

# TRAINING REPORT

## TRAINING FOR FOOTBALL SKILL TO THE HOMELESS/STREET CHILDREN AND YOUTHS MONTH OF MAY, 2009

### I- INTRODUCTION

The football training was provided with proper coaching instruction and to organize football matches during the training for correcting and improving their football skill, especially is making the soccer player have met a qualification to the Homeless World Cup soccer rule.

The program is taking place at Boeung Keng Kang School football pitch every Saturday from 7-9 in the morning and we are having some extra training at the same time 7-9 in the morning on every Sunday from June to August for the senior team practicing to the soccer rule of Homeless World Cup.

There are 76 street children and youths who are coming from three different organizations, 27 from the Centre for Children Happiness (CCH), 43 from the Riverkids Foundation Project (RKFP), and 7 from the Happy School (HS).

The players have divided into two teams, the senior team has 19 players who are age 16 years and over, the junior team has 57 players who are age between 12-15. Both of senior and junior team has included some girls who truly enjoyed the training, practices and friendly with other players.

### II- PROCEEDING OF TRAINING

1. **Call attendant:** Regularly spent 5 minutes for calling attendant.
2. **Warm up:** Regularly spent 15 minutes for senior team and 10 minutes for junior team before coaching soccer skills.
3. **Football/soccer skills:**
  - **Opening Activity:** Opening activities sessions usually doing about 25 to 30 minutes.
    - Move and Pass for 10 minutes: This is a warm up drill for players. It encourages communication and visual awareness which are both important in game situations.
    - 1. Bib tag for 10 minutes: Bib tag is an excellent opening activity providing lots of movement, an element of competition and is game centered.
    - 2. Feather the nest for 10 minutes: This is a good opening or closing activity which is demanding, competitive and skill based.

- **Quick Feet Activity:** Quick feet sessions are essential if young soccer players are going to develop to their full potential and doing about **25 to 30** minutes.
  - Dribbling square coach's call for **10** minutes: This is an exercise which enables players to test their "close control" in ever changing circumstances.
  - Across the square for **10** minutes: This is an activity to practice running and turning with the ball, keep the ball close to you at all times and have lots of touches. When you turn, don't stop the ball and try to accelerate out of the turn.
  - Turning square 1 insides for **10** minutes: This is an ideal activity to practice turning with the ball in close proximity of other players.
- 4. **Breaks:** **5** minutes each after coaching **45** minutes.
- 5. **Game:** Always have a game for **30** minutes after coaching football skill for correcting and improving football skill and selecting for the right player position. One V One is a vital activity as it duplicates game situations. If players learn to be comfortable in a one v one situation, with and without the ball, they are preparing themselves well for the future. And six vs six is a game centered practice containing all the necessary elements of the game.
- 6. **Relax:**
  - Running in slowdown and doing relax exercise from the hard playing game and usually doing **10** minutes.
- 7. **Maintaining the football pitch:** At the end of the training we always spent **5** minutes for cleaning the football pitch.

### **III- FUNDING SUPPORT AND EXPENDITURE**

The football training has been supporting by Happy Football Cambodia Australia (HFCA) organization, the football gears and other services.

### **IV- CONCLUSIONS**

The football training program and the games have significantly benefited to the homeless/street children and youths in both of basic football skills and individual behaviours including self confidence, discipline, and team work spirit, value of self and life, especially for having a gold opportunity to the way for the Homeless World Cup tournament.

The players were very happy to have proper jerseys and football gears which make them proud and professional. This program is an importance point-part of the Cambodian football promotion responsive.



**Training Activities**



**Training Activities**



**Training Activities**



**Cambodia team for HWC 2009 in Milan, Italy**

### **IMPORTANCE ACTIVITIES IN APRIL, 2009**

- The HFCA organization has been invited for the Homeless World Cup event in September, 2009 in Milan Italy.
- We have selected **6** qualified soccer players for attending the Homeless World Cup event in September, 2009 in Milan.
- We are sad of **2** players have not selected for this time and they will miss out on this journey due to financial limitation (the HWC committee has invited up to maximum of **8** players).
- The HFCA has got a professional coach, Jimmy Campbell who has many years coaching experience and has a UEFA B coaching qualification is working hard on coaching to the **6** qualified players to practice of the HWC soccer rule for Cambodia winning the HWC game.

### **V- RECOMMENDATIONS**

- We should have some CD Rome soccer training/coaching manuals and a digital camera (need using the CD for coaching and using the real sport word when writing a report).
- HFCA organization should have a medical service for providing during the training.

**Football Training Schedule**  
**Saturday 02, 09, 16, 23, 30 of May, 2009**

1. **Call attendant:** ..... ( )

**2. Warm up:**

• **Opening Activity:**

▶ ..... ( )

▶ ..... ( )

▶ ..... ( )

• **Quick Feet Activity:**

▶ ..... ( )

▶ ..... ( )

▶ ..... ( )

**3. Football skills:**

▶ ..... ( )

▶ ..... ( )

▶ ..... ( )

▶ ..... ( )

▶ ..... ( )

4. **Break:** ..... ( )

5. **Game:** ..... ( )

6. **Relax:** ..... ( )

7. **Football pitch cleaning:** ..... ( )

☺ **Coaches have to fill this schedule before coaching.**