

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

Purpose:

ARRIVAL ACTIVITY	~ 5 minutes	Engage the players as soon as they arrive. Ball touches!
WHOLE	~ 15 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**

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

WHOLE – CONDITIONED GAME

SET-UP:

Define a 30m x 20m field

One goal at each end.

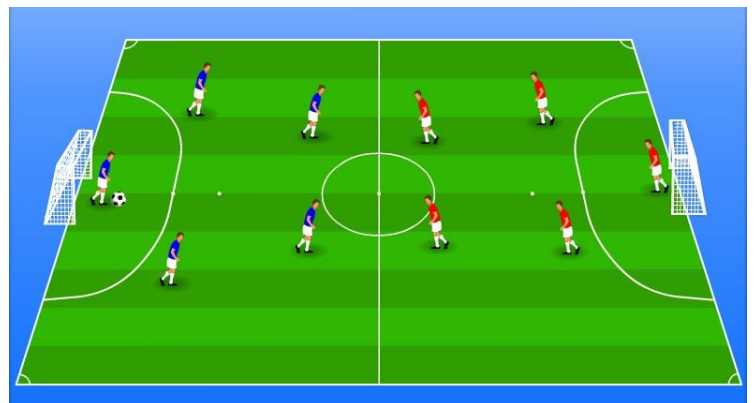
Split the players into two even teams

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 – TECHNIQUE WORK + CHALLENGE

SET-UP:

Split the team into groups of four

Two balls per group.

EXERCISE:

PART 1 – Isolated technique practice

1. Position two players as wall players
2. Position the other two players in the middle
3. Each wall player will pass to a player in the middle.
4. The middle player must receive, take their first touch across their body, and play a pass to the opposite wall player.

Both middle players are working at the same time.

5. The middle player then runs towards the player they just passed to and repeats.

6. Complete this for 60 seconds, then swap over.

COACHING – Back foot control + firm passes

PROGRESSION:

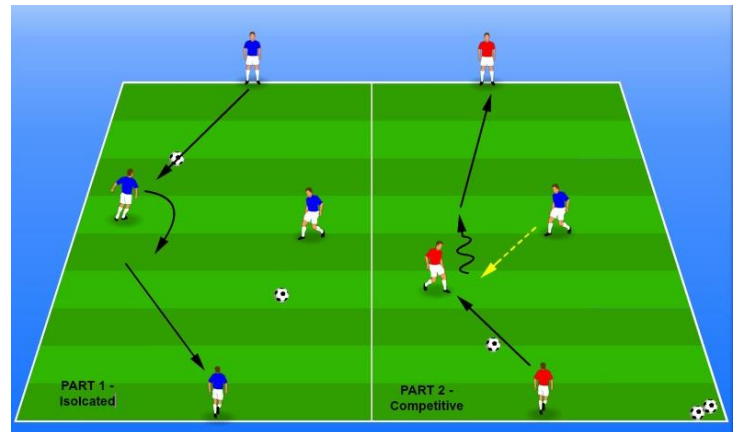
PART 2 – Competitive

7. Place two players in the middle. They will be competing against each other.

8. A wall player will pass to a middle player to begin. The middle players will then compete against each other for 60 seconds.

9. The middle players earn points by passing to the wall players. 1 WP pass = 1 point

10. Swap wall player (WP) and middle players.



COACHING POINTS / TECHNIQUES:

Players must maintain an **OPEN BODY POSITION**. This means their chest is directed towards the majority of the field. They should be able to see where the ball is coming from, and where it is going.

BACKFOOT control – Encourage players to control the ball with their back foot. This is the foot furthest from the direction of the ball. During the exercise they will NEED to use both right and left foot.

AGGRESSIVE FIRST TOUCH – Encourage players to push the ball forwards with their first touch.

WHOLE - MATCH

SET UP:

Split players into two teams.

Rule – Players must take 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