



Concepts and Terminology (Y5,6,7,8)

The emphasis for all junior training should be heavily weighted towards skill acquisition and improvement. However as coaches we can also help our Y5,6,7,8's understand these broad principles and terminology by the end of the 2018 season. This will have them better prepared for moving to full field in Y7 and moving to Youth/senior in Y9.

Y5/6

Ball-side and Help-side of the field - the players need to understand how their roles change on each side of the field when possession changes. Particularly important for deep defenders on the help side to know when and how to **“tuck-in” or “cover”**. Use the 22m line down the middle of the field if you need to keep the players spread out.

Hotline - The term “hotline” describes the invisible line between the ball and the defensive goal. At Y5/6 often this player is the centre defender. At Y7/8 usually one of the defensive fullbacks is on this line, sometimes as the last defender or sometimes higher up the field helping the centre half.

Go to the danger – Use this phrase particularly at younger levels (Y3,4,5,6) to encourage defenders “to go and tackle” or defend the shooting area rather than run back into the goal and try and stop the ball. Don't allow your players to gravitate to or “goose guard” the goal.

Defend as high as we can – when you are on attack try to organise your defenders to get up over half way. This means on possession change-overs your defenders can tackle higher up the field. This reduces the distance your forwards have to run back to help out. *A big asset for a coach is the ability to take your eyes off the ball to organise defenders whilst your team is attacking.*

Y7/8

Speed of thought and action – encourage speed of thought. A failing at junior level is players who take too long to get the ball to the restart position after a whistle (free hit, 15m hit, side-line hit etc). Often by the time the hit is ready to be taken the opposition are set up to deny any pass. Remember 15m hits can be taken in line where it went over the backline up to the 15m mark. When you play games at training blow a whistle for infringements but don't indicate. See if players can work out why and whose free hit or side-line hit it is, reward free hits taken quickly.

Eyes Up - This concept encourages players to assess what is happening around them. This will influence their actions when in possession of the ball. It's easier to discuss with a player afterwards their decision making if you know they had all the information available to them seeing is believing.

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Layers and Lanes - Players should attempt to be in the right place at the right time. For this they need only their head and their legs. Try to have them understand their positional role.

Layers broadly describes each line of strikers, midfielders and defenders, achieving space between the layers helps reduce individual pressure when we are in possession and gives us **height and depth**.

By filling all the **Lanes** (Wings, Inners and Centre) we can achieve **width** when we have the ball. If we achieve width we will either spread the opposition out or we will create vertical passing channels.

Screens and Presses - When the opposition have a free/side-line hit our players will adopt positions to help us win possession back again. Simply speaking some teams will apply direct pressure to the ball (aggressive press) to force an error, other teams may "set up" to allow the opposition to pass laterally to the side-line or backwards before applying pressure or denying passing channels (fall-away press).

Willing Passers – Acknowledge who are good passers ??? Technically most teams have numerous players in this category. At senior level the "great players" are not discerning, they are not only good passers but more often than not they are "WILLING" passers. Question your players. " What is the difference between a good passer and a willing passer"? The answer of course is someone who **wants** to pass, this person more often finds the critical moment (Timing).

END.