

2026
Technical Direction
Avalon Soccer Club



Concept by Ron Simpson and Developed by Jud Harrison

Technical Direction - overview

The purpose of this technical blueprint is to provide Avalon coaches with a guide to help them instruct and develop our players skills, with a view to unlocking the full potential of the clubs future talent. Our coaches are the link to every players development and should be given every assistance to help them fulfil their own and every players ambition.

Scope: U6 - U18 inclusive (M and F)

4 part plan:

- Coaching Session Manual
- Game day warm up
- Game formation
- MWFA Coaching courses link

Technical Direction - resources

AvSC Development Sessions

- Conducted by Nathan Burns
- Coaches invited to view sessions

- Coaching Director support

- Coaches to contact
COACHINGDIRECTOR@AVALONSOCCKERCLUB.COM.AU to organise training assistance throughout the season

MWFA Coaching Courses

Coaches Session Manual

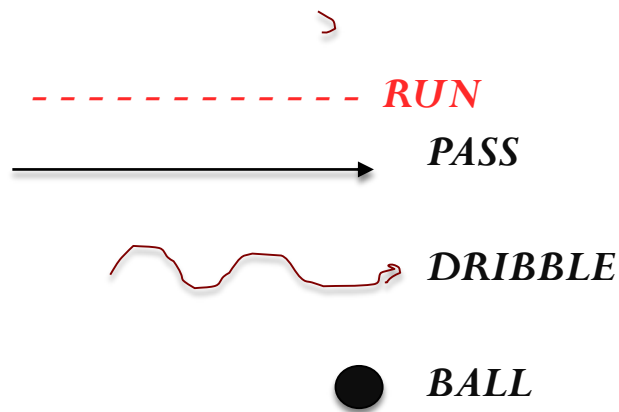
It is hoped that this manual would be adopted by every coach within the scope described, with the overall technical direction and style of play to remain consistent. This manual aims to correlate with other coaching assistance provided by the club or MWFA. It is hoped that in addition, the Coaching Director and other experienced coaches would, with prior agreement, regularly attend training sessions to assist, monitor and provide feedback to the coach.

The sessions should contain the following:

- *Core Skill/Aim of session*
- *Warm up*
- *Focus on Core Skills:*
 - *1st Touch*
 - *Striking the ball*
 - *Running with the ball*
 - *1 v 1*
- *Game day warm up and formation practice*
- *Game*

Summary

- *Manual(s) incorporates 7 v 7, 9 v 9, 11 v 11 playing formats*
- *Drills designed to be adaptable to all levels – however coaches to make it simpler/more challenging, as to ability/intensity level of their players*
- *Ball Possession (BP) – team that has possession of ball*
- *Ball Possession Opposition (BPO) – team without possession of ball*



First Touch & Striking the Ball

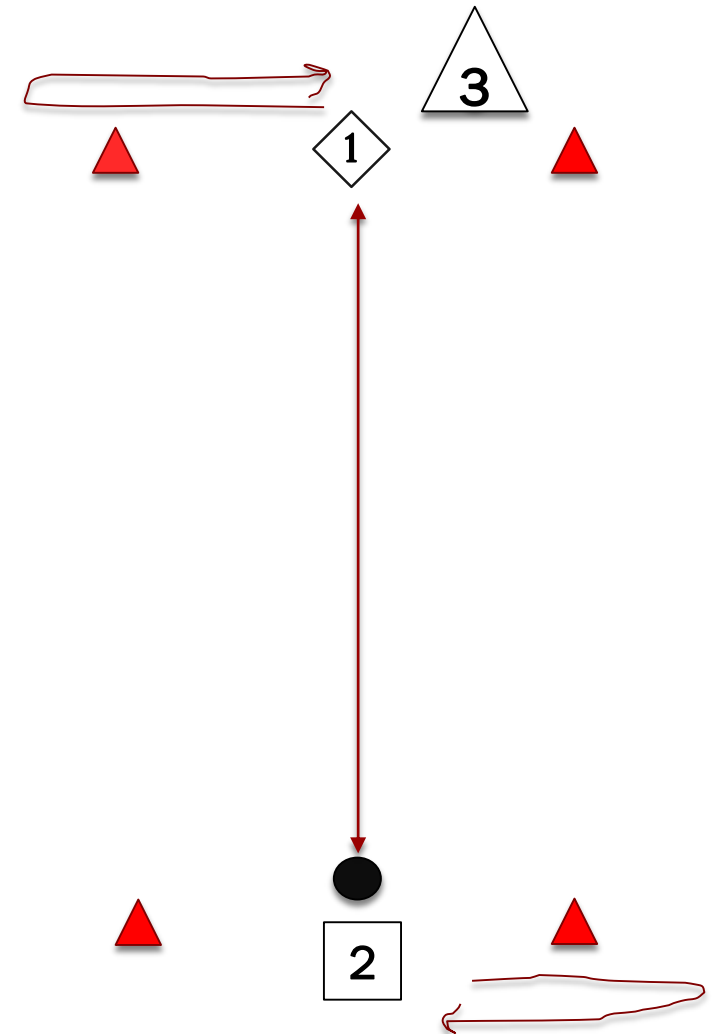
Warm up: 'juggle' - players have a ball each and juggle the ball.

Players recommended steps (try both legs/feet):

1. Drop ball onto thigh/foot, kick up and catch
2. Ball bounce on ground, then kick up to catch
3. Let ball bounce between kick up
4. Juggle for 3 times then let bounce on ground
5. Practice to juggle 10+ times

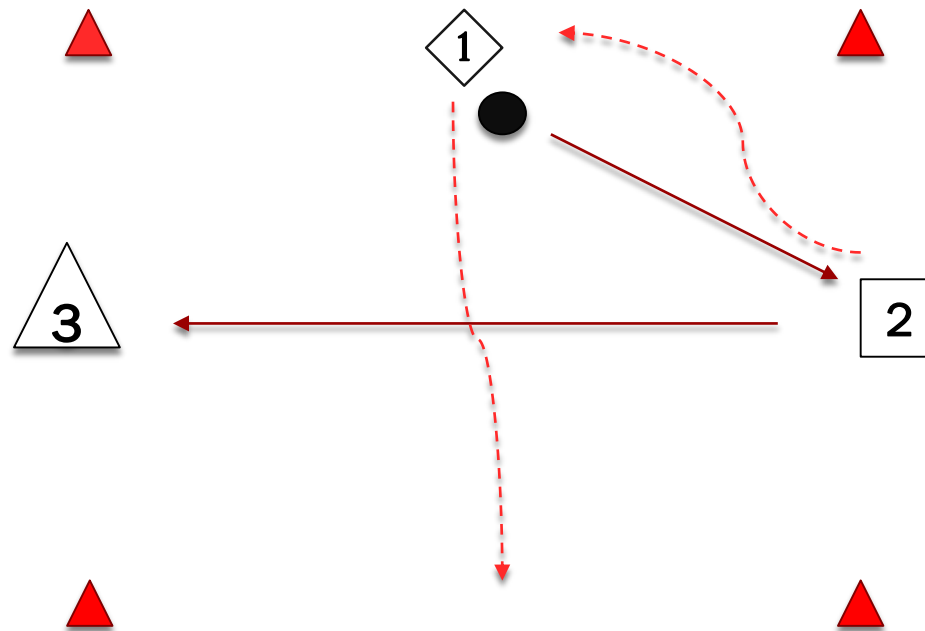
First Touch & Striking the Ball

- 2 touch passing
- Control with right foot, pass with left (swap)
- With first touch, take to right of cones, 'turn' to pass back from middle of cones (swap to left of cone)
- In 3's (add extra player 3). 1 passes to 2 and then becomes a defender and puts A LITTLE pressure to one side of 2. 2 takes ball to either side of 1 with 1st touch and passes to 3. 2 becomes a defender and puts pressure on 3..repeat
- 1 - 2 passing: 3 to middle and then moves to a side for 1 to pass to, 1 moves passed to receive pass from 3. 1 passes to 2 etc. Swap 3 from middle after approx. 10 x 1-2 passes



First Touch & Striking the Ball

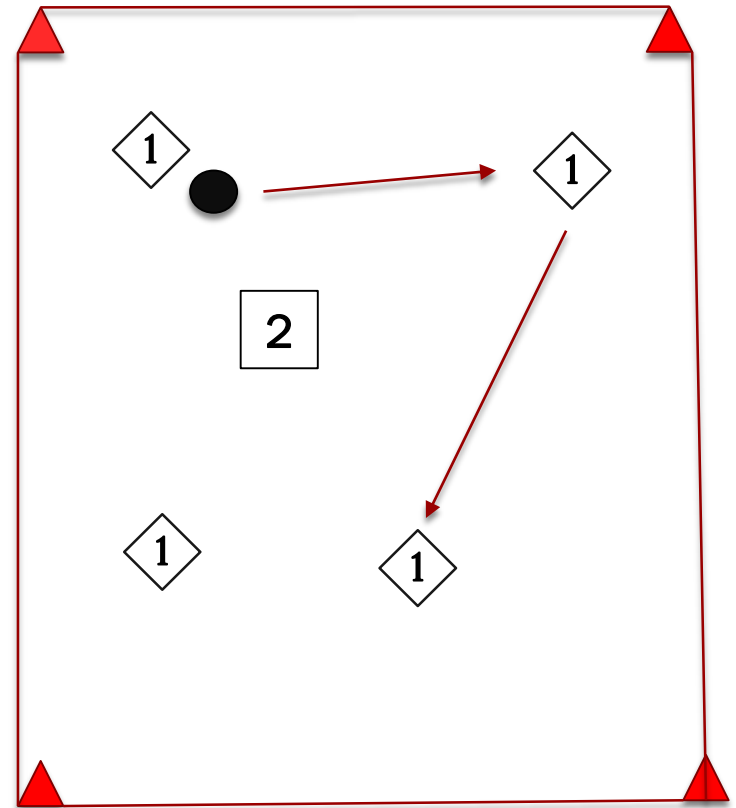
- 2 touch passing
- Control with right foot, pass with left (swap)
- After passing move to the 'space'
- 1 pass to 2, and run to the 'space'. 2 pass to 3, and run to space (left by 1). 3 pass to 1, and run into space (left by 2) repeat



First Touch & Striking the Ball

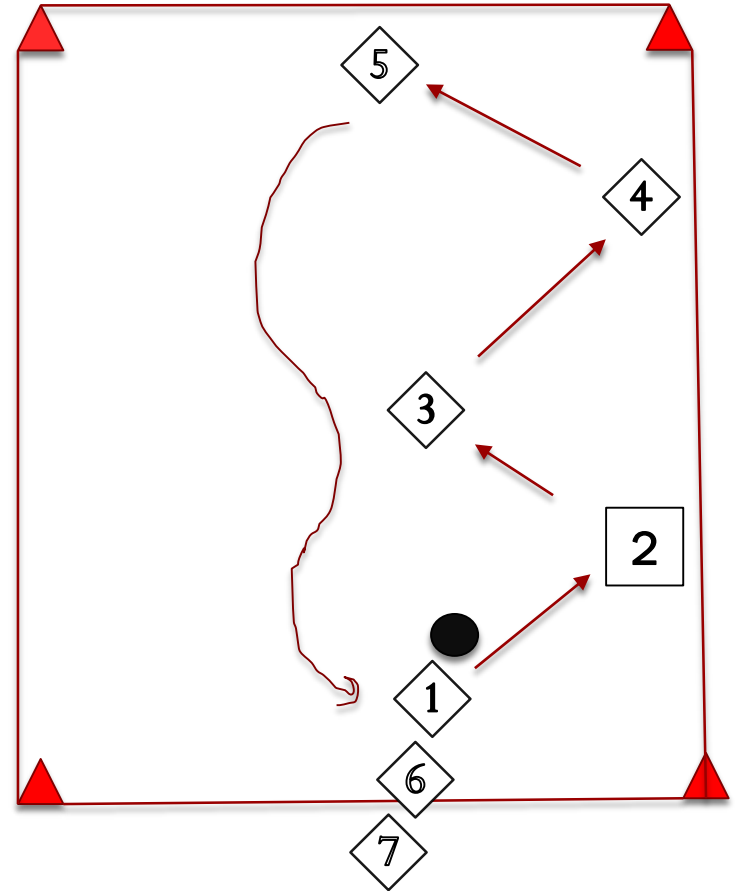
4 v 1 or 3 v 1 game

- 2 touch control /passing
- Possession team (1's),
to keep ball away from
defender (2)
- Swap D regularly
- Change size of area to
suit abilities?
- Add Defenders?



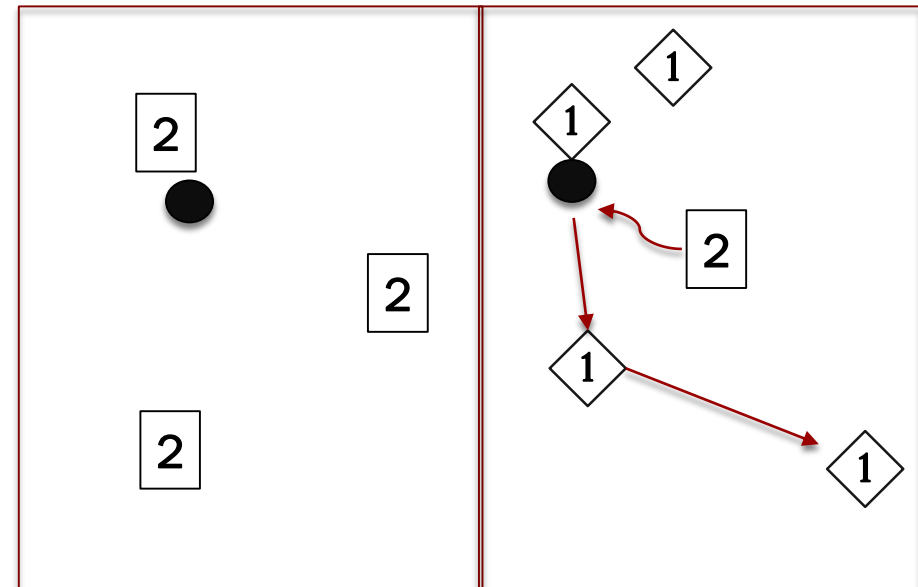
First Touch & Striking the Ball – play out from the back

- Ball passes in sequence, and follow pass.
 - 2 touch control /passing
 - 5 dribbles ball back to start
 - If enough players, start another on opposite side of field
-
- Coach to put pressure on 2 position, 1 to call 'turn' or 'man on' depending where coach is?



First Touch & Striking the Ball

- T1 team starts with ball, a single Defender (T2) tries to get ball.
- If team T1 get to 5 passes, then another Defender (T2) defends (4 v 2)..
- If a T2 Defender tackles/kicks ball out, then T2 team start to pass, and a Defender (T1) tries to get ball off T2 team..continue

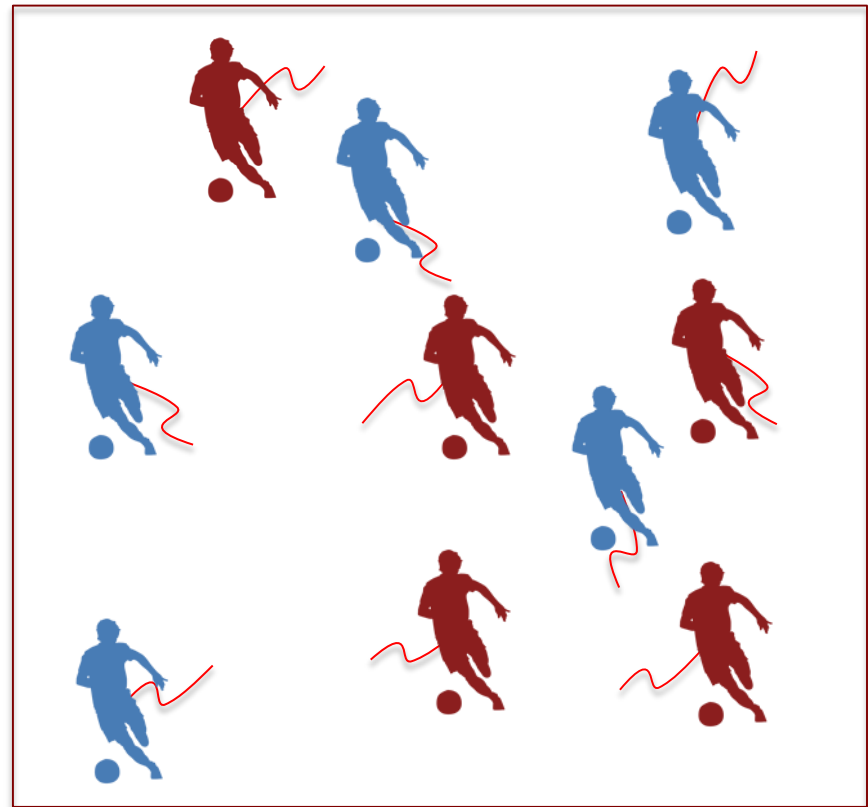


Running with the Ball

Warm up: area of 20m x 20m, players have a ball each and dribble within area. Players are to complete at following calls from coach:

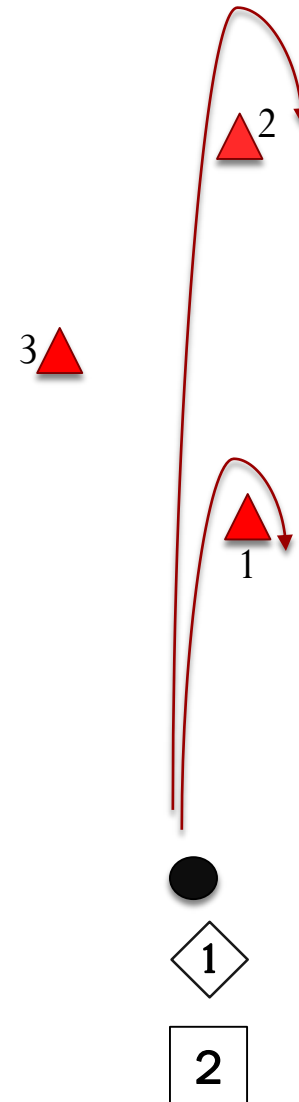
1. stop the ball with feet
2. Turn 180 deg with ball
3. Pass to another player
4. Dribble faster
5. Do a trick
6. Suggestion from the players

20 / 30 metres



Running/Stiking the Ball

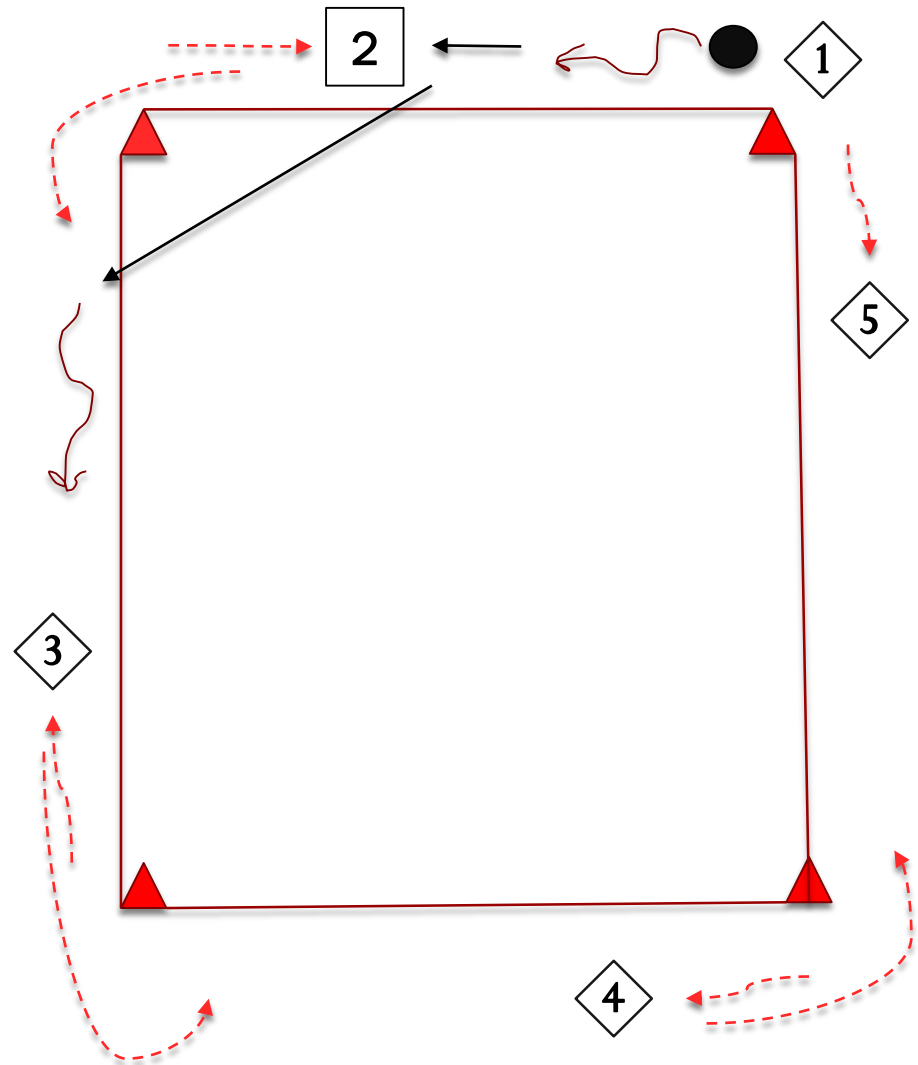
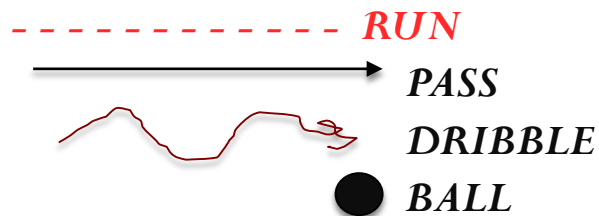
- In pairs
- Dribble around 1st cone, pass back. 2nd player does same
- Dribble touching ball with EVERY right step (swap to left foot)
- Dribble all the way around 1st cone to 2nd cone, dribble back to 1st cone and pass
- Imagine 1st is a Defender, 1 to do a trick too go 'passed' the Defender. Go around 2nd cone, do another trick on way
- Introduce 3rd cone to have another change of direction



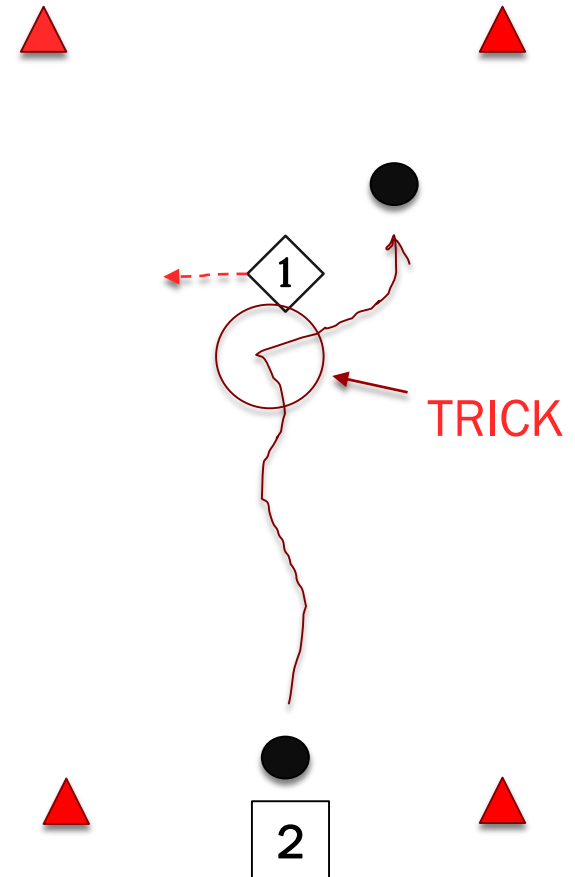
Running/Striking the Ball

40m square – min 5 players

- Ball starts with 1, dribbles toward 2, and passes to 2
- 2 runs from corner to meet pass from 1
- 2 passes ball back to 1 and runs around their corner, to meet 2nd pass from 1
- 1 takes 2's position on corner until their turn
- ..continue around square

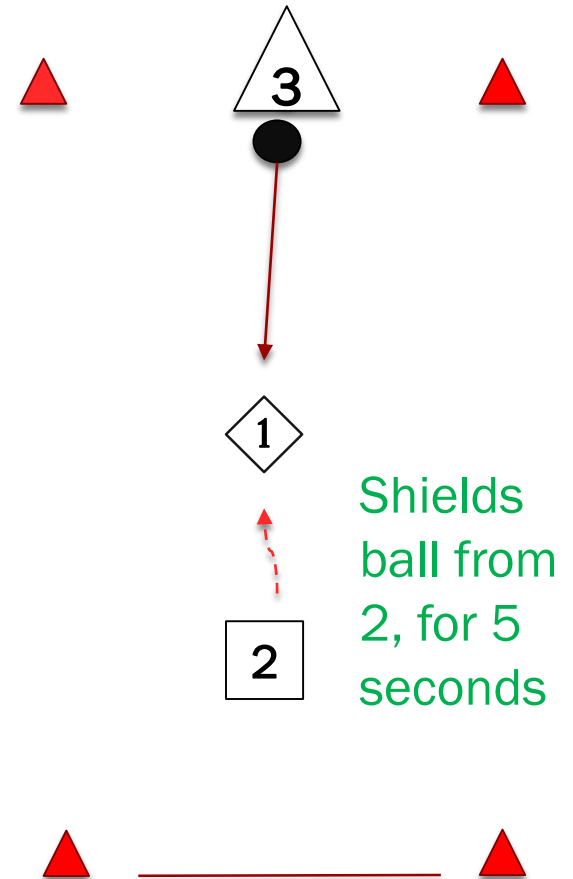


- 2 takes on 1 by trying to dribble around using a trick:
 - Dribble with outside of Right foot, 'drop' Left shoulder and knee to move defender to your Left, then take ball to your Right (swap feet)
 - Single step over
 - Double step over
 - 'pass' ball from Right foot to Left foot, back to Right in 2 steps (swap feet)
- Defender to 'jockey' attacker



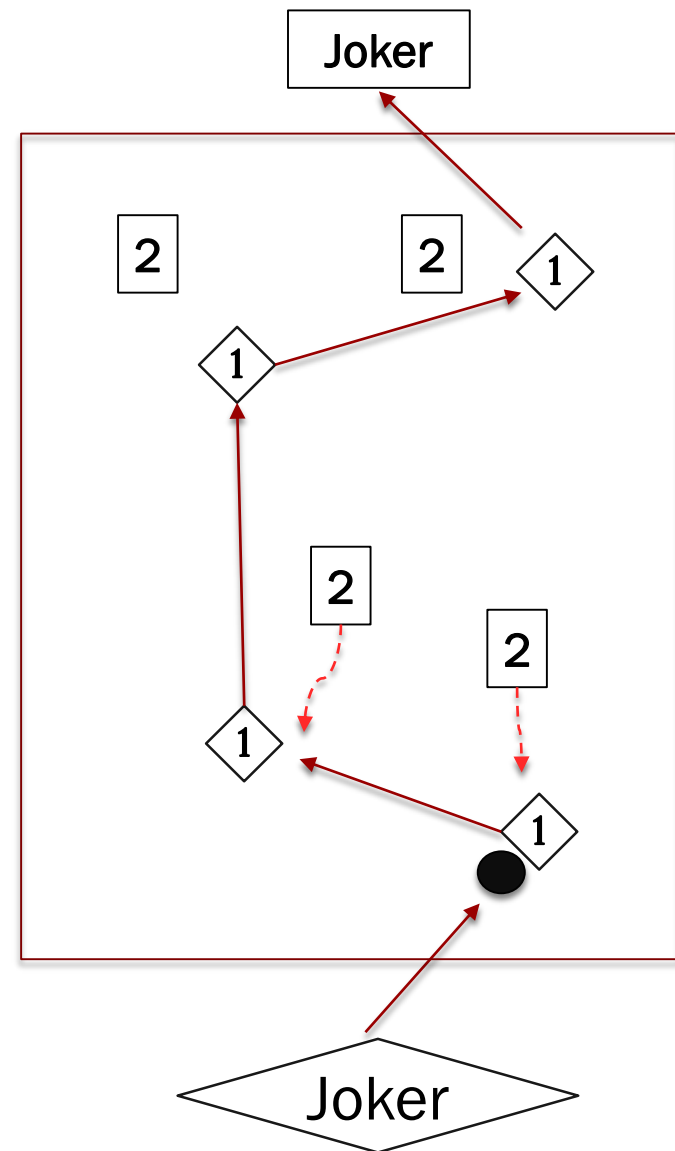
1 v 1 – Shielding the Ball

- 3 and 1 BP, 2 BPO
- 3 passes to 1, and 'shields ball' (keeps body in between ball and 2) for 5 seconds. 1 and 3 compete against 2 to get ball over rear line. Swap players after 10 turns
 - Main focus is practicing the 'shielding' component
 - BP to turn side on (bigger body to protect ball)
 - Ok to be a 'little' physical, to prep for game conditions



Game training – ‘Bumps’

- BP team (1's) starts with ball, and tries to get through area to 'Joker' end player, then try to make it back etc, whilst BPO team (2's) Defend..
- If 2's get ball, they pass ball to a joker, and become BP team (1's become BPO team)
 - Have 1 Joker in same coloured bibs as 1's, the other for 2's. If same colour passes out to joker, then they swap. Jokers are always BP, and can't be tackled
 - Team gets a 'goal' for each successful FULL area transition



Practice 'Game Day' – Warm up

Cross Overs:

1. Team into 4 with 2 teams opposite each other. 2 x ball adjacent with 2 teams.
Pass ball across and run behind opposite line
2. Ball with opposite teams, players dribble to centre and pass left with right foot
3. Ball with opposite teams, players dribble to centre and pass right with left foot

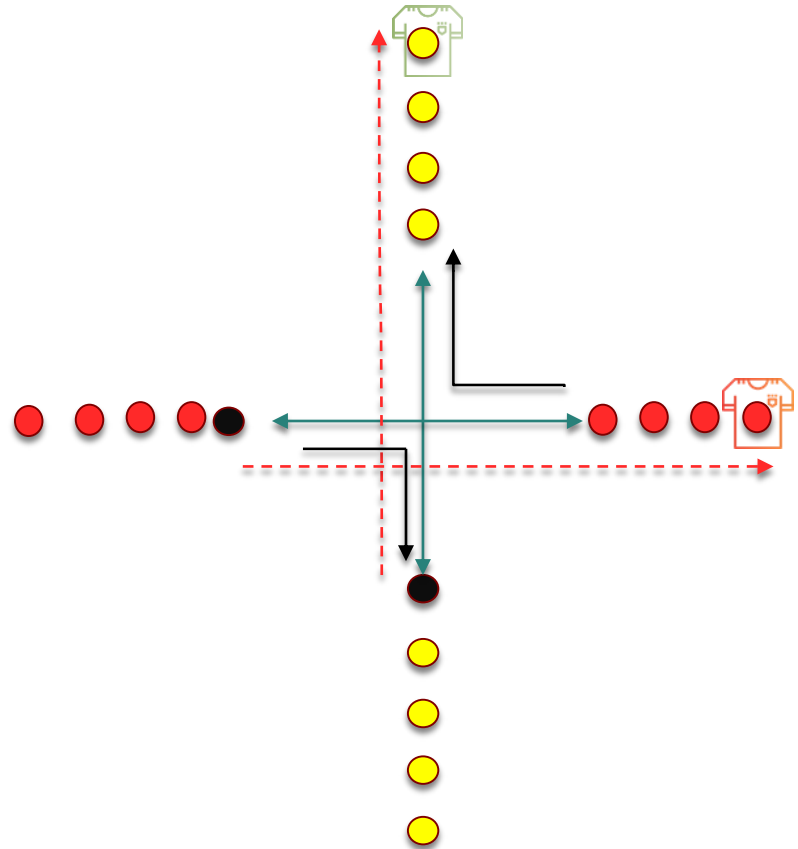
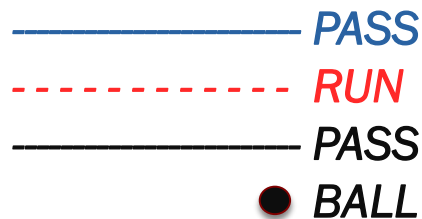
1. PASS ACROSS

2. DRIBBLE to CENTER

pass left with right foot

3. DRIBBLE to CENTRE

pass right with left foot



Possession Game:

half team w bibs, half w/o bibs. Approx 20m X 20m area, teams to keep possession

Game formation practice – cones in positions over half field

- *Pass with 1 ball, add 2nd ball, then follow pass (if too easy add 3rd or 4th ball)*



Ball Possession (BP) when you have the ball: 1 – 1 – 3 – 2 (blue team)

Ball Possession Opposition (BPO) when opposition has the ball: 1 – 2 – 3 – 1 (yellow team)

Game to finish – Divide into equal team and play a game

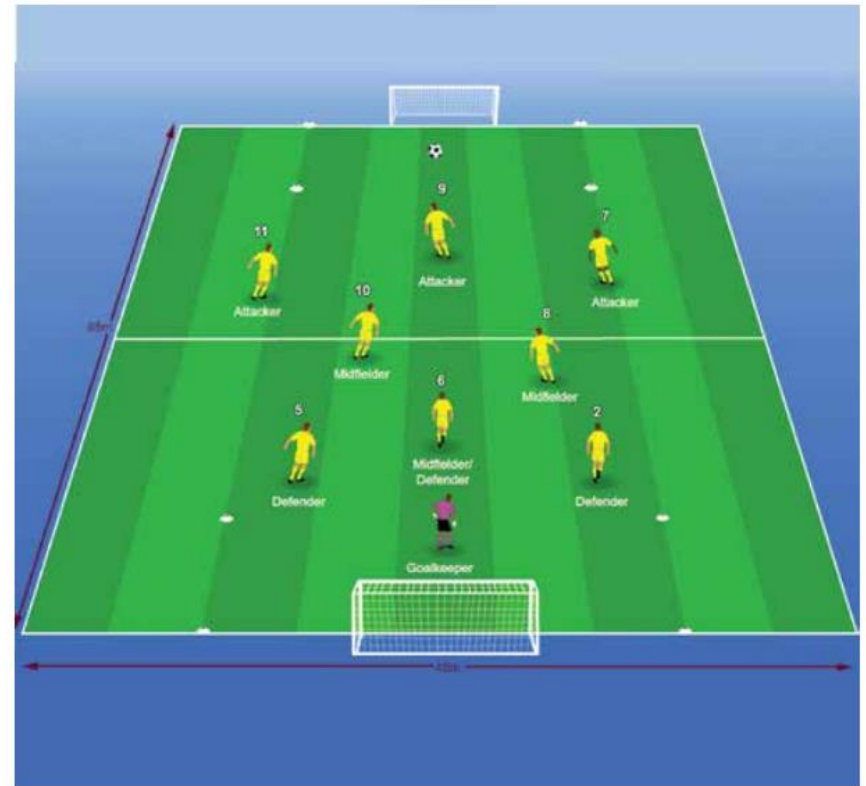
Game formation practice – cones in positions over half field

- Pass with 1 ball, add 2nd ball, then follow pass (if too easy add 3rd or 4th ball)

9v9 Playing Format: **Attacking/Ball Possession (BP)**



9v9 Playing Format: **Defending/Ball Possession Opponent (BPO)**



Ball Possession (BP) when you have the ball: 1 – 2 – 3 – 3

Ball Possession Opposition (BPO) when opposition has the ball: 1 – 3 – 2 – 3

Game to finish – Divide into equal team and play a game

Game Day – Formation 11 v 11

- *Players to pass ball between positions, stay in positions after passing*
- *Pass and follow pass*
- *Introduce more balls*

Ball Possession (BP) when you have the ball: 1 – 4 – 3 – 3

Ball Possession Opposition (BPO) when opposition has the ball: 1 – 4 – 5 – 1



Coaches Session Manual – additional sessions



<https://www.footballaustralia.com.au/get-involved/coaching>

Please consult the above URL for additional Coaching Education (you will have to create a FA 'learning centre' account).

Note: there is an abundance of coaching materials by searching on
WWW