



# ***Q Skills***

**Coaching Programme**

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## **1.0 Introduction**

The following is a guide for coaches that can be modified to suit the coaches requirements.

This programme can be changed at the coaches discretion to adapt to the age, ability and number of participating players.

### **When dealing with young players, adults should:**

#### **Set a GOOD EXAMPLE**

Promoting sportsmanship, and educating children how to deal properly with others at all times.

#### **Ensure FUN**

Football is an exciting and enjoyable game.  
Over-emphasis of competition goes a long way to eliminating enjoyment.

#### **PLAN and PREPARE**

Children's short concentration span and desire to be active demand  
Sound organisation if a session is to be successful.

#### **Use VARIED and REALISTIC PRACTICES**

In order to maintain interest, relevant practises that provide success  
Are vital.

#### **INVOLVE ALL**

All children deserve an equal share of time regardless of ability. They  
Must all have the opportunity to learn and improve.

#### **Promote the SMALL SIDED-GAME**

The modified game leads to more contact and a greater chance  
To develop skill.

## Monday

Time	Activity
9:00 AM	Introduction
	Arrange groups (14 – 16 players)
	Handout of equipment
9:25 AM	Fun warm-up / Chasing games
9:35 AM	Dribbling in square: <ul style="list-style-type: none"> <li>• Toe Taps</li> <li>• Inside / Outside of foot</li> <li>• Roll sole of foot over ball</li> <li>• Drag backs</li> <li>• Various turns</li> <li>• Fun activity to end practice (Ball each, dribble and shield your ball while trying to kick other balls out of the square)</li> </ul>
10:00 AM	Passing: <ul style="list-style-type: none"> <li>• Inside of foot</li> <li>• Two touch / Receive and pass</li> <li>• Passing between markers / 2M apart</li> <li>• Passing triangle (10m)</li> </ul>
<b>10:15 AM</b>	<b>Morning Tea</b>
10:35 AM	Shooting: <ul style="list-style-type: none"> <li>• One / Two then shoot. Left &amp; Right foot</li> <li>• Dribble &amp; Shoot</li> <li>• Receive with foot from coach, touch past coach and shoot.</li> <li>• As above but receive with thigh.</li> <li>• As above but receive with chest.</li> </ul>
<b>11:10 AM</b>	<b>Drinks Break</b>
11:20 AM	Games: <ul style="list-style-type: none"> <li>• Numbers dribbling game (See Game / Drill 1.0)</li> </ul>
<b>11.50 PM</b>	<b>Group Summary and Finish</b>

## Tuesday

Time	Activity
9.00 AM	Fun warm-up / Chasing games
9.10 AM	Control / Receiving: <ul style="list-style-type: none"> <li>• In two's 4M apart (Under arm two handed throw to partner )</li> <li>• Inside of foot (both feet)</li> <li>• Instep of foot (both feet)</li> <li>• Thigh (both thighs)</li> <li>• Chest</li> <li>• Header back to server</li> </ul> Headers back and fore, count how many
9:30 AM	Control / Receiving: <ul style="list-style-type: none"> <li>• Receive, Turn &amp; Pass Drill</li> </ul> See Game / Drill 5.0
9:45	Dribbling <ul style="list-style-type: none"> <li>• Round markers</li> <li>• Slalom</li> </ul>
<b>10.00 AM</b>	<b>Morning Tea</b>
10.20 AM	Dribbling game <ul style="list-style-type: none"> <li>• Stealing the balls (12m square, player at each corner, 10 balls in the middle of square. Players have to go and get a ball and dribble it back to his / hers own corner. The winner is the first player to dribble four balls back to his/her own corner. Players can "steal" balls from each others corners as well.</li> </ul>
10:40	Shooting: <ul style="list-style-type: none"> <li>• Receive ball from coach, use foot, thigh or chest to control then shoot.</li> <li>• In pairs facing goal side by side, coach throws the ball from 2m behind, players race for ball first player to ball shoots, second player defends.</li> </ul>
<b>11:00 AM</b>	<b>Drinks break</b>
11.10 AM	Games: <ul style="list-style-type: none"> <li>• 1 v 1 games / 10m x 20m fields</li> <li>• 2 v 2 games / 10m x 20m fields</li> <li>• 3 v 3 games / 12m x 24m fields</li> </ul>
<b>11:05 AM</b>	<b>Group Summary and Finish</b>

## Wednesday

Time	Activity
9.00 AM	Fun warm-up / Chasing games
9:10 AM	Juggling: <ul style="list-style-type: none"><li>• Right foot – One touch &amp; catch</li><li>• Left foot – One touch &amp; catch</li><li>• Right foot / Left foot &amp; catch</li><li>• Right thigh / Right foot &amp; catch</li><li>• Left thigh / Left foot &amp; catch</li><li>• Either thigh / Right foot / Left foot &amp; catch</li><li>• Right thigh / Left thigh / Right foot / Left foot &amp; catch</li><li>• etc. etc</li></ul>
9.20 AM	Line Passing: <ul style="list-style-type: none"><li>• Two equal lines 10 – 15M apart</li><li>• Pass and join end of other line, follow pass</li><li>• Pass and sprint to back of own line</li></ul>
<b>10.00 AM</b>	<b>Morning Tea</b>
10.20 AM	Receive and Turn Work in groups of 5. 16m x 6m rectangle, one player at each corner and one player in the middle. One ball at three corners and the other corner and middle player without a ball. Middle player receives ball from the end with two balls, turns and plays to player without ball. Process repeats.
10:40 AM	Shielding the ball: <ul style="list-style-type: none"><li>• 1 V 1 in 10m square</li><li>• Game: Shield your ball while trying to kick other players out.</li></ul>
<b>11.00 AM</b>	<b>Drinks Break</b>
11.10 AM	Games: <ul style="list-style-type: none"><li>• Super Leagues</li></ul> See Game / Drill 3.0
<b>11.05 AM</b>	<b>Group Summary and Finish</b>

## Thursday

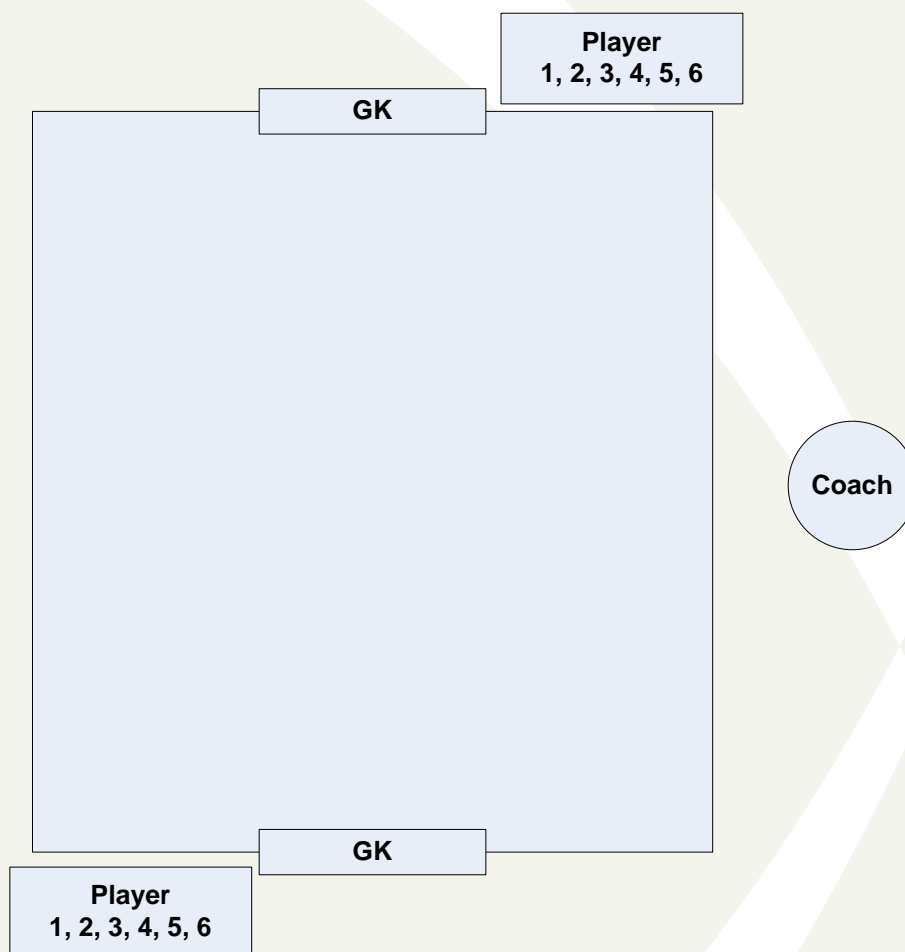
Time	Activity
9:00 AM	Fun warm-up / Chasing games
9:10 AM	Dribbling: <ul style="list-style-type: none"> <li>• Running with the ball.</li> </ul>
9:20 AM	Control / Receiving: <p>(1)</p> <ul style="list-style-type: none"> <li>• In pairs, one stand still and serve, partner moves to other servers. Two handed underhand throw. Change places every two minutes.</li> <li>• Inside of foot and pass back to server (both feet).</li> <li>• Thigh and pass or volley back to server (both thighs).</li> <li>• Chest and pass or volley back to server.</li> </ul> <p>(2)</p> <ul style="list-style-type: none"> <li>• Reverse roles partner stands still with out a ball, dribble ball around other players pass the ball through standing players legs</li> <li>• As above but play wall passes off the standing players.</li> </ul> <p>As above but chip the ball into the standing players hands.</p>
9:40 AM	Shooting: <ul style="list-style-type: none"> <li>• Dribble &amp; Shoot</li> <li>• Turn &amp; Shoot</li> </ul>
<b>10:00 AM</b>	<b>Morning Tea</b>
10:20 AM	Passing: <ul style="list-style-type: none"> <li>• In two's 10m – 20m apart</li> <li>• Inside of foot</li> <li>• Outside of foot</li> <li>• Lofted Pass</li> <li>• Instep</li> </ul>
10:45 AM	Game: <ul style="list-style-type: none"> <li>• Passing game</li> </ul> <p>See Game / Drill 2.0</p>
<b>11:00 AM</b>	<b>Drinks Break</b>
11:10 AM	Juggling: <ul style="list-style-type: none"> <li>• Individual practise</li> </ul>
11:25 AM	Game: <ul style="list-style-type: none"> <li>• Wingers Game</li> </ul> <p>See Game / Drill 4.0</p>
<b>11.05 AM</b>	<b>Group Summary and Finish</b>

## Friday

<b>Time</b>	<b>Activity</b>
9:00 AM	Fun Warm-ups / Chasing games
9:10 AM	Dribbling Exercise
9:30M	Passing Game: <ul style="list-style-type: none"><li>• Small sided game with players outside</li></ul> See Game / Drill 6.0
<b>10.00 AM</b>	<b>Morning Tea</b>
10:20 AM	Juggling
10:30 AM	Penalty Kicks
<b>11.00 AM</b>	<b>Drinks Break</b>
11:10AM	Games: <ul style="list-style-type: none"><li>• Super Leagues</li></ul> See Game / Drill 3.0
<b>11.50</b>	<b>Group Summary, Photo and Finish</b>

Game / Drill 1.0

# Numbers / Dribbling Game



The aim of the game is dribbling in a 1 Vs 1 / 2 Vs 2 and so scenario.

Field size 20M x 30M.

Coach has supply of balls and starts the game.

Goalkeepers in each goal.

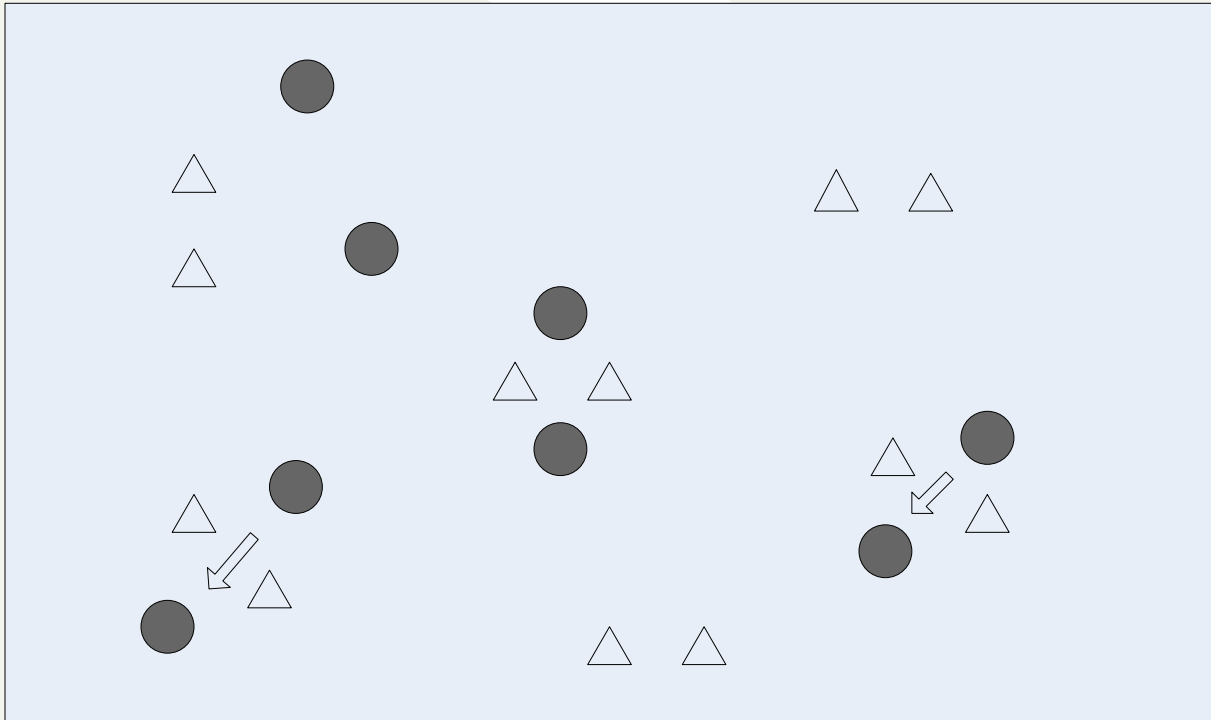
The players are numbered 1 through to 6.

The coach throws in a ball at the same time calling a number, the corresponding players enter the field of play and try and score. The player who does not get the ball has to defend.

**NB Be careful not to throw the ball into the middle to avoid collisions throw toward one of the goals.**

NB After the coach has been through all numbers a couple of times, start to call 2 or more numbers so players get to play 2 Vs 2 / 3 Vs 3 and so on.

# Passing Game



**Players**



**Cones / Markers**

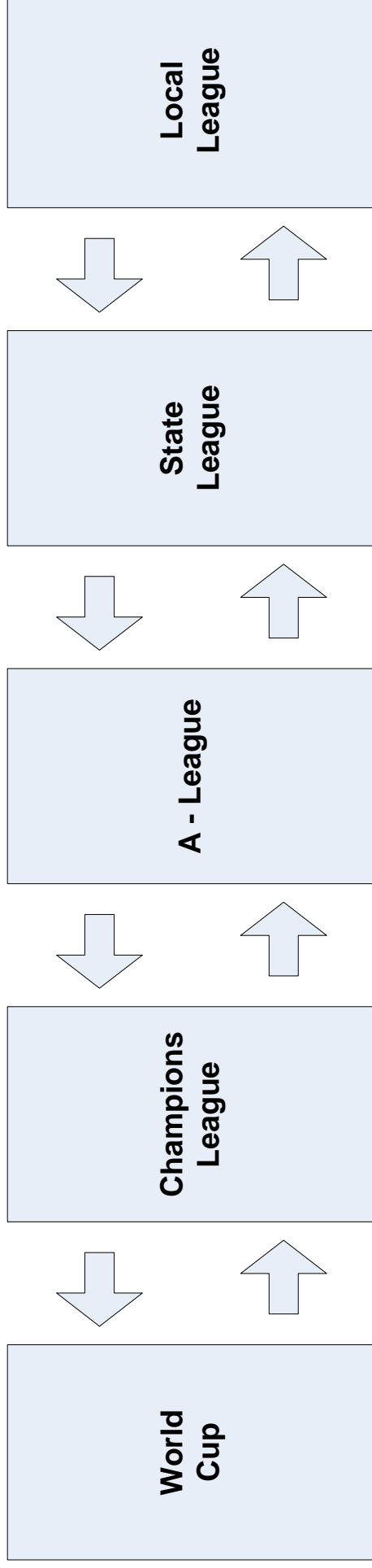
Aim of the game is to improve passing in a modified game situation.

Grid size would be approx 30M X 40M  
Cones would be 2M apart

Working in pairs, players would move around the grid passing the ball through the markers to there partner. Once they have passed they find a vacant gate to receive the ball back from there partner and so on.

After a specified time period players would separate, Half the players would have a ball and would be able to pass to anyone without a ball behind a gate.

# Super Leagues



The aim of the game is to get your team to the World Cup competition and stay there.

Rules:

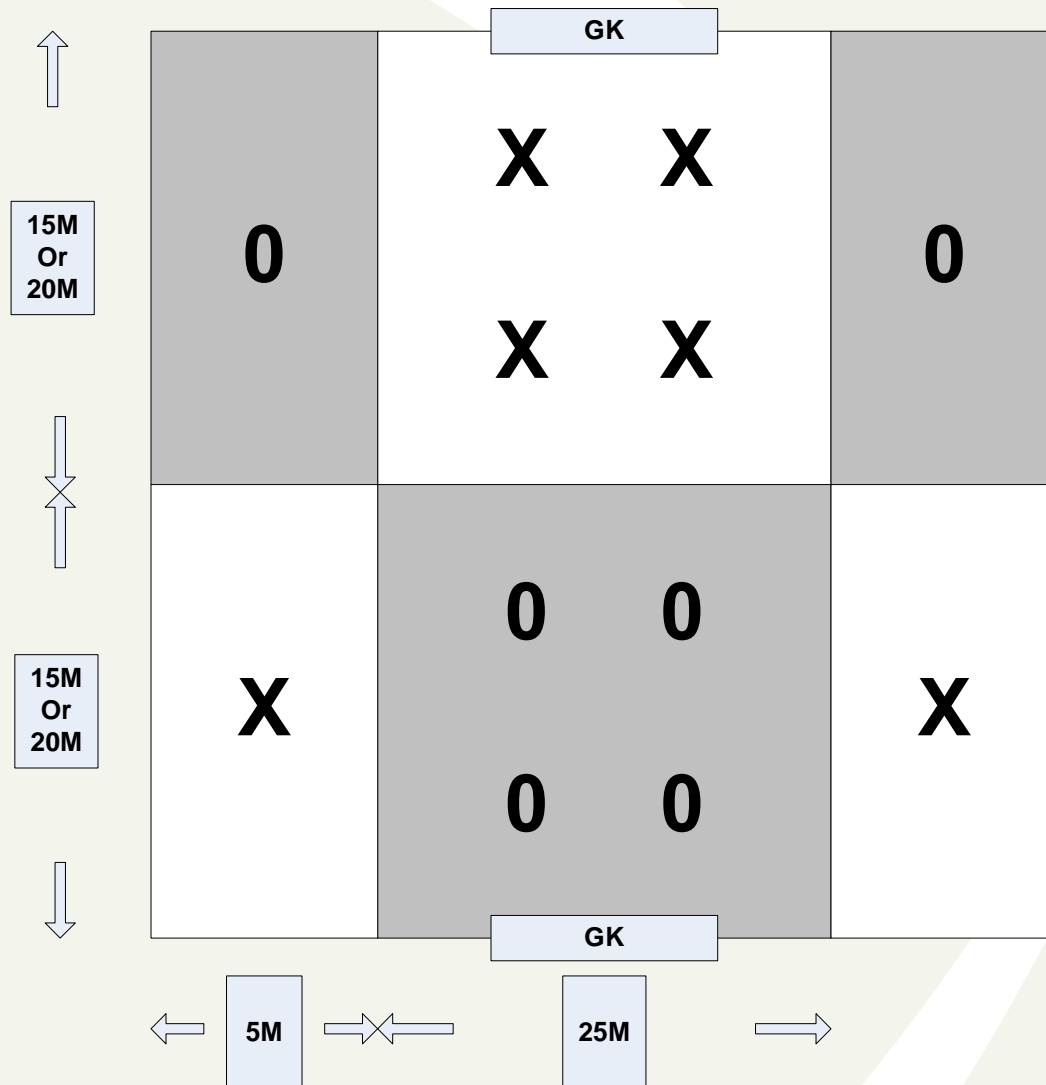
- 1, Play, 4 Vs 4 / 5 Vs 5 / 6 Vs 6
- 2, Field size dependent on available space, Approx 20M X 30M.
- 3, Timed game from 5 mins depending on how much time you have. You would be looking to play 8 to 10 rounds.
- 4, After splitting your group into teams, start them in any competition, remember it is up to them to progress to the World Cup competition by winning games, so it really does not matter where they start.
- 5, When the game has finished the winning team is promoted to the next league up, the losing side is relegated to the league below.
- 6, Once a team has reached the World Cup competition they must win their first game to stay their, a draw thereafter keeps them there.

NB. The first round is the hardest as there could be drawn games. In this situation you will just have to toss a coin or something similar to find a winner.

NB. After the first round if a team draws the following rules apply:

- 1, If the team has just been promoted and they draw they are relegated back down as a draw is deemed not good enough.
- 2, If a team has just been relegated and they draw they are promoted back up.

# Wingers Game



The aim of the game is getting the ball wide to our wingers and getting in crosses.

Field size 35M X 40M, Divided as shown above.

The four X's play 4 Vs 4 against the four O's.

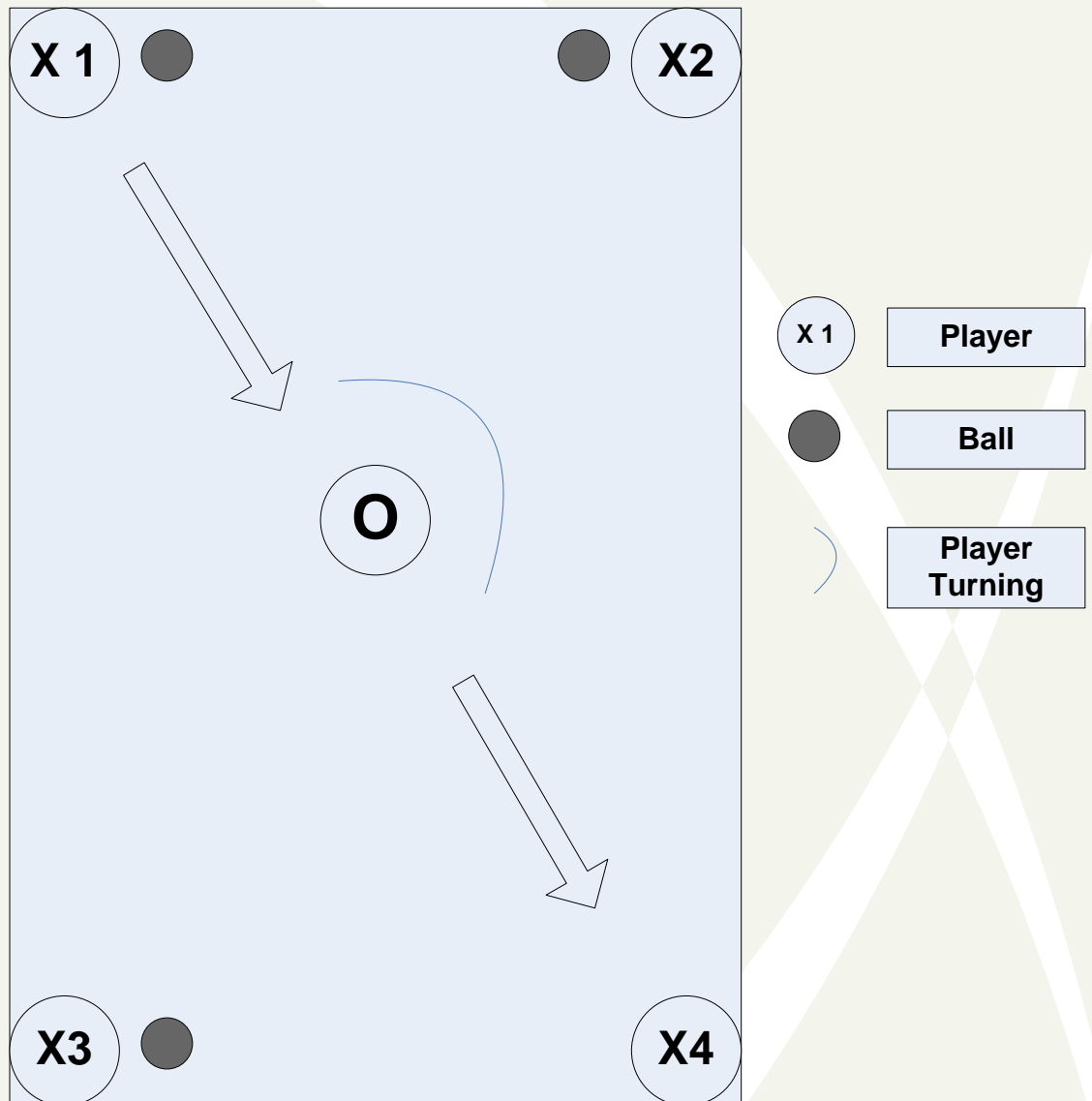
Players get the ball wide to their wingers who then cross.

Rotate players after a specified time so everyone gets a go at crossing.

NB Wingers cannot enter each others grids to tackle, this allows time for our wingers to practise getting in quality crosses. The wingers area remains free, no other player allowed in to tackle.

Coaches to make up there own variations depending on skill level of participants.

# Receive, Turn & Pass Drill

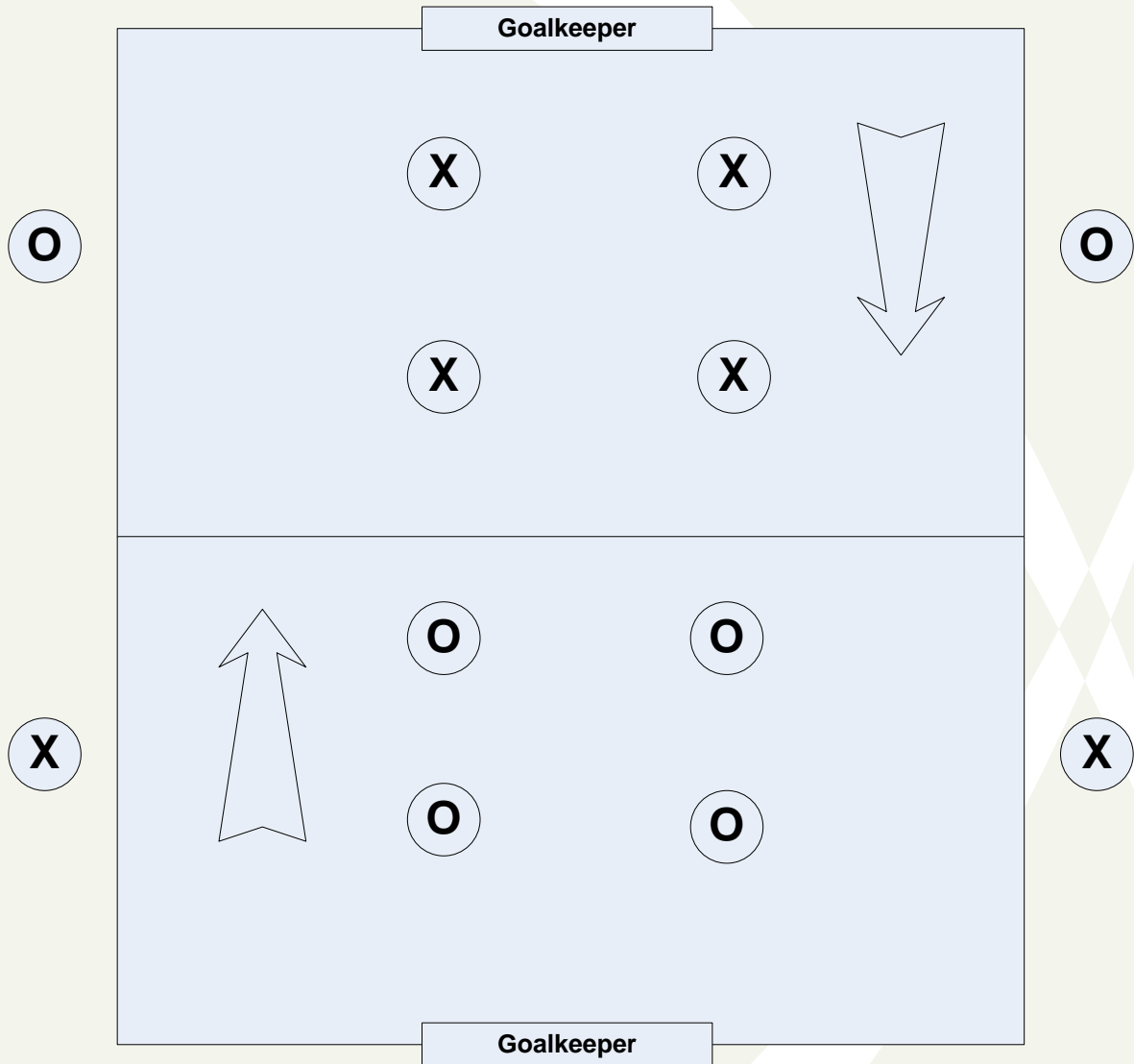


The aim of this drill is to get players receiving the ball followed with a sharp turn and pass.

Grid size is 25 X 15

Player O looks to receive the ball from Player X1, Player O makes a turn and passes to X4. Player O then looks to receive from X3 turns and passes to X1 and so on.

# Small Sided Game with Players on the Outside



The aim of this game is getting players looking to play wide and forward.

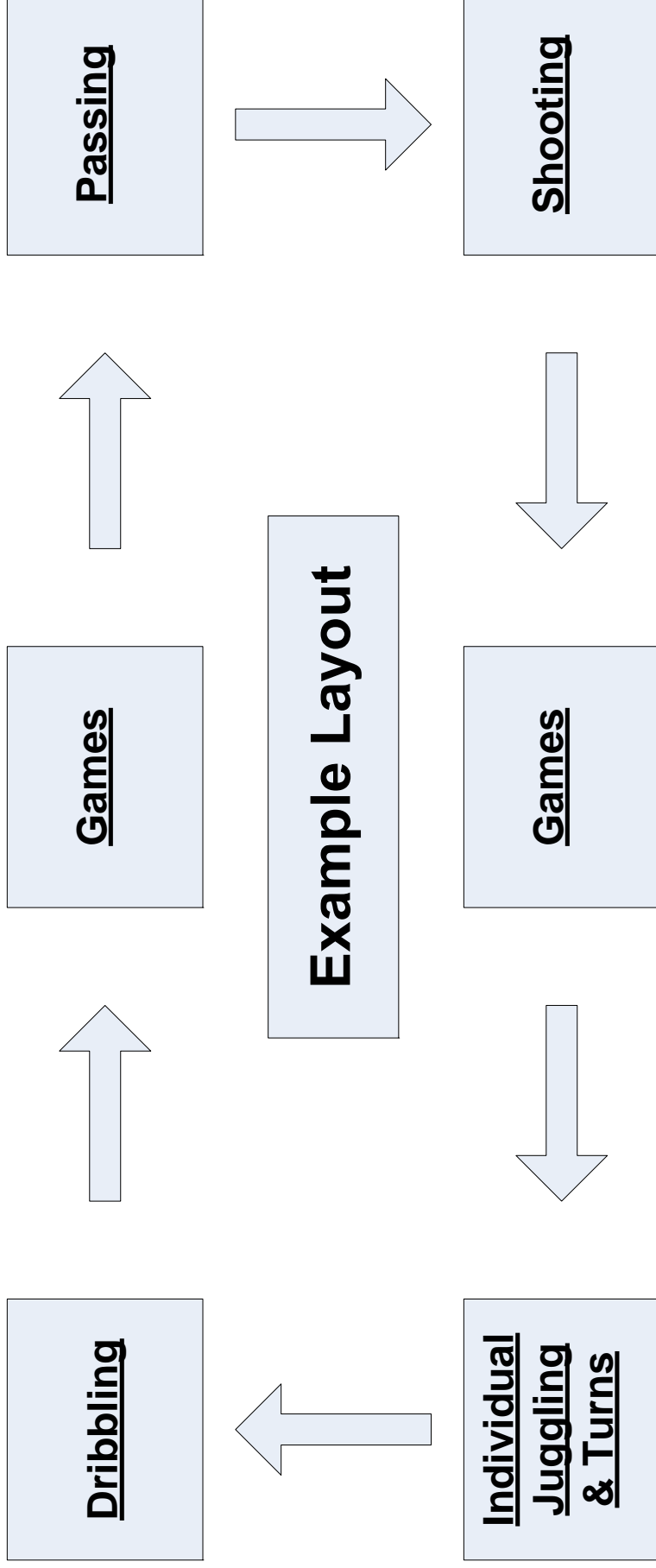
Grid size could be 20M X 30M to 30M X 40M.

The X's play the O's in a normal game. They have the option to use the players who remain outside the field of play in the attacking half.

The outside players can be moved to the areas between the goals and the corners so players can look to play forward.

There are loads of variations to this game i.e. outside players only allowed one touch, and can be modified for all ages and skill levels.

# Q Skills Morning



The above layout is a proven easy organised method to deliver a skills clinic where there are a high no of participants involved. The programme runs from 9:00 am to 12:00 pm, during that time there would be a 10 min fun warm-up a 20 minute morning tea break and a 10 min drinks break, leaving 140 mins  
140 mins divided by number of groups you have will provide the time required for each activity.  
Our example shows 6 X 20 minute sessions with 3 minute intervals to move to the next exercise.

This is easy for the coach who has to set up and coach only one skill practise for the duration of the day, as the groups rotate around the rest of the skill practises.