



Nursery (Bobby Joe U6/U8)

Development Goals

Technical

- Jumping
- Catching - Body
- Throwing
- Rolling
- Bouncing the ball
- 4 steps
- Pass (hand & fist)
- Punt kick
- Pick Up
- Solo
- Shadowing
- Encourage both sides
- Regular testing of above basic skills

Tactical

- FUN games
- Fair play
- Friendly competition
- Spatial awareness
- Introduction to team games
- Awareness of basic positional roles

Physical

- Agility
- Balance
- Coordination
- Running
- Jumping
- Landing / Stopping
- Introduction to warm up and cool down

Psycho-Social

Mental

- Enthusiasm
- Self esteem
- Self confidence
- Increased attention span
- Introduction to team rather than self-centred
- Increase concentration

Lifestyle/ Personal

- Taught value of being on time
- Co-operation – positive response to discipline structure
- Awareness of health and safety issues
- Promote practicing skills at home (*Refer to LGFA Skills Booklet*)

Coaching Style Required

Direct

- Players need to be led or shown
- Instructions are important
- Allowed to make mistakes
- Encouraged to use both sides
- Use of target games progressed to court games and finally field games