



SHELLHARBOUR CITY FC

Coaching Implementation Brief – 2026 Season

Purpose of This Brief

This document is designed to support coaches in confidently delivering the club training programs.

I understand that all coaches at Shellharbour City FC are volunteers. You give up your time, energy and evenings to support young players, and that commitment is genuinely valued.

The aim of this framework is not to add pressure or complexity. The goal is to make coaching clearer and easier, provide structure so you do not have to design everything yourself, and encourage consistent player development across the club.

Training Program Structure

Training programs are designed in 10–12 week blocks. The exact length may vary depending on how quickly players grasp the drills and how smoothly sessions begin to flow.

A key indicator of development is when intensity increases while quality remains high.

Another strong sign is when players can set up and execute drills with minimal explanation, showing they have internalised the structure.

The First Few Weeks

It is completely normal for early sessions to feel slightly stop-start. Coaches may need to refer to notes and players may require repeated explanations.

Both coaches and players need time to understand the structure. It may take several weeks before sessions run confidently and smoothly. This is expected and part of the process.

Preparation & Session Flow

Preparation is one of the biggest factors in making sessions feel organised and calm.

Coaches are encouraged to print the session material or write their own brief dot-point version to refer to during training.

Have a clear understanding of what drill comes next and what the key coaching cue is before finishing the current component. Keep to the allocated timings where possible and mentally prepare transitions in advance.

For teams training 1 hour 30 minutes, refer to the session notes for guidance on how to extend components appropriately.

Training Structure

The training timings provided in the session plans are a guideline to help sessions flow smoothly and to give coaches clarity on what comes next.

They are not designed to be rigid or restrictive. Instead, they provide structure so that transitions are organised and players remain engaged without unnecessary delays.

Understanding the order and approximate timing of each component allows coaches to set up equipment before the session begins, prepare mentally for what is coming next, reduce downtime between activities, and maintain energy and focus throughout training.

The allocated five-minute break within the session is intentionally slightly longer than typically needed. If transitions are efficient and players are ready to move on sooner, this allows additional time for training within the same session.

Good organisation before training starts is one of the biggest contributors to calm, productive, and high-quality sessions.

Shooting Component Rotation

Teams will take turns completing a shooting component, subject to larger goal availability.

Coaches have flexibility in selecting the shooting drill. If guidance or ideas are needed, please contact the Technical Director. Visual demonstrations can also be provided where helpful.

Ongoing Support

The Technical Director will regularly attend training sessions to provide hands-on support, clarify drills and assist with session flow.

Support may be provided in person or remotely. If any component is unclear or you would like further explanation, please reach out. The aim is to support you and make coaching easier, not more complicated.

Flexibility

While the training programs are structured and aligned across the club, flexibility and coach creativity are encouraged.

There is a clear purpose behind each section of the session. Every component supports the club's playing principles and long-term development framework.

If a coach would like to substitute a drill within a section — for example, introducing their own ball mastery activity or skill component — this is permitted. However, the proposed change must first be discussed with and approved by the Technical Director.

Consistency and familiarity are important for player development. When drills constantly change without structure or repetition, it reduces stability and predictability, which can negatively impact learning.

Players benefit from recognising session patterns, understanding expectations, and becoming confident within familiar frameworks.

Flexibility is welcomed — but it must remain aligned with the club's principles and overall development pathway.

Final Note

There is a significant amount of material provided and it may initially feel overwhelming.

Please spend time familiarising yourself with it beforehand.

After several sessions the structure will become second nature. If you have any questions at any time, please do not hesitate to ask.

Gabriel Cleur

Technical Director – Shellharbour City FC

0466 130 088 | technicaldirector@cityfc.com.au