

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: **STRIKING THE BALL - PASSING**

ASPECT: **CONTROLLED POSSESSION**

ARRIVAL ACTIVITY – JUGGLING

EXERCISE:

Each player has a ball, completing different juggling types.

Getting started –

1. Allow the ball to bounce on the ground
2. Use the laces to strike it upwards, to waist height
3. Allow the ball to bounce & repeat
4. Complete multiple juggles in a row
5. No bounce

Different techniques:

- Thigh
- Head
- Both feet

SKILL INTRODUCTION – PASSING GATES

SET-UP:

Within the 30m x 20m field, set up a series of gates using the same coloured cone for each gate.

Pictured – blue and yellow gates in diagram

EXERCISE:

1. Split players into pairs, one ball each pair
2. Have players stand between a gate and complete 10 passes on each foot.

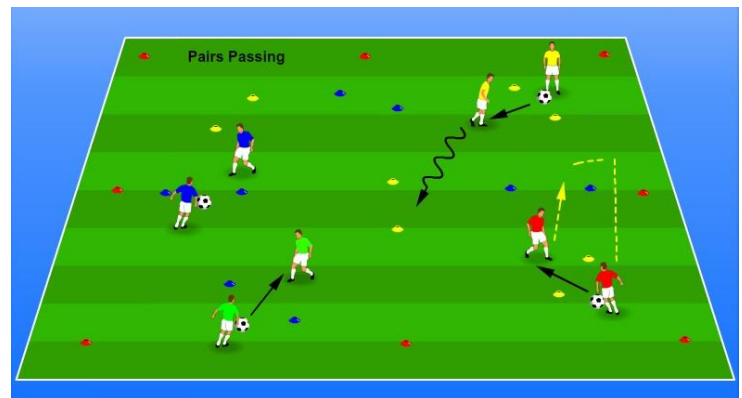
Technique – Inside of the foot strike, locked ankle, standing foot facing forward.

3. Observe players and correct poor technique
4. Challenge – Players must now move around as a pair, earning 1 point for each gate they pass once between.

5. After 90 seconds stop them and see who wins
6. Challenge players to beat their first round score

PROGRESSION:

7. Change partners
8. Instruct which foot they can pass with
9. Cannot go through the same coloured gate consecutively



COACHING POINTS:

Ensure the correct striking the ball technique (outlined to the left)

Encourage communication ('which gate is free?')

Encourage head up which moving around

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

SKILL TRAINING – SPACE INVADERS

SET UP:

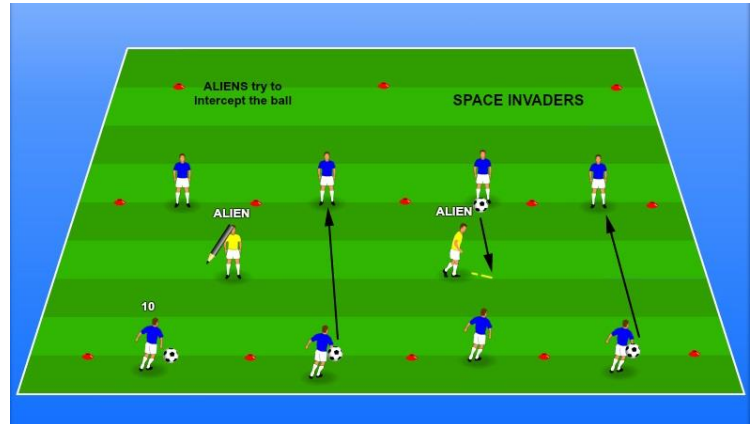
Split the team into pairs.
 Set up two lines of cones, 10m apart.
 Position one player from each pair on each line, facing each other with one ball between them.
 Nominate one pair to be in the middle (aliens)

EXERCISE:

1. The Astronauts (blue players) must attempt to successfully pass to each other, avoiding the aliens.
1 pass = 1 point
2. The Aliens (yellow players) must attempt to intercept the ball, earning themselves 1 point.
3. Run the short competition for two minutes and see which pair gets the most successful passes
4. Swap the Aliens with another pair, and run the competition again
5. Ensure each pair has a turn as being aliens

PROGRESSION:

6. Instruct which foot the Astronauts can use to pass the ball
7. Increase / Decrease distance to make it harder/easier



COACHING POINTS:

- Ensure players are striking the ball with the correct technique.
- Coach players to wait for a **GAP to open up** before passing to their team mate.
- Encourage descriptive communication
- Avoid players making first time passes/kicks

SKILL GAME – CONDITIONED GAME

SET UP:

Split players into two teams.
 Rule – Players are only allowed 3 touches.

EXERCISE:

1. Outline the rule – A maximum of 3 touches for each player.
2. Play this for 5 – 10 minutes. Encouraging players to pass to team mates and support each other
3. For the remaining 10 – 15 minutes, play without restrictions (free play)



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

COACHING POINTS

Get to know your players – Find something out about each of your players:

- What school they go too?
- What football club do they support?

What other hobbies/interests do they have?