

Each session should be split into **FOUR** components:

**Purpose:**

<b>BALL MASTERY</b>	~ 10 minutes	Engage the players as soon as they arrive. Ball touches!
<b>BEGINNING GAME</b>	~ 15 minutes	Warm up to the session ahead. With/without balls
<b>MIDDLE GAME</b>	~ 15 minutes	Conduct fun football exercises
<b>END GAME</b>	~ 20 minutes	Let them play!
<b>AREA: 20m x 20m</b>	<b>CONES: 10x colour, 10x colour</b>	<b>BIBS: ½ number of players</b>
		<b>BALLS: 1 x players</b>

### BALL MASTERY – TRAFFIC LIGHTS

**SET-UP:**

Define the 20mx20m area

**EXERCISE:**

1. Each player has a ball dribbling around the area performing ball mastery skills, listening for instructions from the coach. **BALL = CAR**
2. Coach calls out- What happens at a **RED light?** *STOP (aka. Sole of foot on the ball)*, **GREEN light?** *Go (aka. dribble)*
3. Practice this, different coach instructions:
4. **Windscreen wipers** – dribble with the ball between the inside of both feet (make the sounds!)
5. **Traffic Jam** – Have the kids stop the ball, sit on it and pretend to honk at the car in front (make noise!)
6. **Petrol** – Players must dribble to an outside cone and perform toe-taps – placing the sole of their foot on the top of their ball consecutively.



### MAKE IT FUN!

7. **Race car** – Players must dribble like a race car (FAST) for 10 seconds
8. **U-turn** – Players must complete a turn ie. Drag back
9. Ask the players to come up with their own! Enjoy it!

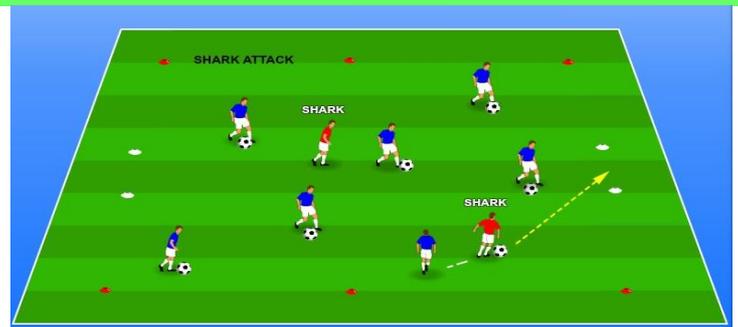
### BEGINNING GAME – SHARK ATTACK

**SET-UP:**

Set up two goals on opposite sides of your 20m x 20m square, clearly using different coloured cones.

**EXERCISE:**

1. In a group of 8, 6 players have a ball and spread out in the area, the FISH.
2. 2 players do not have a ball and will be the SHARKS!
3. When the coach calls “SHARK ATTACK” the Sharks must tackle the ‘FISH’, possessing their ball and scoring into a goal.
4. If a shark scores they receive one point, the fish must retrieve their ball and perform 10 sole touches before returning to play.
5. The sharks must count how many goals they can score in a certain time period (~90 sec)



**PROGRESSION:**

6. Swap sharks
7. Change the skill the fish must perform before returning – 10 Slap Downs, 10 Toe Taps, 10 Pull Pushes
8. Use a skill as a special power! (ie. Sole of foot on top of the ball, Pull Push or Drag Back Turn = 3 seconds free from shark)

**COACHING POINTS:**

The FISH can attempt to get their ball back before the shark scores.

Encourage players to protect their ball by using their body

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

**\*SESSION FORMAT FOR 45 MINUTE SESSION: SELECT ONE OF EITHER THE BEGINNING OR MIDDLE GAME THEN CONTINUE TO END GAME**

#### MIDDLE GAME – 1 v 1 - BEHIND

##### SET-UP:

Define the 20mx20m area.  
Mark out a 'scoring zone' 5 metres from the goal.  
Split the players into two even teams on either side of the goal.  
Have one team 2metres ahead of the other - The attackers

##### EXERCISE:

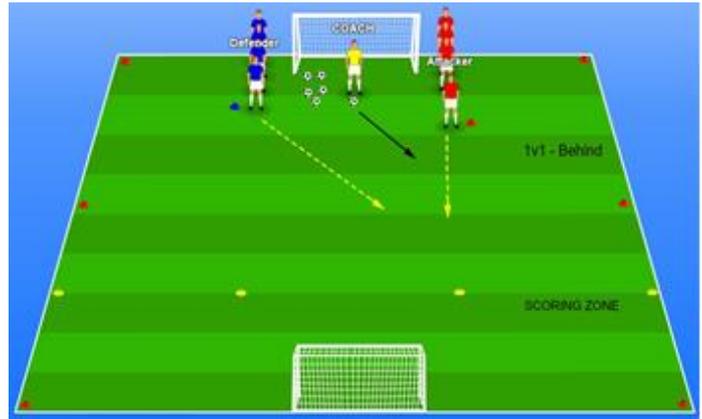
- 1.The coach plays out a ball in front of the attacker, the attacker must dribble into the scoring zone and shoot at goal before the defender tackles them!
- 2.If the defender wins the ball they must dribble/pass back to the coach for a point.

##### PROGRESSION:

- 3.Swap the teams around after 3mins.
- 4.The attacker must perform a skill move before scoring.

##### COACHING POINTS:

Ensure the attacking player dribbles with their toe/laces and pushes the ball in front of them.  
Encourage the attacking player to dribble to the middle of the goal to cut off the defending player.



**Keep count of how many goals each team scores!  
Award an extra point if an attacker performs a skill move!**

##### CHANGE IT:

Not scoring? – Increase the distance between attacker and defender  
Too easy? – Decrease the distance between the attackers and defenders.

#### END GAME

##### SET UP:

- 1.Within the area set up ONE goal on either side and play a normal 4 vs 4 game
- 2.Put the players in a **FORMATION- DIAMOND SHAPE**
- 3.*When playing a goal kick, ensure the defending team drops back to halfway*
- 4.Encourage players to try what they have learned in the previous exercises!

##### WRAP UP:

At the end of the session ask the players what they have enjoyed and learnt from the session  
High fives!



#### KEY COACHING POINTS

When dribbling take lots of small touches  
Encourage players to use the sole of their feet to STOP the ball, TURN & CHANGE DIRECTION!  
Dribble into the free space, away from the defenders  
Use the RIGHT and LEFT foot when dribbling

#### 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](http://www.ffacoachingresource.com.au) or search for the FFA National Curriculum