



Majura FC Skill Acquisition Phase Coaching Manual

The Skill Acquisition Phase is a crucial stage in the development of players' technical and motor skills that occurs between the ages of 9 to 12 years. The learning and improvement of football skills occurs at an accelerated rate during this stage as players' balance and coordination develops and they are highly enthusiastic. The focus in this stage should be on developing the technical core skills of the players and introducing the principles of play as to ensure they develop a solid foundation to enter the Game Training Phase (13-17 years).

Our U10-U12 program is designed to be inclusive to all Majura FC U10 to U12 players. Each age group has three programs aiming to cater for players' individual goals, skill level and commitment to football. The tiered structure will ensure Majura FC continues its mission of providing players of all abilities with an environment where they can reach their full potential and most of all enjoy their football.

The Role of a Majura FC Coach

As a Majura FC coach in the skill acquisition phase, our role is to improve our players technical ability, introduce the principles of play and provide a safe and inclusive environment where players develop their skills and most importantly enjoy their football. While winning is fun and something players, coaches and parents enjoy, our focus should be on the players development, enjoyment and self-expression, regardless of the match result.

Tips for Coaches

Prior to the commencement of the season, ensure you:

1. Send an introductory email or letter to your team.
2. Find a parent from the team to be a team manager to manage the teams's communications and administration.
3. Collect your team's equipment from the clubhouse at Dickson Playing Fields on the allocated day.
4. Communicate the expectations that all players show up with correct equipment for the conditions. - i.e proper uniform on game day, football boots, shin pads, water bottles, etc.
5. Provide parents with written information of what is required of them. You can refer to the Majura FC Code of Conduct for Parents, Carers and Spectators. [Documents - Majura FC](#)
6. Create an expectation that the coach, manager and players arrive at least 30 to 45 minutes prior to the game to prepare the field (if required), get prepared/kitted-up, discuss positions and warm-up.
7. The players are the responsibility of the coach and team manager at trainings and games and must always be supervised. Do NOT leave any players alone after a training session or game until a parent or guardian arrives to pick up the child.
8. Majura FC advises that coaches wherever possible have their team manager or another parent present at all club activities.
9. Coaches MUST be on time for any training session or game. If you cannot attend make arrangements ahead of time for the team manager or another parent to be there.

Planning and Delivering a Training Session

Planning is key to running a successful training session. A simple plan will mean that your players are constantly engaged and getting the most out of the session. You can find examples of Skill Acquisition training sessions in our coaching resources.

When you are planning training practices things to think about include:



- Ensure your players arrive at training on time and ready for football with shin-pads on, football boots and water bottles.
- Is the environment safe and suitable for the session objective?
- How easily can I implement the session plan?
- Do I have all the equipment ready including balls pumped, cones, bibs etc.?
- Is it likely that the session will commence quickly (within 2 minutes) (Practices set up, easy to explain)?
- What instructions and demonstrations do I need to clearly communicate the rules and objective?
- Will the practice “look” like football and does it follow the G.O.O.D principle? That means does the practice have Goals, Opposition, Opportunities for success and is it Directional?
- Do I have a couple of modifications to make the activity easier or harder to allow the players to experience success but also be challenged?

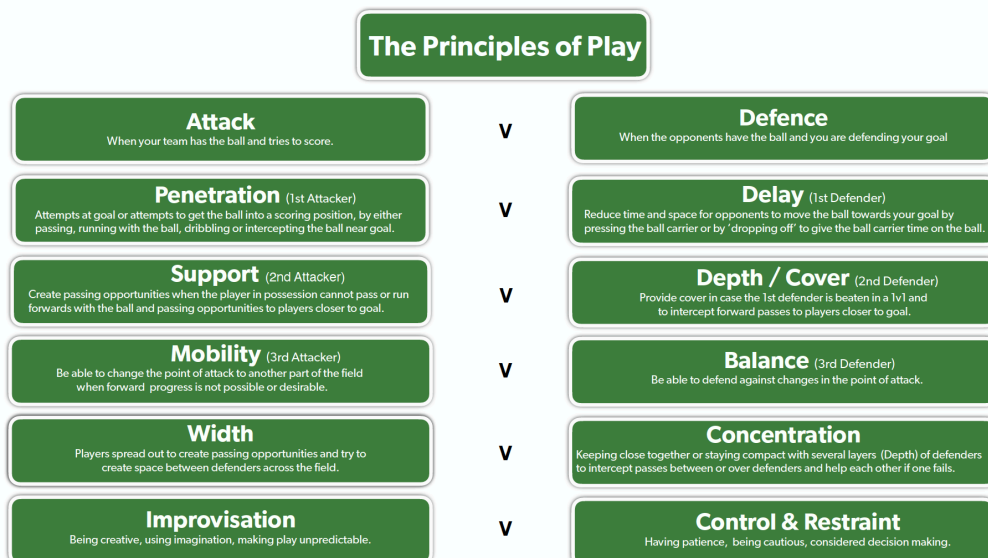
The objective of every session should be to maximise the technical improvement and development of the players and ensure they are training in a fun and safe environment.

The aim is that every practice we design has an element of cognitive learning, decision-making (PDE), variability (progressions) and communication (feedback).

It is important to define the ‘Technical Objectives’ of the session and to be consistent throughout the duration of such. For example, if the session objective is improving the player’s First Touch, the whole focus of the session should be on the player’s ability to receive the ball and we shouldn’t focus on coaching any other skill (Apart from individual coaching-on-the-run). This allows the players to focus on one element and understand this particular skill is the one they need to improve on in this session.

Tactical Objectives of the session refer to the teaching and learning of the Principles of Play (Table Below) that are relevant to the Technical Objective. For example, if the technical objective of the session is to improve the players’ passing, the tactical objectives could be to; go forward as often as possible (penetration), off the ball movement from teammates (support), to ensure the team has the desired shape (left, right, middle and far), to be able to change the point of attack but having players positioned in the space further away from the ball (mobility) and to have width and depth.

It is also important in the session to find the right balance between “too hard” and “too easy”. The practices should challenge the players and ensure they experience the right amount of success but they cannot be too easy as to lose their engagement and not allow for trial and error.





Attacking and Defending Core Skills

ATTACKING	First Touch	<ul style="list-style-type: none"> Controlling the ball with all allowed body parts and with the correct technique Taking the first touch away from the defender and from different angles of pressure
	Striking The Ball	<ul style="list-style-type: none"> Passing Shooting Crossing
	Running With The Ball	<ul style="list-style-type: none"> Dribbling at speed into space Dribbling in tight areas Dribbling away from opposition defending from different angles
	1v1	<ul style="list-style-type: none"> All skill moves, feints, accelerations, decelerations to beat an opponent Keeping the ball central to the body and facing up to the defender
DEFENDING	1v1 Duels and Defending Principles	<ul style="list-style-type: none"> Delaying Applying Pressure Intercepting Tackling Blocking shots Covering

In addition to the technical core skills in attack and defence, we should aim to develop the players in the following parameters:

- Attitude -**
 - Participating with enthusiasm
 - Being respectful to players, coaches and referees
 - Demonstrating a team focus
 - Listening to the coaches attentively and not being a disruptive influence
 - Showing a competitive mentality while not boasting
 - Encouraging others
- Tactically -**
 - Demonstrating the ability to solve problems under pressure
 - Decision-making both when defending and attacking
 - Understanding and applying coaches' instructions
- Physically -**
 - Developing explosiveness, agility, balance and co-ordination.



Session Structure

Introduction 2 Minutes

The coach introduces the session objective and the core skill they will be working on in this session. Here, the coach can ask the players to tell them something they know about the particular skill or principles they will be working on in the session and they can ask a player to demonstrate or demonstrate themselves.

Warm Up - Skill Introduction 10-15 Minutes

In the warm up, the focus is on introducing the skill and the technical objectives of the session and allowing for plenty of repetition. The coaches' job in this component of the session is to demonstrate the skill, to run through the skill with the players as a group and then to allow the players to practice the skills independently. It is important to tailor the activity to allow for high success rates.

Skill Training 20 Minutes

In the main part of the session, the practices should be designed as to promote the skill objective in a game-related scenario whilst conditioning the practice as to allow for plenty of repetition. Here, we can evaluate if the players can apply the skill they practiced in the warm up in a realistic game-setting. The tactical objective relevant to the technical skill we are practicing can be introduced. In this part, it is where the most teaching and learning usually takes place.

Skill Game 20 Minutes

The main objective of the Skill Game is to give the opportunity to the players to play football whilst applying the learning that has taken place in the previous components of the session. In this game, the coach is to observe how much "teaching and learning" has taken place, related to what the session objective was.

Wrap up 2 Minutes

The coaches are encouraged to have a quick wrap up with their players to understand how much learning has taken place. Asking the players questions about the session is encouraged.

Game Day Checklist

Below is a simple checklist of things to think about prior to match day. This list is not exhaustive and should be used and adapted by each coach to suit his/her needs:

- ✓ Ensure the team manager has all the necessary details for the match card (players full name, jersey number and FFA number)
- ✓ Ensure you have your team shirts
- ✓ Ensure players are dressed in the correct uniform and are wearing the right equipment (Boots, shin-pads, socks)
- ✓ Ensure players have enough drink (particularly early and late in the season when the weather can be hot)
- ✓ Ensure players are not wearing jewellery of any kind
- ✓ Do you have your player positions planned?
- ✓ Have you planned your interchange rotation?
- ✓ Have you planned your warm up exercises?
- ✓ Check if players have sustained any injuries or contracted any illness prior to playing



Player Game Time

Please remember this is junior amateur football. As a team coach or manager, you should always ensure each player gets a fair share of playing time across all positions, no matter the age group, division, or ability of the player.

Identifying Players for Promotion

Part of the role as a coach is to identify players who exhibit advanced technical ability. If you have identified a player, have spoken to the parents and the player about their football goals and you believe they might benefit from being promoted into either a Development or Emerging team, please contact our Technical Director so they can assess the player and speak with the parents about a potential promotion.

Coaching Resources

[FA Skill Training Model](#)

[Cognitive Learning and PDE](#)

[FA Skill Acquisition Model Sessions](#)

[Majura FC Documents](#)

[SportSession Planner Resource](#)
