



From the Desk of the Technical Director

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As of 2010, to be eligible to conduct a community coaching course, all instructors **MUST** attend a workshop which will demonstrate the new Football Federation Australia coaching methodology.

This includes past senior, youth and junior instructors.

FFA and Football Federation Tasmania will run a full day's workshop Sunday, January 10, at Phoenix Park, corner of Dampier and Bligh Streets in Warrane, Hobart.

This workshop is part of the FFA national curriculum and sets the player education pattern which coaches are urged to follow.

There are other pre-requisites to be an instructor.

To be eligible to instruct any junior level course, the presenter must hold a Junior Licence. For youth, a youth licence and for senior, a senior licence.

This workshop is a marvellous chance for football enthusiasts to get involved in coach education. It would be brilliant if each club and association had at least one person at junior, youth or senior licence level who could be there.

Those who attend the workshop, which includes classroom and practical work, will have to demonstrate a minimum required standard, but that is not as daunting as it sounds, as the vast majority of the work is done in groups.

At the end of the workshop, candidates deemed suitable to present and assess on coaching courses will be allowed to do so under the auspices of FFA and FFT.

Candidates who are felt not quite ready to run a course will be mentored and invited to help at coaching courses to give them the experience required.

Having attended the technical directors' workshop in Sydney, where the new format of presenting and assessing at coaching courses was detailed in the classroom and on the field; I can assure you it is all very user friendly.

For Tasmania, having a large pool of instructors who could take junior, youth and senior level coaching courses would be fantastic for player development.

The new coaching courses themselves will also be different.

Candidates will work in groups and as the course progresses those groups will be reduced in number, eventually leading to an individual assessment.

For example, a group of three will receive a topic from the presenter. The trio will then combine to design a practice. Come their turn to run a session, one coach will organize and start the practice, one will subsequently step in to make it harder and the third will finally step in to make it easier.

At the end of each 15-20 minute session, everyone on the coaching course will be encouraged by the presenter to provide feedback.

Register for the workshop online on the FFT website by Dec. 18. Places are limited. Cost \$10 per person. Registrants will be required to show that they have a current junior, youth or senior licence. Registrants are expected to do some practical work on the field.

Footnote: Following up last week's column about ball juggling, Michael Edwards, Head Coach of Women's Football at the Tasmanian Institute of Sport, forwarded an article to me, part of which is re-printed below.

Futboleros (Spanish for footballers) was formed by James Ortega in 2007. A juggling master, he has worked with firms like Nike, RedBull and Coca Cola and performed in more than 30 commercials and films. His company's shows can be likened to those staged by basketball's Harlem Globetrotters.

"Juggling really improves your game; it helps you with ball control, contact with the ball, coordination, balance, vision, flexibility and concentration.

Juggling is a great way to get a work out. The more you practice, the more stamina you are building including endurance and strength in your legs.

Around the world juggling is considered an important basic skill; you start to juggle before you start playing. Look at incredible players such as Pele, Maradona, Cruyff, Best, Messi, Ronaldino, they all have videos of them juggling before playing, it helps develop great soccer skills.

The more you juggle the more creative you become and the more you build confidence with the ball. Bringing the ball down with you thigh to your feet or your chest to your feet. Learning how to lift the ball in the air without using your hands is difficult for many players who are starting off but it teaches touch, balance and body control."