



## FOOTBALL TRAINING PACKAGE COACH'S CHECKLIST

### COACH'S CHECKLIST

- CHECK THE NUMBERS OF THOSE REGISTERED FOR THE SESSION
- PLAN THE SESSION BASED ON THOSE NUMBERS
- TURN UP ON TIME
- ENSURE YOU HAVE THE APPROPRIATE EQUIPMENT FOR EACH SESSION
- COVER HEALTH AND SAFETY/TOILETS
- BUILD A RAPPORT WITH THE CHILDREN/PARENTS
- DELIVER A FUN COACHING SESSION
- TAKE PERSONAL PRIDE IN REPEAT CUSTOM

### SESSION PLANS – MINI FOOTBALL 3-5 YEARS

- INTRODUCTION
- FUN WARM UP WITHOUT THE BALL (MOTOR SKILLS – RUNNING, SKIPPING, SIDE STEPPING, JUMPING, HOPPING, BALANCE, STRETCHING)
- BALL MASTERY WITH THE BALL
- FUN GAMES
- 1v1, 2v2, 3v3
- GOODBYE HUDDLE (HANDS IN MIDDLE – ONE, TWO, THREE....MINI FOOTBALL – HANDS IN THE AIR)
- HIGH FIVES

### SESSION PLANS - FOOTBALL (SMALL SIDED GAMES) 5-8 YEARS & 9-12 YEARS

- INTRODUCTION
- WARM UP (5-10 MINUTES)
- GAME RELATED SESSION (20-30 MINUTES)
- CONDITIONED GAMES (5-10 MINUTES)
- GAMES (5-10 MINUTES)
- HIGH FIVES – GOODBYE

### Age/Ability

The tiering of sessions on age and ability is vitally important. Identify in the warm up who is more talented and try and pair them up with a similar standard of player for the remainder of the session. If a child is finding a session too easy, speak to the child and parents about moving them to an older session, if available.

## Access to Session Plans

You have restricted access to a Coaching Corner on the Futsal Escocia website and you will have access to a number of different sessions for you to deliver at your parks.

You can access the coaching content via [www.futsalescocia.co.uk](http://www.futsalescocia.co.uk) and then via COACHING CORNER/BOURNE LEISURE LIMITED. You will then be able to access Football, Mini Football and Fun Games. All are password protected.

Website: [www.futsalescocia.co.uk](http://www.futsalescocia.co.uk)

The password is **HAVEN2019**

As per your certificate, you only have permission to access and deliver session plans as an employee of Bourne Leisure Limited. Permission is required to deliver sessions outside of your workplace and for personal benefit.

The session plans are there for you to access and utilise at your facilities, **PLEASE USE THEM.**

## Contact

Any questions or advise required, please email Russell at [fifeacademy@futsalescocia.co.uk](mailto:fifeacademy@futsalescocia.co.uk)

REMEMBER, NOBODY KNOWS WHO YOU ARE. BE CONFIDENT, BE ENTHUSIASTIC AND HAVE FUN!!!

Good Luck!!!!

**Russell Taylor**  
**Futsal Escocia**