

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

Purpose:

ARRIVAL ACTIVITY	~5 minutes	Engage the players as soon as they arrive. Ball touches!
SKILL INTRODUCTION	~ 10 minutes	Introduction of the core skill and warm up
SKILL TRAINING	~ 20 minutes	Repetition of skill in a game like scenario
SKILL GAME	~ 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 20m x 30m 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-Trick (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

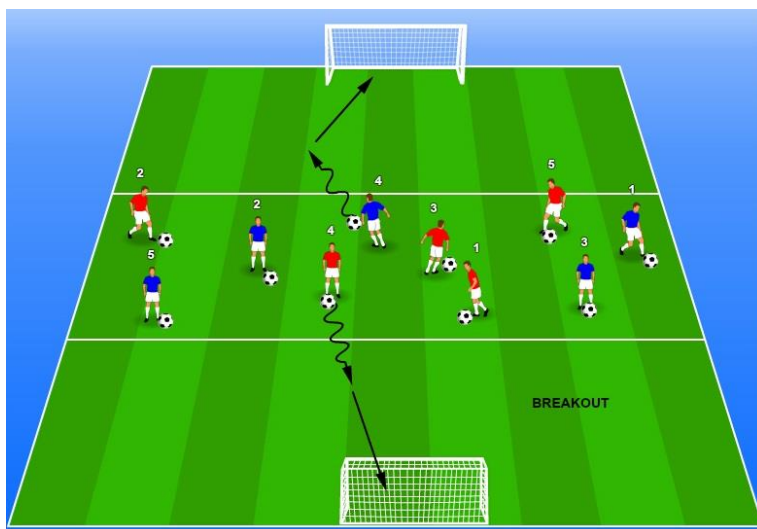
EXERCISE:

1. Split players into pairs, giving each pair a number
2. All players must begin in the middle third, completing ball mastery exercises.
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)
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

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 the corner cone.

EXERCISE:

1. The coach will call out a number; “Number 1” or ‘GO’.
 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.

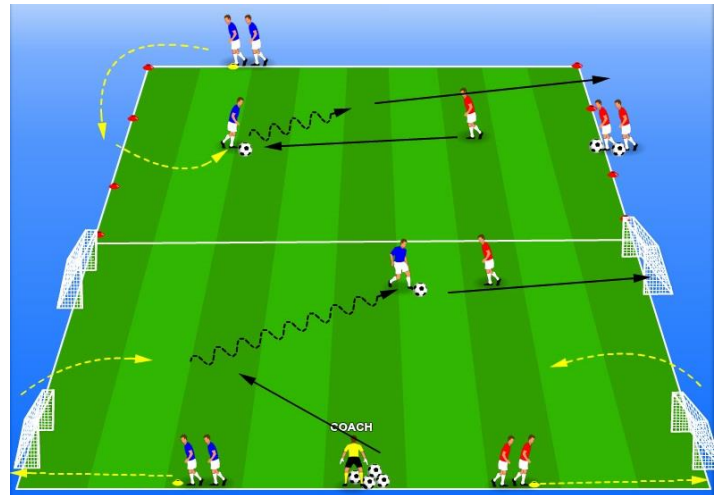
3. Players must now dribble past each other to score a goal
4. Keep score. Make it competitive.

PROGRESSION:

5. Swap one teams number, to vs different players
6. Point system – A 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**

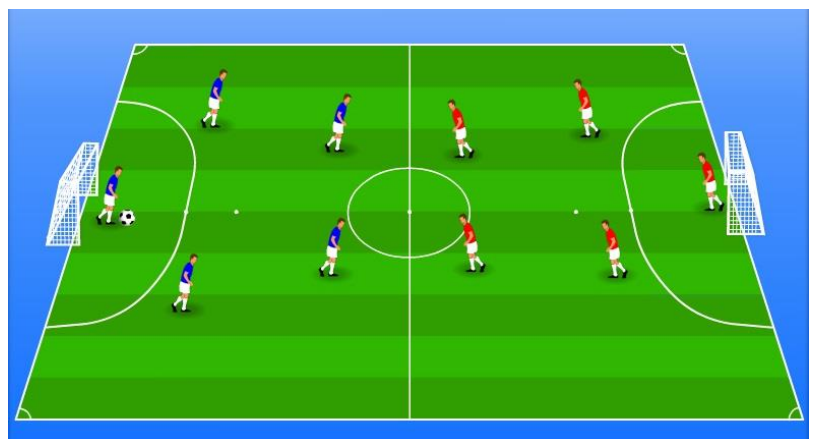
SKILL GAME – 1 vs 1 Match

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 or search for the FFA National Curriculum