

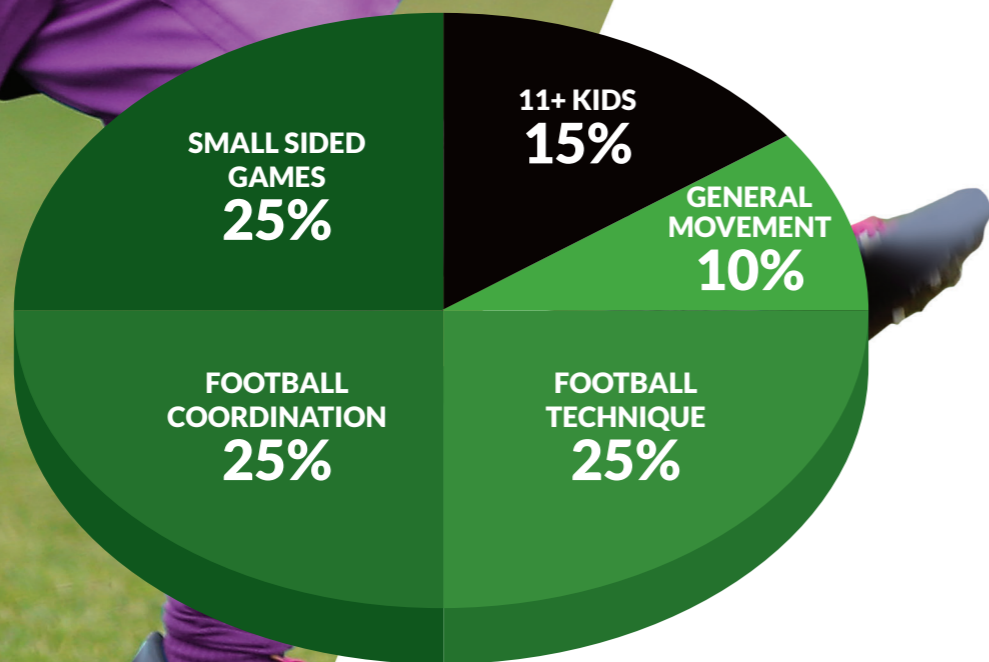


 **JUNIOR**
FRAMEWORK 



TRAINING STRUCTURE

McDONALD'S FIRST KICKS (4-6 YEARS)



FOCUS ON TRAINING

11+

11+ KIDS

PART 1. 11+ KIDS

- Agility (running, speeding up/slowing down, changing direction, stopping)
- Balance (hopping, jumping, landing)
- Coordination (combining different movements, moving with the ball, falling and standing safely)
- A focus on these fundamental movement patterns provides a foundation for players to learn more complex movement sequences later on

PART 2. GENERAL MOVEMENT

- Fun warm up activities to prepare players bodies and minds to play
- Tag games or team games with a friendly challenge
- Maximum engagement for all involved, with or without the ball

PART 3. FOOTBALL TECHNIQUE

- Lots of touches of the ball, practicing core techniques - dribbling, turning, shooting and passing
- These techniques are fundamental features of the game that players enjoy greatly
- Players with a ball each, practising with little or no competition

PART 4. FOOTBALL COORDINATION

- Lots of opportunities to repeatedly practice core techniques
- Games with an element of interference / competition to involve decision making
- Lots of touches of the ball whilst attempting to perform techniques at a higher challenge point.

PART 5. SMALL SIDED GAMES

- SSG's should involve small numbers playing in small areas
- Two teams playing against each other aiming towards a target / goal
- SSG's provide the players with the chance to best use their individual skills, developed in a group setting
- Conditions / Rules may be placed on the SSG to emphasis a particular technique

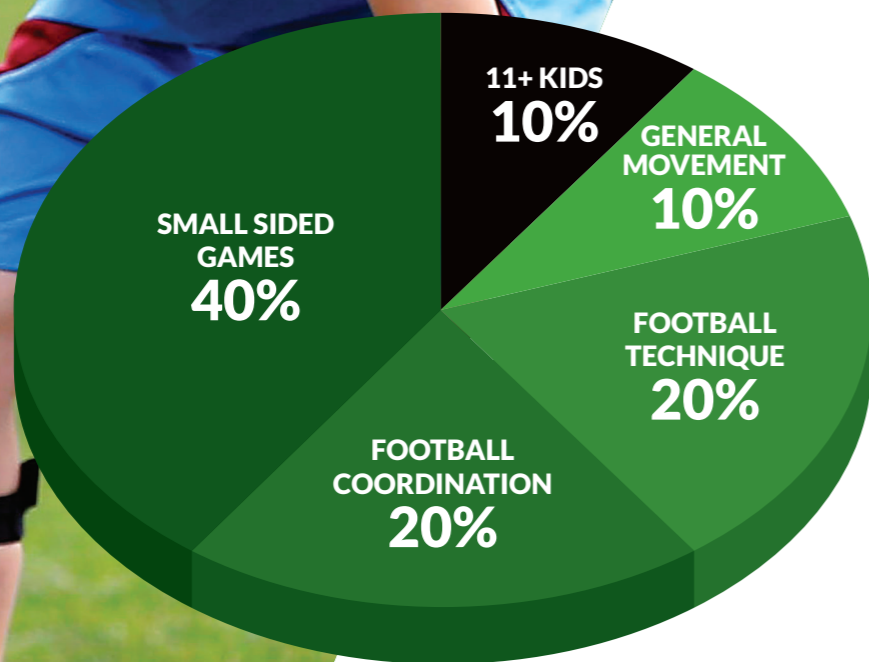
TRAINING BEST PRACTICE

Training Duration - **50-60 minutes**
Recommended 1 training session and 1 game day per week

	DESCRIPTION	MINIMUM REQUIREMENTS	OPTIMAL
	Lots of junior players train together, due to the availability of players, game leaders or facilities	3 game leaders with 3 areas available	4 game leaders with 4 areas available

TRAINING STRUCTURE

McDONALD'S FUN FOOTBALL (7-8 YEARS)



FOCUS ON TRAINING

11+

11+ KIDS

PART 1. 11+ KIDS AT A MORE CHALLENGING LEVEL

- Agility (running, speeding up/slowing down, changing direction, stopping)
- Balance (hopping, jumping, landing)
- Coordination (combining different movements, moving with the ball, falling and standing safely)
- All activities with a football in hands or at feet
- A focus on these fundamental movement patterns provides a foundation for players to learn more complex movement sequences later on.

PART 2. GENERAL MOVEMENT

- Fun warm up activities to prepare players bodies and minds to play
- Tag games or team games with a friendly challenge
- Maximum engagement for all involved, with or without the ball

PART 3. FOOTBALL TECHNIQUE

- Lots of touches of the ball, practicing core techniques whilst moving - dribbling, turning, shooting and passing
- Ball familiarisation should be a part of every session, incorporating the players imagination and lots of contact with the ball
- Lots of interference to help players observe their surrounding whilst playing
- Players practicing controlling a football from the ground or air

PART 4. FOOTBALL COORDINATION

- Lots of opportunities to repeatedly practice core techniques under a challenge
- Games with at least low level of competition to ensure outside interference
- Involve decision making - when to use what type of technique
- Activities in small groups - 2v1s, 3v1s, 4v1s

PART 5. SMALL SIDED GAMES

- SSG's should involve small numbers playing in small areas
- Two teams playing against each other aiming towards a target / goal
- Players forced to make decisions based from the rules of the game
- Conditions / Rules may be placed on the SSG to emphasis a particular technique
- Safe Zones provided to give players time and space where provided

TRAINING BEST PRACTICE

Training Duration - **60-75 minutes**

Recommended 1 training session and 1 game day per week

	DESCRIPTION	MINIMUM REQUIREMENTS	OPTIMAL
1. STATION ROTATION ***	Lots of junior players train together, due to the availability of players, game leaders or facilities	3 game leaders with 3 areas available	4 game leaders with 4 areas available

TRAINING STRUCTURE

McDONALD'S MINI FOOTBALL (9-12 YEARS)

11+

11+ KIDS

FOCUS ON TRAINING

PART 1. 11+ KIDS AT THE HIGHEST LEVEL

- Agility (running, speeding up/slowing down, changing direction, stopping)
- Balance (hopping, jumping, landing)
- Coordination (combining different movements, moving with the ball, falling and standing safely)
- All activities with a ball at the feet where possible
- More complex movement patterns that are clearly linked to football skills.

PART 2. GENERAL MOVEMENT

- Fun warm up activities to prepare players bodies and minds to play
- Group tag games or multi - team games with a friendly challenge
- More relative to Football itself, with ball at the feet most of the time

PART 3. FOOTBALL TECHNIQUE

- Repeatedly practice techniques including dribbling, turning, shooting and passing in a random environment
- Constant interference to help players perceive their surroundings and make decisions based on the information obtained
- Execution of the technique whilst under pressure

PART 4. FOOTBALL COORDINATION

- Lots of opportunities to repeatedly practice core techniques in a game related scenario
- Small competitions and games should be used to motivate players to use appropriate techniques
- Lots of decision making – how and when to use what technique?
- More challenging activities in smaller groups – 2v2s, 3v2s, 4v3s

PART 5. SMALL SIDED GAMES

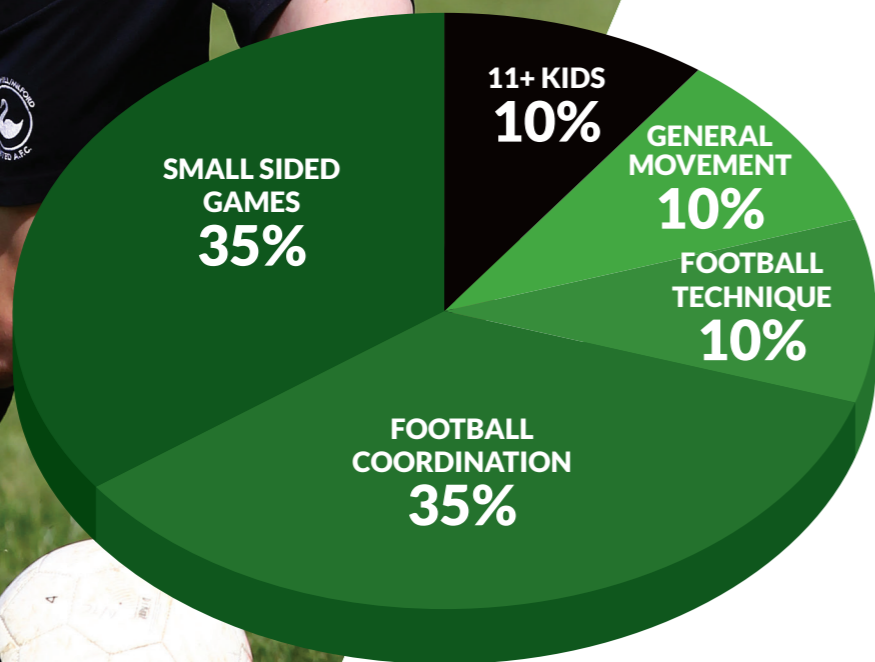
- Two teams playing against each other aiming towards a target / goal
- More opportunities to work as a team or with other players
- Conditions / Rules may be placed on the SSG to emphasis a particular technique
- Overloads used to provide players with additional challenge

TRAINING BEST PRACTICE

Training Duration - 75-90 minutes

Recommended 2 training sessions and 1 game day per week

	DESCRIPTION	MINIMUM REQUIREMENTS	OPTIMAL
3. TEAM-BASED TRAINING	A team of players and game leader train together throughout the season. Rather than working through stations, time is allocated to the key training components	1 game leader with 1 area available	1 game leader with 2 areas available





**NEW ZEALAND
FOOTBALL**
JUNIORS

New Zealand Football would like to thank the following organisation for their invaluable support of Junior Football in New Zealand.



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