

Please turn your camera
and microphone off!

Beginner Coaching Essentials

2025



Tonight...

- The recording & slides will be shared via the NWSF coach education group chat
 - We also use this to communicate upcoming coach education events
- If you have a question, put it in the chat



NORTH WEST
SYDNEY FOOTBALL





Our mission

Connecting our community through football to achieve “football 365”

NWSF DNA

Smart / Skilful / Athletic / Relentless / Tribal

Environment

People

Game

Our football goal

High quality people and players who have the DNA qualities that enable them to play at their highest level in football and in life



A person with great DNA qualities...

Smart	People who understand the game and link this to the skills needed to perform
Skilful	People who have highly effective & adaptive skills and decision-making under pressure
Athletic	People who are consistently available and prepared for the various demands of football and life
Relentless	People who constantly strive to develop themselves and are resilient to challenges & setbacks
Tribal	People who are committed to their environments and the people within them
X-factors	<i>Players at the highest level typically not only develop all of these attributes, but can be distinguished or separated from their peers in one or more of these key words</i>



nwsspiritfc Back then, John Iredale was a Spirit FC junior who began his @nwsfootball journey at @wphcfc_the_lions, and was also a keen participant in our long-running Academy and Holiday Clinic programs!

Now, he's just received a @socceroos call up for the 2024 Asian Cup!

That's proudly local, on the national stage.

1 w

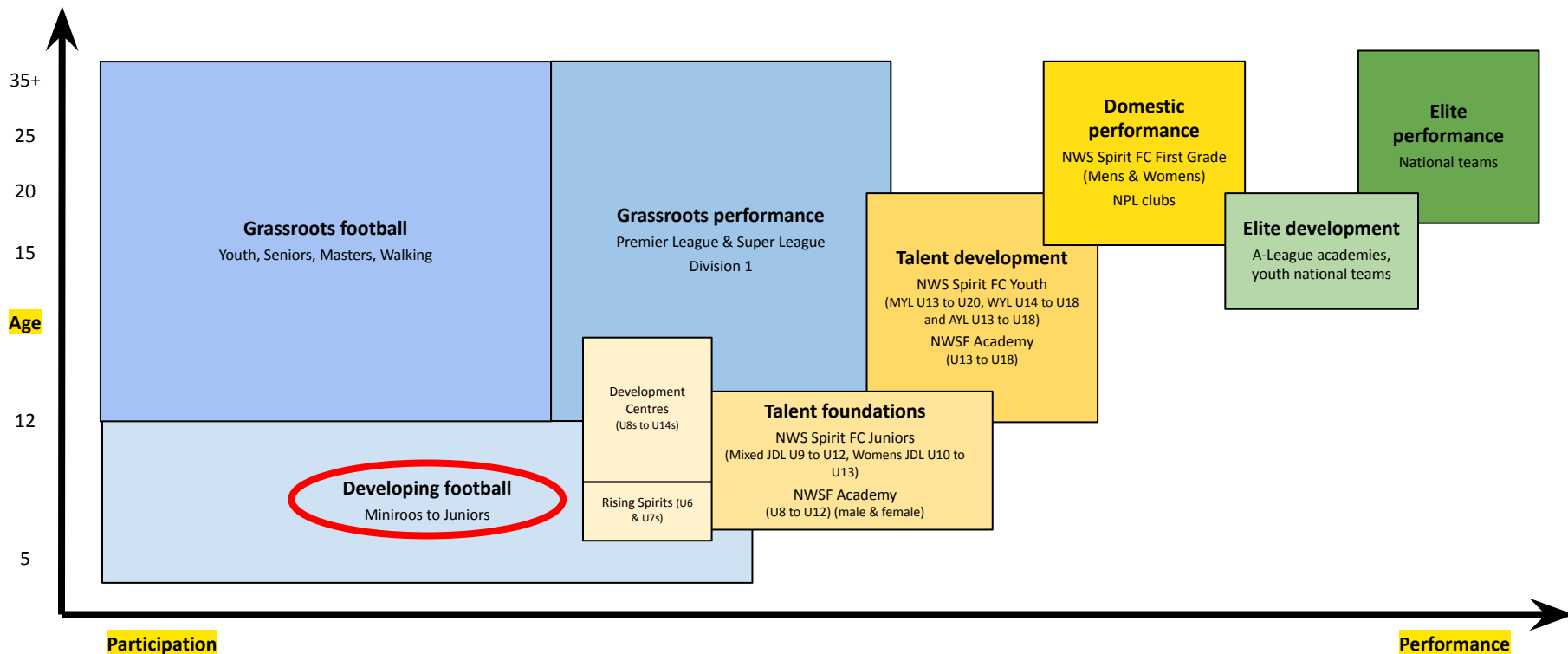


john_iredale 🌟 Maybe someone's overtaken my record now, but I used to have the most holiday clinic appearances of all time! ❤️

1 w 5 likes Reply

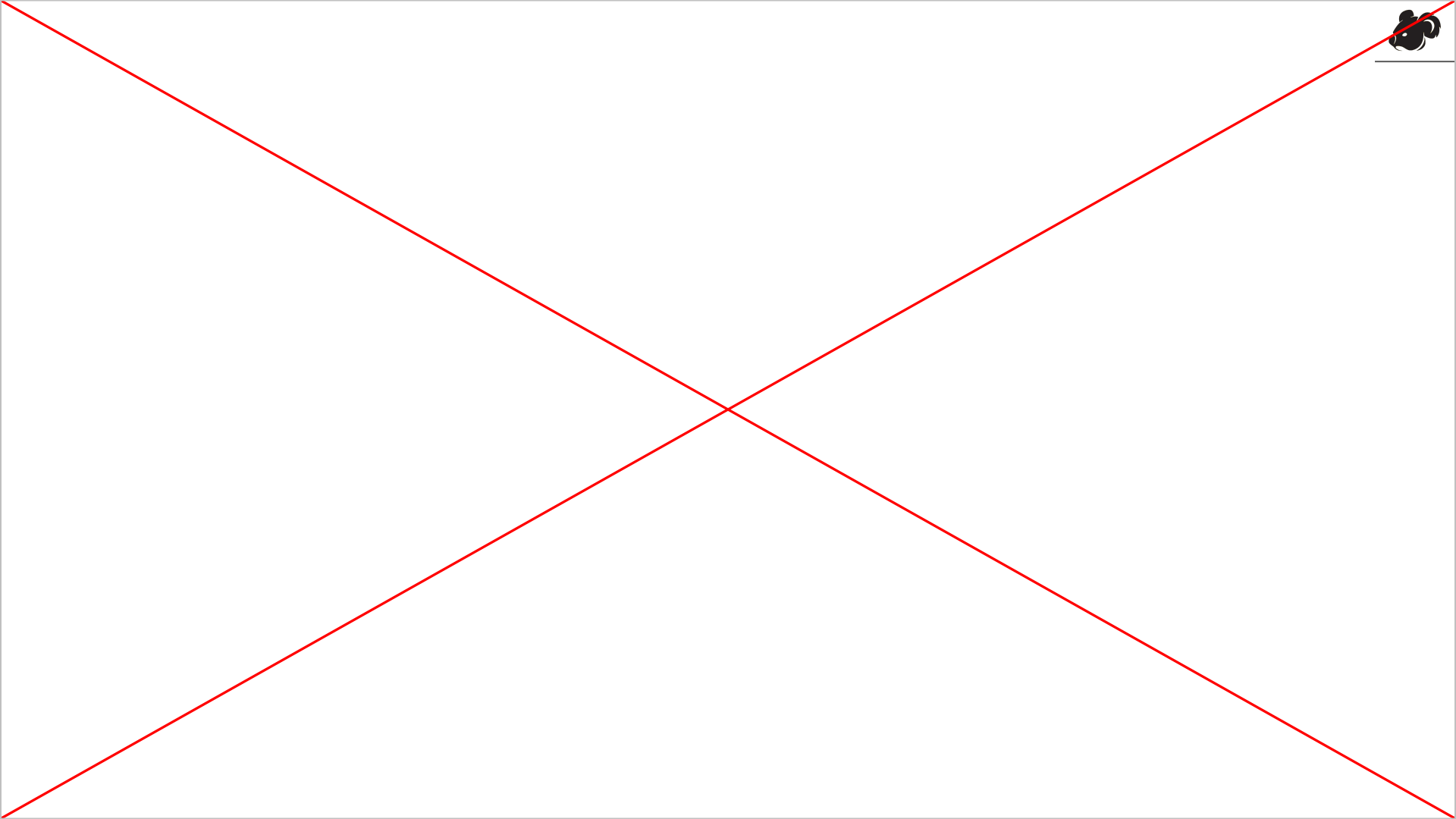


Pathway



A photograph of three young girls in yellow soccer uniforms on a grassy field. The girl on the left is seen from the back, wearing a jersey with the number 3. The girl in the middle is also seen from the back, wearing a jersey with the number 19. The girl on the right is facing the camera, smiling, and wearing a jersey with the name 'RYDE' visible. They are all wearing yellow shorts and socks. In the background, other players in purple uniforms and a yellow flag are visible.

What is a coaches number one
measure of success?



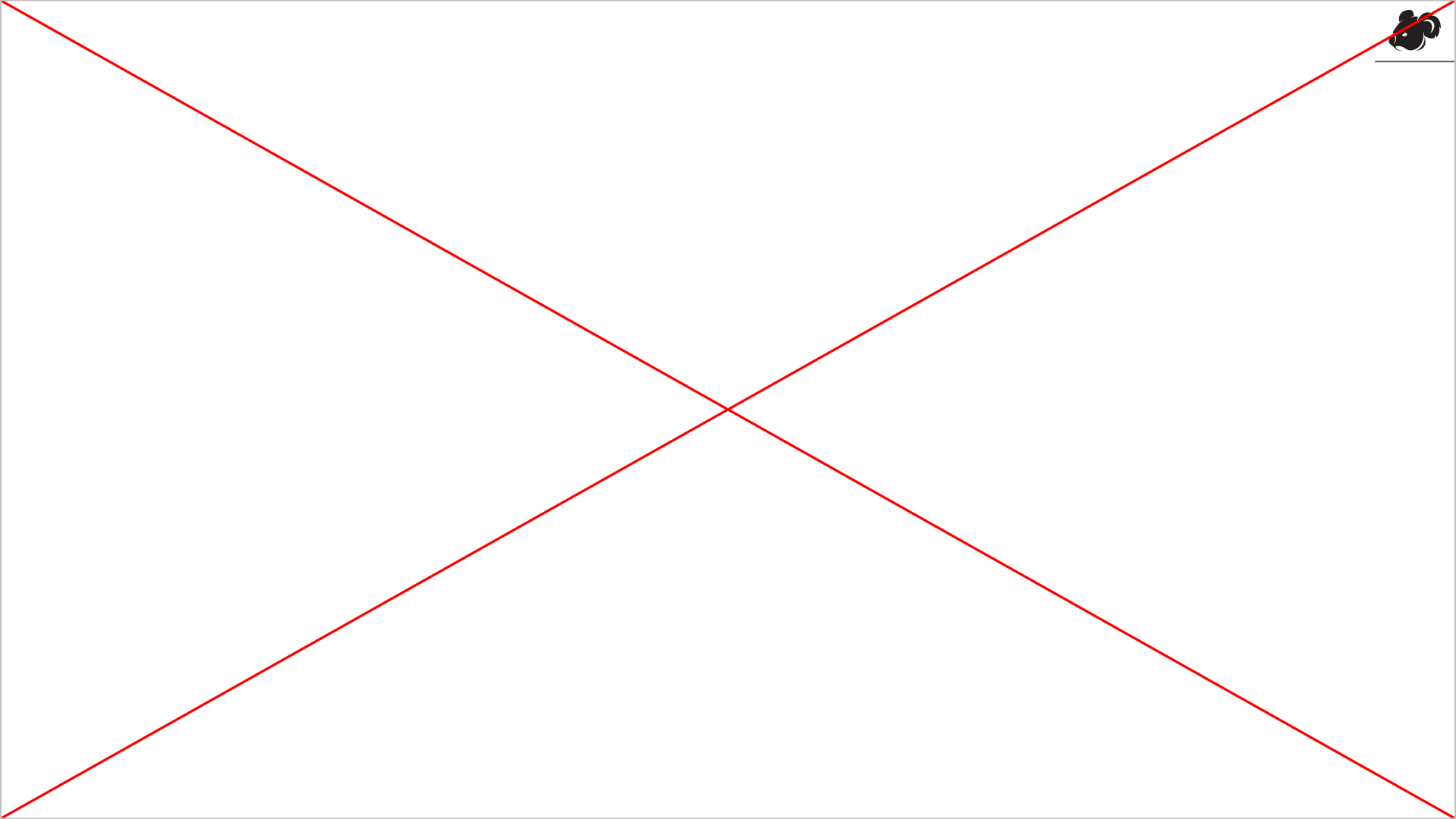



How do we achieve this?





Training



A man with curly hair, wearing a white t-shirt and black pants with "GIOCA" on the side, is talking to two young boys. The boys are wearing yellow soccer jerseys with "GIOCA" and a logo. A man with long hair in a black jacket stands behind them. The background is a blurred outdoor field with trees.

Our primary role is to make training
enjoyable, and engaging



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NWSF DNA Youth Training

U13-U18 training program

Weekly overviews

6 Week Program

Week 1	Session 1 - Keep the ball
Week 2	Session 2 - Attacking zone rules
Week 3	Session 3 - Find the poacher
Week 4	Session 4 - Press the ball
Week 5	Session 5 - Defending zone rules
Week 6	Session 6 - Stop the poacher

12 Week Program

Week 1 and 7	Session 1 - Keep the ball
Week 2 and 8	Session 2 - Attacking zone rules
Week 3 and 9	Session 3 - Find the poacher
Week 4 and 10	Session 4 - Press the ball
Week 5 and 11	Session 5 - Defending zone rules
Week 6 and 12	Session 6 - Stop the poacher

Session 1 - Keep the ball

Mantras: Keep the ball, play around, play through, play over, get free

Coach needs: 20 balls, 2 sets of 7 bibs, 30 cones, 2 goals (preferably 9v9 or 11v11)

RONDO

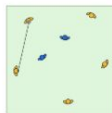
<https://www.youtube.com/watch?v=UW3W3gqg100>

START & ORGANISATION

- 4-6 players on the outside of the marked area and 2-3 players inside the marked area
- You may need to set up multiple grids
- Players on the outside (attackers) trying to keep the ball
- Players on the inside (defenders) trying to win it back
- If players on the inside win the ball, then the player who gave the ball away (and the player to their right) go in the middle

PROGRESSIONS

- Introduce limits on the number of touches by outside players
- If defenders players win the ball, they must pass between themselves to 'get out' of defending (when this happens, the attackers can try to win the ball back to stop the pass)



END TO END POSSESSION

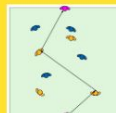
<https://www.youtube.com/watch?v=UW3W3gqg100>

START & ORGANISATION

- Split group in two teams with two neutral target players on either end of playing area
- Players work in their team to move the ball from one end to the other
- If the defending team wins the ball they now try and keep the ball and play end to end

PROGRESSIONS

- Make the area bigger or smaller
- End players can only play 1-touch
- Constrain players to complete a certain number of passes before playing to the other end player



MEDIUM SIZED GAME

START & ORGANISATION

- Even numbered teams with two medium sized goals (approximately 5v5 or 7v7 size goals)
- Play with normal rules (throw-ins, off-sides)
- If more than 14 players make 2 fields of 4v4 or 5v5ish

FOCUS

- Link in core actions from previous exercises





SO CHANGE IT

S	Safety	The safety of all our players is the most important consideration. Both physically and psychologically
O	Observation	Positioning of coaches to see all players and the bigger picture during practices and games is key to development.
C	Coaching style	Change your coaching style, possibly by mixing up when & where you give feedback, or by changing the activity.
H	How you score/win	Change the scoring system so both teams can be competitive, or so that there are new challenges for players
A	Area	Change the size of the area by making it bigger or smaller, or changing the shape of it
N	Numbers	Change the number of players on each team, possibly by giving the attacking or defending team an overload
G	Game rules	Change the rules of the game to focus on your objective or theme, or to give players a new challenge
E	Equipment	Change the equipment used, such as making the goals bigger or smaller or by adding new ones
I	Inclusion	Change the practice or design so that all players are included and all players are engaged & developing
T	Time	Change the time left in the game, or the time to complete an objective, such as scoring a goal



Tips for managing players in training

- Players love football because of...
 - The ball
 - Scoring goals!
- Clearly define the playing areas for games & practices
- Avoid long lines & elimination games
- Embrace organised chaos, especially in games!
- The smaller the game, the higher the number of touches on the ball
- Start quickly, then SO CHANGE IT!



Coaching behaviours

Just as players have core actions they should aim to repeat in the game, so too should coaches have consistent behaviours to help them support learning and development, and manage the behaviour of players.

There are a wide variety of coaching behaviours that coaches are encouraged to adopt. Many of these are consistent regardless of the age, ability and experience of the players, as NWSF believes the primary role of the coach is to **facilitate positive environments and experiences**.

Watch the videos below to learn more about coaching behaviours you can develop. You can click on the titles to minimise each video once you have viewed it.


Preparing the session

Find more tips at
nwsfdna.com!



Matchday



A photograph of a soccer coach with long blonde hair tied back, wearing a black puffer jacket, smiling and talking to two young players in yellow jerseys. Another player in a white jersey is visible on the left. The background shows a soccer field with trees and a fence.

Our primary role is to make the match
enjoyable, and engaging



U6s and U7s game rules

- 4v4
- Mini goals are used
- Play 20 minute halves
 - 5 minute half-time
- Use a size 3 ball
- Only one game leader on the field at a time
- No offsides
- No throw-ins, corners or free-kicks
- Match results and competition tables are not published



U8s and U9s game rules

- 7v7
 - Approx 50x35m with 3x2m goals
- Play 20 minute halves
 - 5 minute half-time
- Use a size 3 ball
- No offsides
- Have keepers and a penalty area where keeper can handle the ball
 - Keepers must throw or pass from the ground within 6 seconds (cannot punt/drop kick)
 - Opponents 10m away on goal kicks
- Throw-ins, but can't score directly from them
 - Opponents are to be 5m away
- Corner kicks, and score directly from them
 - Opponents are to be 5m away
- Penalties can be awarded, and are from 8m out from goal
 - All others, besides the keeper, 5m behind the ball



U10s to U12s game rules

- 9v9
 - Approx 70x45m with 5x2m goals
 - Penalty area 20x10
- 25 minutes per half
 - 5 minute half time
- Use a Size 4 ball
- Goals can be scored from an offside position
 - Game leaders to direct players standing offside, to move onside
- Indirect free kick for all fouls, hand balls & misconduct
 - Opponents 5m back from the ball when this occurs



U13 to U18s game rules

- 11v11
 - Full size field
- 25 minutes per half
 - 5 minute half time
- Use a Size 4 ball in U13s
- Use a Size 5 ball in U14s and above
- FIFA 'Laws of the Game' now apply



Common rules

- Players must wear shin pads
- Substitutes can be made at any time of the match
 - Pre-planned substitutions allow you to focus on coaching the players
 - We suggest engaging the team manager, or a parent, to assist with subs
- Consider rotating, or sharing the goalkeeper role, if you do not have a designated goalkeeper



Resources



GIOCA

Visual Schedule

No Day

Day

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday

Monday

Tuesday

Wednesday

Thursday

Friday

Saturday

Sunday



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NWSF DNA Miniros

U6-U7 (4v4) training program

All this and more at
[nwsfdna.com!](https://nwsfdna.com)

Week 2	Session 2 - Get into a line of pass
Week 3	Session 3 - Receive with inside of the foot
Week 4	Session 4 - Stop or delay forward progress
Week 5	Session 5 - Close the ball & space
Week 6	Session 6 - Be the poacher

12 Week Program	
Week 1 and 7	Session 1 - See player, see ball
Week 2 and 8	Session 2 - Get in line of pass
Week 3 and 9	Session 3 - Receive with inside of foot
Week 4 and 10	Session 4 - Stop or delay forward progress
Week 5 and 11	Session 5 - Close the ball & space
Week 6 and 12	Session 6 - Be the poacher

Academy


The renowned **NWSF Academy** returns in 2025, with scouting taking place in the opening three rounds of the season, leading into trials on April 28 (boys) and May 2 (girls).

The Winter Academy runs from May to August for U8s to U18s, boys and girls.


It provides an additional training session each week for selected players from the NWSF association, delivered by NWS Spirit coaches.

Interested in coaching in Academy? [You can nominate to be a coaching apprentice in Academy](#) now!







Rubi Sullivan started
in Academy at U10s



NSW representative in
both football and
futsal



Continues to play for
Spirit FC's Womens
First Grade!

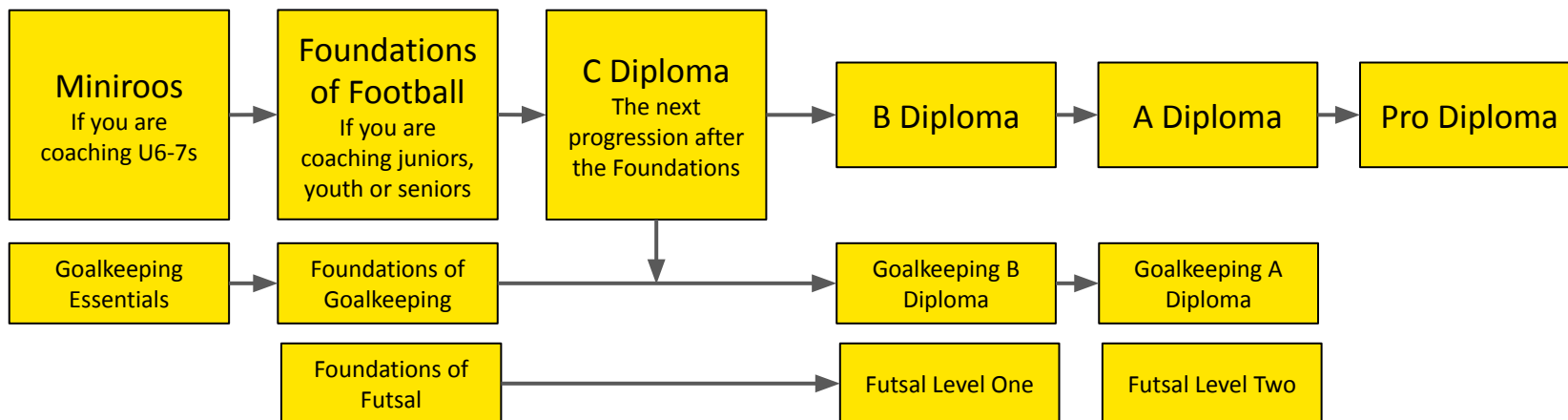


Signed for Sydney FC
in 2024, and current
Junior Matilda!





coach education structure



Plus NWSF's range of **DNA in Depths**, **Special Presentations**, the **NWSF Conference** and **more!**

Coach progression



Why does NWSF have compulsory coach education?

- To increase the quality of our player's football environment
- To improve the development of our people and players
- To increase the enjoyment levels and longevity of coaches
- To engage & retain players in our Premier League and Super League competitions



What do NWSF coaches need to do?

NWSF's compulsory coach education requires...

- U6s to U8s coaches qualified with a Miniroos Certificate
- U9s to U12s coaches qualified with a Foundations of Football
- U13 to U18 (Division 1 & 2) qualified with a Foundations of Football
- Super League and Premier League coaches qualified with a Foundations of Football or C Diploma

Find out more [by clicking here](#). Your club and DOC will also share this information.

A photograph of two female soccer players in action on a field. The player on the left is wearing a purple jersey and shorts, while the player on the right is wearing a blue and white striped jersey and blue shorts. They are both looking down and appear to be competing for the ball. The background is blurred, showing other players and spectators.

Head to nwsf.com.au/coaches for our coaches hub, including course information, resources and more



Thank you!