

RETURN TO FOOTBALL

Coaching Resources

U12 - Seniors

May 2020



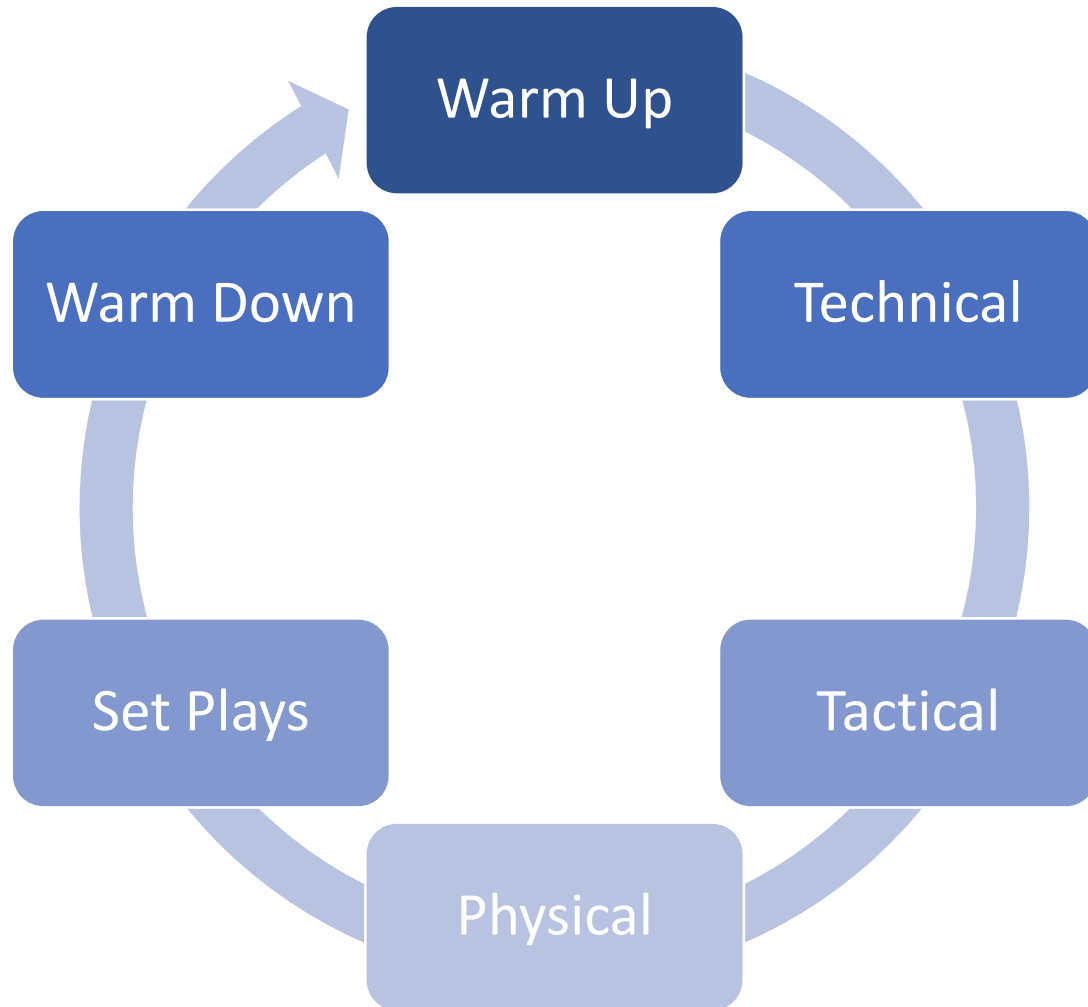
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Overview

- This document gives coaches a training guide of activities that coaches can utilise that are aligned to the guidelines for a return to training for community football developed by Football Queensland.
- Football activities that can be conducted in small groups (not more than 20 athletes and/or other personnel in total).
- All activities have been developed to be delivered in a non-contact environment
- The exercises and plans illustrated are examples of a session structure
- Coaches will need to adapt and redesign these activities to ensure they are appropriate for the players (age group/phase of development) they are working with.



Session Structure



- Warm Up + Warm Down component 5-10min
- Players working in small groups for each element
- Activities run for 15-20min each



Warm Up

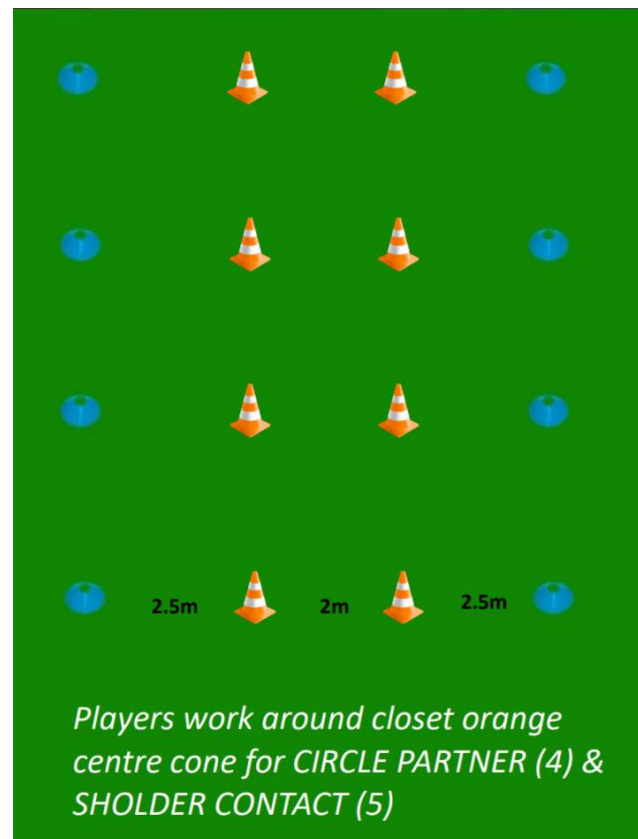
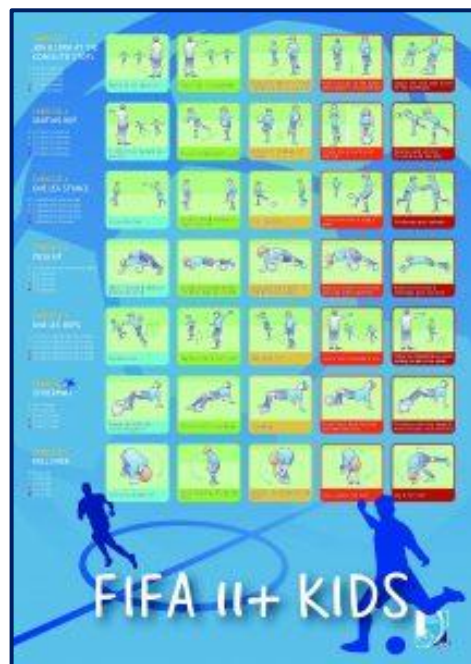
FIFA 11+ Manual

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FIFA 11+ Kids Manual

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- Adapt either warm up to ensure players are 1.5m from each other always and modify any activities that include player contact.

Technical

Examples of practices to improve individual player techniques

- **Ball Mastery** – lots of touches on the ball, 1v1 movements, ball control in different environments/with different restrictions
 - [Click to view example](#)
- **Rondos** – keeping the ball amongst a group with a player in a central area
 - [Click to view example](#)
- **Passing Practise** – activities involving small groups with a high repetition of passes involved (varied distance and requirements), working on weight & accuracy of pass , first touch, body shape, awareness.
 - [Click to view example](#)
- **Relays** – fast movement with the ball under pressure with restrictions
 - [Click to view example](#)



Tactical

Working on patterns of play with no contact

- **Playing out from the back** - [Click to view example](#)
- **Midfield combinations** - [Click to view example](#)
- **Attacking wide areas** - [Click to view example](#)
- **Front third combinations** - [Click to view example](#)

Physical

Building football specific player endurance and agility

- **Circuit (Running with the ball)** - [Click to view example](#)
- **Circuit (Running without the ball)**- [Click to view example](#)



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Set Plays

Focusing on power, accuracy and timing

- **Crossing and finishing** - [Click to view example](#)
- **Shooting** - [Click to view example](#)

Warm Down

Use F11+ as a guide and select a few low intensity activities

Stretching to finish for at least 5 minutes keeping players 1.5m apart

No partner stretching permitted



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Example Training Cycle

1 Session Per Week

	Week 1	Week 2	Week 3	Week 4
Warm Up	FIFA 11+ 10 minutes	FIFA 11+ 10 minutes	FIFA 11+ 10 minutes	FIFA 11+ 10 minutes
Technical	Ball Mastery 10 sets x 1 minute, 30 seconds rest between sets. 15-20 minutes.	Rondos 8 sets x 90 seconds, 30 seconds rest between sets. 15-20 minutes.	Passing and Relays 6 sets x 2 minutes, 30 seconds rest between sets. 15-20 minutes.	Ball Mastery and Rondos 12 sets of 1 minute (6 of each), 30 seconds rest between sets. 15-20 minutes
Tactical	Patterns of Play Playing out 4 sets x 3 minutes, 30 seconds rest between sets. 15-20 minutes.	Patterns of Play Midfield combinations 4 sets x 3 minutes, 30 seconds rest between sets. 15-20 minutes.	Patterns of Play Attacking wide areas 4 sets x 3 minutes, 30 seconds rest between sets. 15-20 minutes.	Patterns of Play Front 1/3 combinations 4 sets x 3 minutes, 30 seconds rest between sets. 15-20 minutes.
Physical	Running with the Ball using poles & cones 5 sets x 2 minutes, 2 minutes rest between sets. 15-20 minutes.	Running Without the Ball using hurdles and ladders 5 sets x 2 minutes, 2 minutes rest between sets. 15-20 minutes.	Running with the Ball using poles and cones 5 sets x 2 minutes, 2 minutes rest between sets. 15-20 minutes.	Running Without the Ball using hurdles and ladders 5 sets x 2 minutes, 2 minutes rest between sets. 15-20 minutes.
Set plays	Crossing and Finishing 15-20 minutes. Focus: Power, accuracy and timing of runs.	Shooting 15-20 minutes. Focus: Power and accuracy.	Crossing and Finishing 15-20 minutes. Focus: Power, accuracy and timing of runs.	Shooting 15-20 minutes. Focus: Power and accuracy.
Warm Down	5 minutes	5 minutes	5 minutes	5 minutes



Example Training Cycle

2 Session Per Week

	Week 1 - Night 1	Week 1 - Night 2	Week 2 - Night 1	Week 2 - Night 2	Week 3 - Night 1	Week 3 - Night 2	Week 4 - Night 1	Week 4 - Night 2
Warm Up	FIFA 11+ 10 minutes	FIFA 11+ 10 minutes	FIFA 11+ 10 minutes	FIFA 11+ 10 minutes	FIFA 11+ 10 minutes	FIFA 11+ 10 minutes	FIFA 11+ 10 minutes	FIFA 11+ 10 minutes
Technical	Ball Mastery 10 sets x 1 minute, 30 seconds rest between sets. 15-20 minutes.	Rondos 8 sets x 90 seconds, 30 seconds rest between sets. 15-20 minutes.	Passing and Relays 6 sets x 2 minutes, 30 seconds rest between sets. 15-20 minutes.	Ball Mastery and Rondos 12 sets of 1 minute (6 of each), 30 seconds rest between sets. 15-20 minutes	Ball Mastery 10 sets x 1 minute, 30 seconds rest between sets. 15-20 minutes.	Rondos 8 sets x 90 seconds, 30 seconds rest between sets. 15-20 minutes.	Passing and Relays 6 sets x 2 minutes, 30 seconds rest between sets. 15-20 minutes.	Ball Mastery and Rondos 12 sets of 1 minute (6 of each), 30 seconds rest between sets. 15-20 minutes
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Physical	Running with the Ball using poles & cones, 5 sets x 2 minutes, 2 minutes rest between sets. 15-20 minutes.	Running Without the Ball using hurdles and ladders, 5 sets x 2 minutes, 2 minutes rest between sets. 15-20 minutes.	Running with the Ball using poles and cones, 5 sets x 2 minutes, 2 minutes rest between sets. 15-20 minutes.	Running Without the Ball using hurdles and ladders, 5 sets x 2 minutes, 2 minutes rest between sets. 15-20 minutes.	Running with the Ball using poles & cones, 5 sets x 2 minutes, 2 minutes rest between sets. 15-20 minutes.	Running Without the Ball using hurdles and ladders, 5 sets x 2 minutes, 2 minutes rest between sets. 15-20 minutes.	Running with the Ball using poles & cones, 5 sets x 2 minutes, 2 minutes rest between sets. 15-20 minutes.	Running Without the Ball using hurdles and ladders, 5 sets x 2 minutes, 2 minutes rest between sets. 15-20 minutes.
Set Plays	Crossing and Finishing 15-20 minutes. Include 3 strikers	Shooting 15-20 minutes. Include Free kicks.	Crossing and finishing 15-20 minutes. Include different types of crosses.	Shooting 15-20 minutes. Include corner kicks.	Crossing and Finishing 15-20 minutes. Include play starting from a throw in.	Shooting 15-20 minutes. Include penalties.	Crossing and Finishing 15-20 minutes. Include players dictating the type of cross.	Shooting 15-20 minutes. Include varied types of shots.
Warm Down	5 minutes	5 minutes	5 minutes	5 minutes	5 minutes	5 minutes	5 minutes	5 minutes

For Further Assistance

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