

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

Purpose:

BALL MASTERY	~ 10 minutes	Engage the players as soon as they arrive. Ball touches!
BEGINNING GAME	~ 15 minutes	Warm up to the session ahead. With/without balls
MIDDLE GAME	~ 15 minutes	Conduct fun football exercises
END GAME	~ 20 minutes	Let them play!

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

BALL MASTERY – MESSY MONKEYS

SET-UP:

20m x 20m area
 Cones scattered randomly within the defined area.
 Each player with their own ball

EXERCISE:

1. Players dribble around the area whilst avoiding the cones.
2. Coach calls MESSY MONKEYS!
3. The players must dribble and flip over all the scattered cones making the area 'messy'.
4. Once all the cones are flipped over the coach calls TIDY MONKEYS!
5. The players must flip the cones back over making the area 'tidy'.
6. Get the players to count how many cones they messy and tidy!
7. Add a time limit – How quickly can they messy and tidy the area?!

PROGRESSION:

8. Inside of feet only
9. Sole of feet only
10. Players must perform a skill before they messy/tidy a cone. E.g. Slap down, pull push, a turn, side roll



SKILL FOCUS:

Stop the ball using the sole of their foot!
 Drag turn to change direction

COACHING POINTS:

Small touches when dribbling, keep the ball close!!
 Dribble with head up to see which cones you need to messy/tidy

BEGINNING GAME – DRIBBLE GATES

SET-UP:

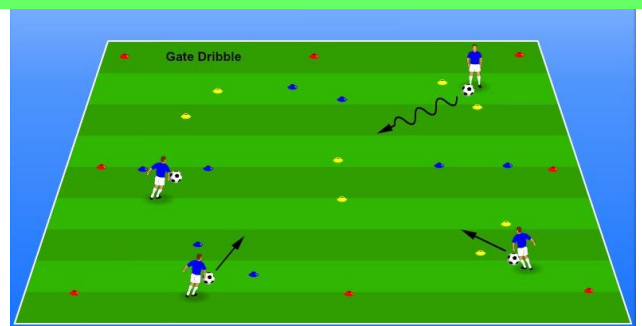
Set up different coloured gates within your 20m x 20m area (Blue + Yellow in diagram)
 Each player has a ball

EXERCISE:

1. Players must dribble through as many gates as possible in an allotted time (~90 seconds).
2. Players must complete a ball mastery skill each time they dribble through a gate. Yellow gate = 5 slap downs, Blue gate = 5 Sole touches.
3. Challenge the players and see who can get through the most gates!

PROGRESSIONS:

4. Must dribble through a different coloured gate each time
5. Change the ball mastery skills – Toe taps, side roll, drag turn
6. Add a defender in! – Defender must try and steal someone's ball, if your ball is stolen you become a defender.



COACHING POINTS:

Lots of small touches to keep the ball under control.
 Keep your head up to see which gate(s) are free
 Accelerate after you have gone through a gate or completed a skill!!

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

MIDDLE GAME – 1 vs 1 END LINE

SET-UP:

No set up required other than your marked 20m x 20m area.

Split the players into two teams, each wearing bibs.

Give each player a number (i.e 1 – 4).

Have players stand next to the corner cone.

EXERCISE:

- 1.The coach will call out a number; “Number 1”.
- 2.On this call, #1 from each team will run around the middle cone and enter the field of play.
- 3.As the players enter the field, the coach will pass a ball to one player.
- 4.Players must try and dribble past each other and stop the ball on their opponents line to score

PROGRESSION:

- 5.Swap one teams numbers to ensure players versus someone different.
- 6.Have two or more 1v1s going on at the same time
7. Award bonus points for skill moves!
Skill move + goal = 3 Points!
- 8.Keep score, make it fun, challenging and noisy!



COACHING POINTS:

- Dribble into space and away from the defender!
- Shift the ball to the side of the defender and accelerate away!
- Encourage players to try a pull push, side roll or drag back turn!

CHANGE IT:

- Taking too long? – Have a 10 sec time limit
- Too easy? – Make the field smaller

END GAME – FOUR GOAL GAME

SET UP:

Within the area set up TWO goals on both sides and play a normal game.

No Goalkeepers

Encourage players to try what they have learn 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
- Get the defender OFF BALANCE and then ACCELERATE away from them

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

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