

BRISBANE
LIONS



Hyundai Brisbane Lions Academy

**Training Session Structures for
Different Age Groups**

Training Considerations for Junior Coaches



Knowing what to do and when to do it at training is a common question our Academy staff get asked each year when talking to community level junior coaches.

The following pages are some of our thoughts to give coaches some general guidelines to start planning your training sessions around.

Each playing group should be assessed on each individual ability's and level of football knowledge before the season starts which will then give coaches a starting point to build from. Its pointless to have a the best session planned if the players skill and ability level will prevent them

Training Session Structures

5 – 8 YR OLDS:

- 60m-70 minutes in length
- Warm up should involve basic movement patterns such as running, jumping, landing, change of direction and all with footballs!!
- Skill technique (kick, pass, catch) should be main focus of session
- Finish with fun game > fun individual or group challenge that is skill related and allows all players to have equal involvement.

9 – 10 YR OLDS:

- Similar to above but the fun games at the end of session start to become more football related (ie. handball / kick only, goal kicking, keepings off games etc.)



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Training Session Structures

12-14 YR OLDS:

- 70-90minutes in length
- Warm up should incorporate specific movement patterns to help develop functional body movement & strength (ie. sumo squats, walking lunges, calf raises, push ups)
- Skill technique still important but more related to decision making and execution in game setting (eg. small sided games with small amount of opposition / time / space pressure)
- Start to work on player positioning in relation to where the ball is on the field
- Introduce ball movement from back to forward and from around the ground stoppages (ball up or throw in)
- Introduce specific fitness component (10-15min) with body strength (push ups, pull ups, squats, plank) and steady state running (2-3 minutes blocks)



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Training Session Structures

15-16 YR OLDS:

- 90 - 120 minutes in length
- Warm up should incorporate specific movement patterns to help develop functional body movement & strength (ie. sumo squats, walking lunges, calf raises etc.), sprints and agility drills.
- Skill technique still important and players should do this pre-training if time permits with shorter focus in session plan.
- Build on ball movement drills from different game scenarios that regularly happen in your games (kick ins, boundary throw ins etc.) with opposed pressure (12 vs 6, 18 vs. 10 etc.) rotating players through different roles and positions.
- Build on decision making (increased number of players involved player positioning and ball movement with opposition pressure.



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