

It is time to catch up on a few topics and provide some reminders on others.

The Junior Licence course planned for Hobart this weekend was cancelled due to a lack of interest. Three people registered.

The Junior Licence course planned for Launceston this weekend will go ahead.

The next courses offered will be a Youth Licence in Hobart and Launceston on March 27 and 28. This course level is geared to the under 12 to under 15 age group. Hopefully these courses will generate a good response.

Coaches working with players of all ages need to be suitably qualified and clubs should be ensuring that not only is this the case but that credentials are also checked.

Talking of coaching licences, I have come across some confusion with reference to the Senior Licence. May I remind coaches that passing the Senior Licence involves passing a practical assessment AND completing a series of intermediate theory modules that can be taken at a course or online.

For more details on these modules contact Adrian Patch at Training and Business, Hobart: 0409 364 813 or go to <http://www.tandbc.com.au/index.php/current-courses-and-coaching>.

As FFT coaches, we are always keeping an eye on training sessions and practices on our travels. Reports filtering back to me, plus my own observations, show that some teams are still running fitness practices without using a ball and that players are still being asked to perform static stretches.

Conditioning can be done in small sided games – try 3 v 3 for 10-15 minutes on a 20 by 30 field for example – and see the effort required. Not only do players prefer it, but you are allowing the game of football to provide the conditioning.

Lapping a field is for marathon runners, not footballers.

Football requires explosive action and static stretches stretch the very muscles needed for explosive movements. The more you stretch them, the less explosive they will be.

Any stretching should be dynamic stretching.

Talking of practice sessions, I took the Tilford Zebras Premier Women's team for a one hour 20 minute session last Monday at the invitation of the club.

It was a thoroughly enjoyable session and I was impressed with the enthusiasm and work ethic of the players taking part. My thanks to the players and the club.

The session concentrated on switching the direction of play and progressed through simple passing exercises to a multiple goal game. The session had begun with 20 minutes of technique work.

The multiple goal game ran virtually uninterrupted for 25 minutes and it was great to see how the players adjusted to its requirements and – with minimal instruction – began making their own decisions, which is crucial.

After one hour and 20 minutes of intensive work, the players began to tire and the session showed signs of deterioration as a result. That's the time to call a halt and end on a high note, which we did.

Players tend to remember the last thing they did and they need to have positive memories to help foster confidence and improvement. As such, be very careful as to what you say last to your players, especially kids, after practices and games.

Our full time development officers, Anthony Alexander and Kurt Reynolds, are contacting clubs and schools and assembling a timetable of appearances to run sessions and games. Anthony, for example, has arranged to attend a couple of club registrations to run small sided games for young players.

Lastly, to reiterate, 30 minutes spent running up, down and around a field is 30 minutes of precious lost time with a ball.