them and their performance usually declines.

### ***Parental Support - The Key to Peak Performance***

#### ***Support the program:***

**Get involved.** Volunteer. Help out with fund-raisers, car-pool - anything to support the program.

**•Be your child's best fan:** Support your child unconditionally. Do not withdraw your love or support when your child performs poorly. Your child should never have to perform to win your love or support. Foster teamwork. Support and barrack for all the players on the team. Your child's team-mates are not the enemy. When they are playing better than your child, your child will have a wonderful opportunity to learn.

**•Do not bribe or offer incentives:** Your job is not to motivate. The Coaching staff is responsible for providing motivation. Bribes will distract your child from properly concentrating at practice and in game situations.



•**Encourage your child to talk with the coach:** If your child is having difficulties in practice or games, or cannot make a practice, etc. - encourage them to speak directly to the coach. This “responsibility” is a large part of becoming a big-time player. By handling the off-field tasks, your child is claiming ownership of all aspects of the game -preparation for, as well as playing the game.

•**Understand and display appropriate game behaviour:** Remember, your child’s self esteem and game performance is at stake. Be supportive, cheer and demonstrate appropriate sportsmanship and behaviour. To perform to the best of their ability, a player needs to focus on the parts of the game they can control (fitness, positioning, decision making, skill, aggressive behaviour and what the game is presenting them). If they start focusing on what they can not control (the condition of the field, the referee, the weather, the opponent, even the outcome of the game at times), they will not play to their ability. If they hear a lot of people telling them what to do, or yelling at the referee, it diverts their attention away from the task at hand.

•**Monitor your child’s stress level at home:** Keep an eye on the player to make sure they are handling stress effectively from the various activities in their life. Be sure your child is eating the proper foods and getting adequate rest.

•**Help your child keep their priorities straight:** Help your child maintain a focus on schoolwork, relationships and the other things in life beside soccer. Once your child has made a commitment to soccer, help them fulfil their obligation to the team.

•**Reality check:** If your child has come off the field when their team has lost, but they have played their best, help them to see this as a “win”. Remind them they are to focus on “process” and not “results”. Their fun and satisfaction should be derived from “striving” to win. Conversely, they should be as satisfied from success that occurs despite inadequate preparation and performance.

•**Keep soccer in its proper perspective:** Soccer should not be larger than life for you. If your child’s performance produces strong emotions in you, suppress them. Remember your relationship will continue with your children long after their competitive soccer days are over. Keep your goals and needs separate from your child’s experience.

•**Have fun:** Your child will be reminded and encouraged to have fun while learning and developing! ACE will try to challenge your child to extend past their “comfort level” and improve themselves as a player, and thus, a person.

### ***Game day recommendations for Coaches, Players, Parents & Supporters***

- Winning is not everything! We all like to win and it is nice to win, however!
- Winning for the wrong reasons will not develop players.
- Sportsmanship and discipline are as important as skill.
- Every player must get the same amount of playing time available.
- Every player should get the same amount of game starts and finishes.
- The coach will lead by example; the referee’s decision is final.
- The coach needs to look for the good things players achieve; all players will do better with good praise.
- Coaches have a duty of care and responsibilities.
- Allow players to play in some alternative positions and support them.
- Advise the players that we do not mind if they make a mistake, as long as they learn and look at correcting the mistake for the next time. Learn by doing!

### ***Mission Statement of Albany Creek Excelsior Soccer Club***

**To provide a family orientated opportunity for every player to partake and reach  
their highest potential in soccer,  
either competitively or socially.**



<b>ACE PLAYER REPORT 2006 END of Year report Due 30th August 2006</b>								
- This Player report will be used to “help” with the Grading and Skills assessments for next year.								
- Give a score from 1-5 for the 4 categories, using the lists below as a guide.								
- In the ‘Team 2006’ column, enter the division that you think the player should be in next year.								
- In the ‘Goalkeeper’ Column, enter a Yes for a player that “wants” to play goalkeeper all season.								
- Indicate if you would like to coach again next year, and at what age/division								
- Circle the Coaching Certificate that you currently hold.								
“-Field positions column is all positions played all year and for U11-U17 only								
TEAM 2006: Team Name			Age Group			DIV		
Player Name	Goal-keeper	Field Player Positions played	Attitude	Game Sense	Athlete	Skill	ACE Awards	Team 2005 DIV
Name	Yes/ No	S/M/B	/5	/5	/5	/5	Passed Y/N	
Score Guide		5=Excellent	4=Good	3=Average	2=Below Average			
		Attitude	Game Sense	Athlete	Skill	ACE Award		
When scoring each category, consider the various points listed. eg. Attitude includes; attitude at Training, and the Game, coach ability, does the player listen to instructions.		Training	Read game	Agility	Dribbling	Juggling		
		Game	Positional	Speed	Passing	Passing		
		Coach ability	Rules	Endurance	Shooting	Lofted		
			Team Work	Mobility	Heading	Shooting		
			Vision		Tackling			
COACH:		2006	Age	Div		License		
		Y/N				Junior	Youth	
Do you wish to coach next year and what group and division?								

# SKILL AWARDS 2006

- This year the SkillAwards will begin at the start of the season.
- A skill awards form will be supplied by the first managers meeting to every player in the club.
- All coaches will dedicate a training night for results before 30th June 2006 and again before 30th August 2006
- Every player has the whole season and two chances to complete the tests to either pass and collect a prize or achieve the 100% pass!
- The player keeps their form, the Coach to fill in the results and sign the sheet.
- Once the sheet is complete the player may claim the prizes, the ground official and or DOC to sign the form when the prize is given.

**Only one form per player.**

**ACE Rooball awards** Age group: Under 6 - Under 10 age groups

**ACE Academy awards** Age group: Under 11- Under 17 age groups

All players who pass each stage will be eligible for a free drink or chocolate from the canteen.

A pass is a result over 50% and 75% for under 11-17 Div 1 players of the complete test signed off by your coach.

Any player who achieves a 100% result in all tests by the 30th August 2006 will receive an ACE jersey and a soccer ball valued at over \$70.

Details of all test elements are available on the ACE web site a copy of the form is also available at:  
www.acesoccer.com.au

**First results due** 30th June 2006 **End date** 30th August 2006

Skill Type	Both Feet		Left Foot		Right Foot		Head U11-17 only	
Juggling		Max Drops 8		Max Drops 8		Max Drops 8		Max Drops 8
Foot Passing	N/A			8		8	N/A	
Lofting/ Spots	Spot Kicks Goal Keeper			8		8	N/A	
Shooting/Throw	Throwing for Goal Keepers			8		8	N/A	
Dribbling							Under 6-10 Only	

Players Name \_\_\_\_\_

Team Name \_\_\_\_\_

Coaches Name \_\_\_\_\_ Signed \_\_\_\_\_ Passed \_\_\_\_\_

Ground Official Name \_\_\_\_\_ Signed \_\_\_\_\_ Rec/ Prize

100% Pass Prize approved & given by Club Official signed \_\_\_\_\_

**(Please note a pass is achieved when all tests have been completed and passed)**



# ROOBALL AWARDS 2006

## Skills Tests

**Under 6-10** skills tests as listed below:



Skill Type	Both Feet		Left Foot		Right Foot		Juggling U9-10	
Kick & Catch Juggling As per age group 6 for U6 etc...		6		6		6	9	9
Foot Passing	N/A			6		6	N/A	
Lofting/ Spots	Spot Kicks Goal Keeper			6		6	N/A	
Shooting/Throwing	Throwing for Goal Keepers			6		6	N/A	
Dribbling thru gates 30 secs= Under 6= 6 gates Under 7 = 7 gates Under 8= 8 gates Under 9 = 9 gates Under 10=10 gates							Under 6-10 Only	

Joe Amarraddio will supply the layout for these Rooball awards  
 50% is a pass  
 100% on all skills = 100% achievement prize.

Players Name \_\_\_\_\_

Team Name \_\_\_\_\_

Skill AWARDS 2006

Awards type:	<i>Rooball award:</i>	<i>Academy Award</i>
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[illegible]

# ACADEMY AWARDS 2006

## Skills Tests Players

*Under 11-16 skills tests as listed below:*

Note: Under 11 Distances = Lofted Pass 8 m, Shooting 10m, Feeling the ball 12m, Juggling 10 m

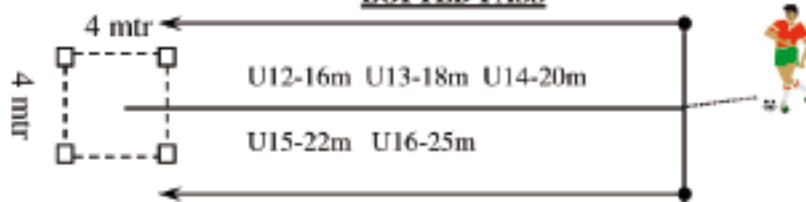
### TEST 1



Ball must be side footed through the goals  
6 x right foot - 6 x left foot

### LOFTED PASS

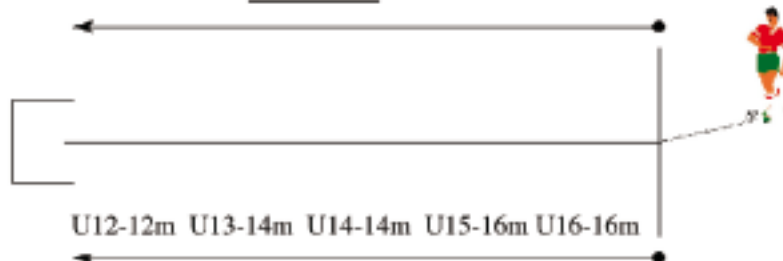
### TEST 2



This exercise requires a dribble followed by a lofted pass  
6 x right foot - 6 x left foot

### SHOOTING

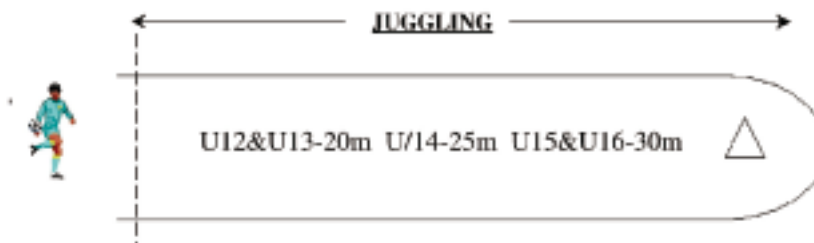
### TEST 3



Dribble and Shoot - ball not to bounce 6 x right 6 x left

### FEELING FOR THE BALL

### TEST 4



Player gets two attempts  
Both<5 - R<5 - L<5 - Hd<5drops\*  
Must get 2 out of 4 Categories to pass

# GOAL K ACADEMY AWARDS

## Skills Tests Goal Keepers

*Under 11-16 skills tests as listed below:*

Note: Under 11 Distances = Throw 8 m, Spot 10m, Passing 10m, Juggling 10 m

**GOALKEEPER SPECIFIC**

**AC CURACY OF PASSING**

**TEST 1**

Ball must be side footed through the goals  
6 x right foot - 6 x left foot

**SPOT KICK**

**TEST 2**

This exercise requires a goalkick, lofted across line  
between markers  
8 x strong foot

**THROWING**

**TEST 3**

ball to bounce in square 8 x natural throwing arm

**FEELING FOR THE BALL**

**TEST 4**

Player gets two attempts  
Both <5 - R<5 - L<5 drops\*\*  
Must get 2 out of 3 Categories to

GOAL ACADEMY AWARDS



# Ready to Coach

## Coaches Details:



Dated:     /     /

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ State \_\_\_\_\_ Postcode \_\_\_\_\_

Telephone (H) \_\_\_\_\_ (W) \_\_\_\_\_ (Mob) \_\_\_\_\_

Fax no \_\_\_\_\_ email: \_\_\_\_\_

Coaching License \_\_\_\_\_ Date achieved \_\_\_\_\_

License Number \_\_\_\_\_

Child Protection Card No: \_\_\_\_\_ Card Number \_\_\_\_\_

Coaching experience \_\_\_\_\_

Other Qualifications: \_\_\_\_\_

Positions held previous: \_\_\_\_\_

\_\_\_\_\_

Team 2006 \_\_\_\_\_

I am interested in completing a coaching license this year    Yes / No

If yes when: March- June     June- December







## active factor top shots



### **What is Active Factor Top Shots?**

To help develop the skills of young football players, the Football Federation Australia has developed the Active Factor Top Shots program. The program, sponsored by Coca-Cola Australia is a skill based program for kids aged between 5-13 years old.

As you know, the Active Factor Top Shots program will be implemented in football clubs across Australia and will help teach children basic football skills like dribbling, passing and juggling in a fun and non-competitive environment.

As the team coach, you will implement the program during weekly training, however an important part of the program is encouraging your players to practice the skills at home with their family. This will help increase the skills and confidence of your players but will also encourage the whole family to be active.

### **How does the Active Factor Top Shots program work?**

There are three levels to the Active Factor Top Shots program which are each made up of seven different skills. Once a player completes the first level, they move onto the next level until all three levels have been completed.

The exercises in each level are the same but increase in difficulty as players progress up the levels. The basic exercises include juggling, dribbling, shooting, heading, passing, kicking and controlling.

At the first Active Factor training session you will have given your players a poster to take home and put on their wall so that they can practice at home – make sure you encourage them every week to go home and practice the skills. Once they successfully complete a level, give them a sticker to put on their poster.

The time it takes a child to complete each exercise and level depends entirely on the individual child and their skills level, making the program skills based not age based. The exercises have also been developed so they are easy enough for children to practice at home or at the local park with members of their family.

Click on the relevant level to view the exercises for the <http://www.ActiveFactor.com.au> Tops Shots program.

# *ACTIVE Factor Top Shots*

## DO YOU...

want to be an even better Football player and dream of playing for the Socceroos or Matildas?

The Active Factor Top Shots program will help you improve your football skills so you too can be at the top of your game! You move up the levels by completing the different skills and collecting stickers from your coach.

Once you have achieved your current level your coach will award you with a congratulations sticker for your poster!

GOOOD LUCK

## 7 steps to complete



## SCORE TO ACHIEVE:

U8: 6 sets of throw and ball juggles out of 10 attempts  
U10: 8 sets of throw and ball juggles out of 10 attempts  
U11+: 10 sets of throw and ball juggles out of 10 attempts

## JUGGLING

Inside a quarter of the centre circle or a 5 x 5m area. Throw the ball into the air and juggle the ball using any part of your body except your hands or arms. Juggle the ball at least twice and catch it again.



## SCORE TO ACHIEVE:

U8: 3 consecutive throw, head and catch routines  
U10: 6 consecutive throw, head and catch routines  
U11+: 10 consecutive throw, head twice and catch routines

## HEADING

Start with a soft and appropriate sized ball in your hands inside a quarter of the circle or a 5 x 5m area. Throw the ball less than 1m in the air above your head, then head the ball and catch it again.



## SCORE TO ACHIEVE:

U8: 8 goals (using a preferred foot from 10 attempts)  
U10: 8 goals (using a preferred foot from 10 attempts)  
U11+: 8 goals (4 with each foot from 10 attempts)

## SHOOTING

At any angle dribble the ball in and out of 4 cones placed 1m apart and 10m away from a 5m wide goal. Then as soon as you have dribbled through the last marker shoot at the target area to score a goal.



## SCORE TO ACHIEVE:

U8: 6 target hits from 10 attempts  
U10: 8 target hits from 10 attempts  
U11+: 9 target hits from 10 attempts

## KICKING

Bounce and kick the ball into a quarter of the centre circle or a 10 x 10m area from a distance of approximately 10m away. The ball must not touch the ground before it enters the target area.



## SCORE TO ACHIEVE:

U8: 3 consecutive runs without touching the markers  
U10: 4 consecutive runs without touching the markers  
U11+: 5 consecutive runs without touching the markers

## DRIBBLING

Set up a line of 6 markers, 2m apart along one side of the penalty area or sideline. Dribble the ball in and out of the markers in a zigzag movement without touching the markers, the ball must not stop. After the last marker pass the ball to your coach, who in turn will pass it back to you. Run with the ball at your feet back to the start and stop it inside the 1m x 1m square.



## SCORE TO ACHIEVE:

U8: 6 successful control & passes in succession  
U10: 8 successful control & passes in succession  
U11+: 10 successful control & passes in succession

## CONTROLLING

A bouncing ball is thrown underarm and gently towards you by the coach who is 5m away. Stop the ball from passing you by using any part of your body except your hands & arms. Move the ball to the side & within two more touches pass the ball accurately back to the coach.



## SCORE TO ACHIEVE:

U8: 6 passes (using a preferred foot from 10 attempts)  
U10: 8 passes (using a preferred foot from 10 attempts)  
U11+: 8 passes (4 with each foot from 10 attempts)

## PASSING

The coach rolls the ball to you from 10m away, within 2 touches pass the ball to the coach. The ball must travel between 2 markers, 2m apart, which are placed between you and the coach.

the active factor®



level 1

## STUFF YOU NEED TO KNOW:

- Grab Mum or Dad to help you practice your Active Factor Top Shots skills at home – the more you practice, the quicker you'll move up the levels!
- Win some great prizes and receive all the latest info on Active Factor Top Shots by logging onto [www.activefactor.com.au](http://www.activefactor.com.au).
- Make sure you drink lots of fluids when practicing so you have heaps of energy and don't dehydrate.

## WHO'S WHO?

The Hyundai A-League is the new professional football league in Australia and New Zealand.

The Qantas Jozeys are the Australian Men's Under 17 Team.

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Follow your favourite team by logging onto [www.footballaustralia.com.au](http://www.footballaustralia.com.au)

kickin' goals

level 1 CHAMPION

CONGRATULATIONS you have successfully completed level 1 and can now move onto level 2. Make sure you display your congratulations sticker on your poster so everyone can see how great you are.



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## DO YOU...

want to be an even better Football player and dream of playing for the Socceroos or Matildas?

The Active Factor Top Shots program will help you improve your football skills so you too can be at the top of your game! You move up the levels by completing the different skills and collecting stickers from your coach.

Once you have achieved your current level your coach will award you with a congratulations sticker for your poster!

GOOOD LUCK

## 7 steps to complete



SCORE TO ACHIEVE:  
10 consecutive touches

## JUGGLING

Inside a quarter of the centre circle or 5 x 5m area, keep the ball in the air using any part of your body except hands or arms. You must use at least 2 separate parts of the body while remaining inside the area, (e.g. Thigh and foot.) You may start with the ball in your hands.



SCORE TO ACHIEVE:  
6 out of 10 attempts

## KICKING

Your objective is to kick a moving ball into a quarter of the centre circle or a 10 x 10m area from a distance of 15m away. The ball must not touch the ground before it enters the area. The player moves the ball to one side to initiate the action.



SCORE TO ACHIEVE:  
6 accurate passes from 10 attempts

## HEADING

Inside a quarter of the centre circle or a 5 x 5m area. The coach throws the ball in the air, head the ball accurately back to the coach at chest height.



SCORE TO ACHIEVE:  
4 consecutive circuits starting with a different outside marker each time

## DRIBBLING

Place 5 markers to make 4 quarters of the centre circle or 20 x 20m area. Start from a centre marker, dribble around one of the outside markers without touching it then back to the centre marker. Repeat this procedure until you have dribbled around all of the markers using both feet to dribble and turn when required.



SCORE TO ACHIEVE:  
4 right sided and 4 left sided goals out of 6 attempts from each side

## SHOOTING

From the penalty spot or 11m from a goal, dribble the ball through 3 markers 2m apart placed to either the right or left side, then shoot into the nearest side of the goal. Repeat the sequence but choose the opposite side of the goal for the next shot.

# the active factor®

# TOP SHOTS

## level 2

## STUFF YOU NEED TO KNOW:

- Grab Mum or Dad to help you practice your Active Factor Top Shots skills at home – the more you practice, the quicker you'll move up the levels!
- Win some great prizes and receive all the latest info on Active Factor Top Shots by logging onto [www.activefactor.com.au](http://www.activefactor.com.au).
- Make sure you drink lots of fluids when practicing so you have heaps of energy and don't dehydrate.

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SCORE TO ACHIEVE:  
3 goals in each corner from 10 attempts

## CONTROLLING

Your starting position is on the penalty spot or 11m away from the coach. The coach throws the ball so that it bounces in front of you. Control the ball and use only one more touch before shooting/passing into a 3m-corner goal from outside of the goal area. Maximum 3 touches.



SCORE TO ACHIEVE:  
3 accurate passes with each foot out of a total of 10 attempts

## PASSING

The coach passes the ball to you along the ground from 10m away. You must pass the ball back to your coach accurately with a first time pass between 2 markers 2m apart.

## kickin' goals

### level 2 CHAMPION

CONGRATULATIONS you have successfully completed level 2 and can now move onto level 3. Be sure to display your congratulations sticker on your poster so everyone can see how great you are.



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## DO YOU...

want to be an even better Football player and dream of playing for the Socceroos or Matildas?

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Once you have achieved your current level your coach will award you with a congratulations sticker for your poster!

GOOD LUCK

## 7 steps to complete



**SCORE TO ACHIEVE:**  
30 consecutive touches

## JUGGLING

In a quarter of the centre circle or a 5 x 5m area, keep the ball in the air continuously without using your hands or arms. The ball must not touch the ground, you must remain inside the area and use 3 separate parts of the body (e.g. Thigh, foot, head.) You may start with the ball in your hands.



**SCORE TO ACHIEVE:**  
3 target hits in each half out of a total of 10 attempts

## KICKING

Run with the ball down the channel between the sideline and penalty area, cross the ball in the air into the nearest half of the goal area and alternately to the back half without it touching the ground.



**SCORE TO ACHIEVE:**  
2 right sided and 2 left sided target hits out of 6 attempts

## HEADING

The coach who is 5m away, throws the ball to you in the air. Head the ball between 2 markers 1m apart either side of the coach to score a goal.



**SCORE TO ACHIEVE:**  
4 right half and 4 left half goals out of a total of 10 attempts (option of coming from right or left side)

## SHOOTING

Run with the ball towards the penalty area through 3 markers 1m apart. Then from outside the penalty area shoot into the left half of the goal. Repeat the sequence and shoot into the right half of the goal.

# the active factor®

# TOP SHOTS

## level 3

## STUFF YOU NEED TO KNOW:

- Grab Mum or Dad to help you practice your Active Factor Top Shots skills at home – the more you practice, the quicker you'll move up the levels!
- Win some great prizes and receive all the latest info on Active Factor Top Shots by logging onto [www.activefactor.com.au](http://www.activefactor.com.au).
- Make sure you drink lots of fluids when practicing so you have heaps of energy and don't dehydrate.

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**SCORE TO ACHIEVE:**  
5 consecutive control, move the ball and passes

## CONTROLLING

The coach throws the ball to you from 6m away. You should control the ball using 2 different parts of the body before moving the ball quickly in a different direction then pass the ball accurately back to the coach.



**SCORE TO ACHIEVE:**  
3 successful passes from each foot from 10 attempts

## PASSING

The coach passes the ball on the ground to you from 5m away, you should meet the ball outside the penalty spot and with your first touch pass the ball between the goal post and the left or right marker which is 2m from each goal post.

## kickin' goals

### level 3 CHAMPION

CONGRATULATIONS you have successfully completed level 3 of the Active Factor Top Shots Program. Be sure to display your congratulations sticker on your poster so everyone can see how great you are. Remember keep practicing your football skills so one day you too can be a football star!



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### Format of Speed & Agility Sessions

4. **Change Of Pace**  
Try this pattern, or slight variations of this concept. 3x ea
- 
- The diagram illustrates a sequence of dots connected by lines. The sequence starts with a solid line, followed by a dashed line labeled 'easy', then a solid line labeled 'hard', and ends with a dashed line labeled 'easy'. A stick figure is shown at the end of the sequence, with a speech bubble saying 'GIVE CUE'.

5. 'Agility' samples (Choose 2 patterns & repeat each 4 times)

- a) Ladder Combo 1

- b) Ladder into hurdle / barrier shuffle with acceleration out at angle

- c) Ladder – accelerate to receive ball – sharp turn & react to cone 1, 2 or 3



**Total Time (warm up inclusive) should be approx. 30-40min maximum. (2x/wk)**

➤ Light Jog / Skip	x 3
➤ Side Shuffles	x 3
➤ Carioca	x 3
➤ High Knees	x 2
➤ Butt Kickers	x 2
➤ 2 way Hip Circles	(up & back)
➤ 2 way leg swings	(up & back)
➤ <u>Light Stretch</u> at any problem areas ( <b>2-3min</b> ) or between drills	
➤ Zig Zag – turn at cone & progressively increase pace through the middle (alternating with opposite team mate ... zipper formation).	x 3
➤ Finish with full pace & header through the middle.	x 2-3

**Note:**

Long Slow Stretching is not recommended during the warmup – it will affect your speed & acceleration. Some light stretches *only*, are acceptable towards the end of your warmup (hold 10-15sec). Your body will benefit more from 'dynamic' stretching.

**The best time to stretch down well is at the end of your session / game -- or the next morning (as long as you have warmed up lightly).**

**Hold stretches for 20-30sec each**

Breathing properly will help to relax your muscles

**Good posture on all drills**

**Concentrate on what muscle you are trying to stretch**



## WARM-UP AND STRETCH

Warming-up prepares the body for physical activity – it lowers blood pressure, improves blood flow to the heart, increases muscle temperature and makes muscles more pliable. By warming up, players may improve their performance and reduce the risk of injury.

Just follow 3 simple steps!

- |   |   |
|---|---|
| <p><b>1. Aerobic exercise</b></p> <p>Do not do any aerobic (such as jogging, cycling and shopping) continuously for 5-10 minutes to raise the body temperature so the body is sweating lightly.</p> | <p><b>2. Stretching</b></p> <p>Stretch all the major muscle groups used when playing sport.</p> <p>Hold each stretch for at least 15 seconds.</p> <p>Repeat each stretch three times on both sides of the body.</p> |
|---|---|

## WARM-UP

SHOULDER  
CHEST

Stand with head up, chin in, hands clasped behind back. Pull shoulders down and back. Press shoulder blades together and down. Pull the stomach in to prevent arching of the lower back.



**LONG CALF  
MUSCLE**

Place hands on wall, with one leg to rear. Keep rear leg locked straight and foot flat. Turn rear foot slightly inwards. Bend front leg taking stretch through rear calf.



### SHORT CALF MUSCLE

Place hands on wall taking weight through rear leg. Turn rear foot slightly inwards and keep the heel flat. Bend knee forward over rear foot.



**HIP FLEXOR**

Knurl on ground with front knee at 90°. With the back straight, tilt the pelvis back by tucking the abdomen up and in, and squeezing buttocks, then head up.



## GROIN

Sit on floor with back straight. Grasp the ankles and draw them towards groin. Use the elbows to apply a gradual downward and outward pressure on the knees.



## LOWER BACK

lie with hands behind head, arms flat. Bend hips and knees to go, feet together. Roll knees over to ground. Upper knee should be directly above lower knee.



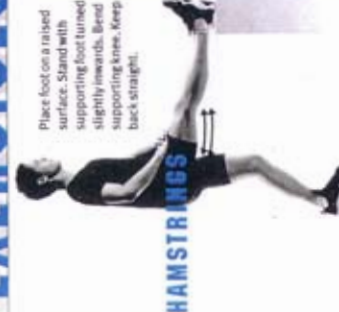
## SHOULDER STRETCH

Place hands between shoulder blades. Place opposite hand on elbow. Pull elbow towards midline with help from opposite hand.



## BUTTOCK

**CLUTTERALS** - Lie on back with both hands around one knee. Pull knee towards opposite shoulder. Keep head, shoulder and opposite leg relaxed.



**HAMSTRINGS**

Place foot on a raised surface. Stand with supporting foot turned slightly inwards. Bend supporting knee. Keep back straight.



## TRUNK SIDE FLEXORS

Stand with feet comfortably apart. Fold arms above head. Bend to the side slowly. Stretch up with upper elbow.



## PECTORALS

Stand side-on to a wall or pole with closest leg forward. Place forearm on wall with shoulder slightly above 90°. Turn upper body



FRONT  
THIGH

Pull heel to buttock.  
Keep back straight,  
neck together  
and in line.

## COOL-DOWN AND STRETCHING

Cooling down and stretching after playing sport may reduce the risk of injuries happening. It also reduces potential muscle soreness and promotes flexibility. This low-intensity exercise should last for 5-15 minutes and include activity such as slow jogging and stretching.

Just follow 3 simple steps!

- 1. Aerobic exercise**
  - Slow jogging round the field or court
  - Use one of the best ways to cool-down
  - Alternative to jogging include low-impact aerobics, cycling or brisk walking
- 2. Stretching**
  - Stretch for 10 minutes after the high joggers.
  - Follow the "keys to effective stretching" above.
  - If you want to achieve greater flexibility, add extra stretches for 60 seconds during the cool-down.
- 3. Recovery**
  - After any exercise, make sure players rehydrate.
  - Treat any injuries with the R.I.C.E. procedure.

**NM00-1003**



**TRAINING AIDS**

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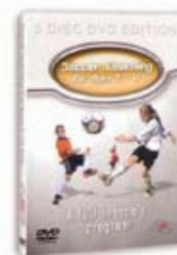
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## TRAINING AIDS CONT



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B.



C.

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# Ladders Fast Feet



## Cross Over Step

Start with both feet outside the ladder.

The outside leg leads across into the ladder, then both feet finish together again on other side.

It is very important concentrate on a sharp, cutting action with an angular and definite change of direction off each foot.

A common mistake is for players to take small cramped steps moving through ladder in an 'S' formation, on tiptoes with twisted hips. Be wary of this and avoid making this mistake.

Be sure to allow some width outside the ladder for a free flowing and fast action.

Try to look ahead, with a strong trunk and chest position, not hunched over looking at your feet.



## Cross Over Step - In Reverse

This is the reverse of the previous exercise, however, there is a major difference with the reverse version of the Cross Over Step drill.

In the reverse cross over, your hip should slightly rotate first, leading the outside leg into the ladder. Both feet should finish together on the side.

It is very important concentrate on a sharp, cutting action with an angular and definite change of direction off each foot.

A common mistake is for players to take small cramped steps moving through ladder in an 'S' formation, on tiptoes with twisted hips. Be wary of this and avoid making this mistake.

Be sure to allow some width outside the ladder for a free flowing and fast action.

Try to look ahead, with a strong trunk and chest position, not hunched over looking at your feet.



## Fast Feet Patters - One Foot In And Out

In the drill, your outside foot should be constantly moving beside the ladder, with the inside foot moving in and out of each ladder rung with fast rhythm.

Fast feet 'patters' help to develop your foot speed as it trains the signal from your brain to your leg.

Use fast arm action during the drill.



## Icky Shuffle

Start with your feet outside the ladder. Your inside leg should lead into the ladder followed by the other foot, then lead out to the other side of the ladder.

It is very important concentrate on a sharp, cutting action with an angular and definite change of direction off each foot.

Avoid 'stomping' through the ladder, at excessive speeds.

Look for flowing rhythm through the ladder.

Take sharp cutting actions off each side, using a forceful change of direction.

Also, look ahead where possible.



## Sample Drills:

*Icky Shuffle*

*Slalom &/or Snake Drill*

*Lateral 1 Foot in, in out out*

*Ali Shuffle*

*Lateral Shuffle*

*Cross Over Step*

**More Ladder drills are available on the Complete Soccer Player DVD Volume 2**

## Points to remember !

Avoid over using the ladders every single session for more than 15-20mins.

Avoid being too fancy with the drills & getting cramped up

Avoid having to look at feet constantly-once drills are mastered

Quality first speed second  
avoid leaning back.

Be carefull of making the drills too challenging for the younger players.

Avoid teaching new drills when the players are mentally fatigued.

Once mastered, drills can be combined with accelerations out of the ladder or use the ball etc.







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