

Coaches Corner

Thursday, 18 June 2009

Message from the Director of Football - Greg Brown

Welcome to "Coaches Corner"

Here I would like to start a library of coaching sessions (see files below) designed to help coaches of young footballers. There are three different categories:

- Speed (which includes speed in all directions and coordination)

- Skill (Which includes work with the ball); and

- Games (Which has a number of conditioned games to achieve a particular coaching point)

As pointed out in our workshops, if you are giving players these three different topics each session, then you will be doing a great job with the players under you. I will endeavour to add sessions to these topics

every now and again.

As the response to the Workshops wasn't great, I will be trying to visit as many teams as possible over the remainder of the season. If you would like to book a session for me to come down and work with your team give me a call on 0419 009 277.

Greg Brown

Director of Football

Mitchelton FC

(Added 18 June 2009)

File Library - Coaching Sessions

Click on the file to download the session notes

Speed

Skill

Games

Speed / Fitness

(18 June 2009)

Warm up / Skill drills

(18 June 2009)

Small Sided Games

(18 June 2009)

Games for Nippers

(18 June 2009)

