

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

**Purpose:**

<b>ARRIVAL ACTIVITY</b>	~5 minutes	Engage the players as soon as they arrive. Ball touches!
<b>SKILL INTRODUCTION</b>	~ 10 minutes	Introduction of the core skill and warm up
<b>SKILL TRAINING</b>	~ 20 minutes	Repetition of skill in a game like scenario
<b>SKILL GAME</b>	~ 20 minutes	Small sided games with a focus on the core skill

**AREA:** 30m x 20m

**CONES:** 10x colour, 10x colour

**BIBS:** ½ number of players

**BALLS:** 1 x players

**CORE SKILL:** 1 vs 1

**ASPECT:** BEATING A DEFENDER IN FRONT OF YOU

### ARRIVAL ACTIVITY – BALL MASTERY / COLOURS

#### EXERCISE:

Each player has a ball and is free dribbling around a defined 30m x 20m area.

Introduce & complete the following actions.

**Ball mastery exercises** – Encourage players to keep head up

- Side to side (for/backwards)
- Sole taps (Alternating sole of feet)
- L-Turn (Sole drag back, then flick behind standing foot)

**Feints** – Encourage a change of pace and direction

- Step over
- V-trick (drag the ball from one side of body to the other, forming a V)

**Colours** – Coach walks around holding different coloured cones in the air. Players **MUST** call them out. Head up!!

### SKILL INTRODUCTION – Breakout!

#### SET-UP:

30m x 20m area - Define a central third (as shown)

Set up ONE goal on each end.

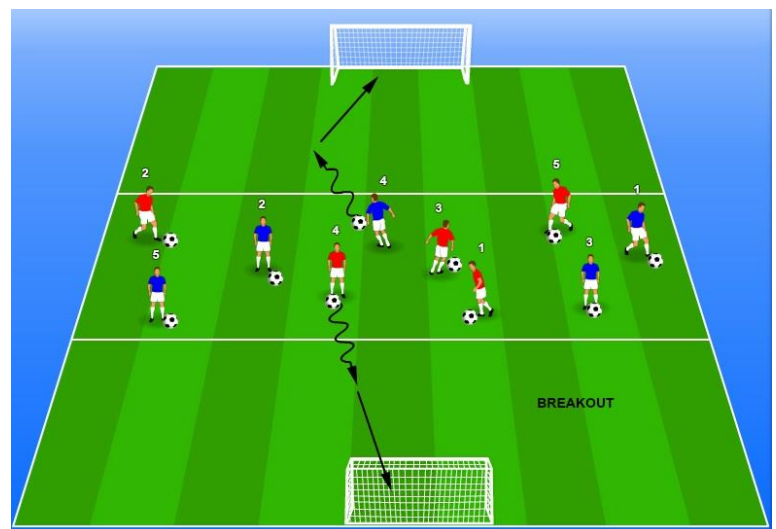
Each player with a ball

#### EXERCISE:

1. Split players into pairs, giving each pair a number
2. All players must begin in the middle third, completing ball mastery exercises shown above.
3. When the coach calls a number ('#1'), both players must complete a skill, before racing to shoot into the goal.
4. Partner vs Partner competition - Keep score of who scored first.

#### PROGRESSION:

5. Instruct a feint the players must complete (step over or V trick from earlier) before shooting
6. Call multiple numbers at once (chaos!)
7. Give each goal a colour ('Green' / 'Blue'). When calling the number, also call a colour. Players must complete their feint and score in the correct goal. 'Green #2' or '#2 Green'



#### COACHING POINTS:

- Close ball control whilst moving around (one touch per step)
- Change of direction after/during feint
- Change of speed after feint - **ACCELERATION**

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

#### SKILL TRAINING – 1 vs 1 – Face to Face.

##### SET-UP:

6 players = 1 set up (bottom diagram)

12 players = 2 set ups (both diagrams)

Create four gates/goals in the corner of each set up

Split players into teams with bibs.

Number each team (ie. 1-3).

Have players stand next to a cone.

##### EXERCISE:

1. The coach will call out a number; “Number 1”.

At this call, #1 from each team will run in between the gates/goal and enter the field of play.

2. As the players enter the field, the coach will pass a ball to one player.

*If you have two set ups, allow the one team to pass to the other to start the exercise.*

3. Players must now dribble past each other to score a goal

4. Keep score. Make it competitive.

##### PROGRESSION:

5. Swap one teams number, to vs different players

6. Point system – feint and goal = 3 points

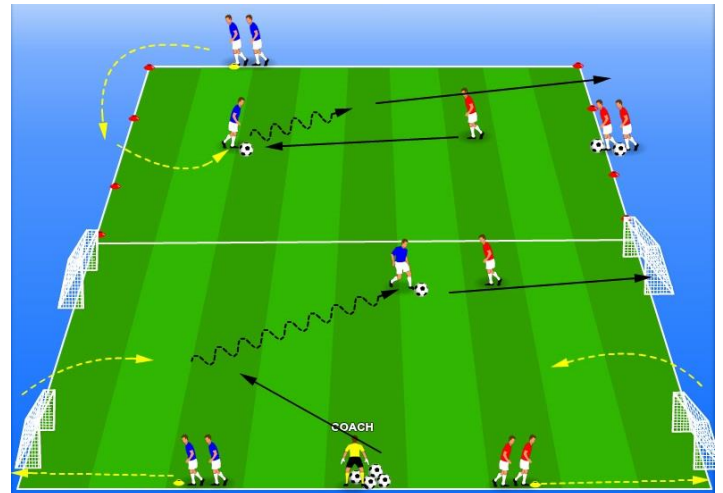
7. Call two or more numbers at a time

##### CHANGE IT:

Taking too long? – Have a 10 sec time limit

Players are kicking it? – Have a ‘scoring zone’

Shot goal = 1 point, dribble goal = 3 points



##### COACHING POINTS:

Attack the defender at speed

Use a skill move to get the defender **OFF BALANCE**

When the defender is off balance, **ACCELERATE** away from them

Chest and head up when dribbling to see the defender and the goal

**Change DIRECTION and PACE**

##### Defensively;

Win the back back immediately if tackled

Jockey the attacker, slowing them down / **DELAY**

#### SKILL GAME – 1 vs 1 Match

##### SET UP:

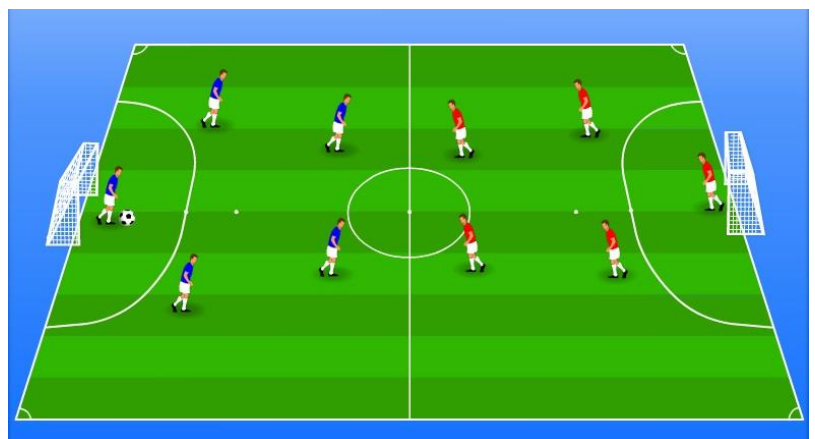
Split players into two teams.

##### EXERCISE:

1. Give each player a partner on the opposite team. Only they can tackle each other.

2. Play this for 5-10 minutes

3. Free play for the remaining 10-15 minutes of the match (no limitations)



#### 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