

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

Purpose:

BALL MASTERY	~ 10 minutes	Engage the players as soon as they arrive. Ball touches!
BEGINNING GAME	~ 15 minutes	Warm up to the session ahead. With/without balls
MIDDLE GAME	~ 15 minutes	Conduct fun football exercises
END GAME	~ 20 minutes	Let them play!

AREA: 20m x 20m **CONES:** 10x colour, 10x colour **BIBS:** ½ number of players **BALLS:** 1 x players

BALL MASTERY – MR WOLF

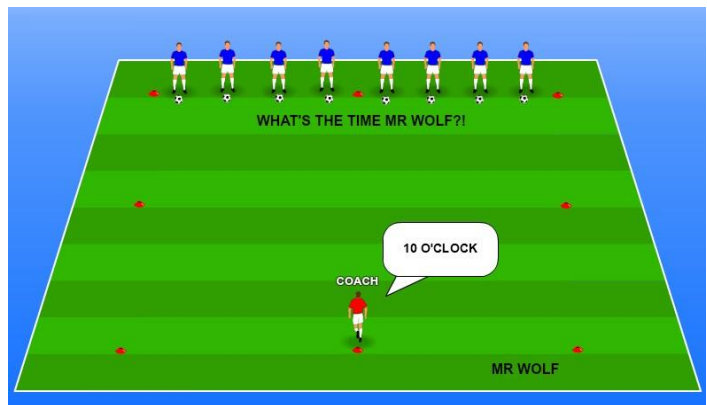
SET-UP:

Define the 20m x 20m area.

EXERCISE:

1. Players have a ball each and line up on one end line with the coach opposite them on the other end line.
2. Players yell **“WHAT’S THE TIME MR WOLF?!”**
3. The coach responds with a time, e.g. **“10 O’CLOCK”**
4. The players must dribble forward **only taking 10 touches then stop and put their foot on the ball.**
Time= number of touches!
5. Repeat with different times until the players get close to the coach.
6. To end the round the coach yells **“DINNER TIME”**, the players must quickly dribble back to the start line without letting the coach tackle them.

COACHING POINTS:
Keep the ball close!!!
Use sole of the foot to turn away from the wolf!



PROGRESSIONS:

7. Inside of feet only
8. Sole of feet only
9. Let the players become the Wolf

BEGINNING GAME – ROB THE NEST

SET-UP:

Set up a square of 2mx2m for each 2-3 players at angles from a centre square (see diagram). All balls start in the middle square.

EXERCISE:

1. One player at a time from each group must run out and dribble a ball back to their base (square) and high five the next player in line.
2. The team with the most balls in their base wins!!
3. Play a few times, awarding a point to the team that wins after each round
4. There is **NO DEFENDING** in this exercise.

PROGRESSION:

5. This time once the balls are gone from the middle players can move to other groups nest’s and take their balls back to their nest.
6. Golden Ball – Make one of the balls worth 3 points
7. Ensure only one player from each team goes at a time.



8. After 2-3 minutes see which team has the most balls!

COACHING POINTS:

Keep the ball close!!!
Use sole of the foot to turn when stealing the balls!

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 – STUCK IN THE MUD

SET-UP:

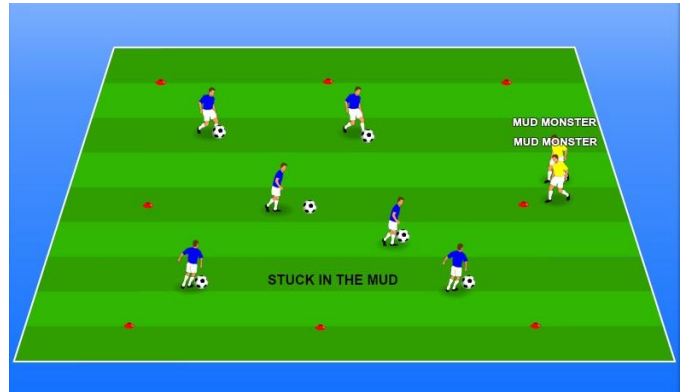
Define the 20mx20m area

EXERCISE:

1. Select 2 mud monsters (tacklers) versus 6 dribblers.
2. The mud monsters must tackle the dribblers and **put their foot on their ball.**
3. If a player is tackled they are 'stuck' and must open their legs wide and hold their ball above their head.
4. To be saved, another dribbler must softly dribble/pass (nutmeg) their ball through the 'stuck' player's legs.
5. Have a time limit of 60-120 seconds, the 'mud monsters' win if all the dribblers are stuck at the same time!!!

PROGRESSION:

6. Swap the mud monsters
7. Include a 'SUPER POWER' – If a dribbler puts the sole of their foot on top of their ball they cannot be tipped for 3 seconds.



COACHING POINTS:

- Keep the ball close!!!
- Encourage players to use the SUPER POWER and put their foot on top of the ball!!! (STOP THE BALL)
- Encourage players to turn away from the mud monsters (CHANGE OF DIRECTION)

END GAME

SET UP:

1. Within the area set up ONE goal on either side and play a normal 4 vs 4 game
2. Put the players in a **FORMATION- DIAMOND SHAPE**
3. *When playing a goal kick, ensure the defending team drops back to halfway*
4. Encourage players to try what they have learned in the previous exercises!

WRAP UP:

- At the end of the session ask the players what they have enjoyed and learnt from the session
- High fives!



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 or search for the FFA National Curriculum