

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.

CHALLENGES:

1. Bounce – Strike – Bounce – Strike.... See who records the most
2. Keepy ups. Consecutive juggles
3. Alternating feet. Consecutive juggles
4. Foot – Thigh – Head combinations

SKILL INTRODUCTION – ANTICIPATION

SET-UP:

Define the 30m x 20m area

Split players into two even teams with bibs

Number each player (#1-6), per team

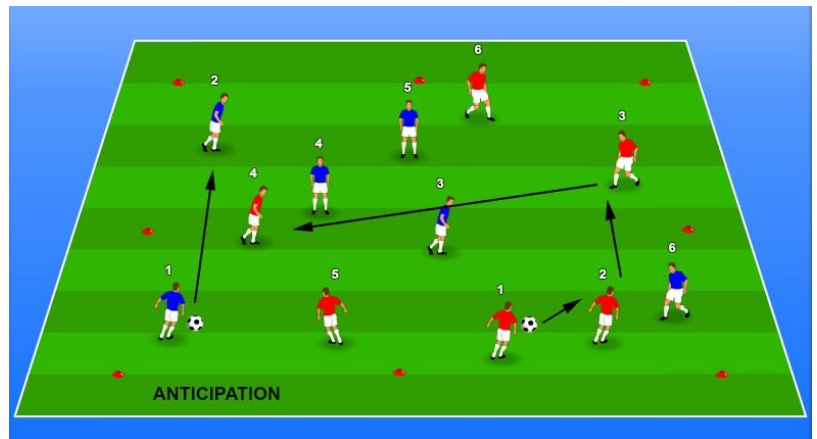
EXERCISE:

1. Players must pass in the numbered sequence (ie. #1 > 2 > 3...6 > 1 > 2....)
2. Both groups must execute at the same time, in the same field.
3. After each pass, the player must touch a cone that defines the area

This aims to create movement, as we want both teams moving in and out of each other!

PROGRESSION:

4. Reverse the direction (ie. 6>5>4 etc..)
5. Passes must be made between two opposition players
6. Include a second ball for each team



COACHING POINTS:

- Encourage players to take their first touch towards their next
- ACTION**
- Players to complete short and long passes
- Players must support team mates by moving into position to face ball carrier
- Descriptive communication

TECHNIQUE:

1. When striking the ball, ensure the 'standing foot' is placed next to the side of the ball. The standing foot must have its knee bent to maintain balance
2. Swing the striking foot towards the ball.
3. Striking foot – Ankle must be locked, with foot and leg appearing to be at a 90 degree angle
4. Look at the ball. Look at where you want to place the ball. Adjust body positioning to achieve this.
5. Strike the ball with the inside of the foot. Do not let the ball bounce off the foot. **ATTACK THE BALL!**
6. Follow through / swing through the ball

SKILL TRAINING – 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)

EXERCISE:

1. Split players into three even teams, each with bibs.
2. Allocate each team a section (Area 1, 2 or 3)
3. As shown, yellow and blue must stay in their area, whilst red are the defenders.

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.

4. 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

5. 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

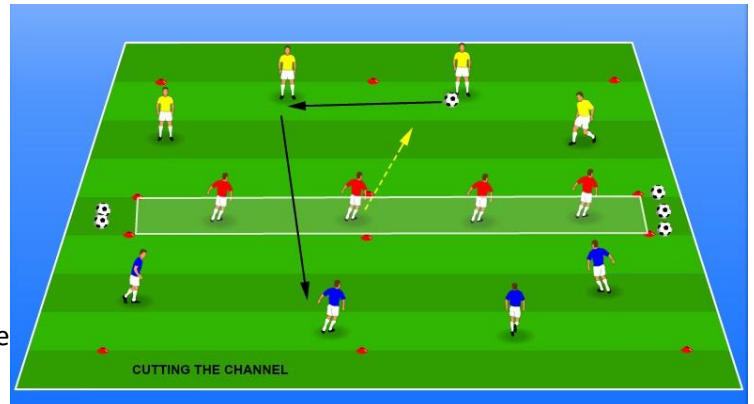
COACHING POINTS:

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



EXERCISE continued:

6. The coach pays the ball in each time

PROGRESSION:

7. 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 / 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?

Can you form a triangle or diamond shape

Players on the opposite side must move into GAPS to receive the ball

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