

Barking FC

FA Skills Day with Rob & Andy

For local community charter standard Clubs

Wed 15th April 2009

Barking FC in association with the FA organised a Skills Day for local Charter Standard Clubs. Future organised days are planned so get in touch, with the FA Skills Team or Barking FC.



Dagenham Utd U-10's & UPR U-10's join John Faherty Barking FC's Club Secretary during a well earned drinks break during an FA Skills Day at the Club.

"The teams are stepping into 11-aside football next season & this day was planned to help them understand the changes they will face next season" Says FA Skills Coach Rob.

The teams were treated to Free Barking FC season tickets to all those players that took part.

Get the Contact details through www.barking-fc.co.uk or www.thefa.com/skills

The teams at half time during the small sided game part of the day



The format of the day was as follows.

10.00 - Meet at Barking FC Stadium go into dressing room.

10.15 - White board session - Understanding some basic 11aside positioning ideas & concepts, offside. Players Q&A.

10.30 - Training out on pitch – Warm-up -movement & passing to support players.

11.00 - SSG Practice - movement & passing to support players, within the team.

11.30 - Lunch.

12.00 - Shooting practical - Understanding distances & heights etc.

12.30 – 11 aside coach lead Match v opponents 3 x 20mins.

1.30 - Game summary Players Q&A.

1.45 – 2.00pm - Depart.