

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

**Purpose:**

<b>SKILL INTRODUCTION</b>	~ 10 minutes	Warm up, and introduction of session focus
<b>SKILL TRAINING</b>	~ 10 – 15 minutes	High repetition of skill, including defenders
<b>GAME TRAINING</b>	~ 20 – 25 minutes	<b>Realistic match situation. Correct players and positions</b>
<b>GAME</b>	~ 20 – 25 minutes	<b>Game – Observe the players and team. Did the session work?</b>

**AREA:** 1/3 – ½ field

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

**BIBS:** ½ number of players

**BALLS:** 1 x players

**CORE SKILL:** 1 vs 1

**ASPECT:** INDIVIDUAL CREATIVENESS

### SKILL INTRODUCTION – 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 TRAINING – 1 vs 1 – Face to Face – Different approaches

#### SET-UP:

6 players = 1 set up

12 players = 2 set ups

One goal at each end of the field

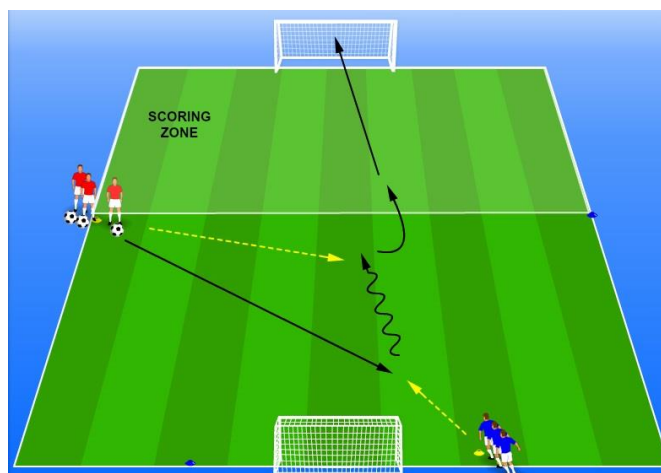
Split players into teams with bibs.

#### EXERCISE:

1. Red team / Defenders start on the halfway yellow cone.
2. Blue team / Attackers start next to the goal, yellow cone.
3. Red plays to blue, who must beat the defender and make their way into the scoring zone
4. Once in the scoring zone, they can shoot
5. If the defender wins the ball, they score in the opposite goal
6. Swap after 3-4 turns each.

#### PROGRESSION:

7. Allow Red to attack / Blue to defend
8. Line players on the BLUE cones, ie. Defender approaching from the right hand side
9. Put a goalkeeper in goal
10. Incentive system – If you complete a trick and score = 3 points. Make it competitive!!!



#### COACHING POINTS:

Attack the defender at speed

Take your first touch into space or to set up next action

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**

### GAME TRAINING – WIDE CHANNELS

#### SET-UP:

Using half a field, define two wide channels from the width of the penalty box.

Set up two small goals/gate on the halfway line.

Split the team into two even teams, with bibs.

Place players in their usual positions.

(GK - 3-1-3 formation used)

#### EXERCISE:

1. Blue team score in the small goals on the half way line. Red team score in the big/normal goal.
2. Red team begin the exercise at the half way line.
3. Incentive – If you enter the wide zone and score within 10 seconds, its worth 2 goals / points
4. Swap the direction each team runs towards each 10 minutes, or first to THREE goals.



*If you have uneven numbers, use a 'joker', who plays on the team in possession*

### COACHING POINTS

Players should aim to take their first touch into space

or to set up next action (ie. Into the 1 vs 1 battle)

Attackers should approach the defender at speed

Player must use a skill move to get the defender **OFF**

#### BALANCE

The skill move should involve the player **changing**

#### DIRECTION and PACE

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

Ensure players chest and head is up when dribbling to see the defender and the goal

#### Defensively:

Ensure players are jockeying correctly and not diving into the tackle.

The aim of the defender is;

1<sup>st</sup> – Delay the defender

2<sup>nd</sup> – Win the ball

### GAME – CONDITIONED GAME

#### SET UP:

Within the area set up ONE goal on either side

Rule – The ball must enter a wide channel before scoring.

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