

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/>



October



November

## FOOTBALL NSW CENTRAL COAST: GRASSROOTS DEVELOPMENT ACADEMIES



We have completed our selection processes and we have started providing our training in accordance with Football NSW curriculum of grassroots development. We are extremely happy to continue our partnership with BUDGEWOI FC who provides us with impressive facilities, and will once again house ALL of our Grassroots Development plus our senior programs.

### FNSW ELITE 09

#### Under 7/8 Mighty Mites:

Congratulations: Ethan Byrnes, Gemma Clegg, Ryan Goodhew, Cameron Griffiths, Bayley Griffith, Joey Jevtic, Nathan Kelett, Dane Lawther, Hugh Naven, Hannah Norman and Jamie Witherspoon.

#### Under 9/10 GDA:

Congratulations: Jonathon Berrios, Jacob Collinson, Mathew Evans, Michael Farek, Blake Gavljak, Brayden Habkoux, Jarrod Hamment, Kyle Johnson, Jaycen Kimmorley, Drew Lawther, Rory McBride, Jordan Preston, Benjamin De Ville and Harry Wills.

#### Under 10 GDA:

Congratulations: Bayley Appo, Ethan Atkinson, Jordon Bennett, Cristian Berrios, Dylan Booth, Levi Borrelli, Lachlan Buxton, Bailey Chaplain, Jarrod Dodds, Joshua Kerr, Callum Leighton, Nicholas Lyons, Jesse Piriz, Kevin Robertson, Rory Walker and Liam Wilson.

#### Under 11/12 JDP:

Jordan Atkin, Isaac Barnes, Ben Flakus, Max Foster, Zak Galea, Chris Gavljak, Mat Graham, Baycan Irmako, Jay Jaskolski, Jacob Jevtic, Eleanor Jones, Tom Lyons, Daniel McFarlane, Maddy Milligan, Oscar Perricone, Jacob Tarasenko, Tim Tseng, Lachlan Wales, Christian Walker and Joshua Witherspoon.

#### Johnny Warren Football Foundation (JWFF):

Congratulations: Liam Archer, Luke Atherton, Sarah Ball, Bradley Blackman, Callum Blinco, Daniel Boyle, Katie Daly, Joshua Forbes, Brennan Fussel, Mathew Guyatt, Christopher Hurley, Matthew Johnson, Rianna Keane, Bailey Mannix, Jai McNamara, Shane O'Brien, Liam O'Reilly and Laura O'Rourke-Mah.

## 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**

**Unbalancing the Defender – Practise 1**

When dribbling it is important that you must upset your opponents' balance and concentration when he confronts you, to enable you to either pass to a team-mate or shoot at goal. It is important to be imaginative in this aspect as the unexpected is the biggest weakness to a defenders concentration.



**Practice**

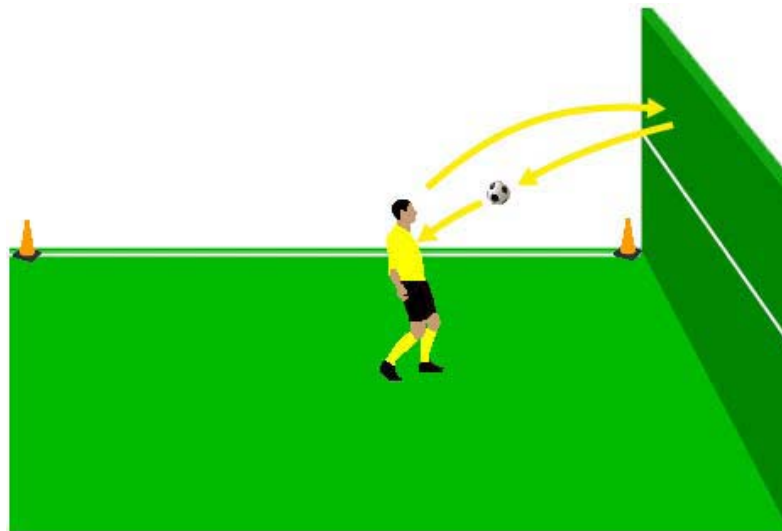
From the centre of the two cones. Imagine you are confronted by a defender and use bold feints and disguises to move either side and stop the ball completely dead in line with the cone, then return to the centre and restart, be prepared to manipulate the ball and use bold body feints. A positive imaginations primary when executing this drill.

**What you need to know**

- ▢ Move the ball from side to side.
- ▢ Practice feinting to play the ball, but taking the foot over it.
- ▢ Feint with the upper part of the body while remaining balanced on the soles of your feet.
- ▢ If you feint to the "left" then quickly move in the opposite direction after disguising your intentions. If you feint to the "right" then quickly move in the opposite direction after disguising your intentions.
- ▢ Use the inside or the sole of the foot to stop the ball directly on the line.

## Aerial Control – Practise 2

Aerial Control means the controlling of any pass, which is received in the air. There are four main categories; controlling the ball with the head, chest, thighs or feet. Not all passes are going to be played to you on the ground as many times the ball is lofted, chipped or volleyed towards you in the air. It is important that you are efficient in controlling the ball with all of these surfaces to be a complete player.



### Practice

Start by throwing the ball off the wall. On the rebound select the best controlling surface to use (head, chest, thighs or feet) control the ball using one touch and play the ball back off the wall and in the air on your second touch. Keep these sequences going for as long as you possible using a variety of controlling surfaces. The ball must be kept constantly off the ground. You can add variety by controlling the ball with your first touch and keeping the ball up for three or four touches before playing it back towards the wall.

### What you need to know

- ▶ Keep your eyes on the ball and head steady.
- ▶ Move into and under the flight of the ball.
- ▶ Select the controlling surface early.
- ▶ Cushion control is necessary in this practice to be able to take the pace off the ball.
- ▶ Offer controlling surface and withdraw on impact, relax at and keep your wrists open, this will help relax the muscles in the upper body.

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