

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

Purpose:

WHOLE	~ 20 minutes	Get the players into a game as soon as they arrive!
PART	~ 20 minutes	Break down the game to work on a core skill
WHOLE	~ 20 minutes	Place the players back into a game. Did they learn?

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

CORE SKILL: **FIRST TOUCH**

ASPECT: **AGGRESSIVE TOUCH – Understanding when/where/why we take a first touch**

WHOLE – CONDITIONED GAME

SET-UP:

Define a 30m x 20m field

One goal at each end.

Split the players into two even teams

EXERCISE:

1. Allow the players to play for 5 minutes, the coach must not instruct or say anything.
2. Stop the game and place a limitation on the players. **“Players must take a MINIMUM of two touches”**
3. Allow the players to continue playing. The role of the coach is to implement the rule. If the rule is broken, swap over possession of the ball



PART – CROSS THE CHANNEL (RIVER)

SET-UP:

Set up a 30m x 25m area, divided into THREE areas.

30m x 20m – Area 1 & 3 (Yellow and Blue)

30m x 5m – Area 2 (Red area)

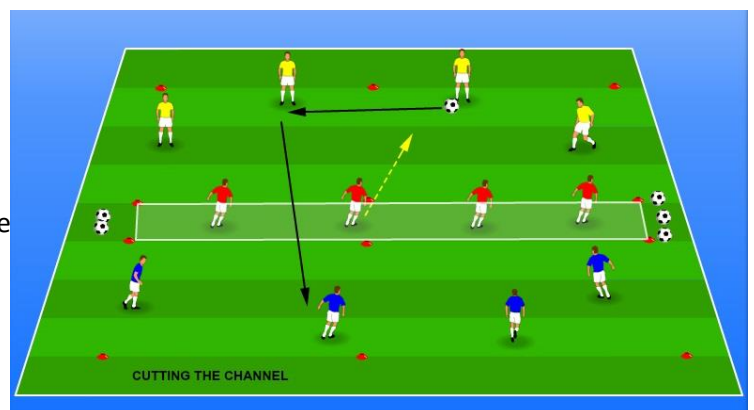
Split players into three even teams, each with bibs.

Allocate each team a section (Area 1, 2 or 3)

Yellow and blue must stay in their area, whilst red are the defenders (located in the middle channel)

EXERCISE:

1. The ball begins with yellow who must attempt to play the ball across the channel to the blue team. Each cross of the channel = 1 point
- Red’s are the defenders, attempting to win possession or stop yellow/blue passing through them.
2. Yellow players have possession, with one red defender moving into this area to apply pressure. Yellow must try and play the ball though red to the blue team, passing through the middle channel.
3. As the ball enters the blue area, one red enters to apply pressure to win the ball back. Remaining reds must try to cut off central pass



EXERCISE continued:

4. The coach plays the ball in each time

PROGRESSION:

5. Swap the defending team. Can they get the least amount of passes through them?
8. Continual – If the reds / defending team win the ball, they immediately swap with the team that lost the ball. The new defending team enter Area 2, and the game continues.

COACHING POINTS:

Place a limit of **MINIMUM TWO** touch on each player

Players must learn to take their first touch:

- Away from the defender
- Into free space
- To set up their next action (pass/shot/dribble)

Ensure players have an open body position, seeing the full field

Questions to ask:

Where do you take your first touch?

How can you adjust your position to see more of the field, defenders and team mate options?

WHOLE - MATCH

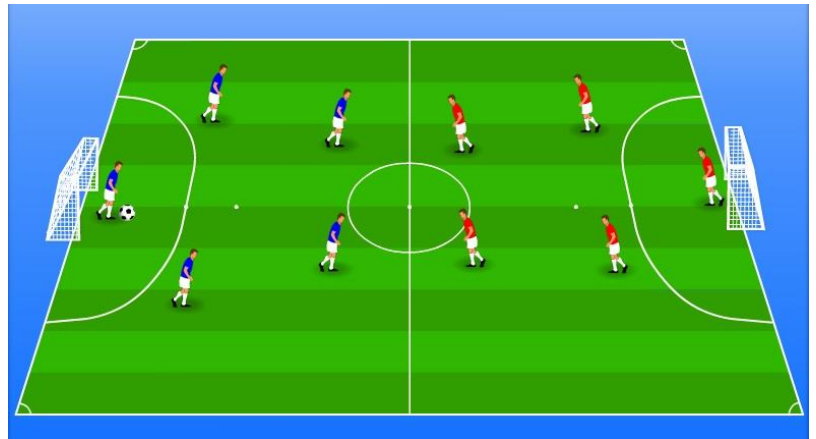
SET UP:

Split players into two teams.

Rule – Players must do a **MINIMUM** of two touches

EXERCISE:

1. Outline the rule – A minimum of 2 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

Have the players been engaged for the whole session?

Can you see any improvements, with players thinking about where/when/how they are taking their first touch?

Which players do you need to work more closely with?

For more information and resources head to www.ffacoachingresource.com.au or search for the FFA National Curriculum