



YOUTH FRAMEWORK



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“A proactive, effective, controlled and incisive possession based style of attacking play using individual and combination play to create and score goals.

Underpinned by a quick transition mentality and defending through aggressive collective and intelligent pressing.

The point of difference is our superior team culture and traditional Kiwi strengths combined with astute tactical cohesion.”

Above is New Zealand Footballs playing style statement that encompasses the key philosophical elements of how we would like our National Teams to play the game.

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PURPOSE & OBJECTIVES

The Youth Framework provides a clear, coordinated national approach to the development of youth players aged 13-19 years. Its main aim is to provide all youth players, regardless of their ability, with high quality experiences in order to retain them in or attract them to the game.

The Youth Framework provides clear pathways for players ensuring that young footballers can access opportunities to play at an appropriate level.

During the youth years, growth and maturation, as well as interest and commitment to the sport, do not develop at the same rate for all players. It is important that football activity shapes both the player and the person in a challenging, safe and enjoyable environment.

The Youth Framework will also provide clear training and match day guidelines that are linked to the New Zealand Football Playing Philosophy. This will enable an aligned approach to helping players increase their technical proficiency, tactical understanding and love for the game.

OBJECTIVE 1

Retain & increase the number of youth players by providing programmes and flexible football formats.

OBJECTIVE 2

Provide a clear framework for youth players to ensure a consistent pathway for lifelong participation.

OBJECTIVE 3

Provide clear training and playing guidelines for youth players based on international best practice.

OBJECTIVE 4

Position football as a means to improve the quality of life of young Kiwi's.

The information in this document is relevant to clubs, schools and other footballing organisations. Youth football will experience greater success with organisations working together in the best interest of the players.



WHAT IS THE YOUTH FRAMEWORK?

New Zealand Football's National Player Development Framework provides an aligned, cohesive structure in order to meet the needs of players across all levels of the game. There is a distinction between the progressive stages within the framework, with each stage having clear objectives, guidelines and structures so that coaches, referees and administrators are better equipped to meet the needs of our players, right up to adult football.

The Youth Framework is the link between junior and senior football. It provides a number of different playing environments and opportunities while further defining the talented player pathway.

Regardless of motivation or ability levels, players should enjoy a high-quality experience at all stages. The framework aims to meet the needs of all youth players, while ensuring they can move across the spectrum from community recreational football through to the talent excel pathway.

As you can see from the framework diagram, the Youth Framework offers programmes across all four pathways in order to cater for new, community and talented players alike.

COMMUNITY RECREATIONAL

The Community Recreational pillar is focussed on attracting new players to the game by providing more opportunities for teenagers to play, experience and fall in love with football. These programmes are flexible and aim to attract new and retain current players to our game long term.

COMMUNITY PARTICIPATION

The Community Participation pillar focusses on providing players who would like more footballing activity, with the opportunity to do so in an environment that encompasses training and competition. Players can choose from club and school competitions to train and play at their desired level, under the guidance of educated coaches.

TALENT PERFORM

The Talent Perform pillar provides players with potential the opportunity to train with the best coaches and train and play against other best players within their region and across the nation. This will create a platform for players to reach their potential. In this pillar, New Zealand Football believes the development of players should take place in a single environment under the guidance of highly qualified coaches to ensure consistency of learning.

TALENT EXCEL

The Talent Excel pillar focuses on working with the most talented players from across the country in order to help prepare and expose them to international football.

THE YOUTH DEVELOPMENT FRAMEWORK



YOUTH PLAYER

COMMUNITY PARTICIPATION
Federation Competition

TALENT PERFORM
National Competition

TALENT EXCEL
International Competition

SENIOR FOOTBALL
(20+ YEARS)
Club Leagues
Football 11v11
Futsal 5v5

6/7

SENIOR
National Mens League
National Womens League
National Futsal league

6/7

SENIOR
All Whites
Football Ferns
Futsal Whites
Professional Football

20+ YEARS

SENIOR

5

YOUTH FOOTBALL
(16-19 YEARS)
Club & College Leagues
Football 11v11
Futsal 5v5

5

YOUTH
National Youth League
National Youth
Futsal Tournaments
Talent Centres (16 years)

5

YOUTH
U17/U20 All Whites
U17/U20 Football Ferns
Nat. Talent Centres (16 Years)
Talent Acceleration
Programme

16-19 YEARS

YOUTH

4

YOUTH FOOTBALL
(13-15 YEARS)
Club & College Leagues
Football 11v11
Futsal 5v5

4

YOUTH
National Youth League
National Youth
Futsal Tournaments
Talent Centres (16 years)

4

YOUTH
National Talent Centres
(13-15 Years)
Talent Acceleration
Programme

13-15 YEARS

3

MINI FOOTBALL
(9-12 YEARS)
Club & School Teams
Football 7v7, 9v9
Futsal 5v5

3

JUNIOR
Skills Centres
(9-12 Years)

9-12 YEARS

2

FUN FOOTBALL
(7-8 YEARS)
Club & School Teams
Football 4v4, 5v5
Futsal 4v4

1

FIRST KICKS
(4-6 YEARS)
Club & School Teams
Football 3v3, 4v4
Futsal 3v3

7-8 YEARS

JUNIOR

4-6 YEARS

STAGES OF DEVELOPMENT

PERFORMANCE PHASE

7 STABILISING BEST PERFORMANCE
Best Performance Training

6 PERFECTING BEST PERFORMANCE
Best Performance Training

FOOTBALL FOR LIFE

Referee, Administrator, Coach, Fan, Supporter, Player

GAME TRAINING PHASE

5 PREPARATION FOR HIGHEST PERFORMANCE
Best Performance Training

4 LEARNING TO SHAPE THE PLAYER OF THE FUTURE
Learn to Play the Game

SKILL ACQUISITION PHASE

3 FOOTBALL SPECIFIC BASIC TRAINING
Playing together with Purpose

DISCOVERY PHASE

2 PLAYFUL TECHNICAL TRAINING
Mastering the Ball

1 FUNDAMENTALS
Falling in love with Football

YOUTH FRAMEWORK PRINCIPLES

1. QUALITY AND QUANTITY

Research places importance on the number of hours of specific practice and play players need in order to reach a high level of expertise.

New Zealand Football believes there can be a greater focus on the quality of the activity within the formalised training and playing environment.

The Youth Framework introduces a training model for youth players that will increase the quality of training, putting players in a scenario in which they need to **perceive**, **decide**, and **execute** football actions that are relevant to the game on a consistent basis.

2. FOOTBALL FOR ALL

The Youth Framework provides flexible pathways in order to provide players easy access to different formats of football that align with their own individual needs.

During the teenage years, players have an increase in commitment to their schooling as well a number of extracurricular activities.

In the community recreation and participation pathway there are a number of flexible football options available. It is important that these provide a high quality experience for all in order to allow players to fall and stay in love with the game.

In the talent perform pathway, New Zealand Football believes the development of players should take place in one environment to ensure consistency of training and learning.

3. RECOGNISING DEVELOPMENT AGE

The timing and tempo of maturation vary greatly between individuals during puberty. Individual differences in development age will emerge within the same chronological age group. Players with the same chronological age can differ by two to four years in their development age. Due to this, player development is dynamic and non-linear and there are multiple pathways that young players can take. It is therefore essential that the game offers flexibility and return routes within the pathway in order to provide for each individual.

The Youth Framework asks coaches, referees and administrators to be aware of these individual differences throughout the player development and identification process. Late maturers should be given as much attention as early maturers so that all players have the chance to reach their development potential.

This may reduce the gap between community and talented players, as well as retain more players in the game for longer.

4. PHYSICAL WELLBEING

Football and Futsal are fantastic sources of exercise for teenagers. They have a number of health benefits from both a physical and emotional perspective. An objective of the Youth Framework is to increase the number of youth players. This will provide far reaching health benefits.

In New Zealand there is a small window of coach-player contact and therefore a need for specific training. Due to this it is recommended that physical training is incorporated into a specific context.

The Youth Framework also provides additional guidance around how to reduce the risk of injury to players, regardless of their level of ability and commitment.

5. HOLISTIC PLAYER DEVELOPMENT – THE FOUR CORNERS APPROACH

The gradual, progressive development of youth players is fundamental to their enjoyment, technical and tactical competency and retention in the game. The four corners approach places the player at the centre of the development process and recognises that the Technical, Tactical, Mental and Physical components of the game are distinguishable but not separable. These components should be built within a culture that caters for the social and emotional needs of the players.

Although priorities will vary during the players' different phases of maturity, the Four Corners approach provides a framework for coaches and is deliberately interlinked. The key message for coaches is to be aware of the flow-on effects and avoid considering any of the components in isolation. This approach ensures that the experience offered to players will not only meet their specific needs, but will foster a greater enjoyment of the game.



6. THE MATCH IS FOR THE PLAYER

Match day is an opportunity for the player to put into practice what has been learnt at training in a more competitive environment. For the coach, it is an opportunity to observe how successfully the players are implementing what has been taught at training.

New Zealand Football want to ensure that our youth players are competitive and promote an environment that focuses on both development and winning while nurturing players to have a deep intrinsic motivation to play and practice.

7. PLANNING

Coaches of youth players need to be able to transition players from junior football to senior football. Planning should be undertaken by coaches in order to meet the individual technical, tactical, physical and mental needs of their players within the team environment. The Youth Framework provides guidance on how to plan a training and playing programme that will help players reach their potential.

PRINCIPLES

1 QUALITY AND QUANTITY

2 FOOTBALL FOR ALL

3 RECOGNISING DEVELOPMENT AGE

4 PHYSICAL WELLBEING

5 HOLISTIC PLAYER DEVELOPMENT - THE FOUR CORNERS APPROACH

6 THE MATCH IS FOR THE PLAYER

7 PLANNING

YOUTH FRAMEWORK DIRECTION

TRAINING THAT LOOKS LIKE THE GAME – THE KEY INGREDIENT

GAME TRAINING

The Youth Framework will introduce a training phase in which the focus is making training look as much like the game as possible. This is aptly named the Game Training Phase.

During their youth years, players are in or entering puberty which is a period of rapid physical and mental change that occurs at varying rates. During their growth spurt players can experience a temporary loss of coordination. At the same time, youth players are experiencing accelerated intellectual development and have the capacity to operate within and understand far more complex situations as well as increase their understanding and appreciation for teamwork. Tactical elements of the game can be challenged to a greater extent during the Game Training phase and this can be done by ensuring training looks as much like the game as possible.

Players of the future will be faced with limited time and space and will need to be able to consistently perceive any given situation, decide what to do and execute the necessary action quickly and successfully. It is important for players to consistently experience these problems during training and that they are related as closely as possible to real game situations.

The Game Training phase focuses on taking the core skills developed during the skill acquisition phase and learning how to apply them within a team environment. This includes the specific tasks needed to play in certain positions within the team formation.

Within the Junior Framework the session focus is on developing an individual skill such as receiving the ball, travelling with the ball, striking the ball, etc. Within the Game Training phase, the theme of the session focuses on one of the Main Moments of the game and the tasks of the team and individuals within that moment based on the playing style statement.

MAIN MOMENTS

ATTACKING

- Playing out from the Back
- Midfield Play
- Attacking Play
- Scoring Goals

TRANSITION TO DEFEND

- From having possession of the ball to not having possession of the ball

DEFENDING

- Winning the ball back
- Pressing the ball
- Preventing goal scoring opportunities

TRANSITION TO ATTACK

- From not having possession of the ball to having possession of the ball

“A proactive, effective, controlled and incisive possession based style of attacking play using individual and combination play to create and score goals.

Underpinned by a quick transition mentality and defending through aggressive collective, intelligent pressing.

The point of difference is our superior team culture and traditional Kiwi strengths combined with astute tactical cohesion.”

TEAM MODEL

The New Zealand Football Team Model brings to life the Nation Playing Style Statement. It takes the key principles and assigns them to the main moments in a structured way. The Team Model becomes the focus during the Game Training Phase.

MAIN MOMENT	ATTACKING	TRANSITION TO DEFEND	DEFENDING	TRANSITION TO ATTACK
Key Principle	Controlled and Incisive Possession Combination Play Individual Play	Press the ball immediately Prevent forward passing Quickly into defending positions	Win the ball back as close to the opponent's goal as possible Deny time and space Limit goal scoring opportunities	Quick forward passing and movement Quickly into attacking positions
Team Task	Fundamental Tasks to make the key principles happen			
Player Task	General and Specific			
Player Actions	Pressing, Marking, Intercepting, Tackling, First touch, 1v1, Travelling with the ball, Striking the ball, Positioning communication			

The following factors should be evident during training in order for training to look as much like the game as possible and to ensure football is being played and learnt.

Game Direction
The 4 Main Moments
Perception, Decision, Execution
Challenge the Technical, Tactical, Physical and Mental components of a player simultaneously
Provide an environment that is challenging, safe and enjoyable
It should look like the game



Diagram showing the holistic benefits of Game Training





YOUTH FRAMEWORK TRAINING

HOLISTIC PLAYER DEVELOPMENT (13-15 YEARS)

WHAT'S HAPPENING?

During this period, players enter puberty and associated growth spurts. Growth and maturation, as well as interest in the sport, does not develop at the same rate for all individuals. The majority of players will orientate themselves toward community football (recreational and participation).

Players are looking to progress and develop, as well as satisfy other needs such as social contact and health and fitness benefits. This is the transition stage from junior to youth football and is a time where research shows many players drop out of the game.

WHAT DOES A

13-15 YEAR OLD PLAYER NEED?

First and foremost, a young teenage player needs to have an enjoyable and challenging environment in order to keep them engaged in the sport. It is important that we introduce players to the Game Training method in a fun environment. Coaches can do this by preparing sessions that provide a lot of football or futsal specific activity. Coaches will benefit from providing a high quality, environment in which players of all ability levels will enjoy.

A number of different playing products and pathways should be offered in order to meet all players' needs. It is also important to keep the door open between the different pathways so players are able to move from one to another.





CULTURE - SOCIAL / EMOTIONAL

BUILD TEAM RELATIONSHIPS, ENSURE A SENSE OF BELONGING, IMPROVE SELF ESTEEM, PROVIDE A SAFE ENVIRONMENT



TECHNICAL

CHARACTERISTICS

MEETING NEEDS

Lack of coordination due to accelerated growth may lead to inconsistency of performance

Be patient with your players making mistakes

Have acquired a good level of technical competence during the skill acquisition phase

More focus on practices that incorporate PDE

Accelerated intellectual development

Provide context to technical actions by asking players to perform them in game related exercises



TACTICAL

CHARACTERISTICS

MEETING NEEDS

Accelerated intellectual development

Can increase exposure to tactical elements to increase understanding across the 4 main moments of the game

Good recognition of space and others

Reinforce the principles of attack and defence within the context of the whole game

Maturation timeline is different for different players

Give players opportunities to play across multiple positions to increase their skillset and tactical understanding



PHYSICAL

CHARACTERISTICS

MEETING NEEDS

Health and fitness becomes a key driver to playing football

Provide an active environment with few stoppages of play

Loss of coordination due to increased growth

Continue to incorporate some general movement and agility exercises into training

Higher risk of injury due to increased growth

FIFA 11+ programme with a focus on flexibility and core

Varying energy levels

Regulate a balanced training to game ratio to avoid overload

Large variance in physical development

Focus on PDE and not physical capability



MENTAL

CHARACTERISTICS

MEETING NEEDS

Accelerated intellectual development

Include problem solving within training environment

Increased concentration span

Use of visual aides to assist learning

Impulsiveness (acting before thinking)
Have a greater understanding of the consequences of mistakes

Create an environment where mistakes are seen as an important part of the learning process

Large variance in mental development

Focus training on developing the individual player while maintaining the group dynamic

Increased aptitude for mental development

Develop traits such as self-determination and competitiveness

HOLISTIC PLAYER DEVELOPMENT (16-19 YEARS)

WHAT'S HAPPENING?

Players at this age have usually clearly defined which pathway they would like to participate in with the majority orientating themselves towards the community pathway.

Players will often be very busy with many commitments including school, study, music, friends and other extracurricular activities. Players will continue to play at their desired level and therefore for some players, football or futsal will become just one of these many commitments. Others will decide to immerse themselves more seriously towards higher achievement in the sport.

Players are at the tail end of the growth spurt and become physically more stable. Late maturers have the opportunity to catch up physically and mentally with others, this can

result in some players moving up the pathway continuum into talented football.

WHAT DOES A 16-19 YEAR OLD PLAYER NEED?

Players will want to continue to be challenged in an environment that best suits their needs. It is crucial to understand what is important to the player in order to provide a high quality experience that meets their individual needs.

A number of different playing choices and pathways should be available in order for players to have suitable options to choose from.





CULTURE - SOCIAL / EMOTIONAL

BUILD TEAM RELATIONSHIPS, ENSURE A SENSE OF BELONGING, IMPROVE SELF ESTEEM, PROVIDE A SAFE ENVIRONMENT



TECHNICAL

CHARACTERISTICS

MEETING NEEDS

Varying levels of technical ability

Continue to develop the core skills within training through PDE games

Coordination returns after the growth spurt

Can focus on developing high level specific techniques both in isolated and pressurised situations

Start to focus on playing one or a small combination of positions

Increase position specific techniques



TACTICAL

CHARACTERISTICS

MEETING NEEDS

Accelerated intellectual development

Can increase exposure to tactical elements to increase understanding across the four main moments of the game

Very good recognition of others

Increase group tactics

Can better relate what happens in training to the game environment

Closely align training objectives to competition/ match day outcomes



PHYSICAL

CHARACTERISTICS

MEETING NEEDS

Health and fitness is a key driver to play football

Provide an active environment with lots of playing

Become more physically stable after the growth spurt

Plan training in a periodised manner and have a balanced training to game ratio to avoid player overload

Risk of injury due to increased activity

Continued focus on injury prevention through the FIFA 11+ programme

Encourage coaches and players to keep a training/ activity log



MENTAL

CHARACTERISTICS

MEETING NEEDS

Accelerated intellectual development

Include problem solving within training environment

Increased concentration span

Use of more complex tools such as tactics boards, video analysis etc in order to accelerate learning

Effectuated by external influences

Be mindful of what is important to the players

Increased aptitude for mental development

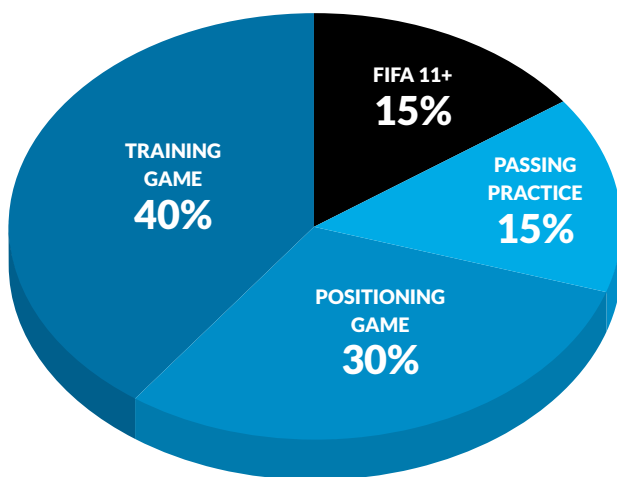
Further develop traits such as self-determination, competitiveness and leadership

TRAINING STRUCTURE

Training continues to be the first contact for new players and is an opportunity to draw players into what football has to offer. It also continues to engage current players with the challenge, enjoyment and social interaction they need. The example trainings have been designed with a lot of hidden learning. This way, whatever your coaching experience and ability you can feel comfortable that by implementing the sessions within training, players will be provided with an enjoyable experience while being introduced to the principles of the game training model.

New Zealand Football's guidance around how training is structured changes depending on the need of the players you are coaching. The training sessions included in the back of this document use the training structure for community players. Coaches who would like to learn more about the training structure for talented players should attend an advanced coach education course.

COMMUNITY PLAYERS



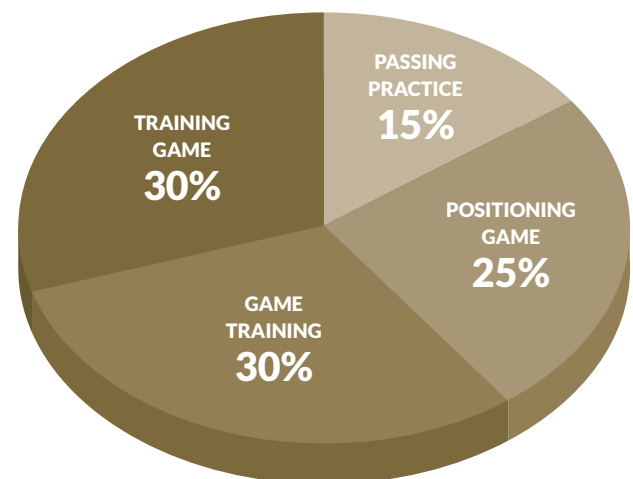
TRAINING BEST PRACTICE

Provide an age appropriate and safe training environment;

- An appropriate warm up that prepares players for physical activity
- An appropriate space for the number of players
- Suitable training duration and intensity
- Suitable number of contacts per week
- Safe equipment
- A responsible ratio of coaches to players

TALENTED PLAYERS

FIFA 11+ Recommend players arrive 30 minutes prior to training and perform the FIFA 11+ in order to prepare themselves for the session ahead.



PLAYER LOADING

New Zealand Football encourages awareness around player loading;

- Understand a players total work load across all football environments
- Maximum of five formal training or game specific contacts per week
- 4 training plus a game or 3 trainings plus 2 games
- Maximum of two age specific strength and conditioning contacts per week
- Players, parents and coaches should actively monitor training activity and intensity
- Overloading can cause fatigue resulting in overuse injuries
- Coaches should be aware of a players total work load across all football environments

PART 1. FIFA 11+ WARM UP

- New Zealand Football endorses the principle of safe warming up and promote the use of the FIFA 11+ programme prior to two training sessions a week.
- It is designed to be delivered by the team coach or by the players.
- It incorporates running, active stretching, balance and strengthening exercises.
- Wherever possible, include a ball.

PART 2. PASSING PRACTICE

- This time is used to prepare the players for the upcoming activity, technically and mentally, as well as physically.
- This time is also used to introduce the tactical theme of the session, providing hidden learning and introducing the specific passing, first touch and football-related movements designed to help achieve the session objective.

PART 3. POSITIONING GAME

- The theme is developed by the introduction of limited opposition, providing opportunities for appropriate perception, decision and execution in a realistic setting.
- Passing practices with added game-related resistances.
- Designed to further develop passing and first touch under pressure.
- Players are now required to develop, improve or reinforce their positioning, handling speed and decision-making.
- They are always opposed, but usually with numerical superiority to the attacking team. The degree of opponent resistance can be gradually increased.
- The coach structures the exercise to encourage specific behaviours and achieve specific outcomes, related to the session objective.

PART 4. GAME TRAINING

- Specific and game-related exercises designed to develop, improve or reinforce team understanding and player roles.
- Has direction and includes realistic opposition that can be gradually increased.
- Is situated in the area of the field where the desired actions usually take place.
- Challenges such as modifications and constraints can be placed on the players (corridors, additional boundary lines, limited touches, restricted areas, etc).
- Each team plays towards targets (small goal, big goal, cross a line in possession, etc).

PART 5. TRAINING GAME

- A game involving two even teams (or a neutral player working with the team in possession) used to conclude the session.
- These should involve teams with even numbers or one neutral so the team in possession has a one person advantage.
- Goals for both teams (either big or small goals).
- The 4 main moments for both teams (attack, defend, transition).
- Players in game-specific positions and areas.
- A real game or a section of it, with as many of the 11v11 rules present as possible.

ROLE OF THE COACH

The word “Coach” can sometimes be a daunting one. There is an implication of knowledge that comes with it. Coaches come with many different levels of experience. They may be new to the game or have limited experience and knowledge. They may have come from a different sporting environment or may be involved because their child participates in the team. Alternatively they may have played or coached extensively in the past and have a good knowledge of the game.

For players, New Zealand Football encourages a challenging, enjoyable and inclusive environment. The same should apply for coaches in order to attract them to and retain them in the game. With this in mind, the training sessions provided have been designed with a lot of hidden learning in order to assist the development of both the coach and the player.

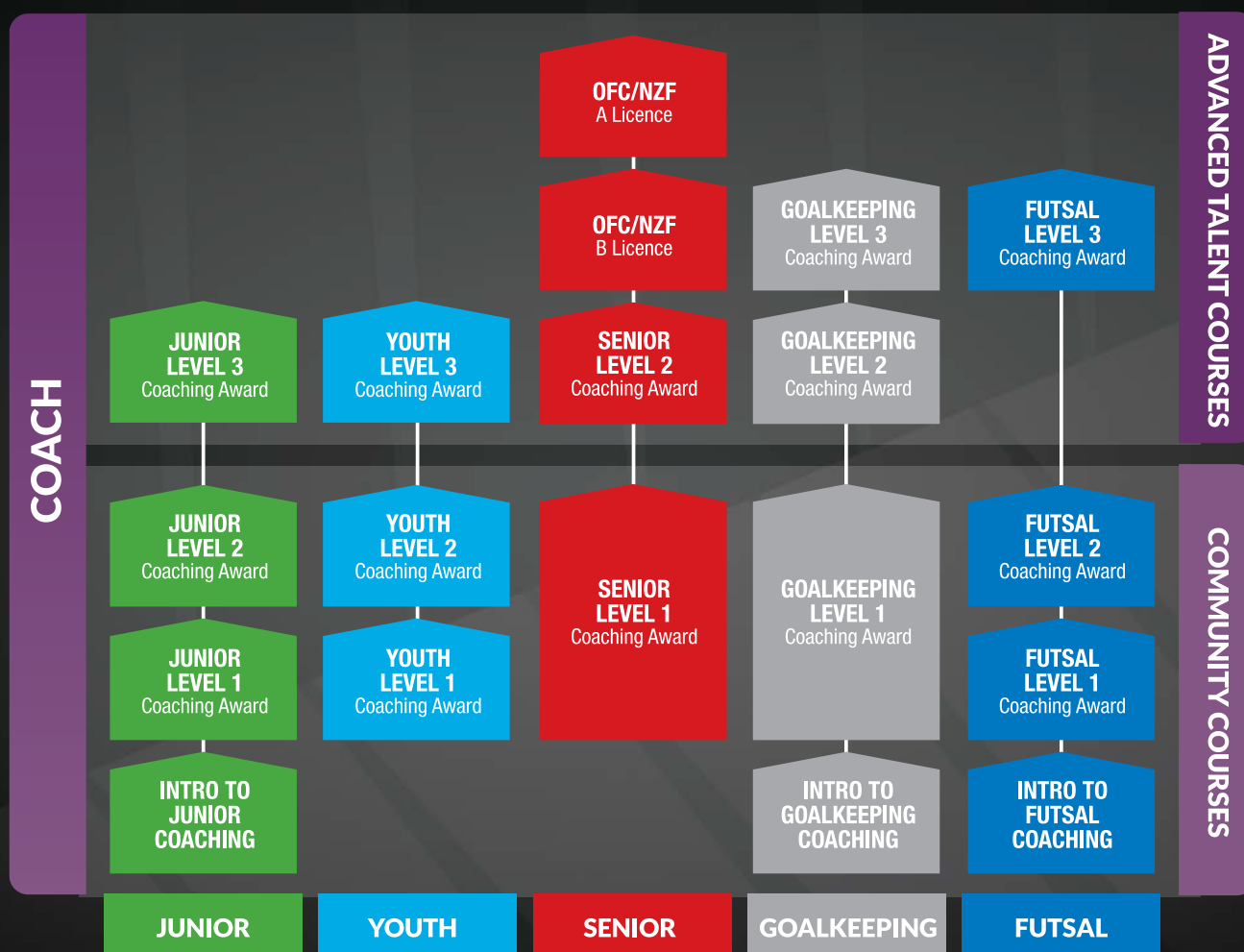
It is important that a Coach has a good understanding of their player’s motives and capabilities in order to provide an holistic environment to meet the player needs. This can be done by asking some simple questions:

- How long have you been playing for?
- When were you born?
- What are your motives for playing?
- What is your football workload?

With this knowledge the coach can recognise those who may be more advanced, those who need more support, those who are physically less mature or those who have a high level of activity and will gain a more detailed understanding of what the player wants and needs.

It is also important that coaches continually challenge themselves by accessing appropriate personal development tools. This will have positive effects on both coaches and their players. New Zealand Football encourages coaches to engage in the coach education pathway. The pathway offers varying levels of education designed to suit the needs of all coaches regardless of their ability or experience.

THE COACH EDUCATION PATHWAY



PLANNING GUIDELINES

Coaches of youth players need to be able to transition players from junior football to senior football. Detailed planning should be undertaken by coaches in order to meet the individual technical, tactical, physical and mental needs of their players within the team environment.

The game training model asks coaches to focus on one of the Main Moments at a time. Due to the small amount of player-coach contact, it is important that coaches have a plan in place that ensures players are getting what they need not only in each training session but across the course of the season. In order to do this, planning is an important aspect of coaching:

- Divide each season into 6-week cycles
- Label each cycle and week (for example, 'Cycle 3, Week 4')
- Insert the competition games and expected pre-season games
- Mark the days on which training sessions for that age-group will take place
- Plan the main moments of the game for each cycle.

To help us determine which Main Moments we prioritise we should refer to our playing style statement:

"A proactive, effective, controlled and incisive possession based style of attacking play using individual and combination play to create and score goals.

Underpinned by a quick transition mentality and defending through aggressive collective, intelligent pressing.

The point of difference is our superior team culture and traditional Kiwi strengths combined with astute tactical cohesion."

New Zealand Football believes that defending is easier to teach than pro-active, creative attacking and that the two transition moments can be addressed in the same training session, because when one team is in transition to attack, the other team is in transition to defend. It is therefore important to spend more time on the attacking moment without neglecting the other moments of the game.

Coaches should incorporate the transition moments within every attacking and defending session so the players are conditioned to see the links between the Main Moments.

Our rough guide on Main Moment allocation is that for every 6 sessions the following applies:

Attacking	3 sessions
Defending	2 sessions
Transition	1 session

There is no magic order, but here is an example for a team that trains 2 times per week:

DAY	TUESDAY	THURSDAY
WEEK 1	ATTACKING	DEFENDING
WEEK 2	ATTACKING	TRANSITION
WEEK 3	ATTACKING	DEFENDING
WEEK 4	ATTACKING	TRANSITION
WEEK 5	ATTACKING	DEFENDING
WEEK 6	ATTACKING	TRANSITION

Any combination could be used, however, the key points are:

- Training is planned in 6-week cycles
- The Main Moments are rotated using a designated allocation which is based on the playing style.

Please find football example sessions on pages 40-51.

Please find futsal example sessions on pages 54-65.

HEALTH AND WELLBEING

FIFA 11+

Football and Futsal are great sources of exercise and have a number of health benefits. As we retain more, and attract new, players to the game it is important we respect the principles of safe warming up. New Zealand Football promotes the use of the FIFA 11+ programme prior to two training sessions per week.

The main physical characteristic of the puberty phase is a sudden acceleration in growth. Consequences of this growth spurt are a temporary loss of coordination and strength as well as a higher susceptibility for growth related injuries. It is important that coaches recognise this and educate themselves on the FIFA 11+ programme.

What Is FIFA 11+?

The FIFA 11+ is a warm-up programme developed by FIFA specifically to reduce the risk of injury in football. The programme was developed by an international group of experts and its effectiveness has been proven in scientific studies. The programme is designed to be delivered by the team coach – and in time, led by the players without the need for specialised medical input.

The main difference between the FIFA 11+ and a more traditional warm-up is the inclusion of strength and balance exercises. These have been shown to be key components of an injury prevention warm up. Passive stretching exercises are not part of the FIFA 11+.

For all exercises good technique is important. The coach should supervise the programme and correct the players if necessary.

How It Works

The programme has three key components – running, balance and strengthening. Each of these components are equally important. The purpose is to help our athletes move more effectively. Two of the main goals are to teach the athlete to land and change direction more safely. The key coaching point is to avoid a “knock knee” position on landing, squatting, and running. The programme also involves other jumping exercises (plyometrics), as well as hamstring, core and hip strengthening exercises.

The FIFA 11+ has three parts with a total of 15 exercises and recommends that each exercise is performed twice during the warm up.

The Programme

The program should be done prior to the training session. Ideally it would be done twice a week. It takes between 15 and 20 minutes to complete. You might also elect to perform the program before matches. Prior to matches, only the running exercises (parts 1 and 3) should be performed.

If the athletes stop doing the programme regularly, its effectiveness is reduced.

New Zealand Football recommends that players perform all aspects of the FIFA 11+ warm up. In cases where time is limited, New Zealand Football encourages players to, at a minimum, go through the exercises once.

As you get more confident with the delivery of the programme you may adapt some of its elements to include it into the passing practice part of training.

What Are The Benefits?

Doing the FIFA 11+ twice a week has been shown to reduce the risk of all injuries by 30% and the risk of severe injuries (like anterior cruciate ligament injuries and severe ankle sprains) by more than 50%. It has also been shown to enhance performance – both at an individual and team level.

For full instructions including demonstration videos please visit www.nzfootball.co.nz/fifa-11

Player Loading

Players in New Zealand are often training and playing across multiple environments (club, school, federation, private providers). This can result in players (especially talented) having a high number of training and playing contacts per week causing fatigue. A result of this could be overuse injuries.

New Zealand Football recommends a maximum of five formal training or game specific contacts at an appropriate intensity per week. In addition to this New Zealand Football recommends a maximum of two age specific strength and conditioning contacts per week. It is important for players, coaches and parents to monitor activity across all the environments in which the players operate and be aware of the potential negative effects of training and playing too often.

PART 1: RUNNING AND ACTIVE STRETCHING

Running exercises at a low speed combined with active stretching and controlled partner contacts.



PART 2: STRENGTH AND BALANCE

Six sets of exercises focusing on core and leg strength, balance and plyometrics/agility, each with three levels of increasing difficulty.



PART 3: RUNNING AT SPEED

Running exercises at moderate/high speed combined with planting/cutting movements.





YOUTH FRAMEWORK MATCHDAYS



YOUTH FRAMEWORK MATCHDAYS

The match is the opportunity for the player to try and apply what they have learnt in training in a more competitive environment. New Zealand Football believe that coaches, parents and spectators need to create an environment where creativity and risk taking are encouraged and mistakes are viewed as a learning opportunity.

New Zealand Football want to ensure that our youth players are competitive, however, we must minimise an adult-led culture that can often lead to an over emphasis on week to week winning to secure a trophy or title. This may disengage players where the pressure to perform impacts significantly on fun and enjoyment. New Zealand Football promotes an environment that focuses on both

development and winning while nurturing players to have a deep intrinsic motivation to play and practice.

FORMATION

A formation that best brings the playing style to life

Football - 1-4-3-3

Futsal - 1-1-2-1



Football numbering system:

To create a consistent football language and support talent identification, New Zealand Football will adopt the numbering system above.

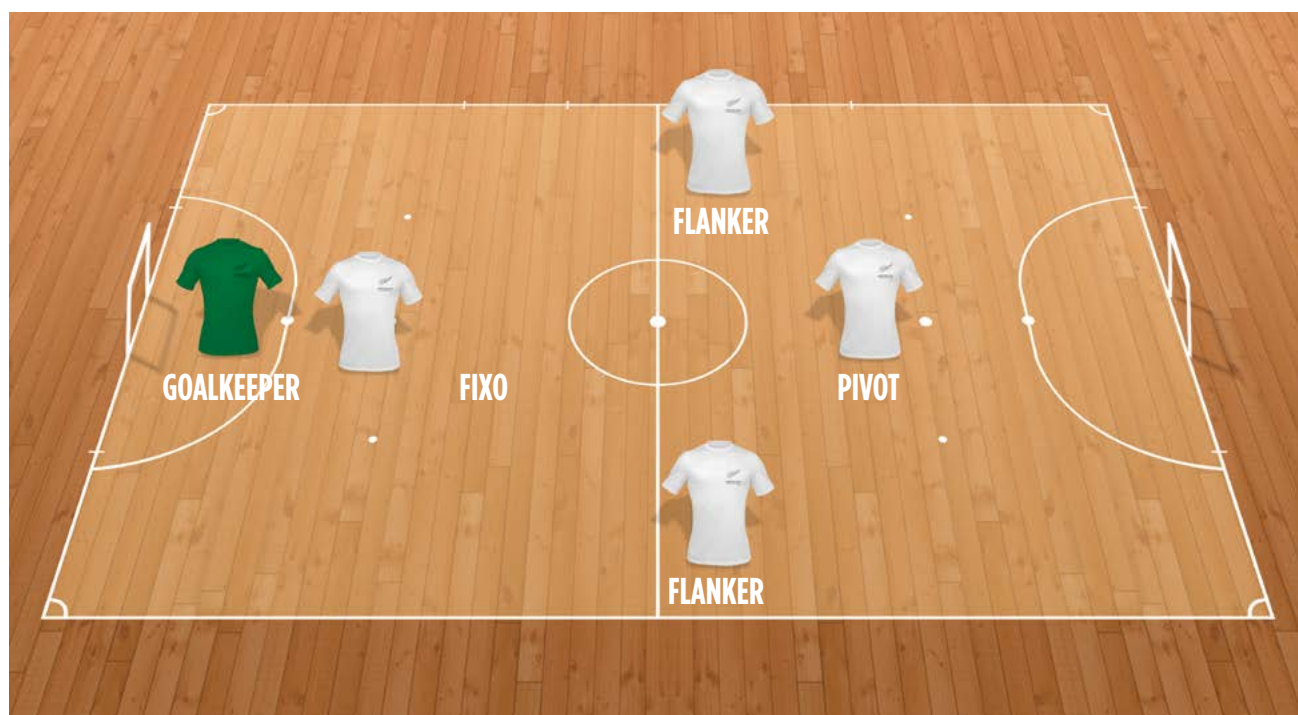
The goal keeper is #1. By taking the numbers across the back four, starting with the right back as #2 and the left back as #5 we can avoid confusion with other numbering systems. The midfield players are made up of numbers 6, 8 and 10 with #10 being recognized as an attacking midfield player. The attackers are 7, 11 and 9 with #7 and #11 playing in wide areas and the #9 recognised as the central striker.

These formations complement each other to provide a seamless transfer from futsal to football and vice versa. They are particularly favoured as a means of developing flexible team play because:

- There are a minimum of three lines of balanced play across the whole width and length of the pitch. This allows for a wide degree of positional flexibility which in-turn underpins the ability to support the ball carrier or press the ball carrier quickly.
- It leads to the development of creative individual and combination play due to the quick formation of triangles and diamonds.

- This naturally leads to the ability to defend proactively as the attackers are positioned close to the opponent's goal and can quickly be supported by the midfield players.
- For youth players the positions and their associated tasks are easier to understand.
- A logical numbering system can be applied to support player understanding and national player identification.

New Zealand Football recommend that these are the formations that its' development teams adopt and would encourage youth programs throughout the country to utilise the formation for the reasons outlined above.



Futsal numbering system:

There are four basic positions that are currently used within Futsal. Due to the fluidity of the game, players tend to rotate positions constantly and often find themselves playing all positions throughout the course of the game. Due to this, there is not a specific numbering system for futsal, however, positions have been given names:

The goal keeper protects the goal. The Fixo and the Pivot are recognised as being the deepest and most advanced outfield players respectively with the flankers operating in wider areas in between the Fixo and Pivot.

MATCHDAY ORGANISATION

In youth football, teams usually play as part of a competition in which matches are played in a round robin format throughout the season. This means that teams will host each other in home and away contests. It is the role of the home team to organise the venue so that both teams can enjoy a high quality experience in a safe and suitable environment.

The transition from playing junior football to youth football is a big step. The number of players, size of the ball, goal and

the size of the pitch all changes. These changes take time for players to adjust to. While this is an advantage to some, it can have a negative effect on many young players and especially affects late maturers. This can lead to the Relative Age Effect (RAE)** due to the exclusion of players based on physical capabilities.

New Zealand players are currently catching up with more established football nations around the world. Players will

OPTIMUM FOOTBALL MATCHDAY STANDARDS

Age Group	Playing Format	Field Size (m)*	Ball Size	Goal Size (m)	Penalty Box Size (m)	Game duration (mins)	Substitutions
13	11v11	82 x 50	4	6.4 x 2.1	32 x 12.8	2 x 35	5 rolling
14	11v11	82 x 50	5	6.4 x 2.1	32 x 12.8	2 x 35	5 rolling
15	11v11	90 x 55	5	7.3 x 2.4	40 x 16.5	2 x 40	5 rolling
16	11v11	90 x 55	5	7.3 x 2.4	40 x 16.5	2 x 40	5 rolling
17+	11v11	100 x 60	5	7.3 x 2.4	40 x 16.5	2 x 45	5 rolling

MINIMUM FOOTBALL MATCHDAY STANDARDS

Age Group	Playing Format	Min Field Size (m)	Max Field Size (m)	Ball Size	Min Goal Size (m)	Max Goal Size (m)	Min Pen. Box Size (m)	Max Pen. Box Size (m)	Game duration (mins)	Subs.
13	11v11	80 x 45	90 x 55	4	6.4 x 2.1	7.3 x 2.4	32 x 12.8	40 x 16.5	2 x 25-40 Halves	3-5 rolling
14	11v11	80 x 45	90 x 55	5	6.4 x 2.1	7.3 x 2.4	32 x 12.8	40 x 16.5	2 x 25-40 Halves	3-5 rolling
15	11v11	90 x 55	100 x 60	5	7.3 x 2.4		40 x 16.5		2 x 30-45 Halves	3-5 rolling
16	11v11	90 x 55	100 x 60	5	7.3 x 2.4		40 x 16.5		2 x 30-45 Halves	3-5 rolling
17+	11v11	90 x 55	100 x 65	5	7.3 x 2.4		40 x 16.5		2 x 35-45 Halves	3-5 rolling

need to be able to better operate in limited time and space and, to do this, will need to be able to consistently **perceive** any given situation, **decide** what to do and successfully **execute** the necessary action more quickly.

New Zealand Football recommends a gradual transition towards playing senior football. In the following pages, please find age appropriate recommendations with regards

to playing numbers, field and equipment sizes, game duration and substitutions. The playing formats, pitch and equipment sizes are based on a number of factors including international best practice, the development needs of the players and with consideration of the realities of New Zealand*. Although there is little flexibility within playing formats, the guidelines around dimensions are flexible enough to meet the short-term needs of clubs and schools.

OPTIMUM FUTSAL MATCHDAY STANDARDS

Age Group	Playing Format	Field Size (m)*	Ball Size	Goal Size (m)	Game duration (mins)	Substitutions
13-15	5v5	32x16	Futsal Ball	3x2	2 x 20	Rolling
16-19	5v5	40x20	Futsal Ball	3x2	2 x 20 Stopclock	Rolling

MINIMUM FUTSAL MATCHDAY STANDARDS

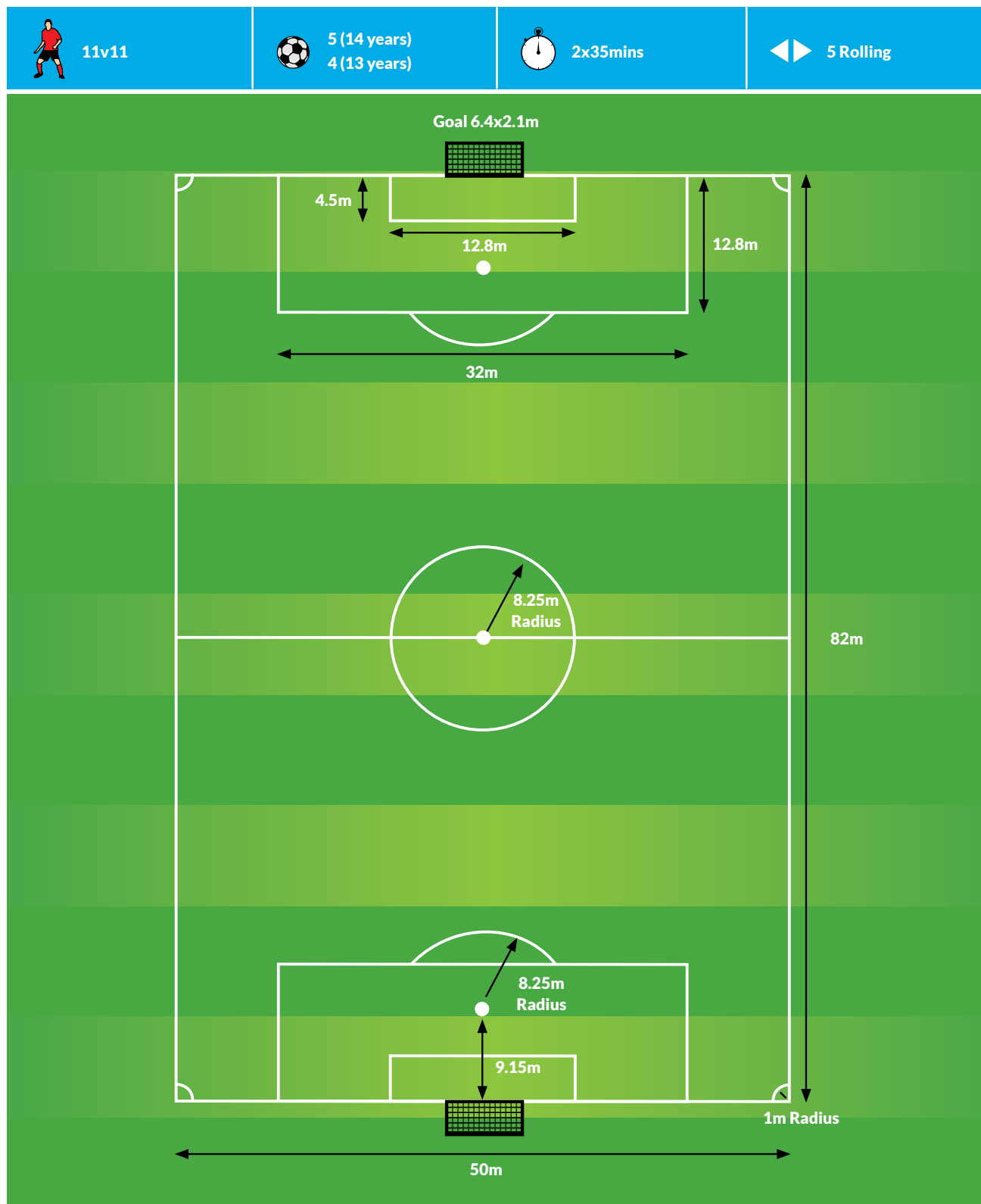
Age Group	Playing Format	Min Field (m)	Max Field Size (m)	Ball Size	Goal Size (m)	Game duration (mins)	Substitutions
13-19	5v5	25x16	42x25	Futsal Ball	3x2	2 x 14-20 Halves	Rolling

* NZF understands that due to current facility availability, optimum standards may not be able to be reached immediately. However, it is recommended that providers work towards optimum standards.

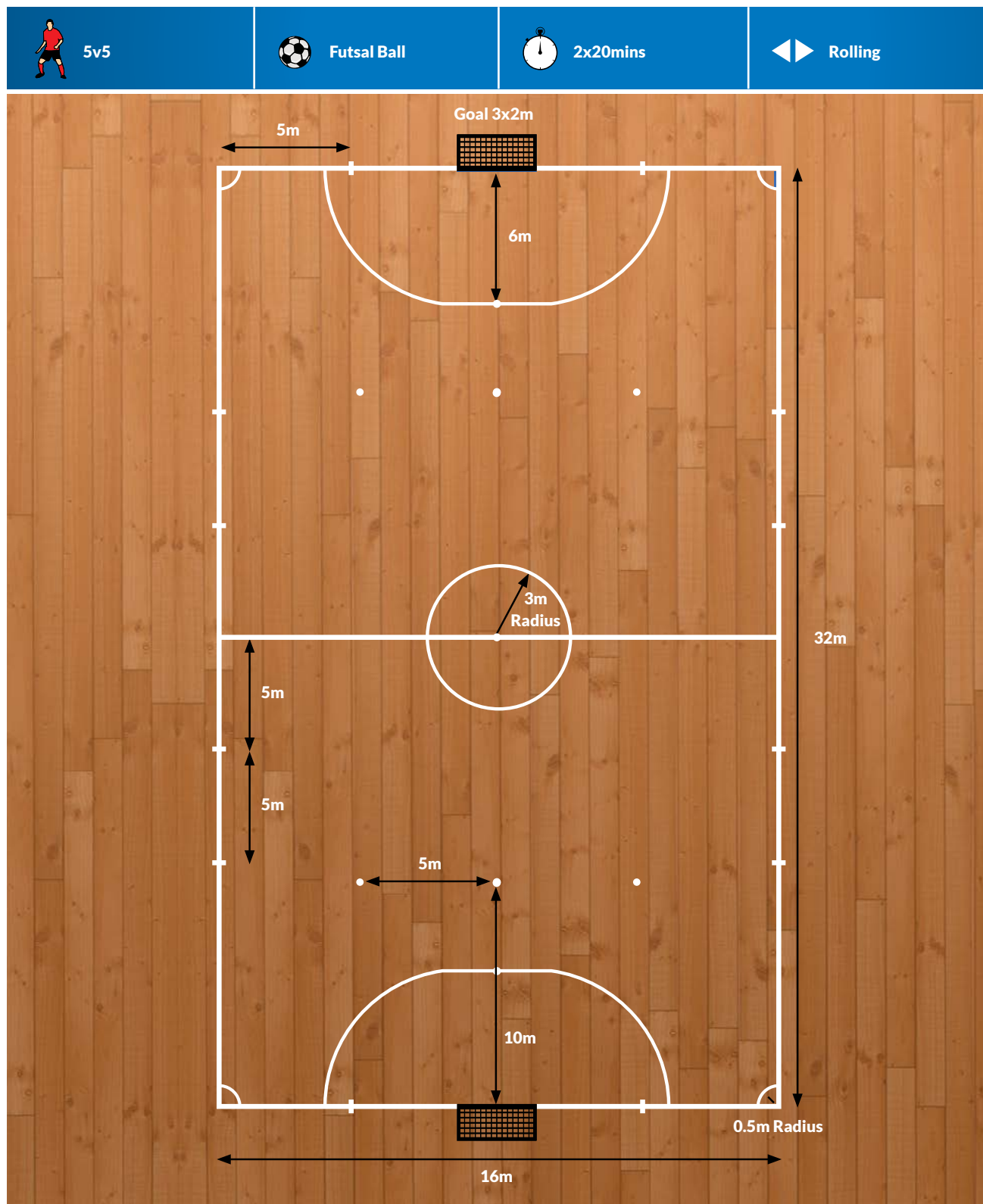
** REA refers to a worldwide trend in which more mature players within an age group are selected. Typically this is evident through a bias to the first quarter of the selection window (i.e. when players are selected on year of birth then there is a disproportionate bias towards players born in January, February and March).

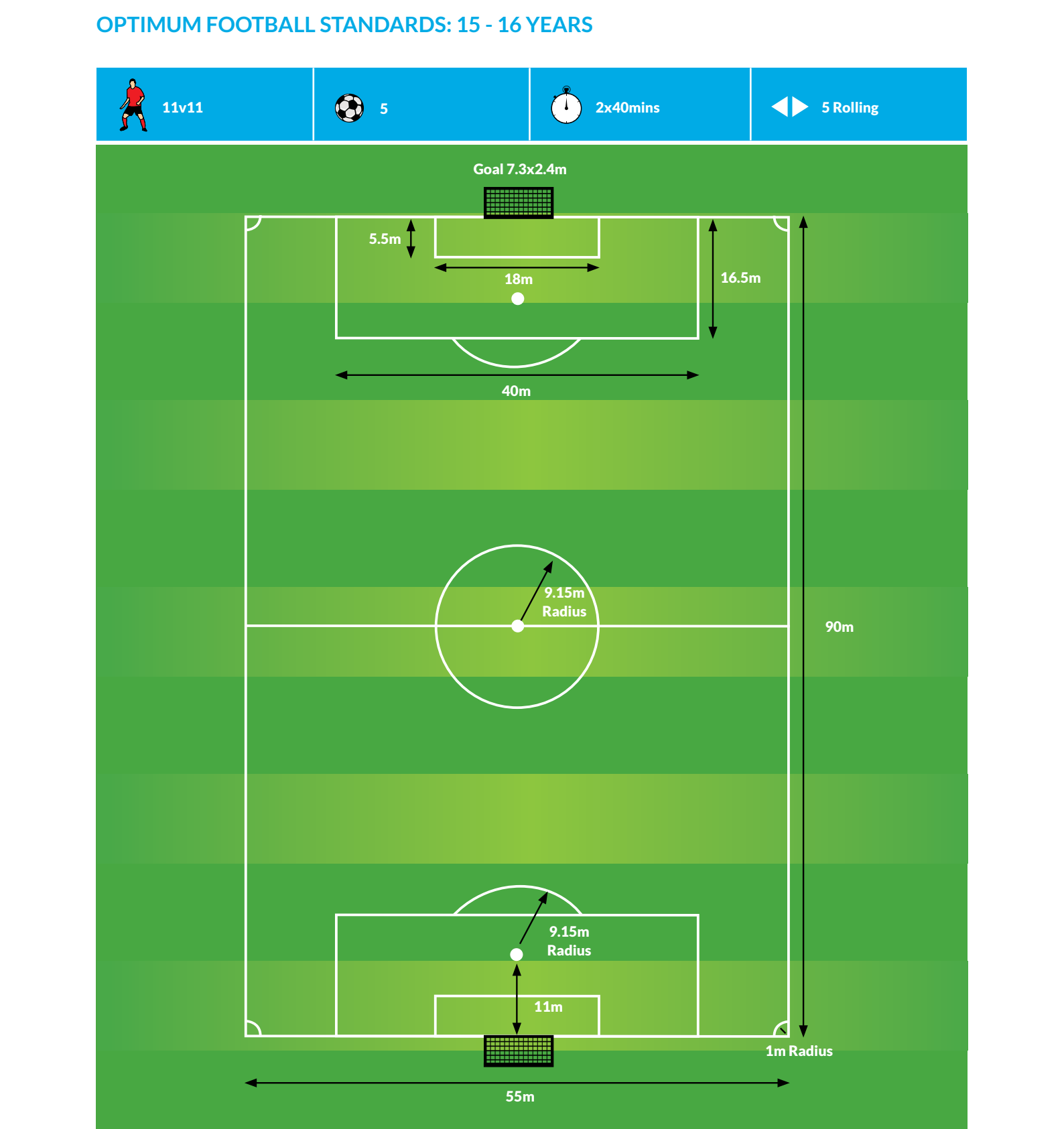
PITCH SIZES

OPTIMUM FOOTBALL STANDARDS: 13 - 14 YEARS

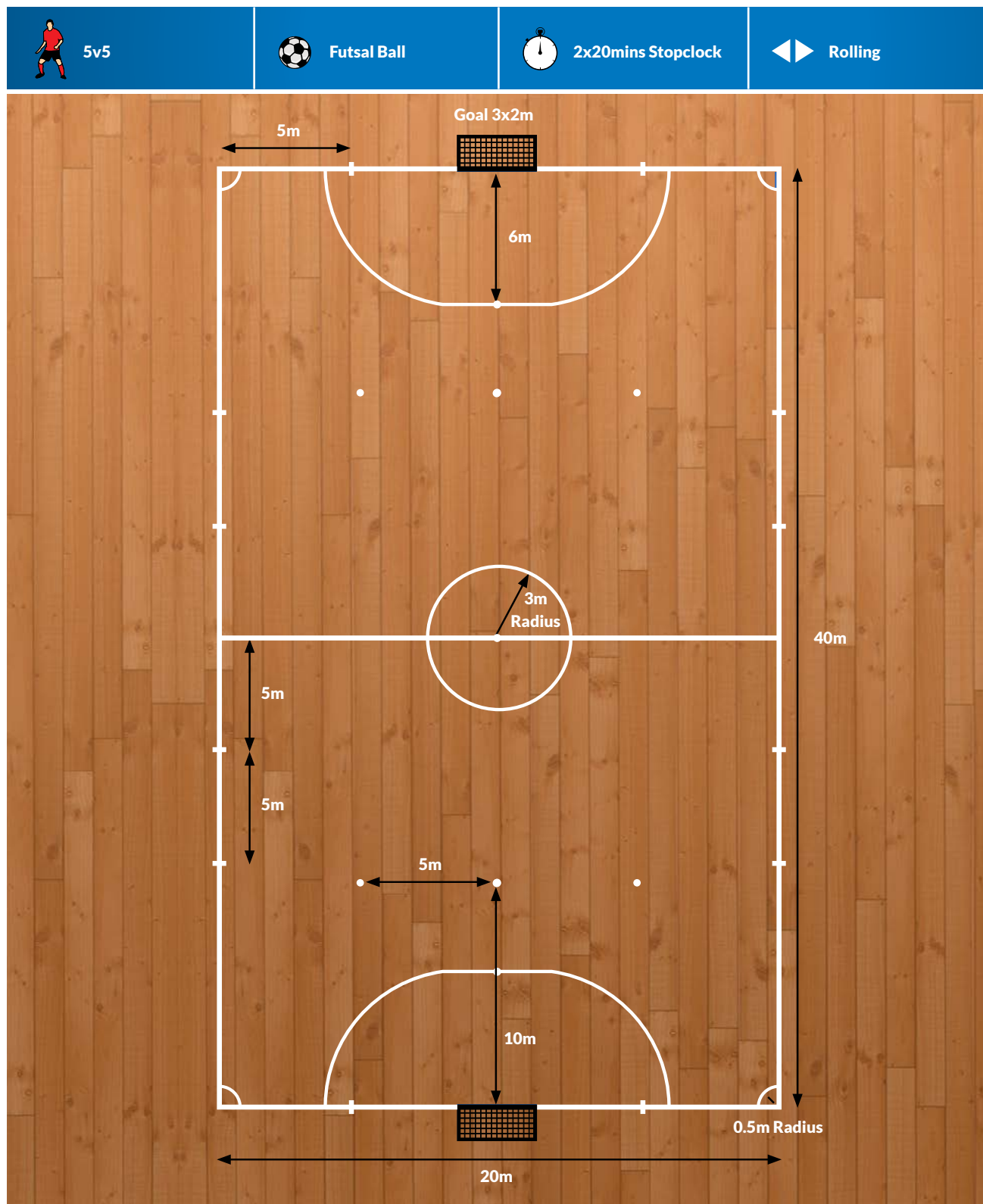


OPTIMUM FUTSAL STANDARDS: 13 - 15 YEARS



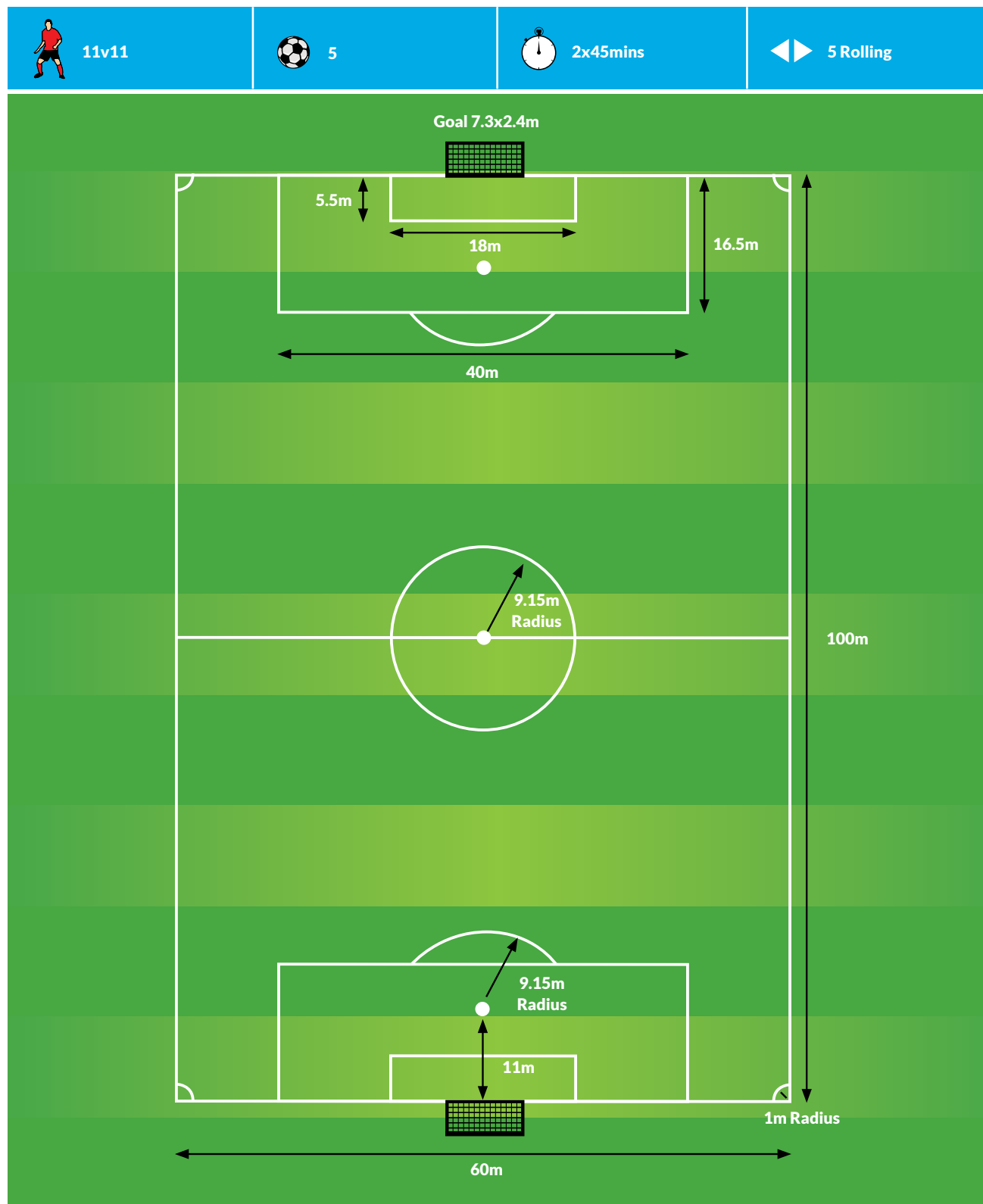


OPTIMUM FUTSAL STANDARDS: 16 - 19 YEARS





OPTIMUM FOOTBALL STANDARDS: 17-19 YEARS



CONSIDERATIONS FOR COACHES

PLAYING PLAYERS IN MULTIPLE POSITIONS

The game training model is designed to help players apply their skills in a functional way within the team environment, including increasing the positional understanding of players. It is beneficial for players to play in a number of different positions between the ages of 13-15 years. Coaches, however, need to be mindful of how to manage positional rotation in both training and in games. Some simple rules to follow:

- Growth and maturation can influence the position a player may end up playing later on in their career so avoid creating positional specificity too early.
- Try to keep the players in at least a certain area or role for each training or game or a series of trainings or games. For example, on the right side, in the centre, on the left, as an attacker or as a defender (goalkeepers can share a half.) This way the feedback you give is relevant to what they've done and what they'll be doing. What value is feedback about attacking play when they'll spend the rest of the game in the back line? Use the game to focus on a topic and learn more about it.
- When a player has made up their mind that they want to play in a particular position, respect their decision, unless you have to share the position. If they want to play exclusively in the back, let them. They can become an expert, enjoy their time there and change later when they're ready.

EQUAL PLAYING TIME

In the Youth Framework, it has been made clear that there are a number of different factors that determine how a player develops. It is also made clear that winning should be a by-product of development, not the driving force.

It is important to give every player, regardless of their level of maturation, the same opportunity to develop as their teammates. If a player is not consistently experiencing the football problems that happen during a game e.g. they are sitting on the bench, it is unlikely that they will progress at the same rate as their teammates.

New Zealand Football asks coaches to put the player at the centre. Equal playing time will give every player the best opportunity to progress.

SUBSTITUTIONS

In youth football rolling substitutions are recommended. It is important that coaches understand that substitutions can have an impact on both the flow of the game and on the players involved. Coaches should make substitutions at suitable intervals to allow the game to flow and for players to be able to have appropriate continuous game time.

New Zealand Football recommends that coaches use half time as a main substitution window. In addition to this it is recommended to have a maximum of one substitution windows during the first half and a maximum of two substitution windows in the second half (except in cases of injuries).

ASSESSING PERFORMANCE IN MATCHES

Focus your observation on how successfully the players are implementing what has recently been taught at training. The Main Focus of the cycle should be a major factor in observation, especially towards the end of the cycle.

Winning is the purpose of football and it is an important part of player development; however, the youth coach must remember that their role is not to get their team to win the Championship, but to develop individual players who will be successful within the Playing Style when they reach the Performance Phase.

On match day, it is important the youth coach avoids emotional behaviour with constant reaction to every incident in the game. Rather than shout instructions, they observe and listen to what the players do and communicate. This will help them gain an accurate indication of the players' progress and the success of their training program.

REGULATIONS

Youth Football competitions are administered by New Zealand Football or, in most part, Federations. All youth football competitions should have an adopted set of Competition regulations which govern the competition.

The guidelines provided in this framework are based on international best practice, the development needs of the players and aim to provide consistent delivery of youth football competitions across the country.

MATCHES PLAYED IN ACCORDANCE WITH THE LAWS OF THE GAME

All fixtures and matches should be played in accordance with the FIFA laws of the game or as varied in these guidelines.

PLAYER ELIGIBILITY

Competition regulations should outline player eligibility by birth date as applicable to the age grade of the competition. Eligibility by age should be determined by the date of birth on or after 1 January.

COMPETITION POINTS

Points should be awarded for matches as follows:

- Win – 3 points
- Draw – 1 point each team
- Bye – no points *
- Loss – no points
- Forfeit – 3 points to the team receiving the forfeit

** may be varied under teams removed or withdrawn from competitions.*

REFEREES

Each match must be controlled by a referee who has full authority to enforce the FIFA laws of the game. A referee shall be appointed in the following order of preference:

- An appointed referee or a home team Club Based Referee or an away team Club Based Referee;
- If none of the above are available, the home team shall provide one referee for the first half and the away team shall provide one referee for the second half;
- Coaches are not permitted to referee except in exceptional circumstances (i.e. there is no other person present who can act as referee). Where a coach must referee the coach must not provide advice or direction to their team.

ASSISTANT REFEREES

Normal FIFA Laws of the Game apply with regards to the duties of the assistant referee. The appointment of assistant referees shall be consistent with the appointment of the referee.

ALLOWANCE FOR TIME LOST

Competition Regulations should outline rules for the allowance of additional time, if any. This should include rules governing the event of a late start.

EXTRA TIME & KICKS FROM THE PENALTY MARK

There should be no extra time or kicks from the penalty mark to determine the winner of a match in youth football league competitions.

Competition regulations may allow for kicks from the penalty mark (in accordance with the FIFA laws of the game) in championship matches where appropriate, such as cup, knockout or playoff matches.

DISPENSATIONS FOR PLAYING UP OR DOWN GRADES

Players should play in their correct age grade (as determined by date of birth). Competition regulations may allow for dispensation to play up or down grades in exceptional circumstances.

The following table details the minimum criteria required in order for a youth player to play in a senior competition.

CRITERIA TO PLAY SENIOR FOOTBALL

BOYS	
16 Years	No dispensation required
15 Years	Dispensation & parental consent required
14 Years	No dispensation allowed
GIRLS	
15 Years	No dispensation required
14 Years	Dispensation & parental consent required
13 Years	No dispensation allowed

OTHER COMPETITION PROVISIONS

In addition to the FIFA laws of the game and the guidelines provided in this document Competition Regulations should also, as a minimum, include rules that govern the following matters:

1. Competition structure and format
2. Technical area
3. Teams removed or withdrawn from competitions
4. Postponed matches
5. Abandoned matches
6. Forfeits
7. Parents and supporters







FOOTBALL SESSION LIBRARY

Provided in the following section are examples sessions using the community training structure. All sessions are designed with the aim of creating players for the future game, in line with New Zealand Football's playing philosophy.

All practices can be altered to change the Main Moment (i.e. when a team is building from the back the opposing team will be pressing from the front) and can be progressed or regressed easily to meet player ability. The role of the coach is to bring the sessions to life.

Coaches are encourage to design their own practices based on the principles of the Youth Framework and using the Game Training structure.

All sessions provided have been designed using 14 players (12 outfield and 2 goal keepers). Examples have been given that show how goal keepers may or may not be involved in all parts of the session.

SESSION 1

PLAYING MOMENT
ATTACKING

KEY PRINCIPLE
CONTROLLED POSSESSION

FOCUS
BUILDING FROM THE BACK

1. FIFA 11+ WARM UP

ORGANISATION

- Create an area of up to 35x10m
- Place up to 6 pairs of parallel cones approximately 5-6m apart



WHY DO THE FIFA 11+

- New Zealand Football endorses the principle of safe warming up and promote the use of the FIFA 11+ programme prior to two training sessions a week
- The FIFA 11+ is a warm up programme developed by FIFA specifically to reduce the risk of injury in football
- It is designed to be delivered by the team coach or by players
- It incorporates running, active stretching, balance and strengthening exercises
- Wherever possible, include a ball

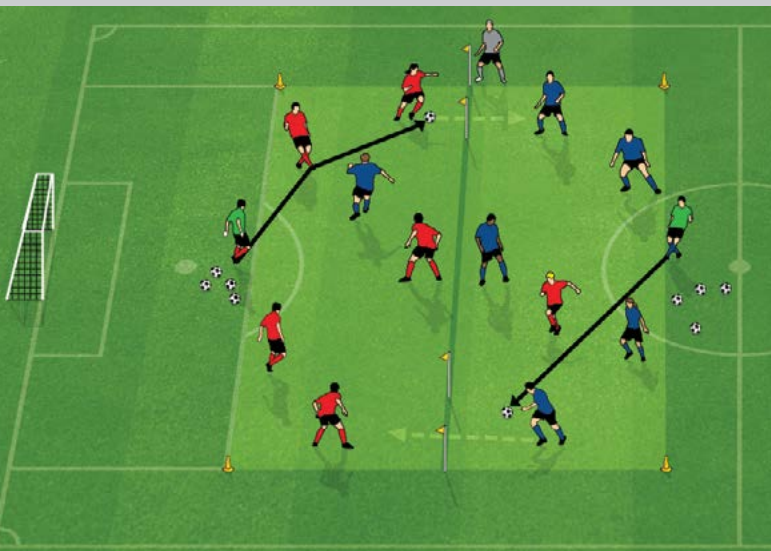
SESSION OUTCOMES

- Improving the core skills
- Playing under pressure
- Understanding of how to spread out within a space to maximize ball movement and to spread the opposition defenders
- Understanding combinations within the back four and midfield player
- Understanding how speed of play can be used to create space when building from the back

2. PASSING PRACTICE

ORGANISATION

- Create an area up to 45x35m. Modify the area depending on the number and ability of your players
- Divide the pitch in half using cones
- Divide the players into 2 even teams
- All players begin in their defending half, except for one player who begins in the attacking half
- Have a target player on each end
- Place spare balls with the target players



EXPLANATION

- Ball is played in from the target player to their respective team so two balls are going at the same time
- Each team is trying to progress through the gates (flags) by the wide player receiving the ball and dribbling through the gate
- Once through the gate, the ball should be transferred to the opposite target player
- All but one player on the team should follow the ball over half way to start the process again in the opposite direction

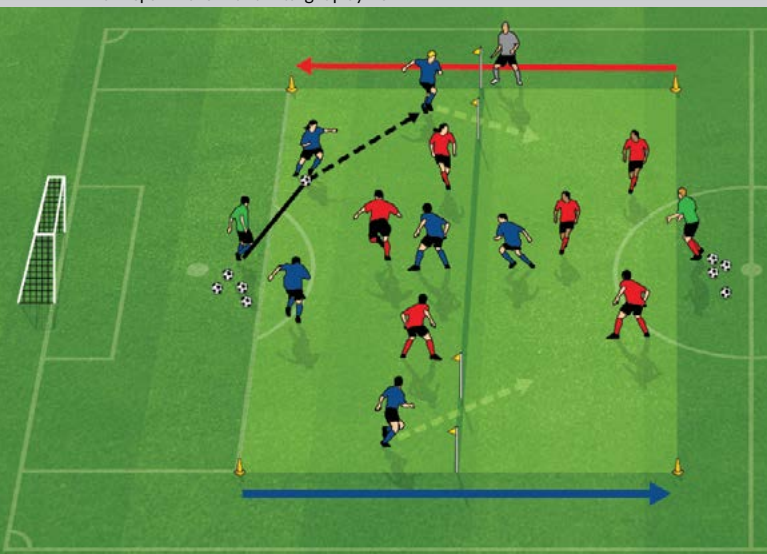
POSSIBLE PROGRESSIONS

1. The wide player must travel through the gate using their first touch
2. Both teams cannot travel through the same gate at the same time
3. If a gate is blocked from natural player movement, you are unable to travel through it and must quickly find the other gate
4. If both gates are blocked, you can dribble over half way anywhere along the line

3. POSITIONING GAME

ORGANISATION

- Create an area up to 45x35m. Modify the area depending on the number and ability of your players
- Divide the pitch in half using cones
- Divide the players into 2 even teams
- Defending team must maintain 3 players in each half. Attacking team must maintain 5 players in the half where the ball is
- Red will always attack in one direction and blue will always attack in the other direction
- Have a target player on each end
- Place spare balls with the target players



EXPLANATION

- Ball is played in from the target player to their team in their defending half
- The team in possession is trying to progress the ball through either of the gates
- Once the team in possession is through one of the gates they now can score by getting the ball to the opposite target player. This can be done either in one pass or a combination of passes with teammates
- If the defending team win the ball in their attacking half, they can score by getting the ball into the target player ahead of them
- If the defending team win the ball in the defending half, they must progress through the gates in order to cross half way
- At all times, players can use defensive target players to keep possession
- If the ball goes out play restarts with a target player

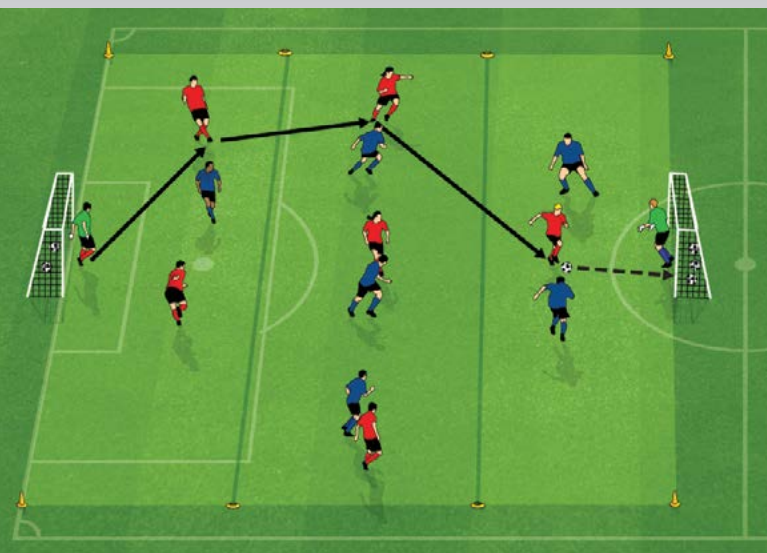
POSSIBLE PROGRESSIONS

1. The wide player must travel through the gate using their first touch
2. The wide player must travel through the gate to receive the pass on the other side of the gate (through ball)

5. TRAINING GAME

ORGANISATION

- Create an area up to 55x45m. Modify the area depending on the number and ability of your players
- Divide the pitch into thirds using cones
- Divide the players into 2 even teams
- Play to large goals
- Have spare balls in the goals



EXPLANATION

- Teams play 7v7 in a 1-2-3-1 formation and are trying to score in their opponents goal
- Players must stay in their zones unless they are able to dribble the ball out of it
- Once in an advanced zone, players should try and use their numerical advantage to progress to the next zone
- The ball must touch a player in each zone before a goal is scored

POSSIBLE PROGRESSIONS

1. One player can now leave their zone into the next zone on a pass or a dribble
2. Take out the thirds and play a regular game

SESSION 2

PLAYING MOMENT
ATTACKING

KEY PRINCIPLE
INCISIVE POSSESSION

FOCUS
ATTACKING USING WIDE AREAS

1. FIFA 11+ WARM UP

ORGANISATION

- Create an area of up to 35x10m
- Place up to 6 pairs of parallel cones approximately 5-6m apart



WHY DO THE FIFA 11+

- New Zealand Football endorses the principle of safe warming up and promote the use of the FIFA 11+ programme prior to two training sessions a week
- The FIFA 11+ is a warm up programme developed by FIFA specifically to reduce the risk of injury in football
- It is designed to be delivered by the team coach
- It incorporates running, active stretching, balance and strengthening exercises
- Wherever possible, include a ball

SESSION OUTCOMES

- Improving the core skills
- Timing of runs
- Understanding how to support the wide player based on their movement
- Combinations between wide and central players

2. PASSING PRACTICE

ORGANISATION

- Create an area up to 44 x 36m or double the 18 yard box
- Divide the area in half
- Put flags or mannequins on the corner of the 18 yard box
- Split players up so there are even numbers to the side of the goals, one player at each flag and players in the middle to finish on goal
- Balls to the side of the goals with the players



EXPLANATION

Pattern 1

- Both balls start at the same time with player 1 passing the ball into player 2
- Player 2 receives the pass outside the flag, dribbles down the edge of the 18 yard box and crosses to players 3 and 4 who try and score
- Player 1 moves to player 2's starting position. Player 2 moves to the back of the line closes to the goal they just crossed the ball towards

Pattern 2

- Both balls start at the same time with player 1 passing the ball into player 2
- The two players perform a wall pass around the flag
- Player 2 should then try and cross the ball in one touch to players 3 and 4 who try and score
- Players rotate the same

Pattern 3

- Both balls start at the same time with player 1 passing the ball into player 2
- Player 2 passes inside to player 3 or 4 while player 1 overlaps player 2
- Player 3 or 4 then pass back out wide to the overlapping player 1
- Player 1 crosses to players 3, 4 and 2 who try and score
- Players rotate the same

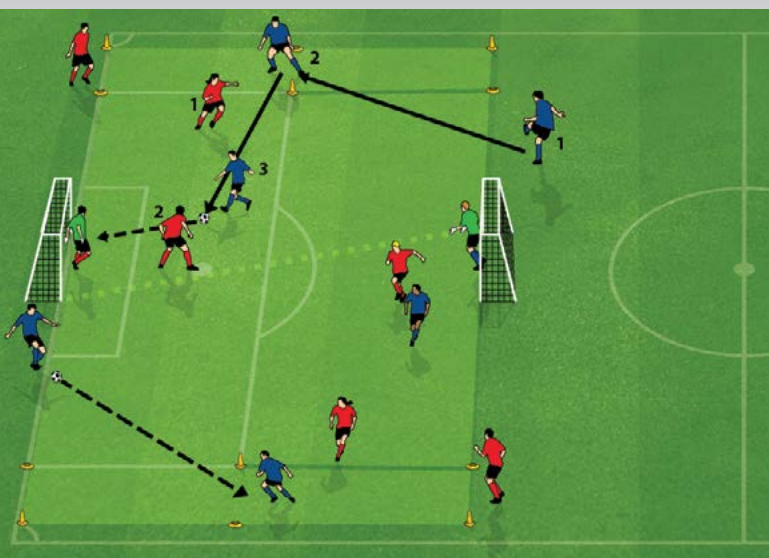
Pattern 4

- Players can choose any of the above three patterns
- Rotate the players who are attempting to score
- Rotate which side the crosses are coming from

3. POSITIONING GAME

ORGANISATION

- Create an area up to 44 x 36m or double the 18 yard box
- Divide the pitch in half
- Place a diagonal line from the side of one goal to opposite side of the other goal
- Divide the players into 2 even teams
- Players begin in the positions shown in the diagram
- Create 4 wide areas 8 x 18m
- Balls to the side of the goals with the players



EXPLANATION

- Both balls start at the same time with player 1 passing the ball into player 2
- Players 1, 2 and 3 for the blue team try and score against players 1 and 2 for the red team
- Blue players rotate through their positions
- Red players rotate through their positions
- Start the next ball at the same time
- Rotate which side the crosses are coming from
- Switch the defending and attacking teams

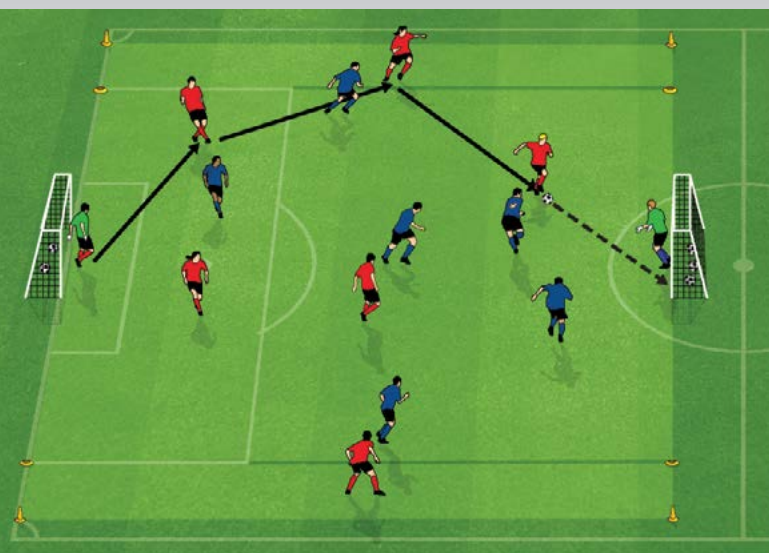
POSSIBLE PROGRESSIONS

1. Wide players must try to beat their defender 1v1
2. 1 touch finish

5. TRAINING GAME

ORGANISATION

- Create an area up to 44 x 50m. Modify the area depending on the number and ability of your players
- Create wide areas 8 x 50m with cones
- Balls in the goals



EXPLANATION

- Teams play 7v7 in a 1-2-3-1 formation and are trying to score in their opponents goal
- Ball starts with the GK
- Normal game played with wide channels
- Team gets 3 points for a goal from a cross or a combination from wide channels and 1 point for a goal from normal play
- Wide players do not have to stay in wide areas
- If the ball goes out, start with the GK

POSSIBLE PROGRESSIONS

1. If the ball goes wide, players must try to beat their defender 1v1
2. 1 touch finish
3. Remove all restrictions and play a regular game

SESSION 3

PLAYING MOMENT
ATTACKING

KEY PRINCIPLE
INDIVIDUAL & COMBINATION PLAY

FOCUS
ATTACKING PLAY IN THE FINAL THIRD

1. FIFA 11+ WARM UP

ORGANISATION

- Create an area of up to 35x10m
- Place up to 6 pairs of parallel cones approximately 5-6m apart



WHY DO THE FIFA 11+

- New Zealand Football endorses the principle of safe warming up and promote the use of the FIFA 11+ programme prior to two training sessions a week
- The FIFA 11+ is a warm up programme developed by FIFA specifically to reduce the risk of injury in football
- It is designed to be delivered by the team coach
- It incorporates running, active stretching, balance and strengthening exercises
- Wherever possible, include a ball

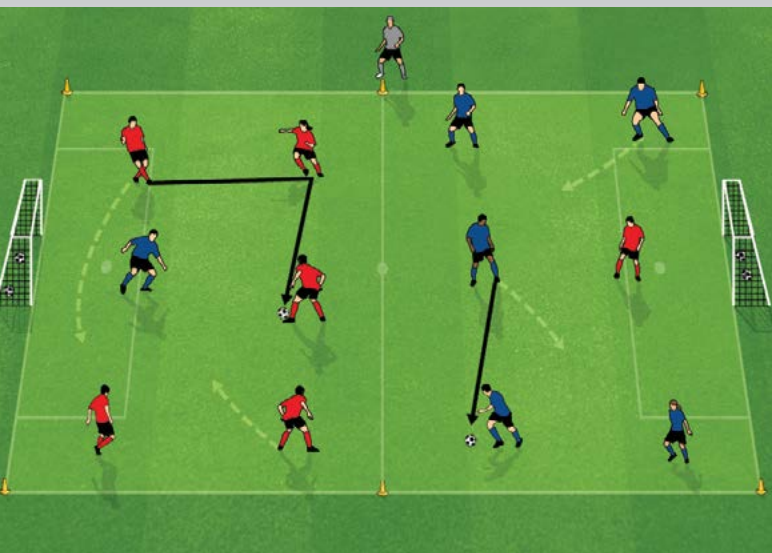
SESSION OUTCOMES

- Improving the core skills
- Combination play
- Understanding how to support the forward player
- Third man runs

2. PASSING PRACTICE

ORGANISATION

- Create an area up to 20 x 50m. Modify the area depending on the number and ability of your players
- Divide the pitch in half using cones
- Divide the players into 2 even teams
- Have one player from each team join the team in the other half
- Place spare balls in the goals or around the outside



EXPLANATION

1. Start with one ball in each half being passed between the 5 reds and 1 blue (and vice versa)
 - a. General movements after each pass
 - b. Introduce 2 balls each side and introduce touch limits, 1, 2 or 3 touch
 - c. Ask players to find a longer pass after there have been 2 or 3 shorter passes
2. Start with one ball being passed around on each side again
 - a. On the coaches whistle the ball should be transferred to the team with more numbers
 - b. The player with possession should then try and find their lone player in the other half of the field
 - c. Players should support the lone player both underneath and beyond and finish with a shot on goal
 - d. All but one player should transfer to the opposite side of the field so the teams are now on opposite sides to where they started

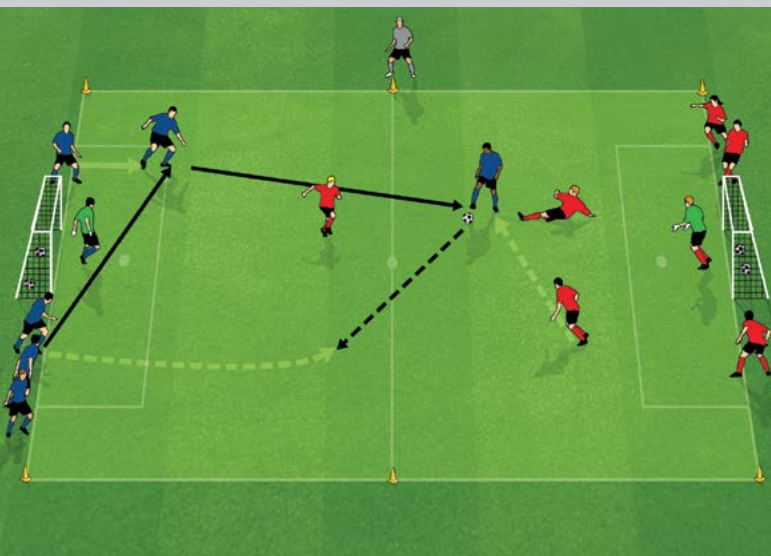
PROGRESSION

- Same as 2 above but now when the coach blows his whistle the players are on one touch

3. POSITIONING GAME

ORGANISATION

- Create an area up to 20 x 40m
- Divide the pitch in half using cones
- Divide the players into 2 even teams
- Players start on each side of the goal with one player operating as a striker
- Place spare balls in the goal



EXPLANATION

- Game is started by a blue player on one side of the goal passing to a blue player on the other side of the goal
- The red striker can only defend in the attacking half of the field
- The blues can only progress over half way with a pass to the blue striker
- The blue striker is free to receive the ball and must pass the ball back to the supporting player in one touch. At this point the game becomes live
- Blue are now 3v2 trying to score in the goal
- The play continues in both directions until a goal is scored or until the ball is out
- At all times, players can only progress over half way with a pass to the striker
- Whichever team is defending at the time the ball goes out (eg red) must go back to their lines. The team that was attacking (eg, blue) become the defenders and the play starts with the new red players at the start of the line

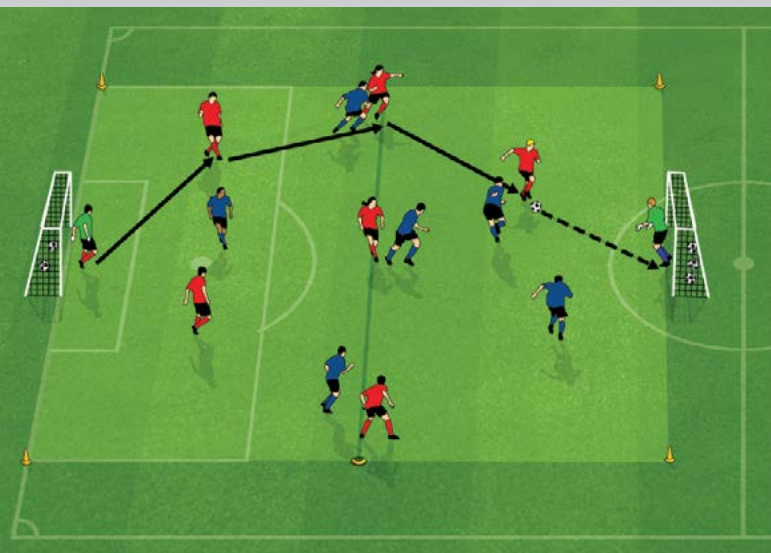
POSSIBLE PROGRESSIONS

1. Striker can now receive and turn with the ball (first touch is still free)
2. One touch finish
3. One touch in the attacking half

5. TRAINING GAME

ORGANISATION

- Create an area up to 45 x 50m.
- Divide the pitch in half using cones
- Divide the players into 2 even teams
- Place spare balls in the goal



EXPLANATION

- Teams play 7v7 in a 1-2-3-1 formation and are trying to score in their opponents goal
- If the ball goes out, start with the GK
- Ball must be passed over the half way line

POSSIBLE PROGRESSIONS

1. One touch finish
2. Two touch in the attacking half
3. Remove all restrictions and play a regular game

SESSION 4

PLAYING MOMENT
DEFENDING

KEY PRINCIPLE
COLLECTIVE & INTELLIGENT PRESSING

FOCUS
DEFENDING WITH PRESSURE & COVER

1. FIFA 11+ WARM UP

ORGANISATION

- Create an area of up to 35x10m
- Place up to 6 pairs of parallel cones approximately 5-6m apart



WHY DO THE FIFA 11+

- New Zealand Football endorses the principle of safe warming up and promote the use of the FIFA 11+ programme prior to two training sessions a week
- The FIFA 11+ is a warm up programme developed by FIFA specifically to reduce the risk of injury in football
- It is designed to be delivered by the team coach
- It incorporates running, active stretching, balance and strengthening exercises
- Wherever possible, include a ball

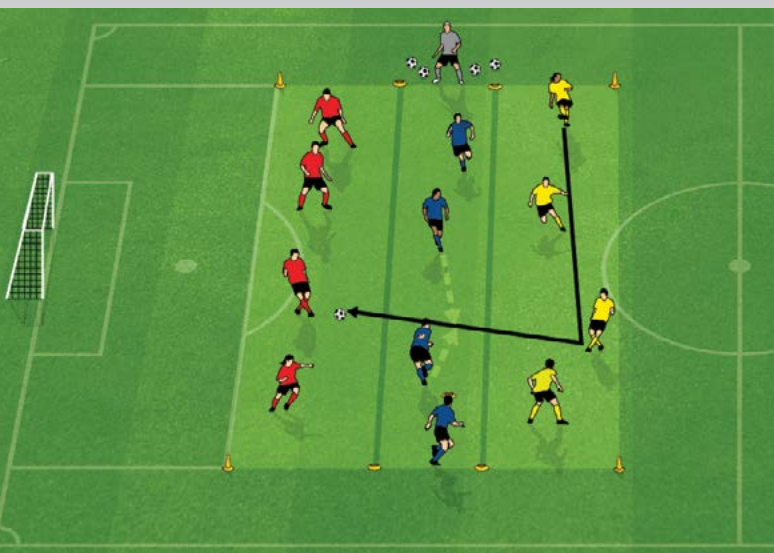
SESSION OUTCOMES

- Improving the core skills
- Recognising when to press and when to provide cover
- Working in a defensive unit

2. PASSING PRACTICE

ORGANISATION

- Create an area up to 44 x 30m. Modify the area depending on the number and ability of your players
- Divide the pitch into thirds using cones (12, 6 and 12m)
- Divide the players into 3 even teams
- Place spare balls with the coach



EXPLANATION

- Ball starts with the yellow team who are trying to score by playing a pass on the ground between or around the blue defenders and to the red team
- Blue team must move as a unit to prevent the ball being played between or around them
- If yellow successfully plays the ball across to the red team, the blue team is now trying to stop the red team doing the same
- If the blue team wins the ball from yellow, the ball starts from the red team on the opposite side
- The team in the middle stays in for 1 minute before rotating

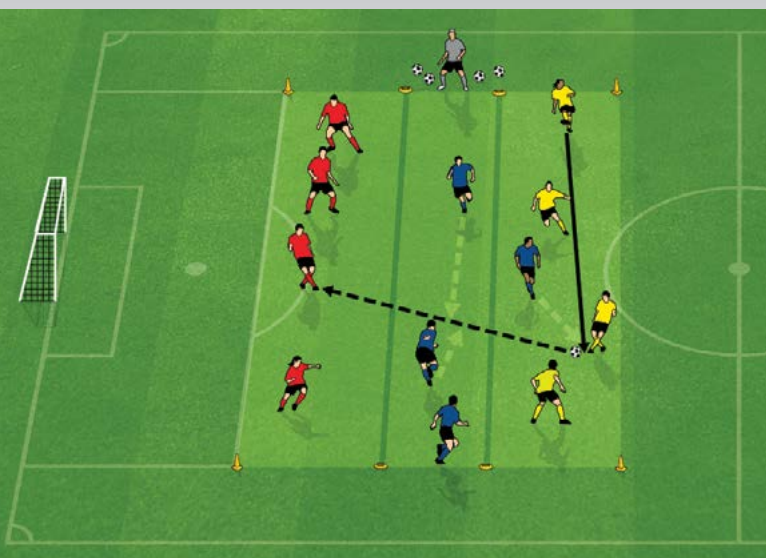
POSSIBLE PROGRESSIONS

1. Pass to the other side must be in one touch
2. Make the area wider

3. POSITIONING GAME

ORGANISATION

- Create an area up to 44 x 30m. Modify the area depending on the number and ability of your players
- Divide the pitch into thirds using cones (12, 6 and 12m)
- Divide the players into 3 even teams
- Place spare balls with the coach



EXPLANATION

- Ball starts with the yellow team who are trying to score by playing a pass on the ground between or around the blue defenders and to the red team
- Blue team can send one player at any one time into the area where yellows are keeping possession (this does not have to be the same player all the time)
- If yellow successfully play the ball across to the red team, the blue team is now trying to stop the red team doing the same
- If the blue team wins the ball from yellow, they have to try and score by dribbling over the end line behind yellow
- If this happens, the blue team switches with the yellow team and the game starts again
- At all times the team in the middle should try and work together to stop the pass to the other side

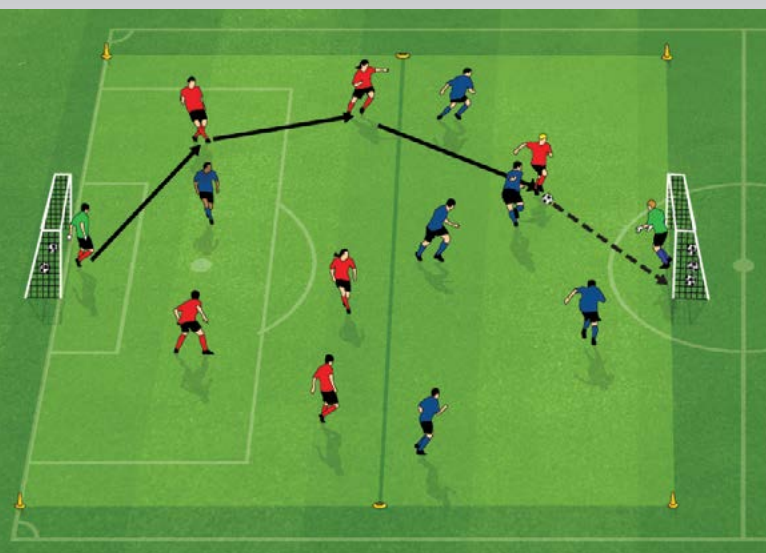
POSSIBLE PROGRESSIONS

1. Pass to the other side must be in one touch
2. Make the area wider

5. TRAINING GAME

ORGANISATION

- Create an area up to 55 x 50m. Modify the area depending on the number and ability of your players
- Divide the players into two even teams
- Place spare balls in the goals



EXPLANATION

- Teams play 7v7 in a 1-2-3-1 formation and are trying to score in their opponents goal
- Only one player from each team is allowed to defend in the attacking half (this does not have to be the same player all the time)
- If the ball goes out, start with the GK of the team who's throw in it would have been

PROGRESSION

1. Take out the half way line and play a regular game

SESSION 5

PLAYING MOMENT
DEFENDING

KEY PRINCIPLE
COLLECTIVE & INTELLIGENT PRESSING

FOCUS
WINNING THE BALL IN THE ATTACKING HALF

1. FIFA 11+ WARM UP

ORGANISATION

- Create an area of up to 35x10m
- Place up to 6 pairs of parallel cones approximately 5-6m apart



WHY DO THE FIFA 11+

- New Zealand Football endorses the principle of safe warming up and promote the use of the FIFA 11+ programme prior to two training sessions a week
- The FIFA 11+ is a warm up programme developed by FIFA specifically to reduce the risk of injury in football
- It is designed to be delivered by the team coach
- It incorporates running, active stretching, balance and strengthening exercises
- Wherever possible, include a ball

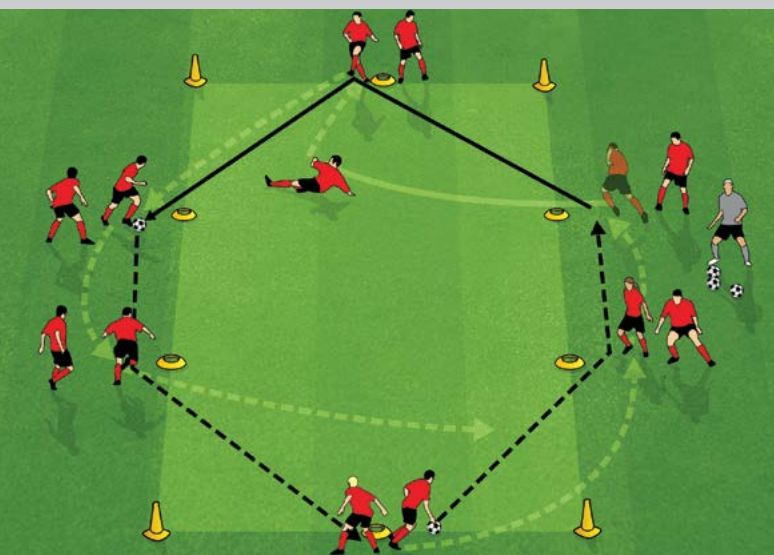
SESSION OUTCOMES

- Improving the core skills
- Understanding how to “show players one way” towards support and win the ball high up the field
- Working as a unit to stop teams playing forward
- Quickly attacking once the ball is won

2. PASSING PRACTICE

ORGANISATION

- Create an area up to 30 x 20m
- Place flags and cones as shown
- Place spare balls at each end



EXPLANATION

Pattern 1

- Balls start simultaneously from each end
- Players are trying to progress the ball from one end to the other and can do this with any combination of forward passes (ball cannot be played square across the area, only diagonally)
- Both balls should not end up at the same flag, therefore players must be aware at all times where the other ball is and chose the correct pass accordingly
- Players follow their pass to the next flag or to the end of the line at each end

Pattern 2

- Same as pattern 1 above
- After a player makes the final pass to the end player, they must cut off one of the passing options or “show them one way”
- The player at the front of the line must play the pass to the player that is not cut off

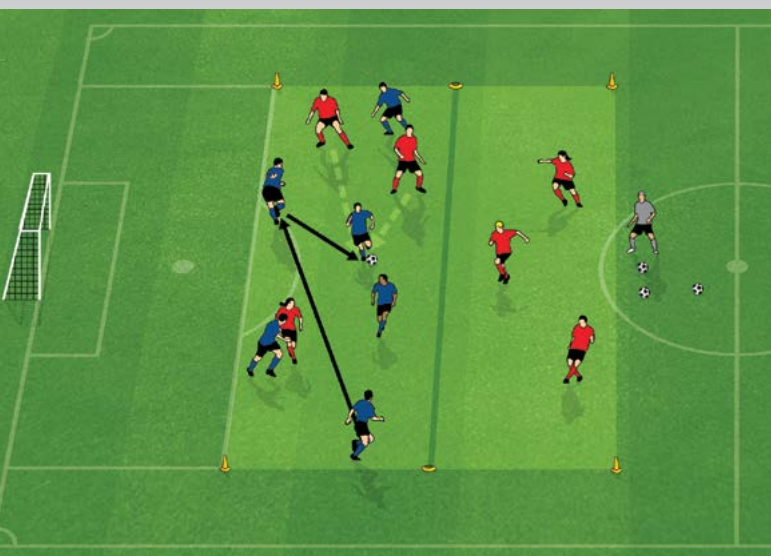
PROGRESSION

1. 2 touch limit

3. POSITIONING GAME

ORGANISATION

- Create an area up to 40 x 30m
- Divide the pitch in half using cones
- Defending team must have 3 players in each area
- Attacking team must have all players in one area
- Spare balls on half way with the coach



EXPLANATION

- The ball always starts from the coach
- Blue team is trying to score 1 point by making 6 passes
- Red team is trying to stop the red team scoring and win the ball
- Blue team gets 1 'strike' if the ball goes out of the area (3 strikes and the ball starts on the other side with the reds)
- If red win the ball, they can keep it by playing it back to their teammates remaining in the other half
- If this happens, the game becomes a transition game
- Team that scores 5 points wins

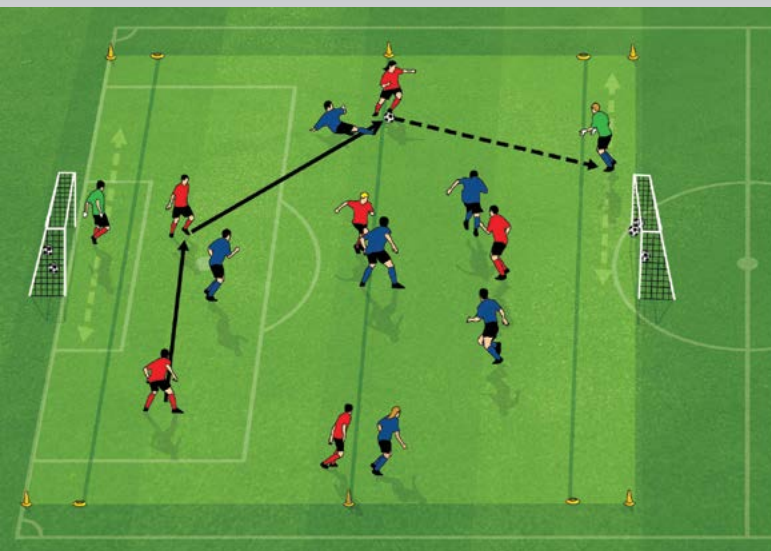
POSSIBLE PROGRESSIONS

1. Limit the teams to 2 touches

5. TRAINING GAME

ORGANISATION

- Create an area up to 50 x 40m. Modify the area depending on the number and ability of your players
- Create 2 "end zones" 50 x 8m
- Large goals
- Divide the players into two even teams
- Place spare balls in the goals



EXPLANATION

- Teams play 7v7 in a 1-2-3-1 formation and are trying to score by passing the ball into the opposite GK's feet or hands from anywhere in the area
- GK's are free to move anywhere within their "end zone"
- If the ball is played into a GK, the GK starts the play again by playing to their own team
- If the defending team successfully wins the ball back in their attacking half, they are allowed to try and score in the goal within 5 seconds

POSSIBLE PROGRESSION

- Limit the teams to 2 touches
- Remove the zones for the GK's and play a regular game

SESSION 6

PLAYING MOMENT
TRANSITION

KEY PRINCIPLE
QUICK TRANSITION MENTALITY

FOCUS
REACTING IN THE TRANSITION MOMENT

1. FIFA 11+ WARM UP

ORGANISATION

- Create an area of up to 35x10m
- Place up to 6 pairs of parallel cones approximately 5-6m apart



WHY DO THE FIFA 11+

- New Zealand Football endorses the principle of safe warming up and promote the use of the FIFA 11+ programme prior to two training sessions a week
- The FIFA 11+ is a warm up programme developed by FIFA specifically to reduce the risk of injury in football
- It is designed to be delivered by the team coach
- It incorporates running, active stretching, balance and strengthening exercises
- Wherever possible, include a ball

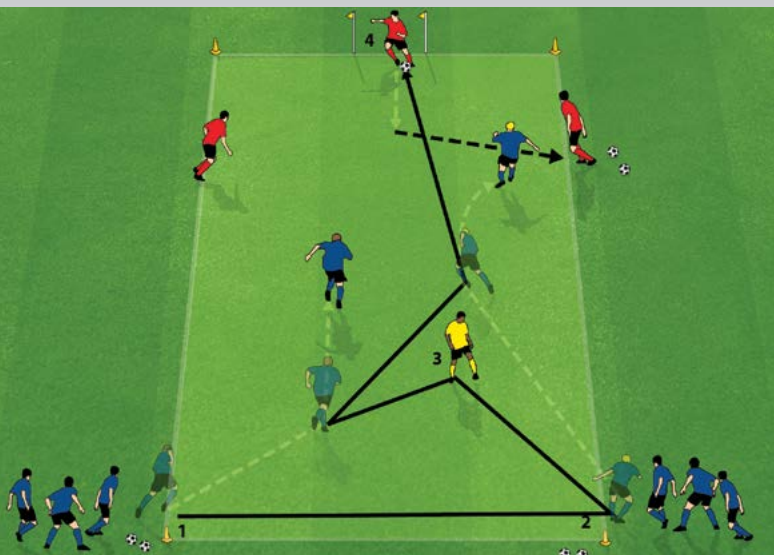
SESSION OUTCOMES

- Passing, receiving, awareness
- Understanding how to use the space effectively both in and out of possession
- Creating a habit of pressing the ball straight away after it is lost
- Creating a habit of keeping the ball straight after it's won

2. PASSING PRACTICE

ORGANISATION

- Create an area up to 15 x 30m
- Place flags at one end to form a gate
- Place spare balls where the players line up
- Players are in red for explanation purposes only



EXPLANATION

- Ball starts with player 1 playing to player 2
- Players 2 then passes the ball to player 3 with players 1 and 2 both supporting that pass
- The three players combine to find a "third man run" who then passes the ball through the end gate to the red player
- The ball going through the gate indicates the blue team has lost the ball. Players 1 and 2 now have to put immediate passive pressure on the red player who received the ball and "show them one way"
- The red player now must play the ball to the red player in the directions they are being shown
- The red players must circulate the ball back to the start and join the back of the line
- The blue players take up the positions of the red players (rotate the yellow player)

POSSIBLE PROGRESSION

1. Try different passing combinations
2. Passes must be in 1 touch

3. POSITIONING GAME

ORGANISATION

- Create an area up to 25 x 25m. Modify the area depending on the number and ability of your players
- Divide players up into 3 even teams
- Place spare balls with the coach



EXPLANATION

- Two teams (blue and yellow) keep possession of the ball while the other team (red) defends
- The game starts by the coach passing the ball into one of the teams that is not defending
- If red win the ball and keep possession, the team that lost the ball (blue) become the defenders and the red team now keeps possession with the yellow team

PROGRESSION

- Make the space smaller or larger
- Enforce a two touch limit

5. TRAINING GAME

ORGANISATION

- Create an area up to 50 x 50m. Modify the area depending on the number and ability of your players
- Large goal at one end and two small goals at the other end
- Divide the players into two even teams
- Place spare balls in the goals



EXPLANATION

- Teams play 7v7 in a 1-2-3-1 formation
- The attacking team (blue) is trying to score in the large goal. If they score they get the ball back from half way and attack again
- If the defending team (red) wins the ball, they score by quickly attacking the small goals. If they score in the small goals they now turn around and attack the big goal
- GK on half way can try and stop players scoring in either small goal. They are also an option for whichever team is attacking the big goal to play back to for support

POSSIBLE PROGRESSION

1. If the team defending the big goal wins the ball, they must score in the small goals within 5 seconds
2. Join the 2 small goals together and play a regular game





FUTSAL SESSION LIBRARY

Provided in the following section are examples sessions for community youth futsal players. All sessions are designed with the aim of creating players for the future game, in line with New Zealand Football's playing philosophy.

All practices can be altered to change the Main Moment (i.e. when a team is building from the back the opposing team will be pressing from the front) and can be progressed or regressed easily to meet player ability. The role of the coach is to bring the sessions to life.

Coaches are encourage to design their own practices based on the principles of the Youth Framework and using the Game Training structure.

All sessions provided have been designed using 10 players (8 outfield and 2 goal keepers). Examples have been given that show how goal keepers may or may not be involved in all parts of the session.

SESSION 1

PLAYING MOMENT
ATTACKING

KEY PRINCIPLE
CONTROLLED POSSESSION

FOCUS
BUILDING FROM THE BACK

1. FIFA 11+ WARM UP

ORGANISATION

- Create an area of up to 35x10m
- Place up to 6 pairs of parallel cones approximately 5-6m apart



WHY DO THE FIFA 11+

- New Zealand Football endorses the principle of safe warming up and promote the use of the FIFA 11+ programme prior to two training sessions a week
- The FIFA 11+ is a warm up programme developed by FIFA specifically to reduce the risk of injury in football
- It is designed to be delivered by the team coach
- It incorporates running, active stretching, balance and strengthening exercises
- Wherever possible, include a ball

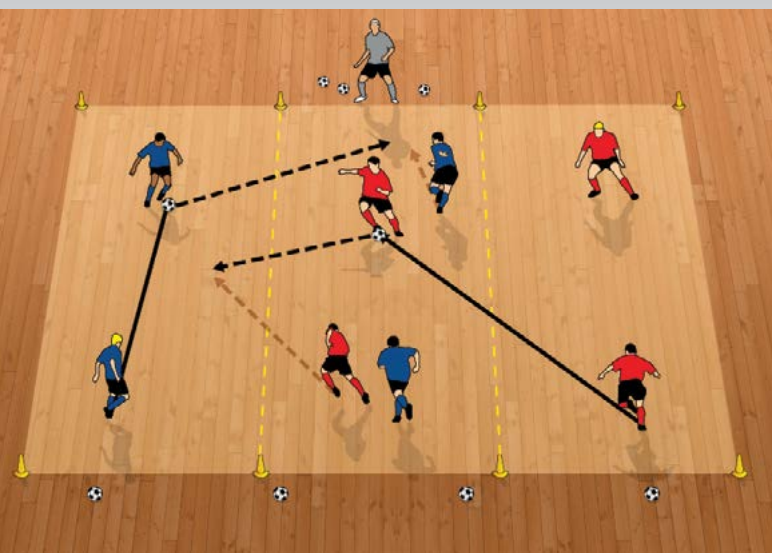
SESSION OUTCOMES

- Improving the core skills
- Keeping possession under pressure
- Passing through a defensive line

2. PASSING PRACTICE

ORGANISATION

- Create an area up to 15 x 24m
- Modify area depending on the number and ability of your players
- Divide the area into thirds
- Divide the players into two even teams
- Players play in a 2-2 formation, starting in 2 thirds of the area
- Teams begin at opposite ends of the area
- Place spare balls next to the coach and around the outside of the area



EXPLANATION

- Teams are trying to combine in order to create passing opportunities into the final third
- Once in final third, teams pass or dribble over end line
- If successful, the team repeat the task in the opposite direction
- Teams play at the same time to provide interference

POSSIBLE PROGRESSIONS

1. Encourage different combinations which involve different players breaking through to the attacking third
2. Ask the players to play in 1 or 2 touch

3. POSITIONING GAME

ORGANISATION

- Create an area up to 30 x 20m. Modify area depending on the number and ability of your players
- Divide the area in half using cones
- Place a goal at one end with a GK
- Have 3 Red players and 2 Blue players in one half of the area
- Have 1 Red player and 1 Blue player in the other half of the area and another Blue player behind the goal
- Place spare balls with the coach at the end of the area opposite to the goal



EXPLANATION

- Play begins when the coach passes the ball into the Red team
- Reds then combine to find the Pivot in Area 2 or attempt to get a player in possession travelling over the half way line into Area 2
- Either way the ball is progressed into Area 2, Red should create a 2v1 situation against the remaining Blue player
- If Blue wins possession of the ball, they attempt to pass it back to the coach or dribble across end line where the coach is
- Rotate the players to ensure that everyone gets the opportunity to attack / defend

POSSIBLE PROGRESSIONS

1. A Blue player is now allowed to track back to Area 2 and help the other Blue player
2. A third attacker can support the attack in Area 2

5. TRAINING GAME

ORGANISATION

- Use the full Futsal pitch
- Both teams are set up in a 1-1-2-1 formation
- Place spare balls in the goals



EXPLANATION

- Play begins with either GK
- Teams are trying to score in opponent's goal
- If players can win the ball in their opponents half and score straight away it is worth 2 points

POSSIBLE PROGRESSIONS

1. Remove restrictions and play a regular game

SESSION 2

PLAYING MOMENT
ATTACKING

KEY PRINCIPLE
INCISIVE POSSESSION

FOCUS
ATTACKING USING WIDE AREAS

1. FIFA 11+ WARM UP

ORGANISATION

- Create an area of up to 35x10m
- Place up to 6 pairs of parallel cones approximately 5-6m apart



WHY DO THE FIFA 11+

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- The FIFA 11+ is a warm up programme developed by FIFA specifically to reduce the risk of injury in football
- It is designed to be delivered by the team coach
- It incorporates running, active stretching, balance and strengthening exercises
- Wherever possible, include a ball

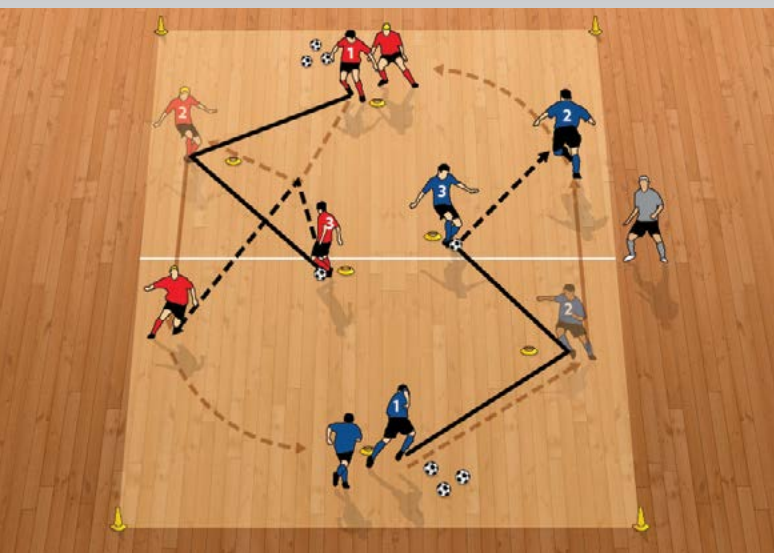
SESSION OUTCOMES

- Improving the core skills
- Creating and exploiting space out wide
- Combination play
- Understanding of when to pass and when to take defender on

2. PASSING PRACTICE

ORGANISATION

- Create an area up to 20 x 28m. Modify area depending on the number and ability of players
- Place 6 cones as shown in the diagram
- Players begin as shown in diagram with spare players behind the end cones



EXPLANATION

Pattern 1

- Both balls start at the same time with Player 1 passing the ball to Player 2
- Player 2 receives the pass outside the cone and plays a wall pass with Player 3 to receive the ball back over the half way line
- Player 1 moves to player 2's starting position. Player 2 dribbles to start the sequence again from the other end. Player 3 stays on the same cone. Rotate this player periodically

Pattern 2

- Both balls start at the same time with player 1 passing the ball into player 2
- Player 2 receives the pass outside the cone and passes the ball to player 3
- Player 3 lays the ball off to player 1 who then passes a through ball to player 2 to receive over the half way line
- Players rotate the same

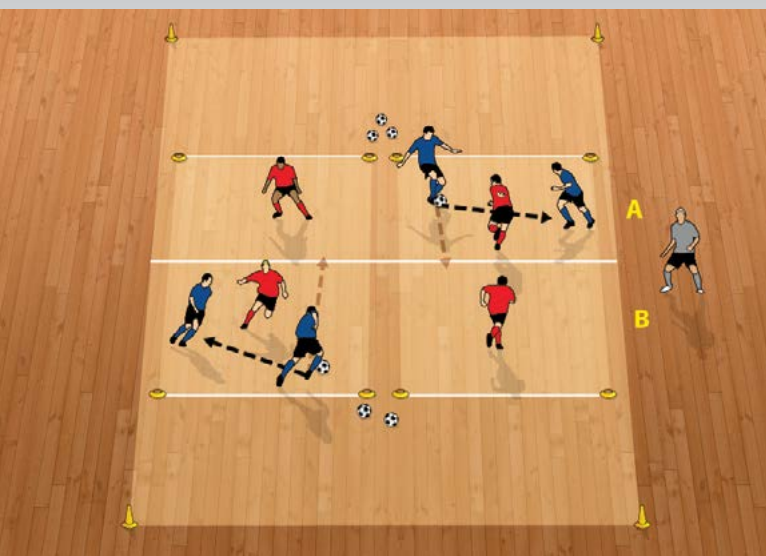
POSSIBLE PROGRESSIONS

1. Travel in the opposite direction
2. Both ends running at the same time down the same side providing possible interference for each other

3. POSITIONING GAME

ORGANISATION

- **Create an area of 8 x 20m.** Modify the area depending on the number and ability of players
- Each area has 2 zones separated by the half way line
- Have 1 Red player in each zone and 2 Blue players zone A
- Place spare balls at either end of each area



EXPLANATION

- The two Blue players are playing 2 v 1 against the Red player in zone A attempting to progress the ball over the half way line into zone B
- Once they get over the half way line, they are now playing 2 v 1 against the next red defender in zone B to try and get over the end line
- If they get over both the half way and end line they repeat the action going back the other way
- If they do not, they must start from the start
- If the defending players stop them 3 times then the teams swap positions

POSSIBLE PROGRESSIONS

1. First defender can retreat into Zone B once beaten
2. Players must use 2 touch

5. TRAINING GAME

ORGANISATION

- **Use the full Futsal pitch**
- Create two 5m zones on the sides of the court
- Both teams set up in 1-1-2-1 formation
- Place spare balls in the goals



EXPLANATION

- Play begins with the GK
- Teams are trying to score in opponent's goal
- If players can score after getting the ball in either attacking wide zone then it is worth 3 points

PROGRESSION

1. Remove the zones and play a regular game

SESSION 3

PLAYING MOMENT
ATTACKING

KEY PRINCIPLE
INDIVIDUAL & COMBINATION PLAY

FOCUS
ATTACKING PLAY IN THE FINAL THIRD

1. FIFA 11+ WARM UP

ORGANISATION

- Create an area of up to 35x10m
- Place up to 6 pairs of parallel cones approximately 5-6m apart



WHY DO THE FIFA 11+

- New Zealand Football endorses the principle of safe warming up and promote the use of the FIFA 11+ programme prior to two training sessions a week
- The FIFA 11+ is a warm up programme developed by FIFA specifically to reduce the risk of injury in football
- It is designed to be delivered by the team coach
- It incorporates running, active stretching, balance and strengthening exercises
- Wherever possible, include a ball

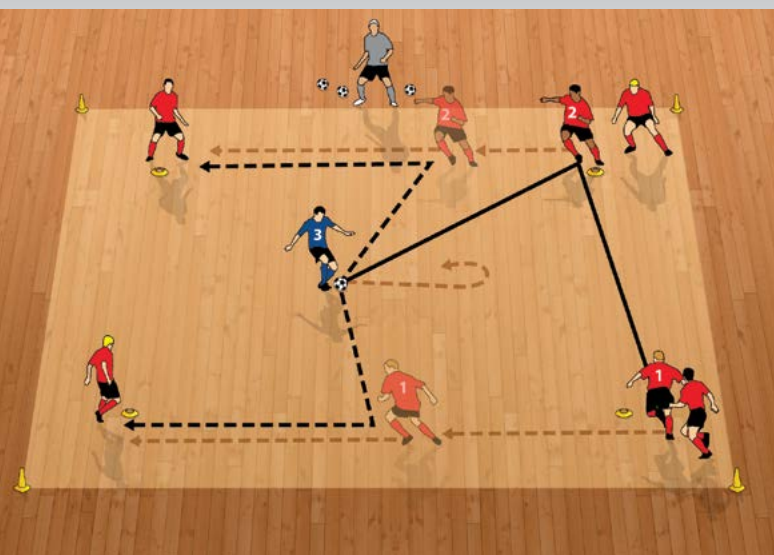
SESSION OUTCOMES

- Improving the core skills
- Hold up play from the Pivot
- Combination play
- Understanding of timing of supporting runs

2. PASSING PRACTICE

ORGANISATION

- Create an area up to 10 x 24m. Modify area depending on the number and ability of your players
- Players start behind each of the four cones with one player (the Pivot) in the middle
- Make sure there are 2 players behind the cones at the end where the ball starts from



EXPLANATION

- Play starts with player 1 passing across to Player 2
- Player 2 then passes the ball to Player 3
- Player 3 can then lay the ball off to either Player 1 or 2 who have moved up the area
- Player 1 or 2 then pass the ball to the players waiting at the other end to repeat the pattern
- Middle player must move to a new starting position at the opposite end to where the ball starts

PROGRESSION

1. Encourage different combinations, cross over runs, third man runs
2. Ask the pivot to play in 2 touches

3. POSITIONING GAME

ORGANISATION

- **Create an area up to 16x 20m.** Modify area depending on the number and ability of your players
- Divide the area in half
- Divide the players into two even teams
- Players start to the side of the goal with 2 players (Pivot's) start in the opposite half of the field



EXPLANATION

- Play starts with the red player at the start of the line playing a wall pass with the blue pivot
- The red player must then pass the ball over half way to the red Pivot
- The two red players then go 2v1 against the blue defender to score
- The play stops when the red team gives up possession (goal, shot, etc)
- The red player that started the play must get back and defend the blue pivot
- The next play immediately starts from the other end with the blue player at the start of the line playing a wall pass with the Red Pivot

POSSIBLE PROGRESSIONS

1. After initial wall pass the Pivot can defend in the attacking half
2. Ask the pivot to play in 2 touches
3. The red player can now dribble or pass over half way

5. TRAINING GAME

ORGANISATION

- **Use the full Futsal pitch**
- Both teams are set up in a 1-1-2-1 formation
- Place spare balls in the goals



EXPLANATION

- Play begins with either GK
- The Pivot for each team must stay in their attacking half
- Teams are trying to score in opponent's goal
- Teams get 3 points if they score using the Pivot

POSSIBLE PROGRESSIONS

1. Remove restrictions and play a regular game

SESSION 4

PLAYING MOMENT
DEFENDING

KEY PRINCIPLE
COLLECTIVE DEFENDING

FOCUS
MAINTAINING DEFENSIVE SHAPE

1. FIFA 11+ WARM UP

ORGANISATION

- Create an area of up to 35x10m
- Place up to 6 pairs of parallel cones approximately 5-6m apart



WHY DO THE FIFA 11+

- New Zealand Football endorses the principle of safe warming up and promote the use of the FIFA 11+ programme prior to two training sessions a week
- The FIFA 11+ is a warm up programme developed by FIFA specifically to reduce the risk of injury in football
- It is designed to be delivered by the team coach
- It incorporates running, active stretching, balance and strengthening exercises
- Wherever possible, include a ball

SESSION OUTCOMES

- Improving the core skills
- Understanding about when to provide pressure and when to provide cover
- Improving working as a defensive unit

2. PASSING PRACTICE

ORGANISATION

- Create an area up to 20x20m with a smaller area inside. Modify area depending on the number and ability of players involved
- Place 4 flat spots as shown in the diagram
- Players begin with four red players in the middle square area and all blues starting on the flat spots
- Extra footballs with the coach



EXPLANATION

- Blue players pass the ball around or through the area to each other. Each player must take two touches of the ball
- Players passing the ball must follow their pass
- Reds must adapt their defensive position in relation to where the ball is, without tackling or intercepting
- After 45 seconds swap teams around

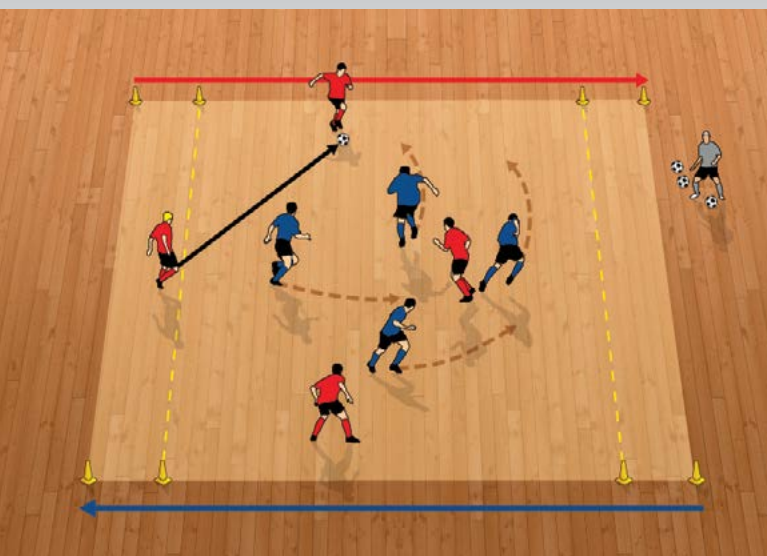
POSSIBLE PROGRESSIONS

1. Reds are allowed to intercept the ball inside the square
2. Blues can now play in 1 touch
3. If the Reds intercept the ball and can dribble out of the square then the teams change places

3. POSITIONING GAME

ORGANISATION

- Create an area up to 20x26m. Modify area depending on the number and ability of players involved
- Create two 3m end zones at the end of each area
- Divide the players into 2 even teams
- Both teams are set up in a 1-2-1 formation
- Place spare balls at each end of the area



EXPLANATION

- Play begins when Red Fixo passes the ball into a team mate
- Reds then combine and attempt to dribble into or pass to a team mate arriving in the attacking end zone
- If Blue team win possession of the ball, they attempt to dribble into or pass to a team mate arriving in the attacking end zone
- The Fixo for the team in possession is allowed to drop into their defensive end zone unopposed
- Defenders are unable to win possession in opponent's defensive end zone

POSSIBLE PROGRESSIONS

1. Fixo is on two touch if they drop into their defensive end zone

5. TRAINING GAME

ORGANISATION

- Use the full Futsal pitch
- Create two 10m zones at each end of the pitch
- Both teams are set up in a 1-1-2-1 formation
- Place spare balls in the goals



EXPLANATION

- Play begins with either GK
- Teams are trying to score in opponent's goal
- One player for the team in possession is allowed to drop into their end zone to join the GK in that zone
- Only one player from the defending team is allowed to be in the opponent's end zone to try and win possession high up the field

POSSIBLE PROGRESSIONS

1. The GK and the other player in possession who are in the end zone can only take two touches when in this zone
2. Remove the zones and play a regular game

SESSION 5

PLAYING MOMENT
DEFENDING

KEY PRINCIPLE
COLLECTIVE & INTELLIGENT PRESSING

FOCUS
WINNING THE BALL IN THE ATTACKING HALF

1. FIFA 11+ WARM UP

ORGANISATION

- Create an area of up to 35x10m
- Place up to 6 pairs of parallel cones approximately 5-6m apart



WHY DO THE FIFA 11+

- New Zealand Football endorses the principle of safe warming up and promote the use of the FIFA 11+ programme prior to two training sessions a week
- The FIFA 11+ is a warm up programme developed by FIFA specifically to reduce the risk of injury in football
- It is designed to be delivered by the team coach
- It incorporates running, active stretching, balance and strengthening exercises
- Wherever possible, include a ball

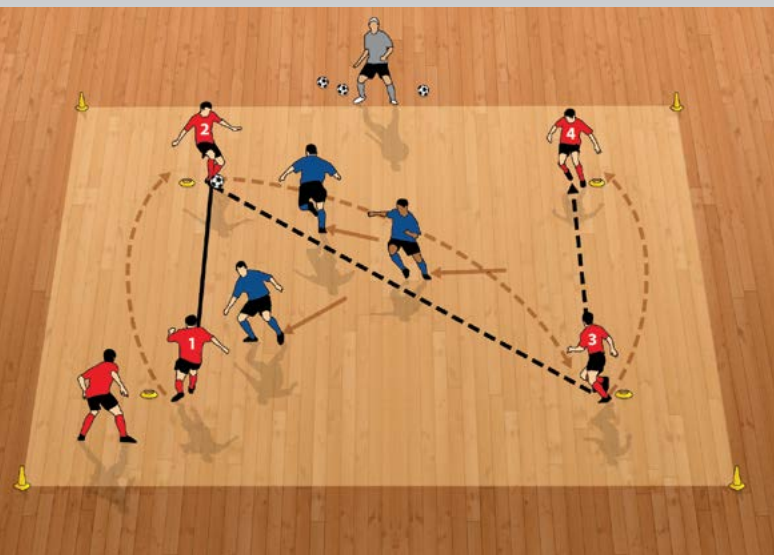
SESSION OUTCOMES

- Improving the core skills
- Understanding about when to provide pressure and when to provide cover
- Improving working as a defensive unit

2. PASSING PRACTICE

ORGANISATION

- Create an area of 14 x 20m. Modify area depending on the number and ability of players
- Players begin as shown in diagram with spare players behind the Player 1
- All spare balls with the coach



EXPLANATION

- Play begins with Player 1 passing to Player 2, Player 2 then passes to player 3, etc. Player 4 then passes the ball back to Player 1 to start the sequence again
- Players follow their pass to the next position
- Defending players must move to take up positions to passively press the ball as shown by the arrows
- The deepest defender must always be in position to cover the middle
- As the ball travels through the defensive unit (from player 2 to player 3). The defenders then have to change their orientation so they are now pressing the other direction
- After 45 seconds change the 3 players in the middle

PROGRESSION

1. Increase pass and run speed
2. Players can now pass in any sequence and defenders must react accordingly

3. POSITIONING GAME

ORGANISATION

- Use half a pitch plus create an area 14x5m just past half way. Modify area depending on the number and ability of players
- Divide players into 2 even teams of four
- Players play 3 v 3 in half of the pitch
- The Red Pivot and the Blue Fixo play inside the smaller area
- Place spare balls in the goal behind the GK



EXPLANATION

- Play starts with the GK rolling the ball out to Red
- Red score by passing the ball along the ground to the Pivot who must receive in the smaller area
- Blue scores by winning the ball before it gets to the Pivot and scoring in the goal

POSSIBLE PROGRESSIONS

1. Make the area smaller/bigger
2. Limited touches for the Blue team

5. TRAINING GAME

ORGANISATION

- Use the full Futsal pitch
- Split the court into thirds
- Teams play in a 1-1-2-1 formation
- Place spare balls in the goals



EXPLANATION

- Play begins with either GK
- Teams are trying to score in opponent's goal
- If players can win the ball in the attacking third and score a goal it is worth 3 points

POSSIBLE PROGRESSIONS

1. Remove the zones and play a regular game

SESSION 6

PLAYING MOMENT
TRANSITION

KEY PRINCIPLE
QUICK TRANSITION MENTALITY

FOCUS
REACTING IN THE TRANSITION MOMENT

1. FIFA 11+ WARM UP

ORGANISATION

- Create an area of up to 35x10m
- Place up to 6 pairs of parallel cones approximately 5-6m apart



WHY DO THE FIFA 11+

- New Zealand Football endorses the principle of safe warming up and promote the use of the FIFA 11+ programme prior to two training sessions a week
- The FIFA 11+ is a warm up programme developed by FIFA specifically to reduce the risk of injury in football
- It is designed to be delivered by the team coach
- It incorporates running, active stretching, balance and strengthening exercises
- Wherever possible, include a ball

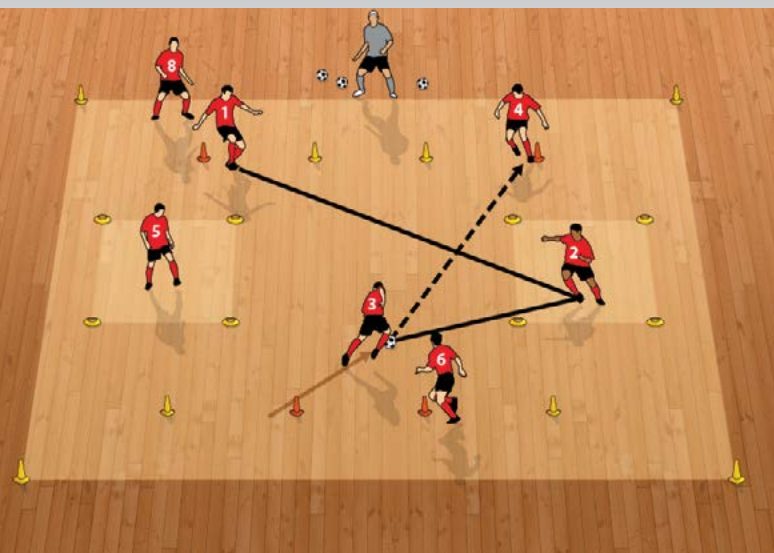
SESSION OUTCOMES

- Improving the core skills
- Reacting quickly after possession turns over
- Quick counter attacks
- Quickly getting back defensive shape

2. PASSING PRACTICE

ORGANISATION

- Create an area up to 20 x 30m. Modify area depending on the number and ability of your players
- Create two 5x5m Pivot zones at each end
- Place 8 cones as shown in the diagram, 4 of each colour
- Players begin as shown in diagram, with one player in each Pivot zone and all others behind one colour of cones
- Place spare balls with the coach



EXPLANATION

- Play begins when Player 1 touches out of feet and passes into far Pivot zone, Player 2 receives and lays off to Player 3 (who has made a supporting run). Player 3 then passes to Player 4, who restarts the sequence in the opposite direction
- All players must follow their pass and take up the next place in the passing sequence. Where possible, dynamic movements can be performed at this point

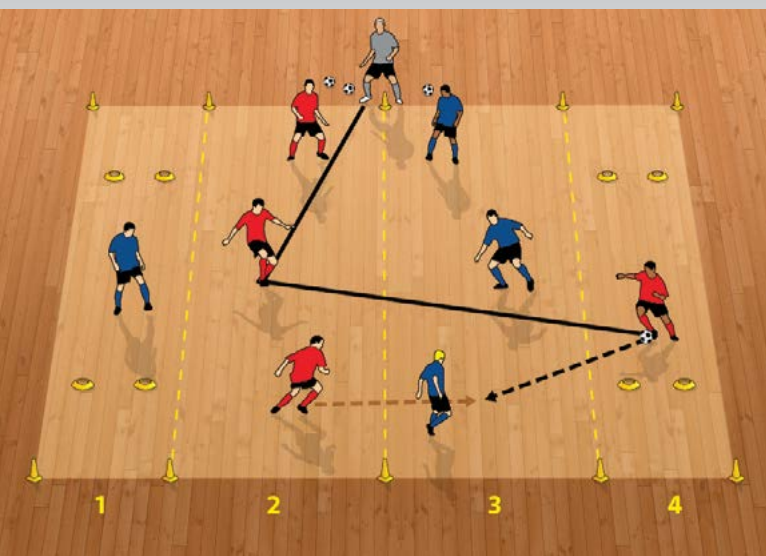
POSSIBLE PROGRESSIONS

1. Repeat the same sequence from the side
2. Limit touches to increase the speed of play

3. POSITIONING GAME

ORGANISATION

- Create an area of 20 x 30m. Modify area depending on the number and ability of your players. Divide the area into four zones. Zone 1 & 4 are 20x5m in size. Zone 2 & 3 are 20x10m in size
- In Area 1 & 4, flat spots are placed to make the playing area narrower
- Divide players into two even teams
- Red Pivot begins in Area 4, all other Red players are in Area 2. Blue Pivot begins in Area 1, all other Blue players are in Area 3
- Place spare balls with the coach



EXPLANATION

- Play begins when coach passes into a Red player in Area 2
- Reds then combine and attempt to pass into the Pivot. A Red player must move from Area 2 to receive the ball from the Pivot to score a point. Defenders are not allowed to intercept pass to the supporting player
- If Reds are successful, another ball is played to Area 2
- Blue players must remain in their areas
- If Blue players in Area 3 intercept the ball, they attempt to play into their Pivot as quickly as possible

POSSIBLE PROGRESSIONS

1. More than one player can break out to support the lay off from Pivot
2. Intercepting team have 3 seconds to pass to their Pivot
3. Defenders are allowed to intercept the pass to the supporting player
4. Pivot for team out of possession can drop into next area to create a 3v1. If Pivot wins possession against the three opponents, the two flankers can break out to support

5. TRAINING GAME

ORGANISATION

- Use the full Futsal pitch.
- Create two 10m zones at each end of the pitch.
- Divide the players into 2 even teams
- Both teams are set up in a 1-1-2-1 formation.
- Place spare balls in the goals



EXPLANATION

- Play begins with the coach playing onto a Red player in Area 2
- Reds then combine and attempt to pass into the Red Pivot
- A Red player must move from Area 2 to receive the ball from the Pivot to shoot at goal
- 1 Blue player can track back to Area 1 to defend
- If Reds score a goal then play restarts from their GK
- If Blue team win possession of the ball, they attempt to play into their Pivot as quickly as possible to create a scoring attempt in the same manner
- If a team regains possession of the ball and scores within 5 seconds, it is worth 3 points

PROGRESSION

1. Remove the zones and play a regular game

DO YOU WANT TO BE THE NEXT ABBY ERCEG OR WINSTON REID?



If you want to be an All White or Football Fern, you will need to love football, be willing to work really hard and answer **YES** to one of these questions?

**FOOTBALL
FERNS**™
NEW ZEALAND
FOOTBALL

**ALL
WHITES**™
NEW ZEALAND
FOOTBALL

- 1 WERE YOU BORN IN NEW ZEALAND? ☐
- 2 WAS YOUR MUM OR DAD, GRANDMA OR GRANDPA BORN IN NEW ZEALAND? ☐
- 3 HAVE YOU LIVED IN NEW ZEALAND FOR 5 YEARS OR MORE? ☐

If you answer **YES** to one of these questions, then you can try to live the dream and maybe one day play for New Zealand in a World Cup!!

**In limited circumstances FIFA can allow a player to represent a country that isn't of his or her birth but they must have lived continuously for 5 years in that country and have moved there for reasons unrelated to football.*

FEDERATIONS

For more information please contact you local football federation.



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**Mainland
Football**

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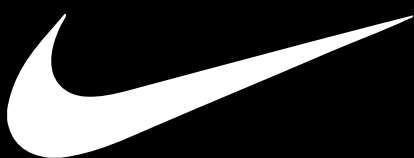


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