

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

Purpose:

<b>BALL MASTERY</b>	~ 10 minutes	Engage the players as soon as they arrive. Ball touches!
<b>BEGINNING GAME</b>	~ 15 minutes	Warm up to the session ahead. With/without balls
<b>MIDDLE GAME</b>	~ 15 minutes	Conduct fun football exercises
<b>END GAME</b>	~ 20 minutes	Let them play!
<b>AREA: 20m x 20m</b>	<b>CONES: 10x colour, 10x colour</b>	<b>BIBS: ½ number of players</b>
		<b>BALLS: 1 x players</b>

### BALL MASTERY – TRAFFIC LIGHTS

**SET-UP:**

Define the 20mx20m area

**EXERCISE:**

1. Each player has a ball dribbling around the area performing ball mastery skills, listening for instructions from the coach. **BALL = CAR**
2. Coach calls out- What happens at a **RED light?** *STOP (aka. Sole of foot on the ball)*, **GREEN light?** *Go (aka. dribble)*
3. Practice this, different coach instructions:
4. **Windscreen wipers** – dribble with the ball between the inside of both feet (make the sounds!)
5. **Traffic Jam** – Have the kids stop the ball, sit on it and pretend to honk at the car in front (make noise!)
6. **Petrol** – Players must dribble to an outside cone and perform toe-taps – placing the sole of their foot on the top of their ball consecutively.



**MAKE IT FUN!**

7. **Race car** – Players must dribble like a race car (FAST) for 10 seconds
8. **U-turn** – Players must complete a turn ie. Drag back
9. Ask the players to come up with their own! Enjoy it!

### BEGINNING GAME – SUPERHEROES

**SET-UP:**

Define the 20x20m area.

In a group of eight, six players have a ball and spread out in the area, the **VILLAINS**

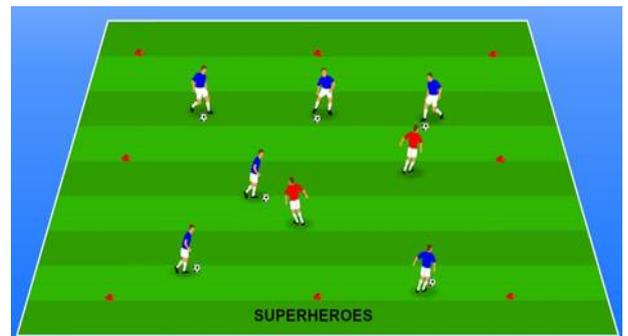
Two players do not have a ball and hold a bib in their hand, the **SUPERHEROES**

**EXERCISE:**

1. The Superheroes must throw their bib at the VILLAINS' ball. If a Superhero hits their ball, the villain is 'caught' and has to freeze where they are.
2. To be unfrozen a fellow villain must 'high five' them.
3. Give the Superheroes 90-120 seconds to freeze the villains and save the day!

**PROGRESSIONS:**

4. Swap Superheroes
5. Special Power – If a villain does a skill move (i.e. Foot on top of the ball, Pull Push, Side Roll or Drag turn) they cannot be caught for 3 seconds!



**LET THE PLAYERS CHOOSE THEIR FAVOURITE SUPERHERO!**

**CHANGE IT:**

- Too easy? – Add more Superheroes
- Too hard? – Superheroes must hold a ball in one hand whilst running.

Can you **C . H . A . N . G . E . I . T ?**

**\*SESSION FORMAT FOR 45 MINUTE SESSION: SELECT ONE OF EITHER THE BEGINNING OR MIDDLE GAME THEN CONTINUE TO END GAME**

#### MIDDLE GAME – SOCCER RUSH

##### SET-UP:

Within 20m x 20m area, mark out a middle zone 5 metres wide

Each player has a ball, lined up on the base line.

Select TWO defenders, who are positioned in the middle without a ball.

##### EXERCISE:

1. On the count '1...2...3...Soccer rush', the attackers must attempt to dribble their ball into the middle channel – quickly place their foot on top of the ball – then continue to the opposite end line and stop their ball on the line.
2. The defenders must try and steal an attackers ball, and run with it to the end line. The defenders **ARE NOT allowed** in the middle zone.
3. If an attacker loses their ball, they can try to tackle the defender to get it back before the defender gets to the end line.
4. If the defenders makes it successfully to the end line, they become an attacker.



##### PROGRESSION:

5. Increase/Decrease the amount of defenders
6. Players must perform a skill in the middle zone – Pull Push, Side Roll

##### COACHING POINTS:

- Keep the ball close!!
- Change of direction when approaching defender
- Change of pace when getting away from defender
- If you get tackled, win the ball back!!

#### END GAME – 2 vs 2s

##### SET-UP:

Set up three mini-fields, 20m x 10m size

One goal at each end.

Split the players into pairs

##### EXERCISE:

1. Organise two pairs per field. They will vs each other
2. Pair vs Pair. Trying to score into the goals/cone gates
3. Run each game for 4 minutes.
4. Collect the scores and sort pairs to vs someone different
5. After all teams have vs each other, announce the winner!

##### COACHING POINTS:

Ensure pairs are even, swap pairs if they aren't!



#### KEY COACHING POINTS

- When dribbling take lots of small touches
- Encourage players to use the sole of their feet to STOP the ball!
- Dribble into the free space, away from the defenders
- Use the RIGHT and LEFT foot when dribbling

#### 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](http://www.ffacoachingresource.com.au) or search for the FFA National Curriculum