



# Football NSW Limited – Central Coast

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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

January

February



Welcome back to what will be a very exciting year, we also hope that you have had a relaxing break and both player and parent feel energetic and refreshed.

### TOP GUN 2009:

In January FNSW held their second Top Gun for year 2008/09. The central coast region was well represented from age groups 7 to 13.

### What is Top Gun?

The camp is called TOP GUN with the focus of assessing players through four (4) key development modules. FNSW then scores and ranks the players. The successful player in each age group will be listed as our TOP GUN player for 2009.

The following assessment modules will be tested:

- Technical Skills (Passing / Shooting / Dribbling / Juggling)
- Physical Profile (Fitness / Explosive power / Speed / Agility / Flexibility)
- Mental (Attitude / Behaviour / Competitiveness / Leadership)
- Game Sense (Game Principles / Decision making / Creative / Skills – Tech)

### Central Coast Players:

We are extremely proud of our players as this year we have surpassed all other seasons scoring 18 players in the top 16 in respective age groups.

Congratulations to all players who participated in what was extreme hot weather, you all did your region proud.

Central Coast Top 16 players were:

Ranking	Name	Age Group
1 of 24	Ryan Goodhew	8
2 of 24	Joey Jevtic	8
16 of 24	Hugh naven	8
2 of 31	Kyle Johnson	9
12 of 31	Rory McBride	9
15 of 31	Mathew Evans	9
2 of 53	Jordan Bennett	10
4 of 53	Bayley Appo	10
4 of 53	Liam Wilson	10
9 of 53	Callum Leighton	10
11 of 53	Bailey Chaplain	10
14 of 53	Jarrod Dodds	10
2 of 39	Ben Flakus	11
6 of 84	Jacob Tarasenko	12
8 of 84	Mat Graham	12
10 of 84	Lachlan Wales	12
12 of 84	Tom Lyons	12
13 of 84	Max Foster	12
<b>GIRLS</b>		
7 of 15	Elanor Jones	11
11 of 20	Maddy Lilligan	13



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## FOOTBALL NSW CENTRAL COAST LOCAL: SKILLS SESSIONS

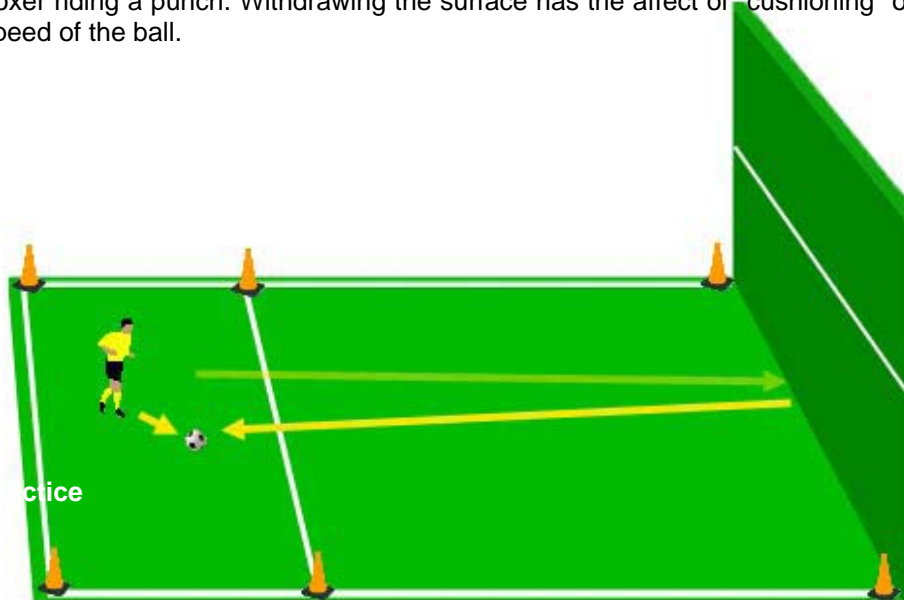
None planned for February

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**

**Wedge Control – Practise 1**

When using the cushion control the controlling surface is withdrawn on impact, rather like a boxer riding a punch. Withdrawing the surface has the affect of "cushioning" or absorbing the speed of the ball.



**Practice**

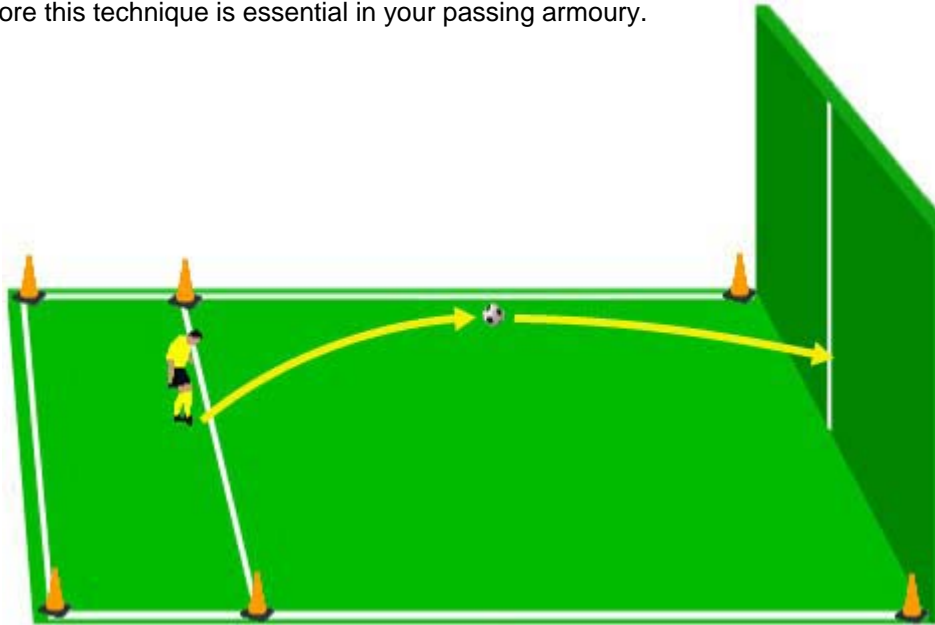
From the area marked off by the cones, firmly strike the ball towards the wall. You must then Control the ball as efficiently as possible on the rebound and in the area marked by the cones. Control all rebounds using the "Cushion Control" technique. When controlling the ball do not allow it to run out of the marked area. Vary the type of service you play against the wall so that the rebounds vary in height and speed.

**What you need to know**

- ▣ Position the body behind the flight of the ball as early as possible. This will lead to good composure and balance for receiving the ball instead of reaching out and being caught off balance.
- ▣ Decide by the flight of the ball which controlling surface to select (head, chest, thighs or feet)
- ▣ Remember to keep the head steady and eyes fixed firmly on the ball. The head weighs approximately 10 pounds, so any unnecessary tilting of the head will affect the whole balance of the body.
- ▣ Offer the controlling surface of the head, chest, thighs or feet.
- ▣ Immediately withdraw the surface on impact of the ball. This will have a cushioning effect and kill the power of the ball. If the surface is not withdrawn quickly enough, the ball will bounce away from the player.
- ▣ In a well-executed cushion control the ball should lie close to the controlling surface.

## The Lofted Pass – Practise 2

The Lofted Pass is intended to pass the ball over an opponent or number of opponent's heads. It is invaluable on quick and sudden break forward when attacking. There are occasions when the only way in which to exploit space behind the opponents is to loft the ball; therefore this technique is essential in your passing armoury.



### Practice

From the "base-line" between the two cones, use a Lofted Pass to hit the line marked on the wall, which substitutes as a receiving player. Be alert to all rebounds and control them as quickly and efficiently as possible. This can be easier by making a supportive run after passing the ball. After controlling the ball, jog back to the base line and repeat practice.

### What you need to know

- ▣ Approach the ball at an angle. This will assist in the natural swinging motion of the kicking leg.
- ▣ The head should be kept steady and eyes fixed firmly on the ball.
- ▣ The last stride on the approach to the ball should be the longest. This will increase the length of the back swing from the kicking leg.
- ▣ Plant the non-kicking foot along side and slightly behind the ball. Do not position the non-kicking foot too close to the ball as to interfere with the natural swinging motion of the kicking leg.
- ▣ Contact with the kicking foot on the ball is made with the instep.
- ▣ The ball should be struck through the centre and on the under side of the ball, where the ball rests on the surface of the ground.
- ▣ Withdrawal from the kicking leg comes from the hip as well as the knee for extra power and distance.

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