



2016 Community Coaching Workshops

To all Football Clubs in the Mackay Region

Outlined in this document are a range of **FREE** Community Coaching Workshops to be run throughout the 2016 season by the Regional Technical Director or Nominated Delegate.

These workshops are to be run at the expressed interests of the club via a booking system. To book, simply contact MRF Zone via email (mrfzone@bigpond.com) and book the specific workshop and specify 3 preferred dates within each of the allocated time slot provided. Please submit dates no later than the beginning of the allocated time slots, as failure to do so may prevent your club from capitalising on the opportunity. The allocated time slots are.

March – April

May – July

August - September

A Club may wish to book multiple workshops in the same night to optimise the use of the Regional Technical Directors visits. A confirmation email will be sent from MRFZ to Club officials once nominated date has been accepted.

Club Requirements

To host a workshop, clubs will be required to meet the minimum recommended standard as highlighted below:

- 10 Coaches nominated to Observe/Participate
- Minimum Player Numbers as allocated in the table below
- Half a Field

Series	Time	Age Range	Players Required	Method
Possession Football Series	90 minutes	14+	Min 14	Club Based or Central (Observe Master Coach)
Advanced Skill Series *	60 minutes	12-15	Min 8	Club Based
Foundation Skills Series	60 minutes	8-15	Min 8	Club Based
Match Day Series	30 minutes	SSF or Competitive Football	N/A	Club Based

*Advanced Skill Series should only be booked after foundation skills topics have been observed

Clubs who are unable to nominate the required minimum number of coaches for a workshop may team up with other clubs or may be negotiate other arrangements with the Regional Technical Director.

Regards

Darryl Cash

Regional Technical Director



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Possession Football Series

Control the game by dominating the game! To do this, players need to understand their specific role within the team environment. The Possession Football Series is a Series of workshops designed to enhance the tactical knowledge of coaches. Our coaches have a proven track record in delivering a high quality sessions and producing excellent footballing teams. So come along and learn how to deliver training sessions designed to make your teams dominate the ball and the game.

01/10	Tactical	Playing Out From the Back
02/10	Tactical	Midfield Play
03/10	Tactical	Midfield Rotation
04/10	Tactical	Attacking Wide Areas
05/10	Tactical	Creating Goal Scoring Opportunities
06/10	Tactical	Defending Front the Front
07/10	Tactical	Defending the Back Third
08/10	Tactical	Transition (Winning the Ball)
09/10	Tactical	Transition (Losing the Ball)
10/10	Tactical	Goalkeeping

Advanced Skills Series

Superstars of the game have a high level of technical skills. Skills that have been developed through hours of rigorous training from highly credentialed coaches and trainers. The Advanced Skill Series is a series of workshops designed to hone the finer skills of the game. So come along and learn how to deliver training sessions designed to enhance your player's ability to play like the stars.

01/10	Technical	Running With The Ball 1
02/10	Technical	First Touch 1
03/10	Technical	Striking The Ball 1
04/10	Technical	1v1 Attacking 1
05/10	Technical	1v1 Defending 1
06/10	Technical	Running With The Ball 2
07/10	Technical	First Touch 2
08/10	Technical	Striking The Ball 2
09/10	Technical	1v1 Attacking 2
10/10	Technical	1v1 Defending 2



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Foundation Skills Series

A solid structure is built on top of a sturdy base! In football, building the technical skills allows players to feel confident in their decisions while being comfortable on the ball. The Foundation Skills Series is a Series of workshops designed to enhance the technical knowledge of coaches and players to help develop the basic skills of the game. So come along and learn how to deliver training sessions designed to educate players on the fundamentals of the game.

01/10	Technical	Running With The Ball 1
02/10	Technical	First Touch 1
03/10	Technical	Striking The Ball 1
04/10	Technical	1v1 Attacking 1
05/10	Technical	1v1 Defending 1
06/10	Technical	Running With The Ball 2
07/10	Technical	First Touch 2
08/10	Technical	Striking The Ball 2
09/10	Technical	1v1 Attacking 2
10/10	Technical	1v1 Defending 2

Match Day Series

The coach be the difference between success and failure. By enhancing the match day experience, coaches will feel they can create a safe and nurturing environment for players to strive. The Match Day series is a series of workshops designed to optimise the coaches Match Day experience. So come along and learn how to setup and organise your team and unleash the potential within.

Match	Small Sided Football
Match	Half Time Team Talk