2nd YEAR ACADEMY

10 tips for coaches

1. Develop the children’s A’s, B’s, & C’s
   1. Agility
   2. Balance
   3. Coordination
2. Coaches should start splitting groups by children’s ability
3. Encourage communication and leadership from the children. Can they demonstrate the drill?
4. 290-gram ball per child.
5. Challenge the children, evolve the sessions depending on ability
6. The technique of passing should be introduced along with drilling and shooting. 10 minutes of goalkeeping training can be introduced. This can be incorporated into shooting drills as well.
7. Ball mastery is key, developing a variety of ways to manipulate the ball (e.g. rolling, inside of foot, outside, flicking etc.)
8. Introduce opposition in drills, (e.g. 5 v 1 attacking)
9. Introduce SAQ (speed, agility, quickness) movements & multi directional ability (e.g. acceleration, deceleration, posture, arm action, leg action).
10. The session should be 1 hour long.

[https://www.fai.ie/domestic/coach-education/latest#](https://www.fai.ie/domestic/coach-education/latest)