



COACHING SEMINARS



'Preparing a National Team'

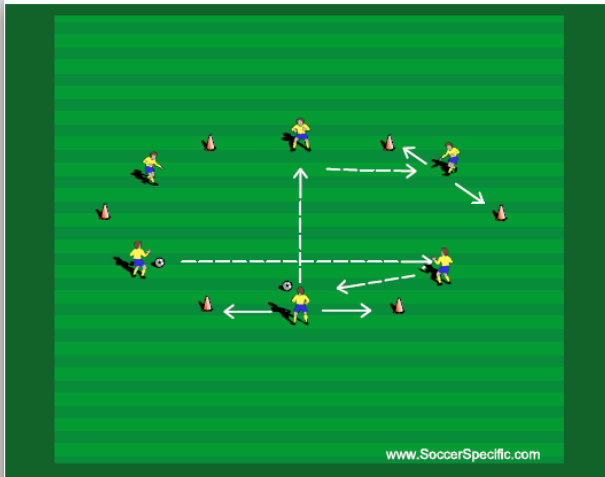


**Presented by
Tom Sermanni
Head Coach
Westfield Matildas**

Westfield Matildas Head Coach Tom Sermanni recently presented a seminar as part of the 2009 Capital Football Coach Education Seminar Series. Tom candidly discussed his teams preparations for the Italy/Australia international matches, his philosophies on player assessment, coaching men vs Women, leadership groups and the challenges that entry into the AFC now present for Australian football. He also outlined a favorite coaching session designed to improve a teams passing.



COACHING SEMINARS



ACTIVITY #1

Set up: 15 x 20 Grid

6 Players

Balls

Instructions: 1) Players pass a ball across and around the grid.
Two touch restriction

Coaching Points: Move between cones to get in line of pass

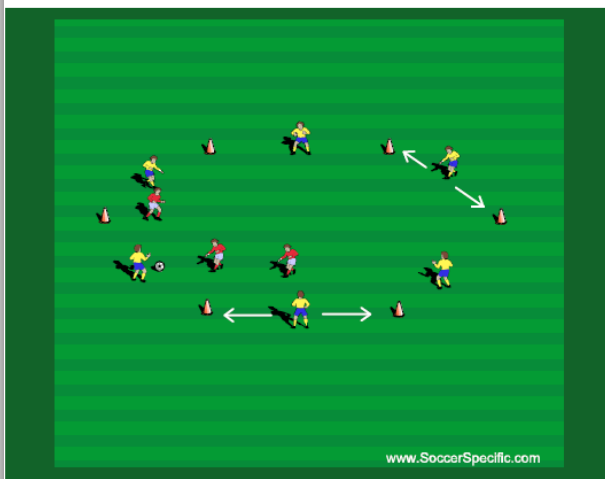
Focus on a good touch out of feet

Keep the ball moving

Overhit passes to force teammates to focus on first touch

Progression

Add a second ball to force players to make decisions



ACTIVITY #2

Set up: 15 x 20 Grid

9 Players

6 Cones

Balls

Instructions: 6 players on outside attempt to keep possession off 3 defenders.

1 point for splitting defenders, 1 point for five passes

Defenders attempt to dribble outside of square on turnover of possession

Play for 1 minute intervals then change defenders

Coaching Points: Keep possession

Move to support teammates

Focus on a good touch out of feet and away from pressure

Split defenders where possible with a hard accurate pass



ACTIVITY #3

Set up: 15 x 20 Grid inside 40 x 50 Playing area

18+ Players

2 Goalkeepers

6 Cones

Balls

Instructions: 6 players on outside attempt to keep possession off 3 defenders.

If defenders get split by a pass attacker may turn and attack the goal by combining with strikers

Defenders attempt to dribble outside of square on turnover of possession

Progression

Coaching Points: Keep possession but play forward in between defenders at earliest possible opportunity

Progression 1 Add defenders at each end to assist goalkeepers

Progression 2 Add wide players to encourage attackers to look for width in attack



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ACTIVITY #4

Set up: 44 x 60 Playing area

18+ Players

2 Goalkeepers

6 Cones

Balls

Instructions: 9 v 9 Match

Coaching Points: Keep possession but play forward in between defenders at earliest possible opportunity

Enforce a two touch restriction

Encourage players to play short accurate passes between defenders

Good movement off the ball

Progression- Free Play