

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



March



April

### FOOTBALL NSW CENTRAL COAST WRAP SEASON 2008/09

Season 200/09 was a very successful one, not only for success in getting players into Top 16 via TOP GUN but we had considerable success in helping players succeed in representing their region and playing representative football.

It was a bumper year which gave us the immense pleasure and opportunity in helping over 80+ kids in our Football NSW Development Pathway Programs. We also would like to not just thank our players for their hard work and dedication but also their support units "the parents", your attitude to our training ways, were exceptional and greatly appreciated by all our coaches.

We'd like to once again acknowledge Budgewoi FC for their hospitality in allowing FNSW to run their Pathway Programs out of the best, second to none, facilities on the central coast. Thank you

#### SCORECARD:

TOP GUN 2008/09 JANUARY 2009 - VSP

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)



May

#### 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.

To view names and rankings please visit [http://www.passion-futbol.com/fnsw\\_2008\\_09](http://www.passion-futbol.com/fnsw_2008_09)

*OUR NEXT ACADEMIES WILL RUN FROM SEPTEMBER 2009 to MARCCH 2010 – WE WILL ADVERTISE ON FNSW [www.footballnsw.com.au](http://www.footballnsw.com.au) and OUR [www.passion-futbol.com](http://www.passion-futbol.com) pages plus via our School holiday camps.*

## FOOTBALL NSW STATE TITLE

### FNSW State Titles - ages 11, 14, 15 & 16 Boys

The annual Football NSW State Titles, which are an integral part of the Football NSW Elite player pathway, have been scheduled for the July school holidays from 13<sup>th</sup> to the 17<sup>th</sup> July. The age categories for the July titles will be 11-14-15-16 boys. Football NSW, in partnership with the Central Coast Mariners Academy have been charged with the presentation and conduct of trials for Met Far North which brings together two great associations in Ku-ring-gai and Central Coast.



Trials will be held on May 17<sup>th</sup> at the Central Coast centre of excellence at Budgewoi FC and on May 24<sup>th</sup> at a venue to be advised in the Ku-ring-gai area. Please note that the only criteria to be eligible to trial is that you reside in Kuringai or Central Coast Associations boundaries and these trials are open trials and everyone is welcome.

U12, U13 Boys and U12, U14 & U16 Girls will be in October - we will provide further information closer to time

To download the expression of interest form please visit our coaching page <http://www.passion-futbol.com/coaching>

## FOOTBALL NSW CENTRAL COAST LOCAL: SKILLS SESSIONS

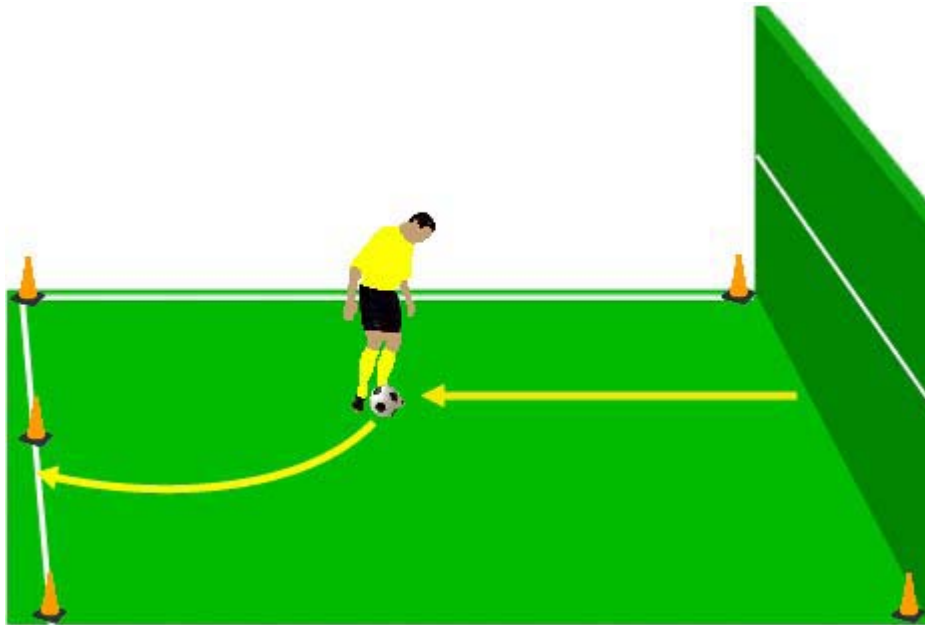
None planned for April

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

#### **Control & Turning with the Ball – Practise 1**

There will be many times during the course of a game when you will receive a ball in space. Since it is the object of the team in possession to attack, you want to play the ball forward as quickly as possible. If you receive the ball with your back to an opponent's goal when in space it will in effect reduce your vision for forward passes and also take more touches to get the ball in forward positions. It is much more efficient when in space to control the ball on a "half turned" position with your body positioned sideways to the goal. This will in turn increase your overall vision and needs fewer touches to play forward balls.



#### **Practice**

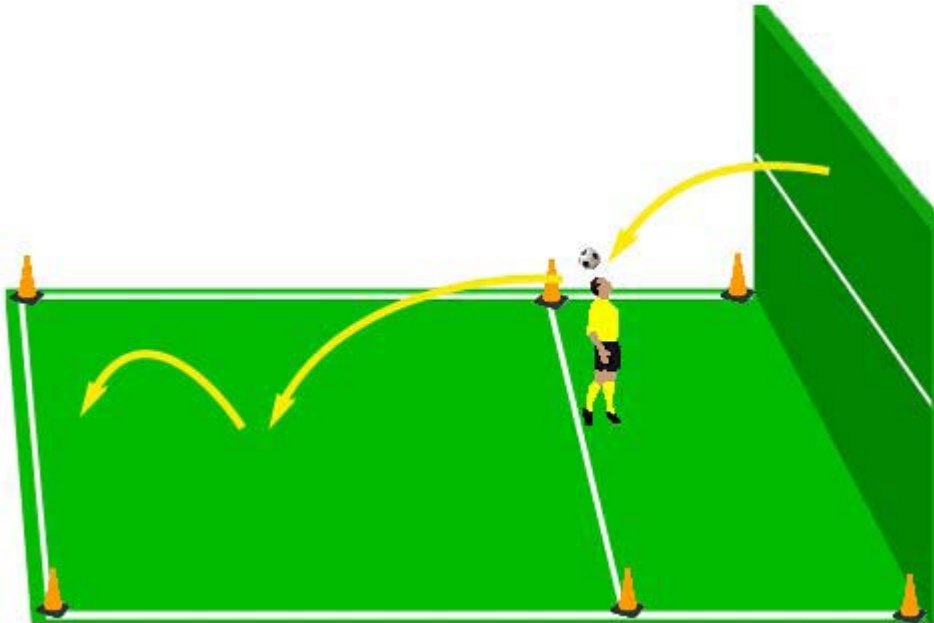
From the "base-line" between the two cones, strike the ball firmly off the wall along the ground. Move forward towards the ball and control the ball using a "half turned" position. After controlling the ball, dribble around the forward cone and repeat practice.

#### **What you need to know**

- ▣ Move forward into the flight of the ball.
- ▣ Position your body "sideways" when receiving the ball.
- ▣ Control the ball with the inside of the foot and withdraw on impact.
- ▣ Spin on your back foot and turn with the ball facing forward.
- ▣ Once turned, practice getting your head up and looking around to see passing, shooting and dribbling options as you would do in a game.

## Heading Backwards or Flick on's – Practise 2

Heading the ball "backwards", or "Flick-on's" as it's sometimes referred to, may be used by an attacker to make a surprised attempt on goal when he is standing with his back to goal. Similarly, a defender dealing with a high ball may decide to head the ball backward to a team mate or the goalkeeper.



### Practice

From the "base-line" and in between the two cones, throw a high and firm ball off the wall. On the rebound, attack the ball at its highest point using a one-footed take-off. Deflect the ball into the space behind you then turn quickly to secure possession using the feet. Jog backs to the base line and repeat the exercise. An aggressive and determined mind set is vital.

### What you need to know

- ▢ Keep your eye's fixed firmly on the ball.
- ▢ Move quickly into the flight of the ball.
- ▢ Use a one-footed take-off and head the ball at its highest point.
- ▢ The ball is deflected with the top of the forehead.
- ▢ The head itself is hardly moved with the ball allowed to glance off the forehead.
- ▢ The head should be tilted back.

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