

# Coggeshall Town Football Club

## Home Learning Session 1

### Values

Respect  
Hard Work  
Humility  
Bravery  
Enjoyment



# Coggeshall Town Football Club



Coggeshall Town Youth continue to look at ways to support our members to enable them to flourish even in the difficult times we all currently face.

The training sessions you are about to read have been formulated by our very own coaching team with a view to allow the participant to continue to learn and master specific skills, maintain fitness and sharpness in preparation for a return to football activity in the near future.

I sincerely hope you enjoy the sessions provided within our learning from home packs and look forward to welcoming you back to Coggeshall Town FC Youth very soon.

Steve Humphreys  
Youth Development  
Manager

Respect  
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## Initial Set Up

The setup is the ideal but you can alter any dimensions to suit your garden / workspace.

## Items required

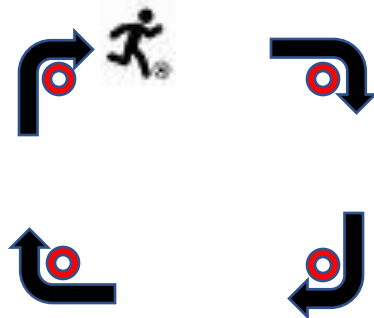
6 x cones (Objects to use as cones eg Shoes, Pots etc)  
1 x Ball (Size ideally relevant or smaller to participant)

Place 4 cones to create a square 10 steps by 10 steps apart (The step size of the participant) Time to get started.

1) i) Gentle jog clockwise around the outside of the square whilst dribbling the ball. Use both feet to guide the ball around. At corners try to keep close to the outside of the cones. Continue for 2 laps then turn and go in the opposite direction. Repeat this sequence 4 times in total.

ii) Repeat activity but this time only use right foot when kicking the ball

iii) Repeat activity and use left foot when kicking the ball



## Coaching Tips:

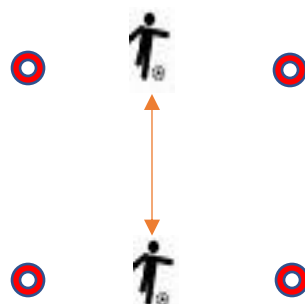
- Try to use different areas of your feet when kicking the ball
- Try different types of turns when changing direction
- This is a warm up activity so go about half pace

2) i) If you have another person with you (ie parent) then one of you stand on one side of the square with the other standing opposite. Start passing the ball to each other along the ground. If you do not have another person you can use a wall (if appropriate) or stand in the middle of the square and do some juggling (Keep ups). With passing activities try to make it one or two touch.

ii) Progress activity to use just inside step of foot to pass the ball

iii) Progress activity to use top of foot to pass the ball (Laces)

iii) Progress the activity to use sole of foot to pass the ball (You may need to take a step or two closer in this instance)



There is no time limit or restriction to this activity so continue to next step when see fit.

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## Coggeshall Town Youth

All activity should be relative to the age of the participant for example adult matches are 90 minutes in length so therefore training should be for 90 minutes. An under 13 should be for 70 minutes and under 7 for 40 minutes.

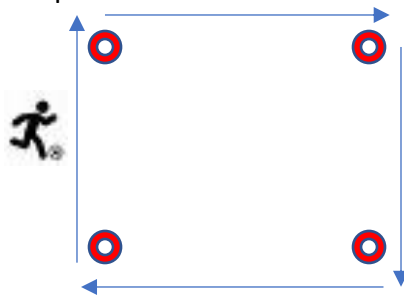
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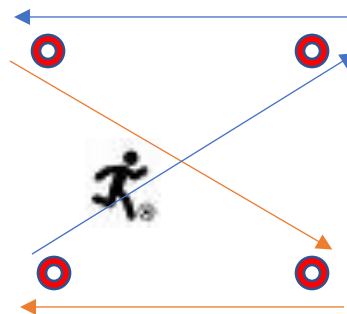
### Coaching Tips:

- Try to play a first time pass where possible
- Use either foot to pass the ball but ensure it is always the closest foot to the ball
- If required control the ball first but ensure you direct the ball into a position to make a pass with your next strike
- When waiting for the ball keep head up with eyes on the ball at all times. Stay loose and ready by gently bouncing on your feet
- Say the name of partner just before passing the ball

3) i) Stand at a corner of square with ball at feet facing a cone on the same side of square. Throughout this activity the participant will remain facing the same direction. Dribble the ball forward to the next cone using either foot. Continue to face forward but move sideways along the edge of the square whilst rolling your rear foot over the ball. When reach 3<sup>rd</sup> cone facing the same way drag ball backwards to 4<sup>th</sup> cone. The move sideways back to starting position rolling the ball with your rear foot. Complete 4 laps then stop and repeat in opposite direction for 4 laps.



ii) Stand at a corner with ball at feet facing a cone on same side of square. Dribble ball diagonally across the square at pace getting in as many touches as possible. Turn and jog along edge of square as half pace. When reach next cone dribble ball diagonally across square at pace getting in as many touches as possible. Continue for 10 laps.



**Rest** – Take a 2 minute break. Walk slowly around in any direction. (Have a small drink if required)

Repeat section 3)

### Coaching Tips

- When dribbling at pace use laces to strike the ball
- High intensity on the diagonal runs are very important
- Alternate feet on diagonal run e.g use left foot only until completed then on next diagonal use right foot only.

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## Coggeshall Town Youth

All sessions should have regular short intervals and should incorporate different levels of intensity and skill to replicate match day activities.

Remember .....

.....Respect **those around you and they will show you the respect you deserve.**

**With Hardwork you will prevail. Show Humility and accept help when others offer to support your development. You require Bravery to try new things and accept you may fail many times before you succeed. Above all else find Enjoyment in all you do then it's no longer a chore.**

**Eat Sleep Football Repeat!**



4) i) Stand in middle of square with ball in hands. Drop ball in front and kick ball back up to own hands catching the ball. Repeat 10 times on one foot then do a further 10 on other foot. Repeat whole sequence 4 times.



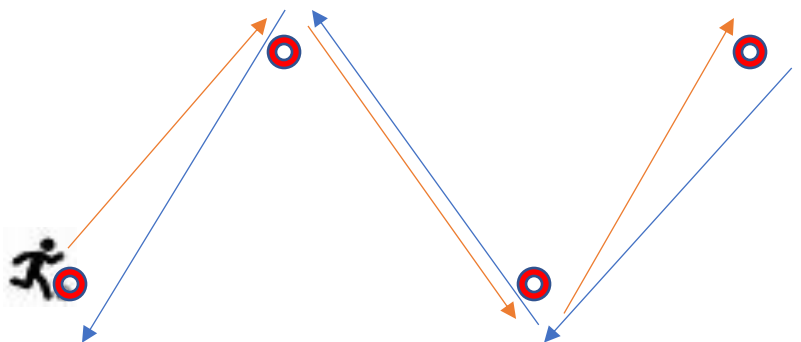
ii) Progress to throwing the ball above head height and controlling the ball to stop on the floor in front of you. Pick up the ball and throw again. Complete 10 on one foot then 10 on the other. Repeat 4 times.

iii) Progress to throwing the ball above head height and controlling the ball using your thigh then catch the ball and repeat. Try 10 on one leg then 10 on the other. Repeat whole process 4 times.

### Coaching Tips

- When striking the ball ensure toes are pointing slightly up to make the ball move back towards own body.
- Try to keep your leg slightly loose to absorb some impact and slow the ball down to make it easier to catch
- When controlling the ball from height look to cushion the ball by moving you foot with the ball upon impact. Eg imagine the ball is an egg and you want to stop it but don't want to break the shell

5) i) Stagger the cones slightly as per below. No ball required for this drill. Start at one end and run as fast as possible in zig zag around cones, when get to last one turn and do the same back. Repeat this 4 times a full pace.



ii) Progress to gentle side step to each cone changing leading leg at each cone. Once reach end come back side stepping again. Repeat 4 times.

iii) Progress to gentle running backwards and repeat 4 times.

iv) Progress to gentle jog and repeat 4 times.

Session completed. Well done.