

Training Non Negotiables:

The following is a guide to a number of non negotiables that I would like coaches to attain with their players every training session.

These are based largely on skill acquisition (bedding in known skill techniques). Remember these are “bedrock technique skills” which need to be honed with time and repetition. These may not be the skills we primarily focus on when doing small games and situational drills.

Given the right technical coaching we can expect all children leaving the Somerville Junior programme and entering our Youth programme to be competent in all base skills. At Youth level their physical and mental development (head and legs ... right place – right time) is given greater priority.

Remember ALL players depending on age group will be re-tested mid season with our club Skill Tests. The players are reliant on you as coaches to give them sufficient time to rehearse these skills. The Skill Tests and results for each age group are displayed on the website. I have attached results from the pre-season trials, which are also displayed on the website.

Slalom Test
Hit Power Test
Push Power Test
Star Dribble
Push/Receive Test

Youth:

Passing Skills: (5 minutes)

Running wrist pass, include variations over 22m relays including passing off either foot, running on angle (right to left) with back foot pass, passing in front of receiver. Emphasise front foot ball carriage.

Hitting: (5 minutes)

Over 10-15m, hit receive drill with movement. Emphasise accuracy and speed of execution.

Ball Carrying and evasion: (5 minutes)

Left to Right drags using a variance of cones and either passive or aggressive tackling depending on ability. Players should achieve at least 50 lateral ball movements during this time. Emphasise speed and width of ball movement and timing of execution.

Y7/8 Kwiksticks

Passing Skills: (5 minutes)

Running wrist pass, include variations over 22m relays including passing off either foot, running on angle (right to left) with back foot pass, passing in front of receiver. Emphasise front foot ball carriage.

Static Push/Receive: (5 minutes)

With partner over 10m in 60 seconds achieve 30 passes.

Target man in a box (5m), emphasise foot work and open receive stance and look before pass mental sequence.

Receiving: (5 minutes)

Include static receive. Open receive stance and receiving on the move.

Hitting: (5 minutes)

Over 10-15-22m, static hit receive drill. Emphasise accuracy and speed of execution.

Ball Carrying and evasion: (5 minutes)

Left to Right drags using a variance of cones and either passive or aggressive tackling depending on ability. Players should achieve at least 50 lateral ball movements during this time. Emphasise speed and width of ball movement and timing of execution.

Y5/6 Kwiksticks

Passing Skills: (5 minutes)

Running wrist pass, include variations over 15m relays including passing off either foot. Emphasise front foot ball carriage.

Static Push/Receive: (5 minutes)

With partner over 10m in 60 seconds achieve 20 passes.

Target man in a box (5m), emphasise foot work, open receive stance and look before pass mental sequence.

Receiving: (5 minutes)

Include static receive. Open receive stance and receiving on the move.

Hitting: (5 minutes)

Over 10-15m, static hit receive drill. Emphasise accuracy and speed of execution.

Ball Carrying and evasion: (5 minutes)

Closed Carry, out and around cone and back 10m away, emphasise left elbow up.

Straight Slalom weave through cones, emphasise posture.

Yardstick rehearsal

Left to Right drags using a variance of cones and passive tackling depending on ability. Players should achieve at least 30 lateral ball movements during this time. Emphasise speed and width of ball movement and timing of execution.

Y3/4 Ministicks

Passing Skills:

Static Push/Receive: (5 minutes)

With partner over 10m in 60 seconds achieve 20 passes. Emphasise Push-Receive stance and look before pass mental sequence.

Receiving: (5 minutes)

Include static receive and receiving on the move.

Hitting: (5 minutes)

Over 10-15m, static sweep hitting drill. Emphasise technique.

Ball Carrying and evasion: (5 minutes)

Closed Carry, out and around cone and back 10m away, emphasise left elbow up.

Straight Slalom weave through cones, emphasise posture.

Yardstick rehearsal, Left to Right drags using a variance of cones and passive tackling depending on ability. Players should achieve at least 30 lateral ball movements during this time. Emphasise technical perfection then speed and width of ball movement.

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