

Each session should be split into **FOUR MAIN components**:

Purpose:

PASSING PRACTICE	~10 minutes	Warm up, and introduction of session focus
POSITIONING GAME	~ 10 – 15 minutes	Possession game
GAME TRAINING	~ 20 – 25 minutes	Realistic match situation. Correct players and positions
GAME	~ 20 – 25 minutes	Game – Observe the players and team. Did the session work?

AREA: 1/3 – ½ field

CONES: 10x colour, 10x colour

BIBS: ½ number of players

BALLS: 1 x players

CORE SKILL: STRIKING THE BALL + FIRST TOUCH

ASPECT: CONTROLLED POSSESSION

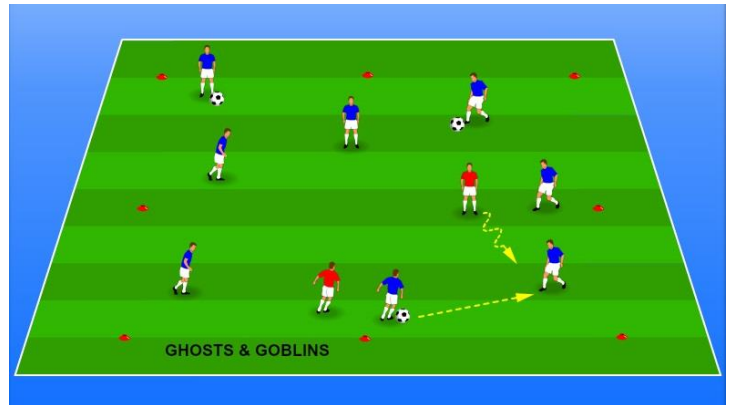
PASSING PRACTICE – GHOSTS AND GOBLINS

SET UP:

- Define a 30m x 20m field
- Nominate two people to be in the middle
- Distribute balls to 1/3 of the remaining players
- Everyone must be inside the field

EXERCISE:

- The RED players are GOBLINS and must each hold a bib. They must try to throw their bib onto/at someone WITHOUT a football.
- Blue players must move around, passing to each other to ensure the GOBLINS cannot catch anyone. When you have a ball you cannot be caught, known as a GHOST in this exercise.
- If a blue player is caught, they become the goblin. **NOT BUILD UPS.**



PROGRESSION:

- Include a time limit with a ball (only allowed to hold for 5 seconds)
- Reduce the amount of balls

POSITIONING GAME – DIRECTIONAL POSSESSION

SET-UP:

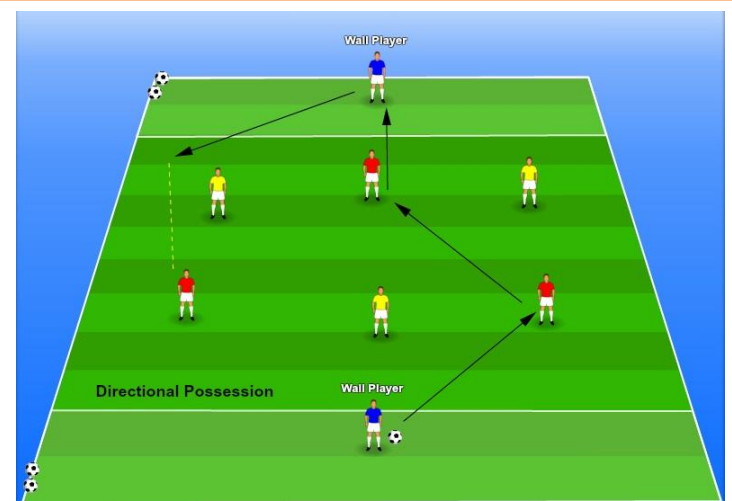
- Define a 30m x 20m area.
- Split the players into two even teams, with bibs.
- Place one player on each end of the field, known as 'Wall Players' (blue player in diagram)
- If you have uneven numbers, use a 'joker', who players on the attacking team

EXERCISE:

- Teams must keep possession (yellow vs red), whilst using the wall players
- Each time a team passes and receives back from a wall player = 1 point
- Swap the wall player after 2 minutes

PROGRESSION OPTIONS:

- Limit the amount of touches players can take ie. 3
- The same player cannot receive pass back from wall player
- Points system – Make it a competition



7. Include goals.

GAME TRAINING – FOUR GOAL FOOTBALL

SET UP:

Split players into two teams.

Rule – Players are only allowed 3 touches.

Ensure a formation includes:

GK – Defence – Midfield - Attack

EXERCISE:

1. Outline the rule – A **maximum of 3 touches** for each player.
2. Play this for 5 – 10 minutes. Encouraging players to pass to team mates and support each other
3. For the remaining 10 – 15 minutes, play without restrictions (free play)



COACHING POINTS

Technically –

Firm and accurate passing.

Correct inside foot technique

Aggressive first touch – moving the ball:

- INTO SPACE
- AWAY FROM DEFENDER
- SET UP NEXT ACTION

Positioning –

Ball carrier must have options LEFT, RIGHT and MIDDLE
Receive the ball with an open body position (see the whole field)

Scan the field before receiving the ball (awareness)

Encourage players to move into gaps to receive the ball

Defensively –

Immediately pressure the ball and players first touch

Close down passing channels / gaps to avoid balls being played between two team mates

GAME – NORMAL GAME

SET UP:

Within the area set up ONE goal on either side

Maximum THREE touches

Encourage players to offer options LEFT, RIGHT, MIDDLE to the ball carrier.

WRAP UP:

Ask players:

- What the core skill was?
- What are some key points to remember?
- What they enjoyed?



COACH REFLECTION

What worked/did not work?

What would you do differently next time?

For more information and resources head to www.ffacoachingresource.com.au or search for the FFA National Curriculum