

To all **Coaches** and **Assistant Coaches** – Including **U10 through to U16**

Our Coach the Coach Program for 2009 starts this Monday night (25th May) and will run for the rest of the 2009 season – Details provided below and posted on our club website

www.redlandsunited.com.au – see 'Coaches' tab.

Coach the Coach 2009 - Program Outline – Update as at 22nd June

1. **Once per month sessions delivered by Peter Bannon** – All coaches and assistant coaches from U10 to U16 inclusive are requested to attend all of the following sessions.

Important Note - If you have a regular Wednesday training night, please advise your players that training is cancelled on the scheduled Coach the Coach dates. This applies to both the 5:30 to 7:00 pm and 7:00 to 8:30 pm time slots.

Players from 1 team will participate in the Coach the Coach session on a rotational basis each month.

2. **In-between weeks follow up with coaches** - Neil Meldrum and Niall McCarthy to assist Coaches with take-up and delivery of recommended coaching techniques and drills. Proposed Monday and Tuesday nights – details to follow.

Session 1 – How to Coach Possession Football

Mon 25th May

6:00 pm to 8:00 pm

Field 2 (or Multi-purpose Field as wet weather alternative)

Topics – *Coaching techniques and example drills for;*

- Helping players to be successful at all skill levels
- Coaching 'ball-skill' fundamentals
- Coaching 'body-shape' fundamentals
- Positive, constructive communication techniques
- Keeping a balanced perspective as a coach
- Equity in all aspects of coaching young players

Session 2 – How to Coach Defence

Wed 22nd July

6:00 pm to 8:00 pm

Field 2 (or Multi-purpose Field as wet weather alternative)

Topics – *Coaching techniques and example drills for;*

- Coaching 'body-shape' fundamentals (continued)
- Coaching 'choice-of-options' fundamentals (continued)
- Coaching 'Defence' fundamentals

Session 3 – How to Coach Team-Shape & Tactics

Wed 12th August

6:00 pm to 8:00 pm

Field 2 (or Multi-purpose Field as wet weather alternative)

Topics – *Coaching techniques and example drills for;*

- Coaching 'Team-shape & Tactics' fundamentals