



ALBION PARK FOOTBALL CLUB

**COACHES AND MANAGERS
MONTHLY MEETING
*JULY 2026***





Welcome Albion Park FC Junior Coaches Forum



Purpose

- Bring coaches and managers together to share experiences and learn from one another.
- Reflect on weekend matches and identify development opportunities.
- Improve coaching knowledge and capability.
- Create consistency in coaching philosophy across the club.
- Ensure every player has a positive football experience.

Supported by

- **Technical Director** – Jeff Allport
- **MiniRoos Co-Ordinator** – Jayson Gal



OUR CLUB LEGACY



Building on More Than 50 Years of Football

As Albion Park FC moves beyond its 50th year, we proudly celebrate a rich football history built on community, commitment and opportunity.

Our responsibility as coaches is not simply to develop footballers, but to help shape confident, resilient and respectful young people.

Every training session and every match is an opportunity to leave a positive impact on a young person's life.

Our Vision

Why We Coach

Our Vision

To provide pathways that nurture skill development and personal growth, enabling players of all ages to reach their full potential both on and off the field.

While we strive for team success, our focus remains on creating an environment where:

- Enjoyment comes first
- Development is prioritised
- Friendships are built
- Confidence grows
- Players develop a lifelong love of football





What Success Looks Like

Success Beyond the Scoreboard

At Albion Park FC, success is measured by more than wins and losses.

Ask Yourself:

- Are they having fun?
- Are they being challenged?
- Is every player improving?
- Am I maximising touches on the ball in training?
- Are players engaged throughout training?
- Do they want to come back next week?
- Are they excited about playing on the weekend?

If the answer is "yes", we are succeeding.



Our Coaching Values

The Albion Park Way

Inclusive

- Every player belongs.

Respect

- Respect teammates, opponents, referees, coaches and the game.

Safety

- Provide a physically and emotionally safe environment.

Support

- Encourage effort, learning and growth.
- These values should be visible in every training session and every match.



The Role of the Coach

We Are Teachers First

A coach's role is to:

- Develop players, not just teams.
- Build confidence.
- Create learning opportunities.
- Encourage creativity and decision-making.
- Foster resilience.
- Promote teamwork and sportsmanship.
- Inspire a love of football.

Players may forget the score, but they will remember how their coach made them feel.





The Fundamentals of Player Development

What Should We Be Teaching?

Technical

- First touch
- Passing and receiving
- Running with the ball
- Dribbling
- Shooting
- Ball mastery

Tactical

- Positioning
- Movement
- Creating space
- Decision-making
- Understanding game situations





The Fundamentals of Player Development

What Should We Be Teaching?

Physical

- Agility
- Balance
- Coordination
- Speed

Mental

- Confidence
- Resilience
- Communication
- Problem-solving



The Golden Question

How Many Touches of the Football Are My Players Getting?

The greatest contributor to technical development is
repeated contact with the ball.

Every Session Should Maximise:

- Ball touches
- Decision-making opportunities
- Repetitions
- Small-sided games
- Active participation

Avoid:

- Long lines
- Players waiting
- Excessive talking
- Standing still

The ball should do the teaching.



Training Session Framework

A Simple Session Structure

1. Arrival Activity

- Ball mastery and individual touches.

2. Skill Component

- Introduce or reinforce a technical theme.

3. Game-Based Practice

- Create realistic football situations.

4. Small-Sided Game

- Allow players to solve football problems.

5. Reflection

- What did we learn today?





Learning Through Games

Game-Based Coaching

Game-Based Coaching

Players learn best when they:

- Experience football situations.
- Make decisions.
- Solve problems.
- Learn from mistakes.

Ask Questions:

- What did you see?
- What options did you have?
- How could we create more space?
- What worked well?

Less instruction. More discovery.





Match Day Learning

Weekend Games Are Feedback



Every match provides valuable coaching information.

Observe:

- What skills were successful?
- Where did players struggle?
- Were players making good decisions?
- Did our training transfer into the game?

Then Ask:

"What should we work on this week?"

Training should be connected to game observations.

Development vs Winning

Keeping the Long-Term in Focus

Winning is enjoyable.

Development is essential.

Development Priorities:

- Equal opportunities
- Skill growth
- Confidence building
- Learning from mistakes
- Enjoyment

Long-term player development must always outweigh short-term results.

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THE FOUR CORE SKILLS

The Football Australia Skill Acquisition Phase program focuses on developing one of the four core skills and a main moment: attacking (BP) or defending (BPO).

- **Striking the ball:** this includes all forms of striking the ball such as short/long passing, shooting and crossing
- **First Touch:** controlling the ball with all allowed body parts
- **1v1:** all moves, feints and accelerations to get past and away from an opponent
- **Running with the ball:** at speed (with a lot of space) or 'dribbling' (in tight areas), this includes techniques for protecting the ball and changing direction

Focusing on a core skill for a 2-week period will enable coaches to plan, prepare and deliver sessions that meet the needs and abilities of your players through on-going observation during training and matches. This will also provide adequate time for players to retain information on a focused core skill during training and games.



Creating Positive Environments

What Players Need

Players thrive when they feel:

- Safe
- Included
- Valued
- Supported
- Challenged

Coaches set the tone.

Create an environment where mistakes are viewed as opportunities to learn.





Our Commitment

Every Session Matters

Every Session Matters

As coaches we commit to:

- ✓ Putting players first
- ✓ Making football enjoyable
- ✓ Challenging players appropriately
- ✓ Maximising touches on the ball
- ✓ Creating inclusive environments
- ✓ Supporting lifelong participation
- ✓ Continuing to learn and improve ourselves



The Albion Park FC Way...

Developing Better Footballers

Developing Better People

"The measure of success is not how many games we win today, but how many players still love football tomorrow."

Thank you for your commitment to our players, our families and our club.



Coaching Resources

Albion Park Football Club Website

Coach & Manager Resources Page

- [Click Here](#)
- **Discovery phase – U/6 to U/9**
 - [Click Here](#)
- **Skills Acquisition phase - U/9 to U/12**
 - [Click Here](#)
- **Game training phase – U/13 to U/16**
 - ▶ [Click Here](#)





Coaching Resources

- The National Football Curriculum – The road map to international success – Han Berger, National Technical Director – 2013.
- Football for Kids – Kelly Cross – National Coach Education Manager – 2013
- The Football Coaching Process – Better coaches, Better Football – Kelly Cross/ Trevor Morgan - 2019
- Foundation of Football – Coaching course – prerequisite for advanced courses, focusing on basic techniques and game principles.

