

# RETURN TO FOOTBALL

## Coaching Resources

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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.



# T.O.E.S

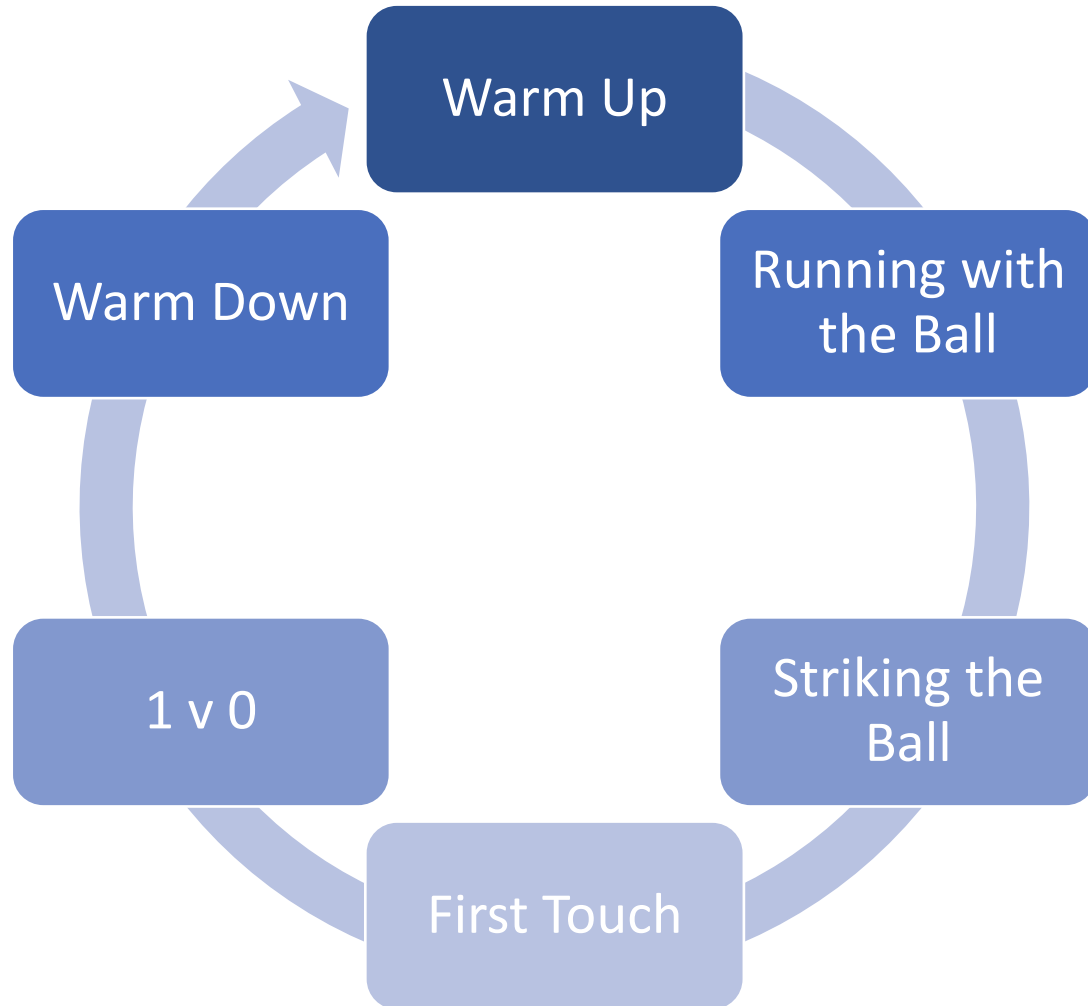
## Touches on the ball – Organised – Enjoyable - Safe

- Touches on the ball is vital. If we maximize this, it will help retain focus and ensure all players are involved.
- Organisation - Limit the changes to the pitch size, numbers etc, to keep the flow and momentum of the session going. Can we transition within 2 minutes between each activity
- Enjoyment is paramount as it's what keeps players in the game. Are you enjoying yourself too?
- Safe – Are players in an environment in which they have opportunities to express themselves whilst feeling safe and included. Is the playing area also safe?
- **FUNDAMENTALS**



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# Session Structure



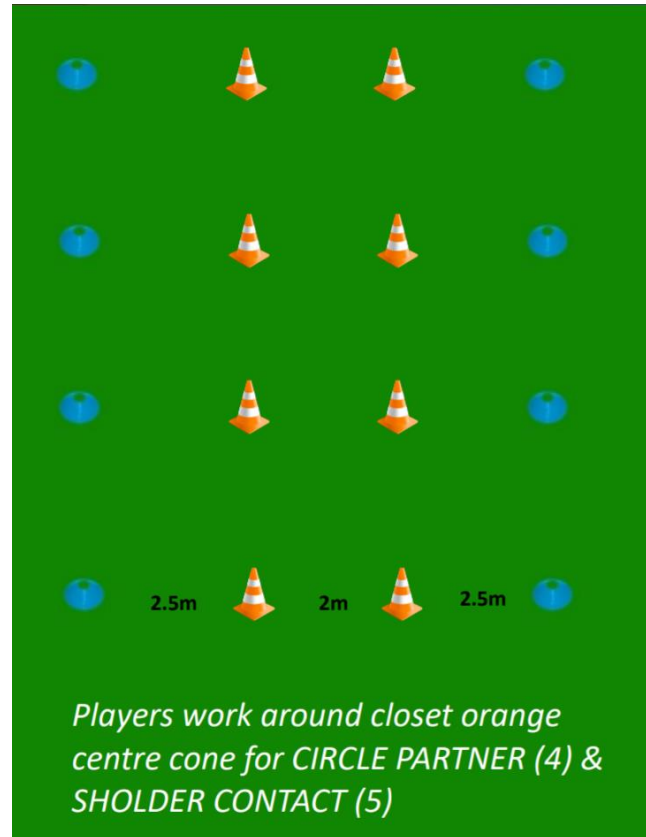
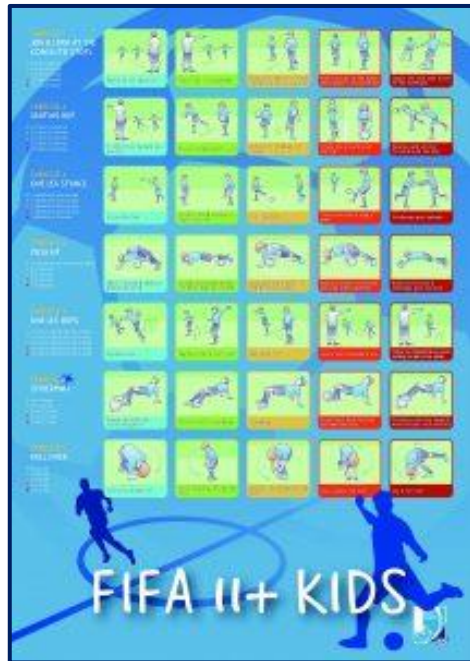
- Warm Up + Warm Down component 5-mins
- Players working in small groups for each element
- Activities run for 10-12 mins each
- Focus on the 4 core skills



# Warm Up

FIFA 11+ Kids Manual

[Click to download](#)



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

# Running with the Ball

Focusing on the technique of how to run/dribble with the ball

- **“What’s the time Mr Wolf?”** – Using both feet, lots of big and small touches on the ball , accelerating as the coach is chasing the player.
  - [Click to view example](#)
- **“Traffic Lights”** – Using both feet, lots of big and small touches on the ball , looking up finding the most space.
  - [Click to view example](#)
- **“Pirates’** – Using both feet, lots of big and small touches on the ball, reacting to commands from the coach.
  - [Click to view example](#)
- **“Space hunters”** – Using both feet, lots of big and small touches on the ball , accelerating, looking up finding space.
  - [Click to view example](#)



# Striking the ball

Focusing on the technique on how to pass and shoot.

- **Passing Practise** – activities involving small groups with a high repetition of passes involved (varied distance and requirements), working on weight & accuracy of pass - [Click to view example](#)
- **Shooting** – activities involving players shooting at goal - [Click to view example](#)

# First touch

Focusing on the technique on how to control the ball from a pass

- **Passing in pairs** (variety of options) - [Click to view example](#)
- **Controlling the ball before shooting** (variety of options) – [Click to view example](#)



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# 1 v 0

Focusing on the technique of how to beat a defender

- **1 v 0 with small goals** - [Click to view example](#)
- **1 v 0 relays to score goals** - [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+ 5 minutes	FIFA 11+ 5 minutes	FIFA 11+ 5 minutes	FIFA 11+ 5 minutes
Running with the Ball	<b>Ball Mastery</b> "What's the time Mr wolf?" 8 sets x 1 minute, 15 seconds rest between sets. 10-12 minutes.	<b>Ball Mastery</b> "Traffic lights" 8 sets x 1 minute, 15 seconds rest between sets. 10-12 minutes.	<b>Ball Mastery</b> "Pirates" 8 sets x 1 minute, 15 seconds rest between sets. 10-12 minutes.	<b>Ball Mastery</b> "Space hunters" 8 sets x 1 minute, 15 seconds rest between sets. 10-12 minutes
Striking the Ball	<b>Passing the Ball</b> 4 sets x 3 minutes, 30 seconds rest between sets. 10-12 minutes.	<b>Shooting</b> 4 sets x 3 minutes, 30 seconds rest between sets. 10-12 minutes.	<b>Crossing and Finishing</b> 4 sets x 3 minutes, 30 seconds rest between sets. 10-12 minutes.	<b>Passing/Crossing/Shooting</b> 4 sets x 3 minutes, 30 seconds rest between sets. 10-12 minutes.
First Touch	<b>First Touch Control</b> 5 sets x 2 minutes, 30 seconds rest between sets. 10-12 minutes.	<b>First Touch Control</b> 5 sets x 2 minutes, 30 seconds rest between sets. 10-12 minutes.	<b>First Touch Control</b> 5 sets x 2 minutes, 30 seconds rest between sets. 10-12 minutes.	<b>First Touch Control</b> 5 sets x 2 minutes, 30 seconds rest between sets. 10-12 minutes.
1 v 0	<b>Imagine Beating a Defender &amp; Scoring</b> Focus : Trick, speed & accuracy 10-12 minutes.	<b>Imagine Beating a Defender &amp; Scoring</b> Focus : Trick, speed & accuracy 10-12 minutes.	<b>Imagine Beating a Defender &amp; Scoring</b> Focus : Trick, speed & accuracy 10-12 minutes.	<b>Imagine Beating a Defender &amp; Scoring</b> Focus : Trick, speed & accuracy 10-12 minutes.
Warm Down	5 minutes	5 minutes	5 minutes	5 minutes



# For Further Assistance

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