

# BRISBANE LIONS

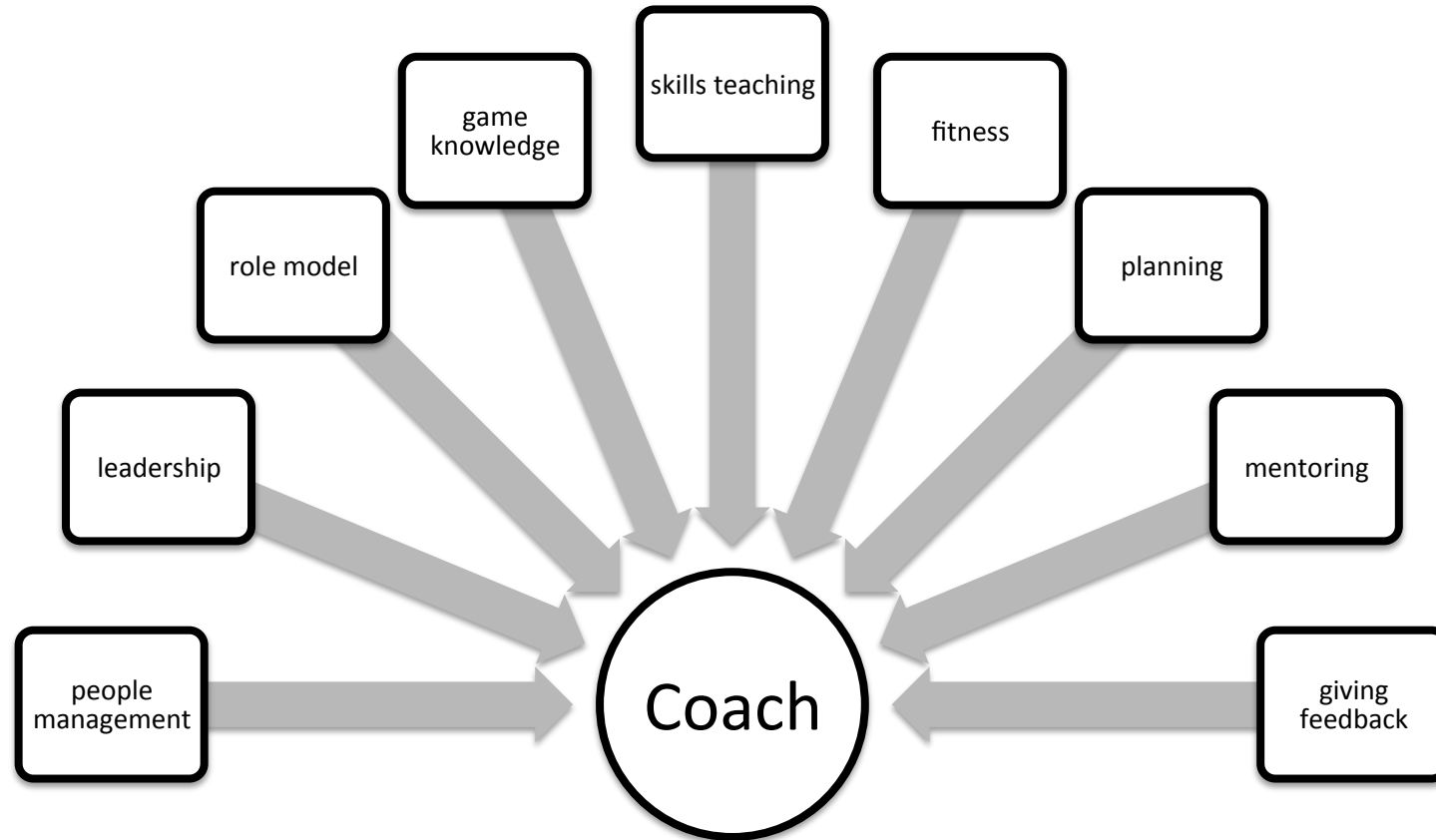


## Hyundai Brisbane Lions Academy Training Session Considerations for Junior Coaches

# Training Considerations for Junior Coaches



Being a junior coach can be an exciting but also daunting proposition for fathers / uncles / brothers / football lovers! When you put your hand up to coach a junior team (or get dubbed / roped in!) you not only take on the role of coach but also many other responsibilities.



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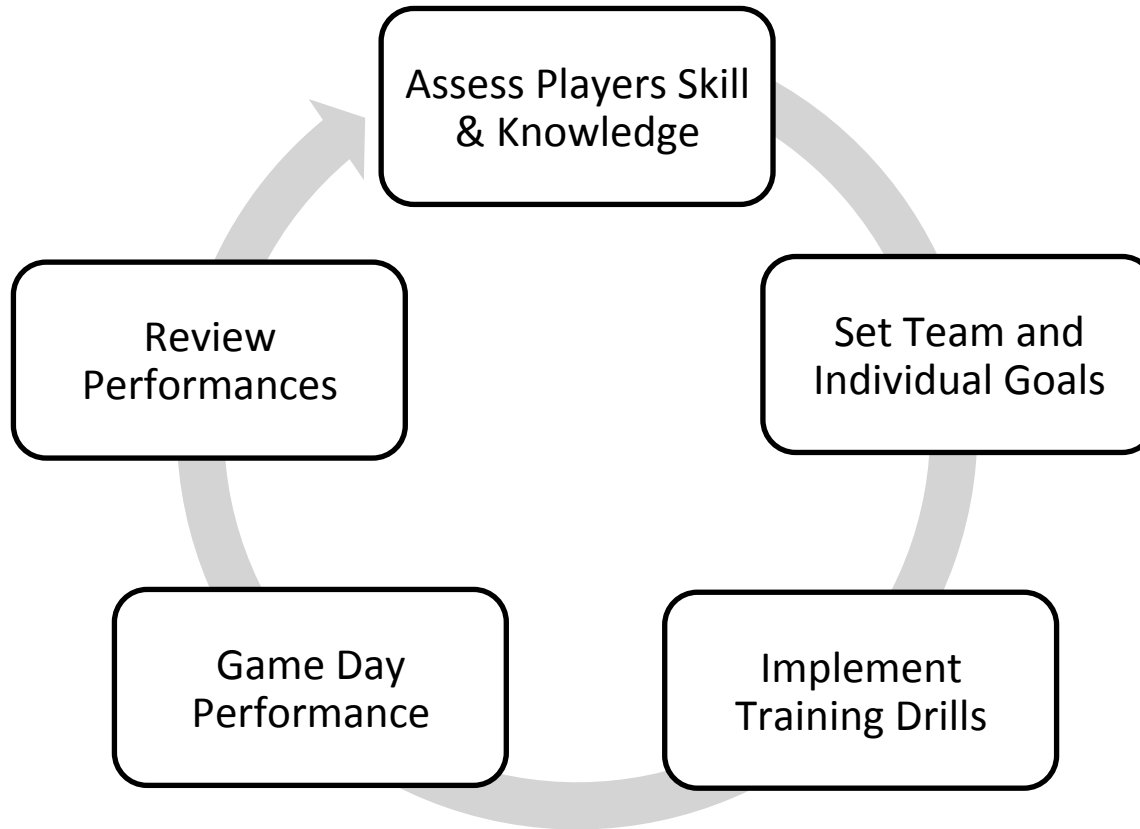
Covering some key basics early in a young footballers budding career can help them enjoy our great game and have personal and team success on and off the footy field.

- **Football Skills:** kicking, handballing, catch/marketing, bouncing ball, tackling players, shepherding / blocking
- **Physical Skills:** running, jumping, landing, twisting & turning, recovery off the ground
- **Mental Skills:** team work, respect for others leadership, sportsmanship, friendship

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The coaching process can be simplified to the following diagram and should form a weekly and monthly cycle:



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## Season Plan

Breaking down the junior season into 3-4 week blocks will allow coaches to organise training sessions in sequence building on key focus areas over time.

- Pre-season: get to know player personally, assess skill and football knowledge, build fitness.
- Rnd 1 – 4: keep things simple on game day with 2-3 team focus points, try players in different positions
- Rnd 5 – 8: consolidate team plan and focus areas, start giving some individual feedback to players, review first ½ of the season
- Rnd 9 – 12: new focus areas based on mid-season review, continue giving individual feedback.
- Rnd 13 – 16: finish season on positive note!



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