

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	~ 20 minutes	Get the players into a game as soon as they arrive!
PART	~ 20 – 30 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: 1/3 – ½ field **CONES:** 10x colour, 10x colour **BIBS:** ½ number of players **BALLS:** 1 x players

CORE SKILL: **STRIKING THE BALL**
ASPECT: **CREATING SCORING CHANCES**

ARRIVAL ACTIVITY – FOOTBALL TENNIS

SET-UP:

1 set up per six players
 Create two, 10m x 10m squares sharing a boundary
 Split the group of 6 into two teams

EXERCISE:

1. Have one team serve/drop kick pass to the other
2. Teams have three touches to keep the ball in the air, before returning it to the opposition.
3. Teams win a point if the opposition strikes the ball out of bounds, or if the ball bounces 2+ times in their half

EXERCISE: *Continued...*

4. Repeat similar to tennis
5. First to 11 points wins

CHANGE IT:

Easier – Allow each team to have 1 or 2 bounces before returning to the opposition

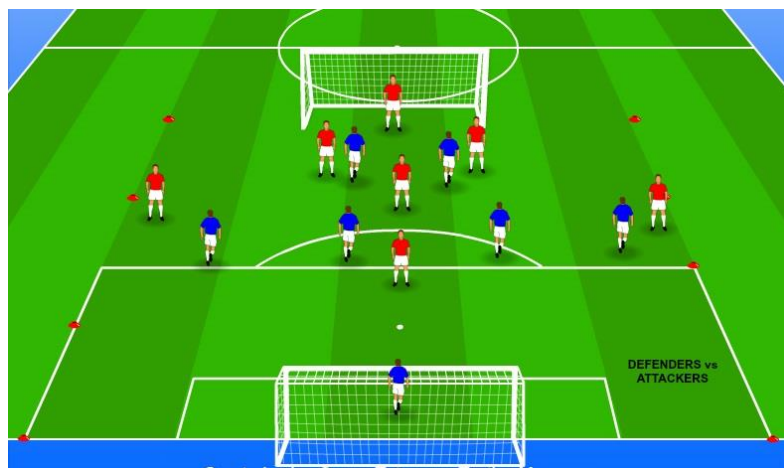
WHOLE – CONDITIONED GAME

SET-UP:

Set up a goal on the edge of the centre circle
 Place a line of cones continuing from the penalty box, to in-line with the goal
 Split the team into defenders and attackers (red)

EXERCISE:

1. Red shoot towards main goal. Blue defend the main goal.
 2. Rule – If the ball enters either wide channel, only one defender is allowed to enter
 3. Allow the players to play for 15 – 20 minutes.
- The role of the coach is to observe the following:
Can your team create scoring chances?
How can you guide them to be better?



PART – MINI - GAMES

SET-UP:

Define two mini-fields within your half of the field or area.
 Each roughly 30m x 20m
 Mini Game #1 – One goal on each side
 Mini Game #2 – Define a line to run over
 Split each team into two, equalling four teams

EXERCISE:

1. Once players are on their field, allow them to play three x 6 minutes games (*more if time allows*)
- 2.

Mini Game #1 –

Teams play against each other, attempting to score in the goal.

Mini Game #2 –

Teams play against each other, attempting to dribble across the end line

PROGRESSIONS:

3. Mini Game #1 –

- Enforce a touch limit. I.e. 3 touch maximum
- Must pass 'x' times before scoring



WHOLE - MATCH

SET-UP:

Same set up as the initial game

Set up a goal on the edge of the centre circle

Place a line of cones continuing from the penalty box, to in-line with the goal

Split the team into defenders and attackers (red)

EXERCISE:

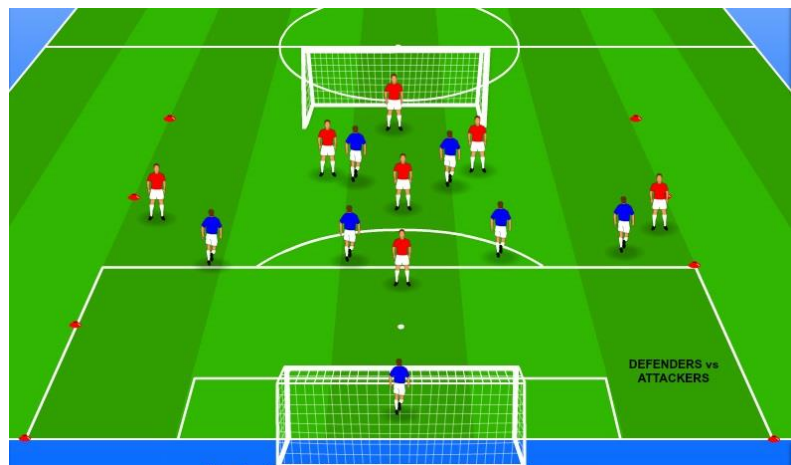
1. Red shoot towards main goal. Blue defend the main goal.
2. No condition or specific rule
3. Allow the players to play for 15 – 20 minutes.

The role of the coach is to observe the following:

Can your team create scoring chances?

Has there been an improvement?

Which player(s) do you need to work with?



COACH REFLECTION

Have the players been engaged for the whole session?

Were players able to create more scoring chances in the end of training match?

*Were players more confident to use short passing?
(Practiced during the progression of mini game #1)*

*Were players more confident at beating a defender?
(Practiced during mini game #2)*

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