



## JUNIOR FOOTBALL PROGRAM



# Development Program For 5-9 Year Olds

**A set of 18 basic skills and exercises, which will assist junior players to better enjoy the game.**

Prepared by Kevin Best  
Enquires 02 4328 4806

***Website: [www.abcjuniorfootball.org.au](http://www.abcjuniorfootball.org.au)***

***Version 2009.1***

#### **Contents**

- **Introduction (1 page)**
- **Club Structure (2)**
- **18 Exercises (18)**
- **Program Summary (2)**
- **Advice to Coaches (4)**
- **Training Session Structure (1)**
- **Example Training Sessions (1)**
- **Coach's Worksheets (2)**
- **Final Report Sheet (1)**
- **Fun Games (5)**