

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: 30m x 20m	CONES: 10x colour, 10x colour	BIBS: ½ number of players
		BALLS: 1 x players

BALL MASTERY – COUNTRIES

SET-UP:

Define the 30m x 20m area

EXERCISE:

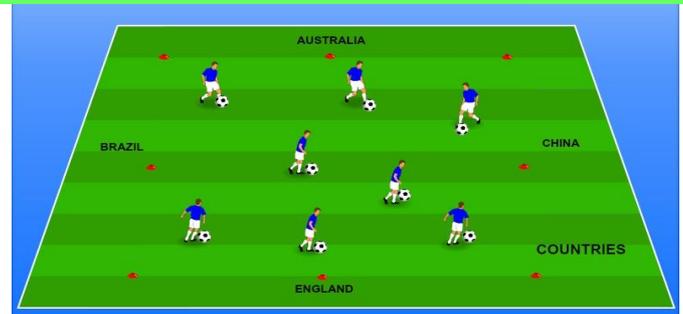
1. Each player has a ball dribbling around the area performing ball mastery skills.
2. Name each side of the square a different country.
3. On the coaches call (**'AUSTRALIA'**) players must dribble as quick as possible to the correct side and stop their ball on the line.

PROGRESSIONS:

4. Mix it up, saying two countries at once, or a random name.
5. Continue to do ball mastery and countries at the same time.

BALL MASTERY SKILL FOCUS:

1. Sole Touches – How many can players do in 15 seconds?!
2. Toe Taps – How many can players do in 15 seconds?!
3. Can the players move whilst performing sole touches & Toe Taps? ?
4. Dribble around with right foot only
5. Dribble around with left foot only



This exercise is to develop players change of direction and pace

6. Side rolls
7. Pull Push
8. Get players to perform a Drag Back Turn (use sole of their foot to turn).

COACHING POINTS:

Lots of small touches!
Accelerate to the correct side!
Changes of **direction and pace!**

BEGINNING GAME – SUPERHEROES

SET-UP:

Define the 30m x 20m area.

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

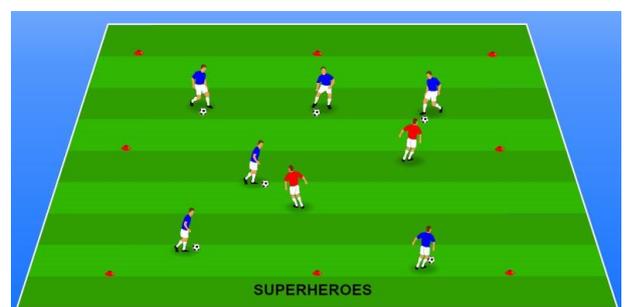
Two players do not have a ball and hold a bib in their hand, the **SUPERHEROES**

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. Right foot/Left foot only



Let the players choose their favourite Superhero!

6. Special Power – If a villain does a skill move (i.e. Pull Push, Side Roll or Drag turn) they cannot be caught for 3 seconds.
7. Superheroes must dribble a ball
8. Add more Superheroes

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

MIDDLE GAME – 1v1 BEHIND

SET-UP:

Define the 30m x 20m area.

Mark out a 'scoring zone' 5 metres from the goal.

Split the players into two even teams on either side of the goal.

Have one team 2metres ahead of the other - The ATTACKERS

EXERCISE:

1.The coach plays out a ball in front of the attacker, the attacker must dribble into the scoring zone and shoot at goal before the defender tackles them!

2.If the defender wins the ball they can score in the coach's goal.

PROGRESSION:

3.Swap the teams around after 3mins.

4.The attacker must perform a skill move before scoring.

5. Change side – the defender approaches from the left

6. Have multiple 1v1s going at the same time

COACHING POINTS:

Ensure the attacking player dribbles with the ball out in front of them.

Encourage the attacking player to dribble to the middle of the goal to cut off the defending player.



Keep count of how many goals each team scores!
Award an extra point if an attacker performs a skill move!

CHANGE IT:

Too easy? – Decrease the distance between the attackers and defenders.

END GAME - CONDITIONED

SET UP:

Within the area set up ONE goal on either side and 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)

4.Encourage players to try what they have learnt in the previous exercises!

5. Include goalkeepers

6. Ensure the defending team drops back on goal kicks



ENSURE PLAYERS TAKE THROW INS

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

Encourage players to perform a skill move or feint to lose defenders

Dribble into the free space, away from the defenders

Use the RIGHT and LEFT foot when dribbling

Get the defender OFF BALANCE and then ACCELERATE away from them

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