



Age 4 to 9 years Programme For Gedling Southbank FC

1. Introduction

The purpose of this document is to detail Gedling Southbank's approach to introducing football for boys and girls aged between 4 – 9 years old. What the club provides at this age range sets the stall out for players to play throughout the junior, youth and senior sections of the club. The club is geared to providing a lifetime's opportunity for a player to literally play football for Gedling Southbank from aged 4 up to 64!!

2. Aims

- Opportunity to play the wonderful sport of football, have fun and get some physical exercise
- Provide good quality of coaching
- The club aim to play at the highest competitive standard within our resources

3. Registration/Subscriptions

All players will be properly registered with the club to provide contact details etc. Players aged 4/5 will not be required to pay an annual subscription but will be required to pay for training sessions to cover coaching costs. Once they enter the next group of aged 6/7 and onwards they will be required to pay the junior section annual subscription and training & match fees where applicable. Subscription rates are agreed each year at the club AGM.

4. Coaching Groups

The table below gives an indication of what coaching groups your child can expect to be in given his/her age and year at school. When they start playing it's probably a good thing to play alongside friends to give them confidence and which will make the sessions more enjoyable for them. But as they get older and develop, not all players progress at the same pace. So where players are developing at a faster rate and the coach recommends maybe playing with the next group it will only happen with the player's and parent's consent.

GROUP	SCHOOL YEAR	AGE	FOOTBALL AGE
Group 1	Reception	4 & 5	U5
Group 2	Year 1	5 & 6	U6
Group 3	Year 2	6 & 7	U7
Group 4	Year 3	7 & 8	U8
Group 5	Year 4	8 & 9	U9

5. Training/Playing Chart

The following chart provides a glance of what a player can expect to be coached on at each age range.

This has been prepared by Cosmo Soccer Academy our professional coaching partners. Their philosophy stems from the Dutch Soccer schools which concentrate on technique at an early age and mastering control of the ball and teaching the basic skills of the game.

Coaching Group Coaching Duration	Objectives	Content
<p>Groups 1 & 2 45 minutes per session</p>	<ul style="list-style-type: none"> • Feel for the ball • Ball control • “The ball and me” • Basic movements 	<ul style="list-style-type: none"> • Skill oriented games • Direction • Speed • ABC’s (agility, balance, coordination) • (NO MATCHES/GAMES)
<p>Group 3 1 Hour Session</p>	<ul style="list-style-type: none"> • All of the above • Basic Proficiency • Use of different parts of the feet • Basic ball juggling 	<ul style="list-style-type: none"> • All of the above • 1 v 1 or 2 v 2 Games • Overload games ie 5 v 2 (to make games easier to achieve target/outcome) • Skills must be used in practice/games to aid development • (Age 6... 4 v 4 games) • (Age 7... 4 v 4 & 7 v 7 games)

Groups 4 & 5 1 – 1-1/2 Hour Sessions	<ul style="list-style-type: none"> • All of the above • Coach to improve player development NOT win matches (It's a different kind of coaching that should only be applied to ages 12+...good teams don't mean good players sometimes!) 	<ul style="list-style-type: none"> • All of the above • Replicate game situations • Work on decision making • Spatial Awareness • Game/match awareness
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6. Coaching Schedule January 2011 to April 2012

Below is a typical coaching schedule for the next 12 months for the boys section with detailed arrangements being sent out to parents prior to the start of each term.

JANUARY 2011 to APRIL 2011 (SPRING TERM)

<u>Group</u>	<u>Day</u>	<u>Time</u>	<u>Venue</u>	<u>Coaches</u>
1 & 2	Monday	5:45 to 6:30	Arnold Hill Barn	Cosmo / GSB
3	Monday	6:00 to 7:00	Mapperley Sports Village	GSB
4	Monday	6:30 to 7:25	Arnold Hill Barn	Cosmo / GSB
5	Tuesday	6:00 to 7:00	Mapperley Sports Village	GSB

MAY 2011 to JULY 2011 (SUMMER TERM)

<u>Group</u>	<u>Day</u>	<u>Time</u>	<u>Venue</u>	<u>Coaches</u>
1 & 2	Monday	5:45 to 6:30	Lambley Lane	Cosmo / GSB
3	Monday	6:30 to 7:30	Lambley Lane	Cosmo / GSB
4	Monday	6:30 to 7:30	Lambley Lane	Cosmo / GSB
5	Tuesday	6:00 to 7:00	Lambley Lane	GSB

SEPTEMBER 2011 to APRIL 2012 (WINTER / SPRING TERMS)

<u>Group</u>	<u>Day</u>	<u>Time</u>	<u>Venue</u>	<u>Coaches</u>
1 & 2	Monday	5:45 to 6:30	Arnold Hill Barn	Cosmo / GSB
3	Tuesday	5:35 to 6:30	To be confirmed	Cosmo / GSB
4	Monday	6:30 to 7:25	Arnold Hill Barn	Cosmo / GSB
5	Tuesday	6:30 to 7:30	To be confirmed	Cosmo / GSB

7. Coaching Resources

The club sets out and attempts to keep a high standard in its coaching resources – good coaches generally put together good teams! Coaches will either be club trained and be supplemented by more advanced professional coaching resources such as Cosmo Soccer

Academy especially at this age range to support more effective development of young players and where club coaches are still relatively new to coaching.

All club coaches of these ages, many of which are parents volunteering to take on the role, will be required to take the 1st 4Sport Level 1 Award in Coaching Football as a minimum which will be paid for by the club. There will be constant dialogue between club coaches and Cosmo coaches to ensure that coaching programmes are synchronised – there will be sessions where club and Cosmo coaches will work together.

8. Organisation

Both the boys and girls section have a development officer appointed to co-ordinate the 4 – 9 year programme. Parents will be encouraged to get involved in the club – there are many roles to fulfil from coaching, taking money for the sessions, providing transport, ground preparation at matches, fundraising events, running tea and coffee at matches – all assistance is welcome.

9. Funding

The club is obviously self funding and raises its money through subscriptions, sponsorship, fundraising events, donations and grant applications if available. All costs are covered through the fundraising and all finances are channelled through the club accounts which are run by the club financial secretary who is part of the club executive committee. All club members and associated relations and friends are encouraged to get involved in fundraising events.

10. Kit & Equipment

All kit and equipment are sourced by the club from funding raised. Each 4/5 year old on registration will be given a club shirt so that they feel part of the club – all teams in the club play in the same colour strips which identifies Gedling Southbank in the community.

11. Club Contacts

There are 3 prime sources of contact for the club, your son/daughter's coach, the respective development officer for the 4 to 9 year old section which at time of going to press is Geoff Lumb for the boys and Jason Lowther. Their contact details can be found on the club website which is the main point of contact for anything to do with the club www.intheteam.com/gedlingsouthbank

And Finally...

Welcome to Gedling Southbank once more and we hope your time as a player & parent with us is an enjoyable and long one. There are players who have been with the club many years and we are now starting to see a lot more graduate from the junior to the senior ranks since the club was put together in 2005. One thing we didn't have back in those early formation years is a proper coaching structure to help players develop from as young as 4 so we hope this programme will benefit the whole club in the future.