

Welcome to FNSW Central Coast newsletter, we will send this when updates occur to local coaching scene. If you are receiving this by error, please accept our apologies and let us know and we will remove your email address. Thank you.

Active Domain names to ensure you find us quickly....

<http://www.passion-futbol.com/>  
<http://www.footballcentralcoast.com/>

**FOOTBALL NSW CENTRAL COAST: GRASSROOTS DEVELOPMENT ACADEMIES**



**December**

Training is well underway for all our Grassroots Development squads and although we are a few sessions behind due to unseasonable weather, all is on track. Sessions that have been postponed will be made up to ensure all sessions are provided.

On Sunday 7<sup>th</sup> December our Football Family held a Gala Day in honour of Drew Lawther to raise funds for this brave and always smiling little boy in our Grassroots Academy. The day was an absolute success with all squads plus MET NORTH Johnny Warren squads coming down for a Fun Filled gala day.

There are so many people to thank from Parents who helped tirelessly, Met North parents and Players who made the trek up the F3, plus local shops for donation such as Fruit 4 All, IGA stores etc. and parents whom donated items to be raffled.

Funds raised exceeds over \$3000 and more is still coming in as FNSW also held a gala day in Penrith, with further donations and FNSW also making their own donations, We expect this sum to go over \$5000 mark.

I personally thank you for all your hard work on the day, which is a day I personally, will never forget and further donations can be made by emailing me on [pfutbol@bigpond.net.au](mailto:pfutbol@bigpond.net.au)

Read all about it on Drew's personal blog <http://drewlawther.blogspot.com/>

**Finally we wish you all a very safe and merry XMAS and an even better 2009**

Thank you

**FOOTBALL NSW CENTRAL COAST LOCAL: SKILLS SESSIONS**

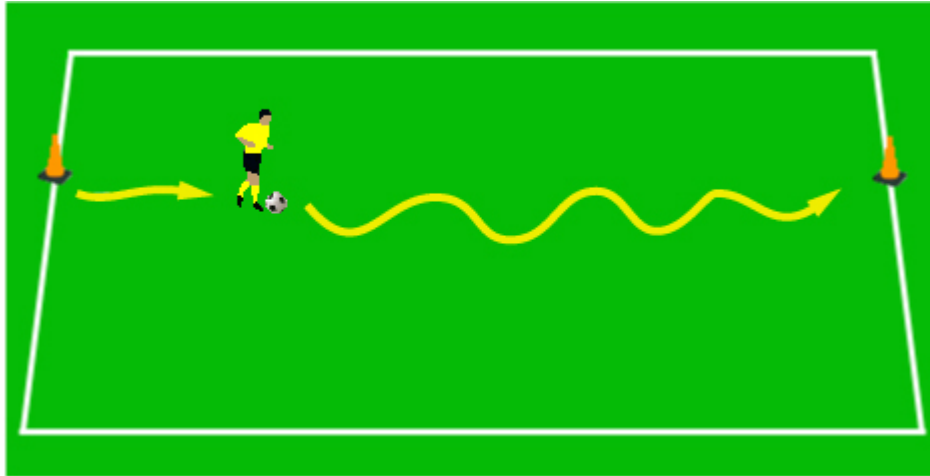
None planned for October, November

Visit our web page [www.passion-futbol.com/coaching](http://www.passion-futbol.com/coaching) regularly, for all coaching updates

**CHOPO'S HOME WORK FOR THE MONTH**

**Close Control While Dribbling – Practise 1**

Attacking players must strive to become composed and comfortable in dribbling the ball with close control. To possess the quality of close control and “touch” allows the player to manipulate the ball at any time. As the passing possibilities will be reduced dramatically in the attacking third of the field, it is essential to possess the ability of close control to beat oncoming defenders.



**Practice**

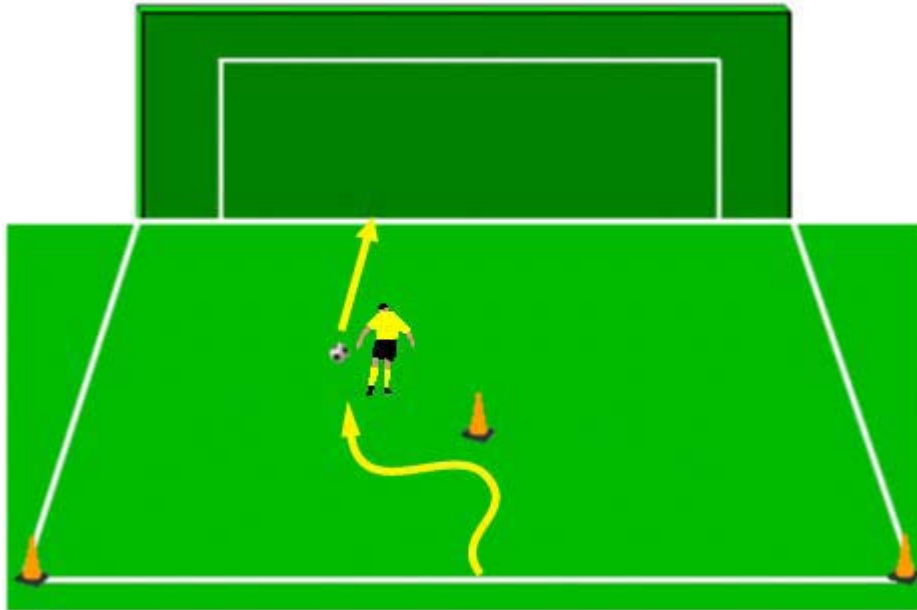
From cone “A” dribble the ball in a straight line to cone “B” opposite. First travel at a medium pace and try to get ten touches on the ball before reaching cone “B”. As the practice progresses increase your pace which will put a higher demand on your control. You may also increase the number of touches on the ball. When reaching the opposite side turn and repeat exercise back to starting cone. Approach this practice with a positive and attacking frame of mind. Vary from straight runs to zig zag runs.

**What you need to know**

- ▶ Keep head up while running to improve vision.
- ▶ Concentrate on being relaxed, no tense movements.
- ▶ Use both the inside and outside of both right and left foot to improve versatility.
- ▶ Consideration of a “quality” touch on the ball is a key factor, if the ball is played too hard you may lose control, if it is played too soft then it reduces the speed in which you can travel

## Dribbling to Shoot – Practise 2

As Dribbling is only a “means to an end” which will result in an end product of a pass or shot, it must be said that when in the attacking third of the field a shot at goal must be our first priority from a successful dribble. An attacker must show courage and determination to take risks as the dividends may prove to be profitable.



### Practice

Starting from the base-line move forward into the direction of the centre cone at medium pace, about two yards from the cone disguise your intentions and play the ball into the space either side of the cone. With an explosive pace follow the ball and finish with a first shot at goal. Be prepared to play the ball to both the right and left side of the centre cone and shoot with either foot. Also be alert to all rebounds and control as efficiently as possible, then jog back to the base-line and restart practice.

### What you need to know

- ▢ The approach to the centre cone should be that of moderate speed.
- ▢ Take care in not getting too close to the cone before playing the ball into space, as in a game situation cone would be a defender.
- ▢ Disguise your intentions of playing the ball on approaching the defender.
- ▢ Consideration of the “touch” into space is vital, if you play it too hard a defender would intercept it in a game situation, if you play it too soft it will give the defender time to recover.
- ▢ An explosive change of pace is paramount in leaving the defending player behind you.
- ▢ Accuracy must be placed on the shot above everything else.

**Yours in Sport,  
Football NSW Central Coast**