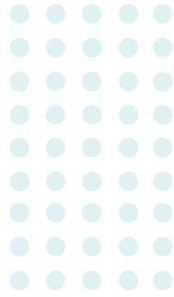
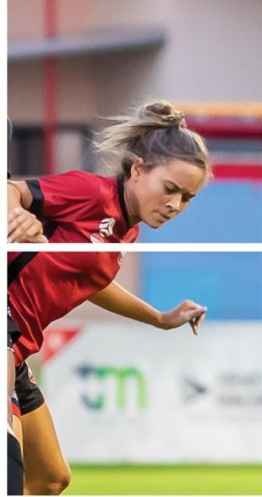




DIVERSITY
is our game



2021 TRAINING

UNDER COVID 19 RESTRICTIONS

FOR **FOOTBALL** PLAYERS & TEAMS



+61 8 89281006



admin@footballnt.com.au



www.footballnt.com.au

Training Under COVID 19 Restrictions 2021. For Senior Football Players and Teams

Introduction

We have come through the recent Lockdown in the Greater Darwin region and with Katherine hopefully not too far behind by all working together and following the NT Health directions. Now we enter another period of training with clear restrictions as we did in July this year and for us all to follow once again. We must continue to follow NT Health directions and be the best sport that we can be and be the sport that continues to lead on this matter.

Chief Health Officer Directions that apply

As part of the lockdown, a number of restrictions were issued by the Chief Health Officer that impacts sports and sporting facilities.

CHO Direction No 26:

7. A person is not required to wear a mask:
- (a) the person is a child under the age of 12 years;
 - (c) the person is engaged in vigorous outdoor exercise or is swimming.

CHO Direction No 27:

5. The occupier of a place and the proprietor of a business must:

- (a) close the place or the premises of the business to the public if direction 6 requires it to be closed; and
- (b) cease conducting with, or providing to, the public any activity or service if direction 6 requires it to be closed.

6. The following places, activities and services in the former lockdown area must be closed to the public:

- (a) a market, whether indoors or outdoors, but not including a permanent store;
- (b) an indoor gymnasium;
- (c) a place or business that provides sporting or physical activities indoors;
- (d) an indoor arena, indoor stadium or indoor sporting or recreation facility;
- (e) a bathhouse or indoor public swimming pool.

9. A person must not, in the former lockdown area, provide, organise or participate in a sporting or physical training activity that involves physical contact.

All sports and clubs must have the Territory Check In QR Code system in place prior to reopening. Register for a QR Code at <https://forms.nt.gov.au/Produce/Form/COVID19/Territory%20Check%20In%20Business%20Registration/>

We encourage you to monitor the Coronavirus NT website and stick to any specific advice issued by the CHO in respect to sporting activity like Football player and Football team training regimes.

NT Police and NT Health will be out and about and ensuring compliance. Nearly all our training venues are in very public places and easily seen from the roads that are near. Let us all be smart about this as there will be fines issued by the Police to both Clubs and to individuals. FNT will also be applying sanctions for bringing the game into disrepute if you or your Club are charged with failing to follow a public health order.

Training Under COVID 19 Restrictions

Because Football must consider the directions around close contact and that whether any modifications to training activity to remove the physical contact and comply with physical distancing and mask wearing requirements we have prepared the following manual to assist you in your training during COVID 19 restrictions. Enjoy training, stay safe and we will be back playing matches shortly.

Aim

This Booklet has been designed for coaches and players to copy and implement as we return to football. It has allowed for coaches to add their own limitations to create for a more challenging drill (i.e. less touches, space could be bigger or smaller).

This booklet contains:

- Pitch set up
- Warm up drill
- Drinks breaks
- Running with the ball drill
- First touch Drill
- Striking the ball drill
- Warm down

Your Club

Please contact your club for any relevant COVID-19 updates. These may have changed.

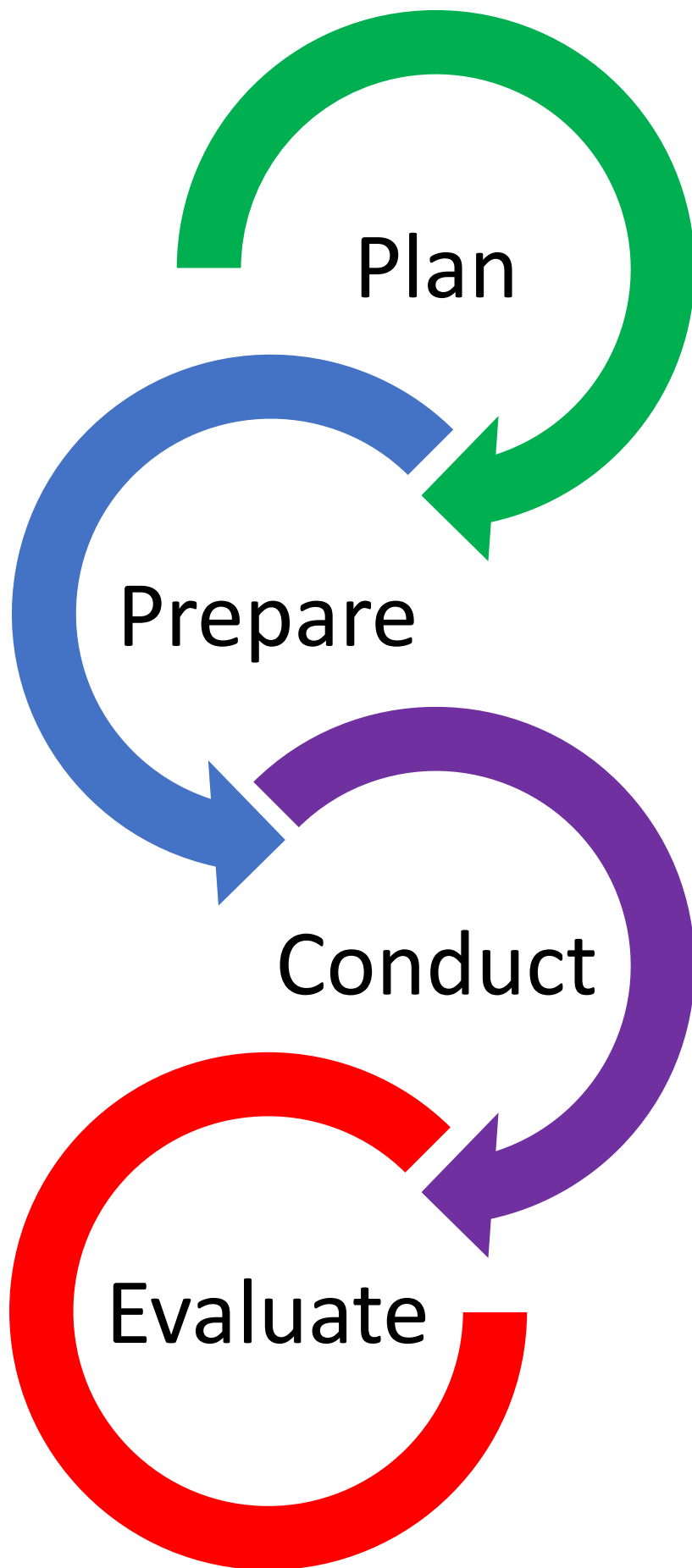
Remember

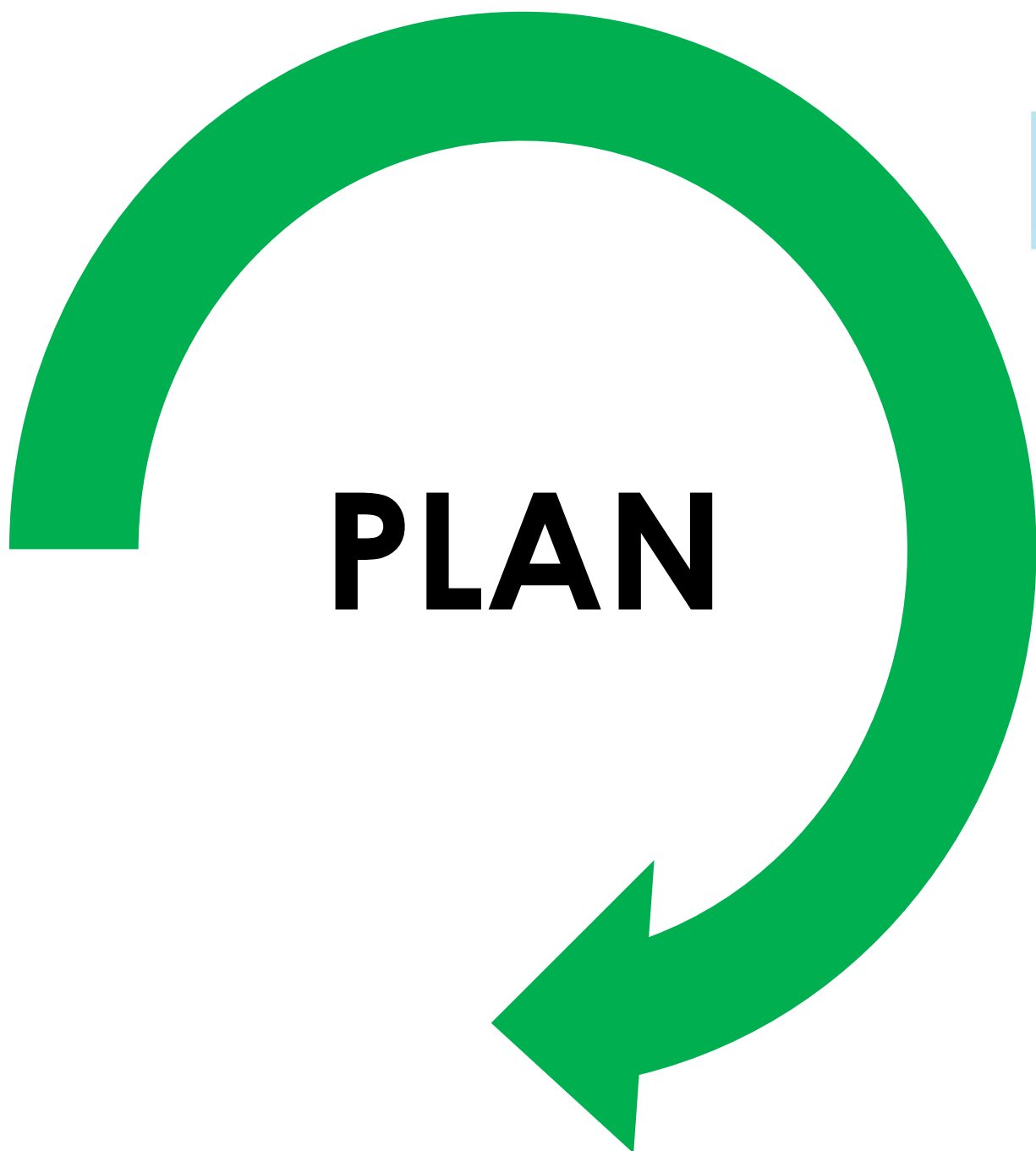
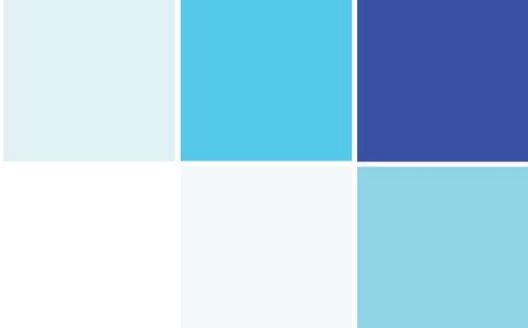
Equal share for all players and all coaches. We have all been waiting for this moment to just get out and kick a ball.

This is more about the mental health of the thousands of participants that play our game through enjoyment and participation.

Online Coaching Videos

Further online training videos can also be found here
Football Australia Skills hub- <https://www.playfootball.com.au/skills-hub>
Team Isolation drills-
<https://www.playfootball.com.au/coach/resources/rebooting-football>






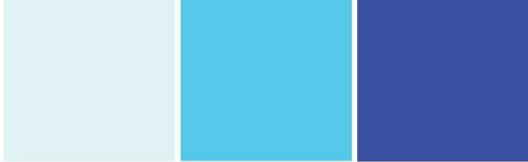
PLAN





Plan what your session will look like adhering to:

- **Where are you allocated to train?**
(Contact your club)
 - **Sessions designed for 9 players**
(Drills can be duplicated to allow additional numbers)
 - **4metres squared per person**
 - **2 metre space in between training groups**
 - **Focusing on 3 out of 4 core skills**
(FirstTouch, Striking the ball, Running with the ball).
 - **Hygiene practices for both players and coaches.**
 - **Equipment needed**
- 



PREPARE

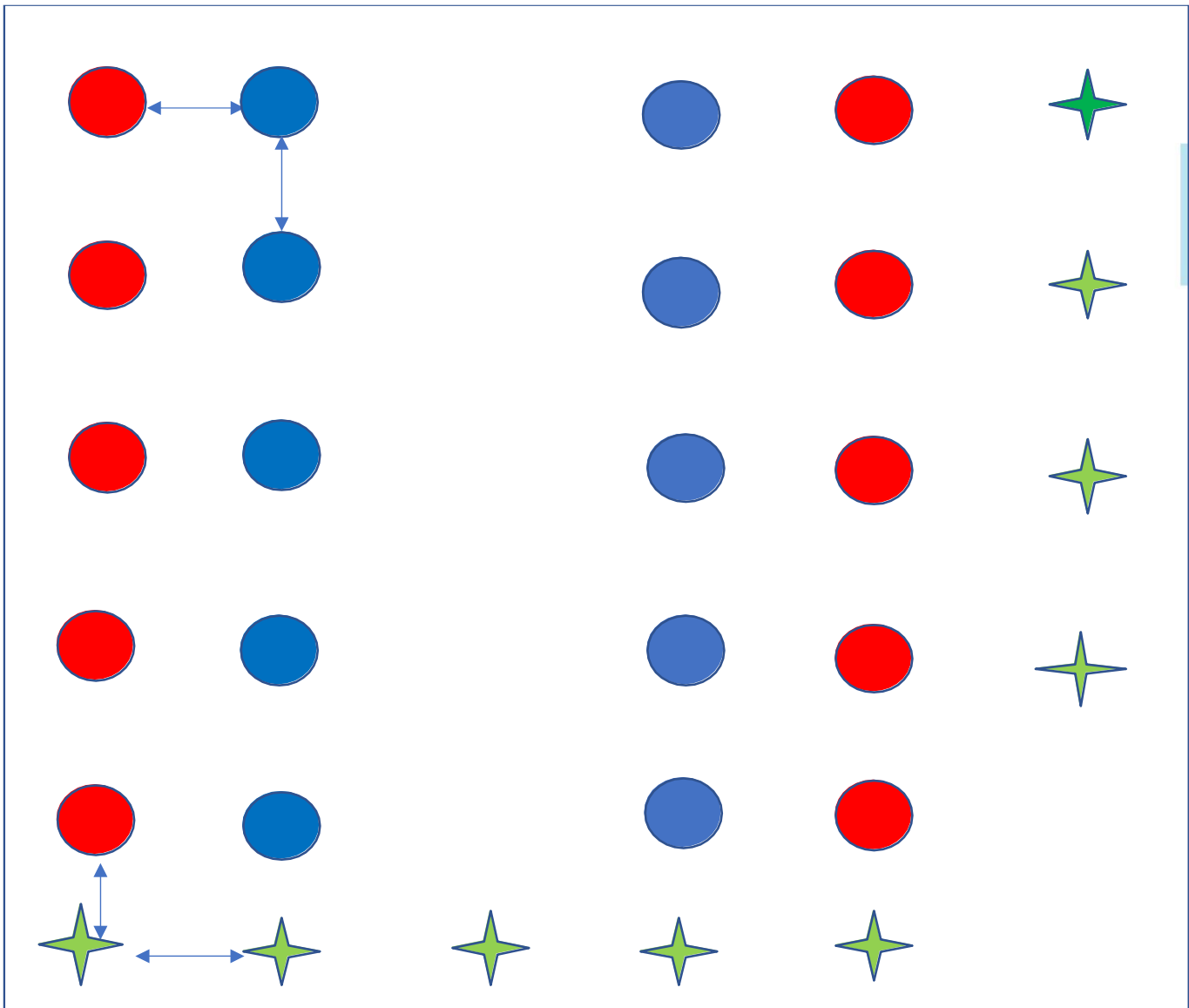


SET UP AND EQUIPMENT

EQUIPMENT NEEDED:

- 10 CONES OF ONE COLOUR
- 10 CONES OF ANOTHER COLOUR
- 9 CONES OF ANOTHER COLOUR
(EQUIPMENT/HYDRATION CONES)
- 9 BALLS, (1 FOR EACH PLAYER)

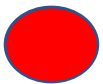
Default Training Set-up



- Player's equipment cones and arrival cones (water bottles and for drinks break)(2m apart)



- Cones for training drills (2m Apart)



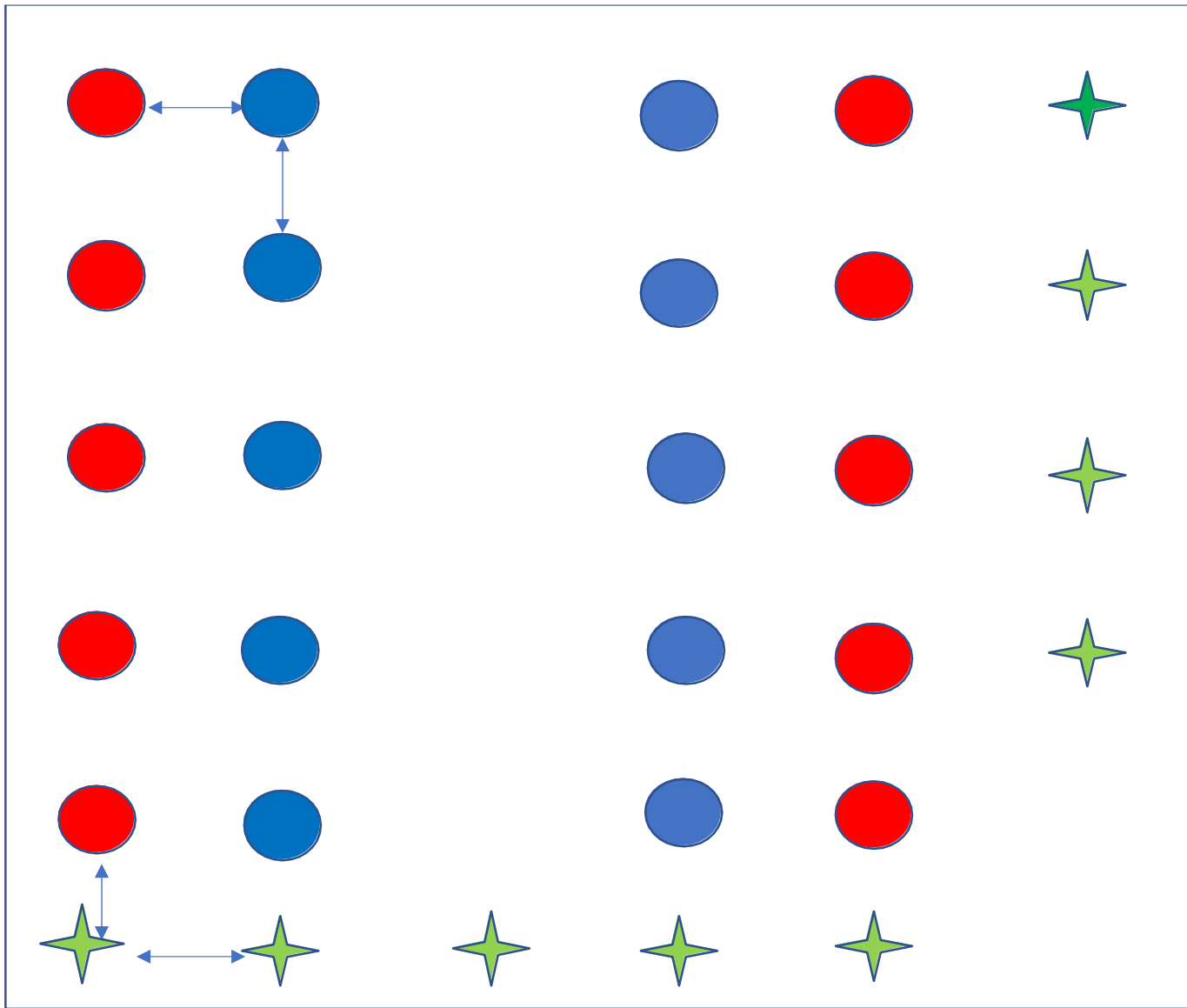
- Cones for training drills (2m Apart)



- 2m distance between cones.

PLAYERS STARTING POSITIONS AND HYDRATION CONES

<https://www.youtube.com/watch?v=UaWa7yP47g0>



- When Players arrive, they are each allocated a cone (green star) to place water bottle and any necessary equipment
- These cones are for players to return to during drinks break whilst maintaining social distancing.

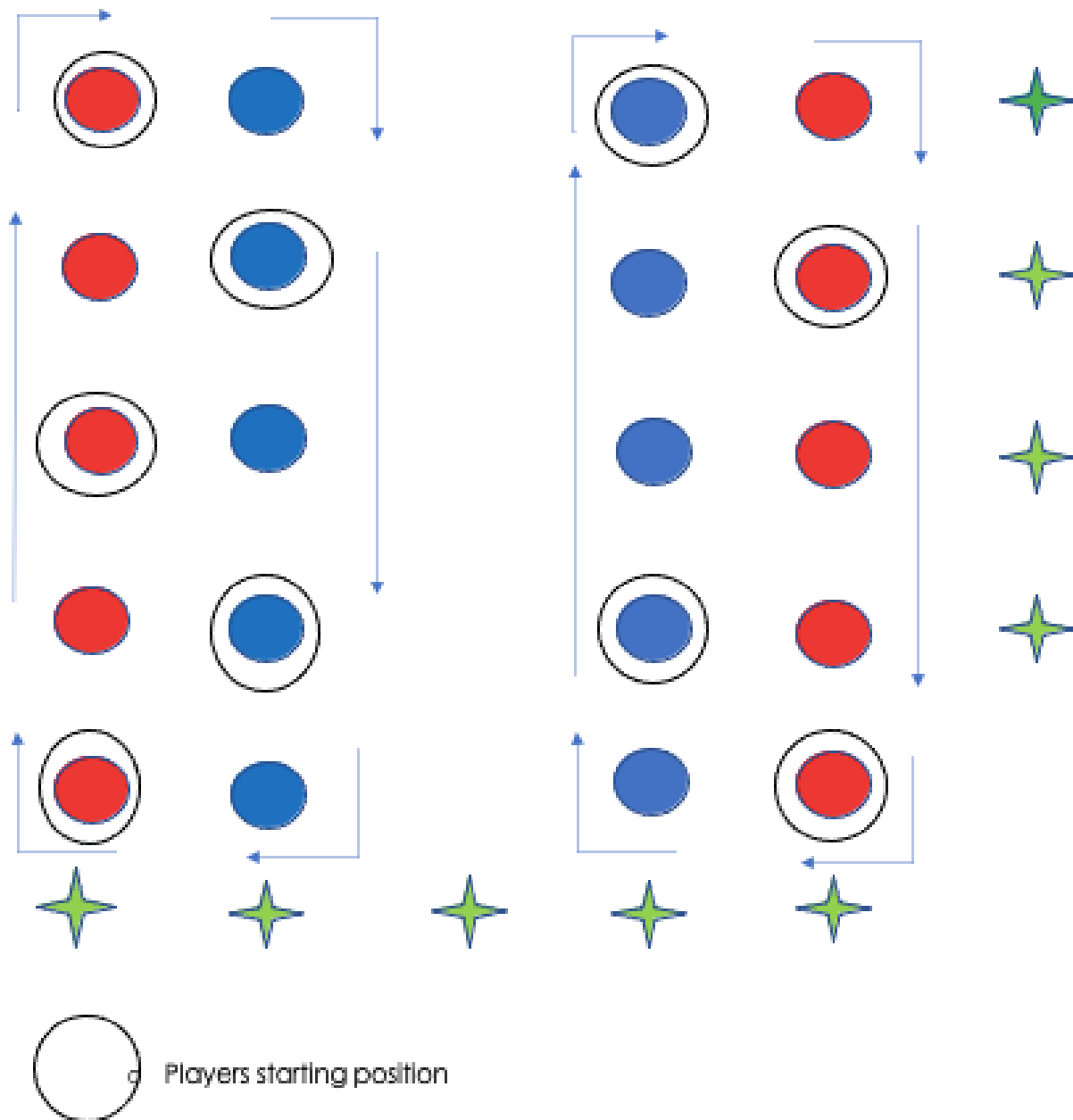


CONDUCT



WARM UP

<https://www.youtube.com/watch?v=1box-pMzSY>
<https://www.youtube.com/watch?v=rybSMOdNUx8>



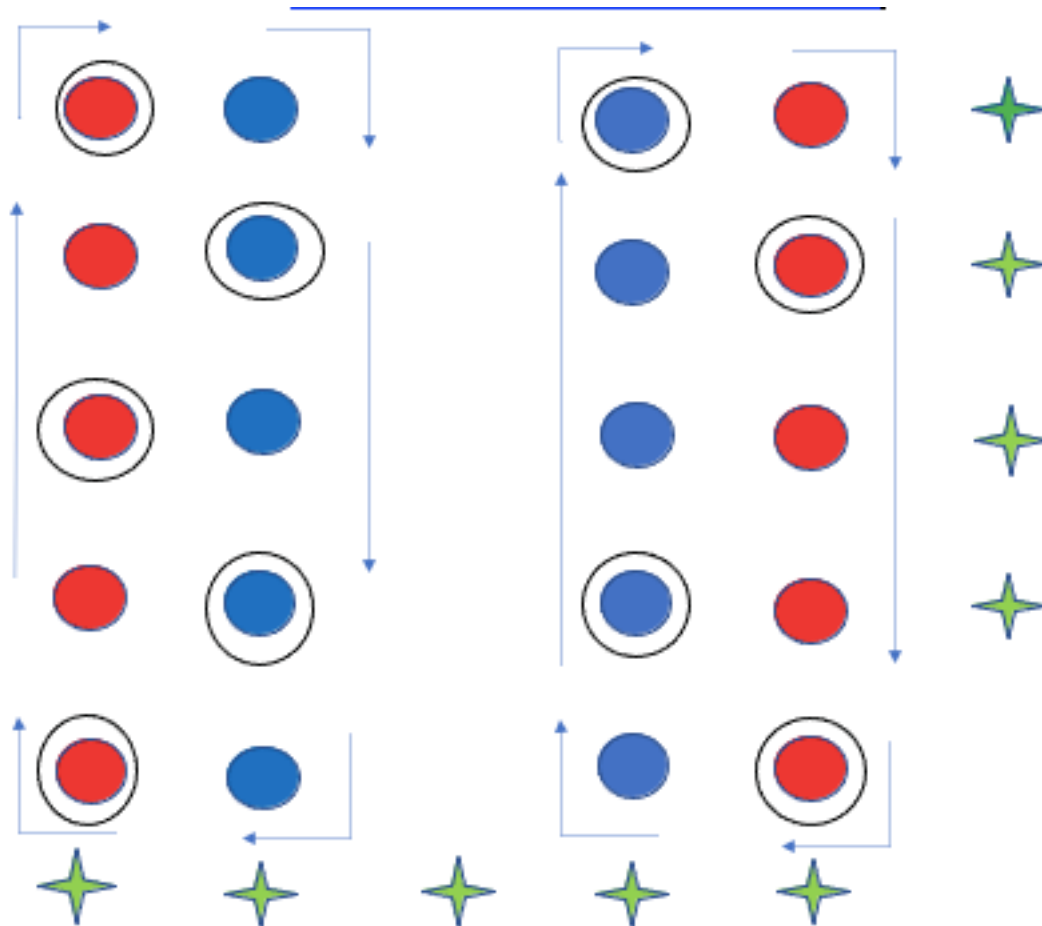
Drill-

Start by slow jog, keeping the same distance. introduce knees up, heel flicks, side to side, open gates and close gates. then finish with sprints and stretch. then water break, back on their starting/hydration cones.

RUNNING WITH THE BALL

<https://www.youtube.com/watch?v=FyuavcWPmUs>

<https://www.youtube.com/watch?v=YnhwO9oPldE>



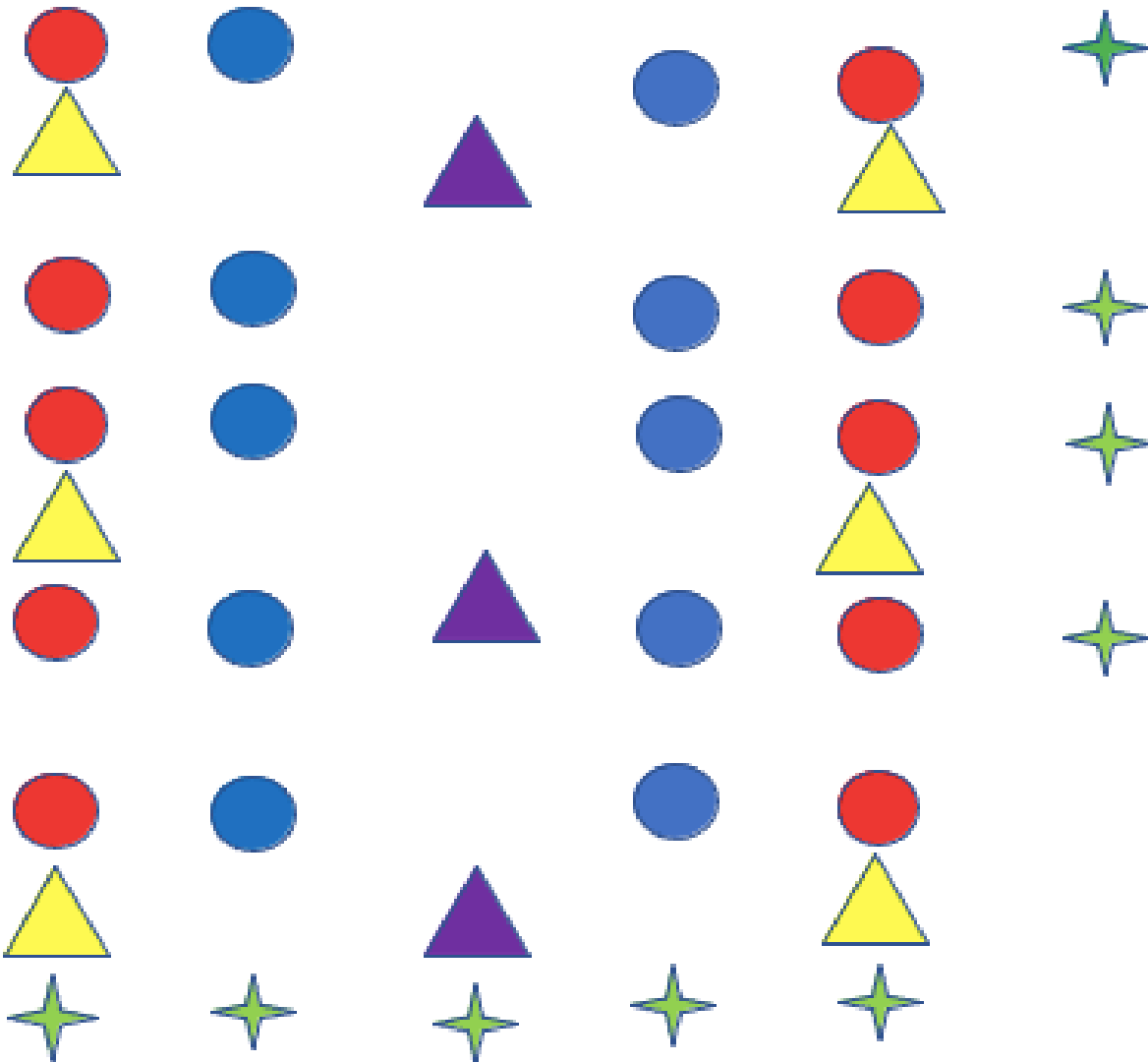
RUNNING WITH THE BALL:

- Players then back on the same cones.
- Coach gives a player a ball each.
- Players now dribbling the ball.
- Start off slow then only use their right foot. Then use their left foot. Then both feet. Then sprint with ball when coach gives you the call.
 - o Make sure you maintain your distances. Remember keep ball close to you. Head up.

FIRST TOUCH BOUNCING

https://www.youtube.com/watch?v=N_Fo797eLII

<https://www.youtube.com/watch?v=CDg91ilmcsc>



 **Players with ball**

 **Players without ball**

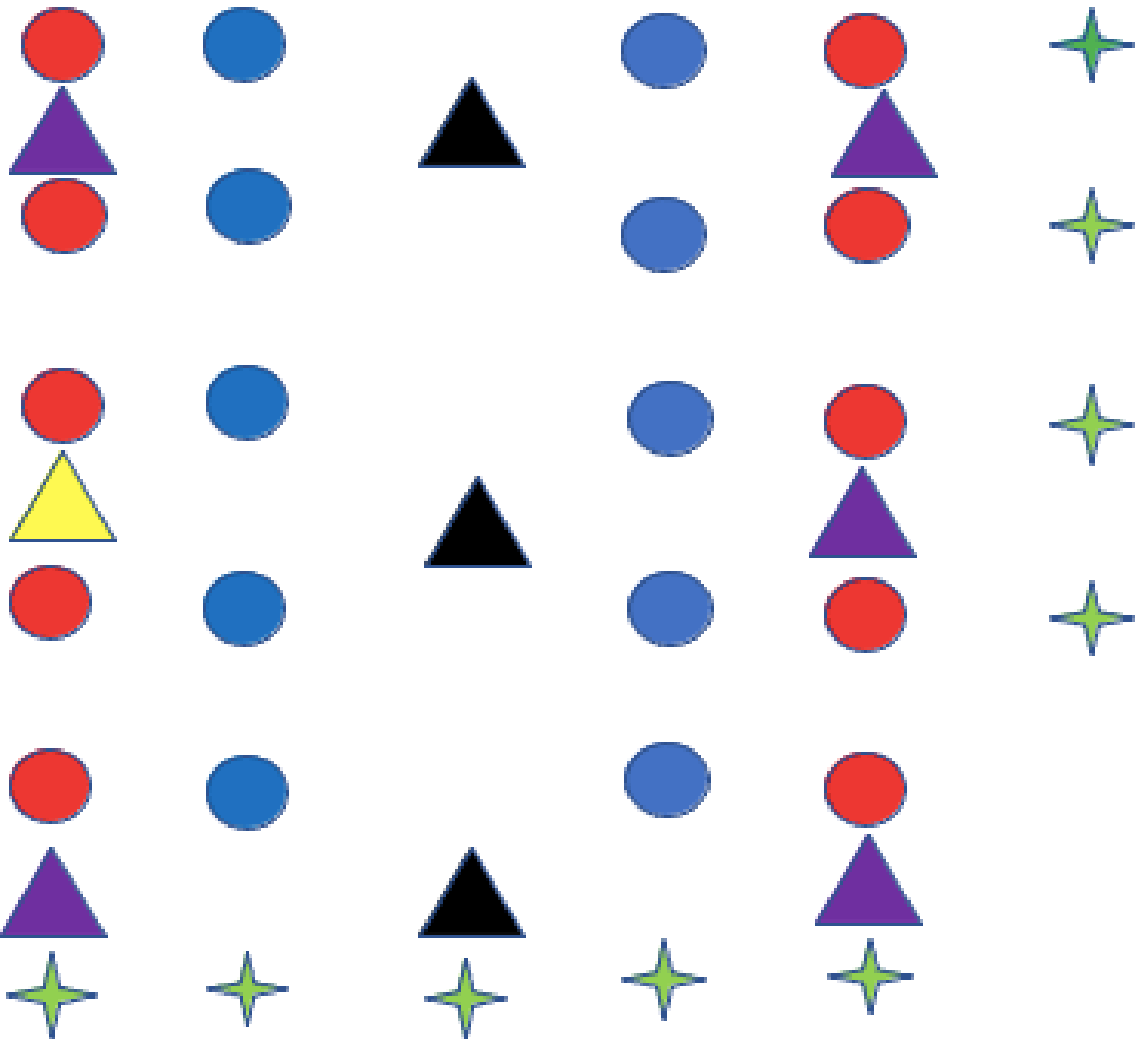
Drill- players working in groups of 3.

- Players with a ball each on the **Red** line and one player in the middle working in the **Blue** grid.
- Player on **Red** line starts by passing a weighted ball into the **Blue** grid, where the other player takes a touch and passes it back to him/her, then the player turns and looks to receive the ball from the other player on the other **Red** line and repeats the action. Each player does it for 30 seconds, then player in the middle swaps with one of the outside players. Until everyone has had a go.
- Then try one touch passing. remember player in the middle has to come on to the ball. Pass must be lightly weighted-for this to happen.
- Then try to get players in the middle to get side on and open their bodies to try and play forward. Player in the middle looks to receive the ball by opening his/her body so he can see the receiver and the passer.
- Passer on the outside must play a weighted ball in front of him/her to help the action of their body shape. Use only one ball between them. make sure the player in the middle has his head up before he/she passes the ball. Might get receivers on the outside to move side to side to make player in the middle carry out this action

CROSS RIVER

<https://www.youtube.com/watch?v=PjRcIngzqR4>

<https://www.youtube.com/watch?v=csS9XuhJ8ZU>



 - DEFENDING PLAYERS

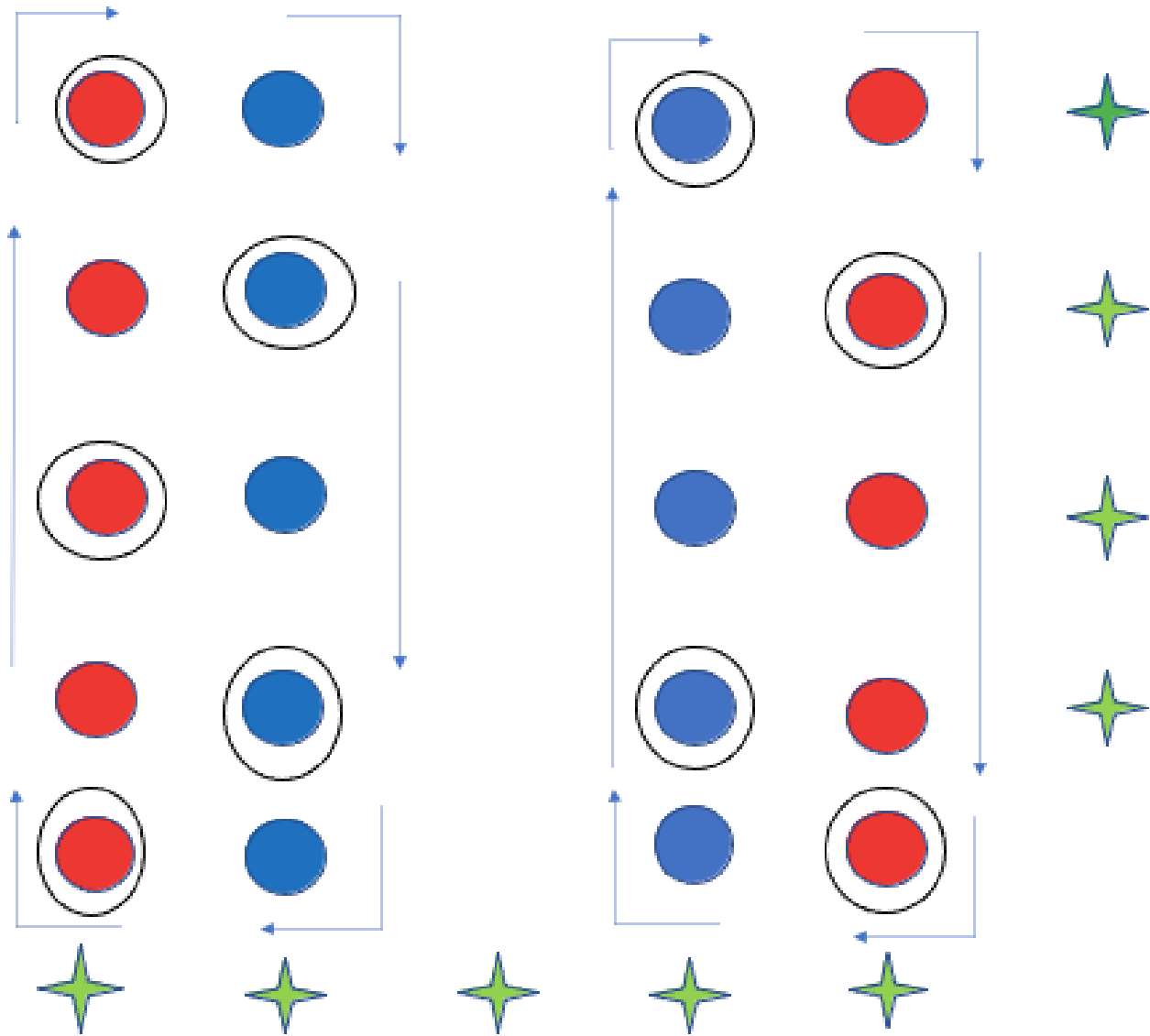
PLAYERS WORKING IN 6V3. SAME SET UP

- Now using one ball, players on the outside are trying to transfer the ball to the other side. 3 players in their designated middle squares have to try and work together and block as many passers as they can.
- Remember passes across must be under knee height. If the ball is transferred from one side to the other. The receiver should control the ball for it be a point. (Through the people in the middles legs worth 5 points)?
- Now how many times can the players in the middle box intercept the ball. You have only 1 minute. Players on the outside, remember find the right time to play that killerpass.

WARM DOWN

<https://www.youtube.com/watch?v=QS0WQGZWcOc>

<https://www.youtube.com/watch?v=BTEQ4lwMol4>



DRILL-
SIMILAR TO WARM UP, WITH OUT THE
BALLS.ALL EXERCISES TO BE DONE AT HALF
PACE WITH A STRETCH AT THE END.

A decorative graphic in the top right corner consisting of a grid of squares in various shades of blue and light blue.

EVALUATE

A large, thick red circular graphic that is open on the right side, framing the word 'EVALUATE'.

End of session- https://www.youtube.com/watch?v=bM_JCw6C_Pc

EVALUATION: ON WHAT WE DID, AS PLAYERS ARE ON THEIR DESIGNATED HYDRATION/EQUIPMENT CONES.

ONCE AGAIN, WE RUN THROUGH THE RULES OF THE NEW NORMAL AND EXPLAIN THE EXERCISES WE DID. RUNNING WITH THE BALL, FIRST TOUCH AND-STRIKING THE BALL.

HIGHLIGHT IMPORTANCE OF WASHING HANDS AND SOCIAL DISTANCING.

DON'T LET ALL PLAYERS GO HOME AT ONCE. POLITELY ASK THEM TO LEAVE ONE BY ONE 2M APART.

REMEMBER: WE AREN'T JUST COACHES OF FOOTBALL WE TEACH OUR PLAYERS LIFE SKILLS INCOINCIDENTALLY AND WE ARE JUST AS IMPORTANT AS THEIR SCHOOL TEACHER OR PARENT. EQUAL TIME FOR ALL.

HOW CAN YOU DO IT BETTER?

Thank you

John Tambouras
Technical Director
Football Northern Territory

8928 1006

john.tambouras@footballnt.com.au

Paula Da Costa
Office Manager
Football Northern Territory

8928 1006

admin@footballnt.com.au

Albert Krause
Pathways Manager
Football Northern Territory

8928 1006

albert.krause@footballnt.com.au