FIRST YEAR ACADEMY

10 tips for coaches

1. Make the training session **FUN**.
2. The session should be 45 minutes.
3. 290-gram ball per child.
4. No long queues!! Keep the children moving.
5. Drills should be demonstrated the following way:

**I**ntroduce the drill

**D**emonstrate it to the children

**E**xplain it

**A**ction, let them play

**L**ook on and help

1. The exercise should be completed without the ball first (or ball in hand), so the children understand the motor skill required.
2. The majority of drills should be dribbling skills. Scoring goals and goalkeeping should also be built-in to the session. The idea is to get the child comfortable with the football so they become masters of the ball.
3. Drills can also include multi-directional movement, speed, skipping, jumping and combinations.
4. Encourage communication from the children, get them involved in picking aspects of the drill (e.g. naming places).
5. Plenty of water breaks to check in with parent/guardian.

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



















