

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 – MR WOLF

SET-UP:

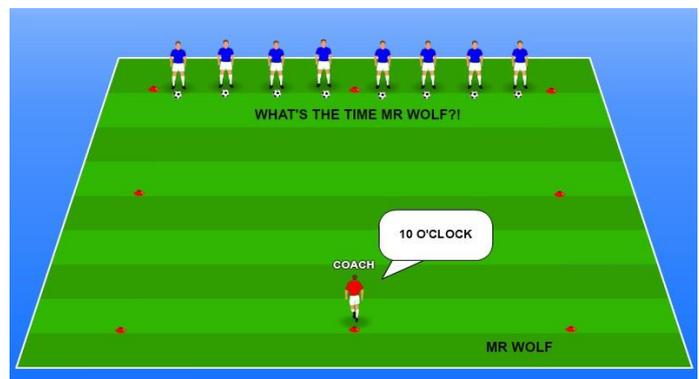
Define the 20m x 20m area.

EXERCISE:

1. Players have a ball each and line up on one end line with the coach opposite them on the other end line.
2. Players yell **“WHAT’S THE TIME MR WOLF?!”**
3. The coach responds with a time, e.g. **“10 O’CLOCK”**
4. The players must dribble forward **only taking 10 touches then stop and put their foot on the ball**. Time= number of touches!
5. Repeat with different times until the players get close to the coach.
6. To end the round the coach yells **“DINNER TIME”**, the players must quickly dribble back to the start line without letting the coach tackle them.

COACHING POINTS:

Keep the ball close!!!
Use sole of the foot to turn away from the wolf!



PROGRESSIONS:

7. Inside of feet only
8. Sole of feet only
9. Let the players become the Wolf

BEGINNING GAME – SOCCER RUSH

SET-UP:

20m x 20m area, mark out a middle zone 4 metres wide
Each player has a ball, lined up on the base line.
Select TWO defenders, who are positioned in the middle without a ball.

EXERCISE:

1. On the count ‘1...2...3...Soccer rush’, the attackers must attempt to dribble their ball into the middle channel – quickly place their foot on top of the ball – then continue to the opposite end line and stop their ball on the line.
2. The defenders must try and steal an attackers ball, and run with it to the end line. The defenders ARE NOT allowed in the middle zone.
3. If an attacker loses their ball, they can try to tackle the defender to get it back before the defender gets to the end line.
4. If the defenders makes it successfully to the end line, they become an attacker.



PROGRESSION:

5. Increase/Decrease the amount of defenders
6. Players must perform a skill in the middle zone – Pull Push, Side Roll

COACHING POINTS:

Keep the ball close!!
Change of direction when approaching defender
Change of pace when getting away from defender
If you get tackled, win the ball back!!

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 – TARGET BALL

SET-UP:

Set up two lines of cones 5m apart and 10m in length. Position players along each line facing their partner with a ball (or water bottle) on a cone between each pair.

EXERCISE:

1. One player in the partnership must pass the ball at a time.
2. Their aim is to knock the middle ball off the cone.
3. Challenge the players! -How many times can they knock the middle ball off the cone in 60 seconds?!
4. Make it a competition! Beat your last score

PROGRESSION:

5. Right foot only
6. Left foot only
7. Swap partners
8. Players have 5 seconds to control the ball then pass!
9. Players must do 5 slap downs, sole touches or toe taps before passing to the knock the ball of the cone



COACHING POINTS:

See key coaching points below for passing technique
Ensure players quickly put the ball (or water bottle) back on the cone once they've knocked it off!
Accuracy over power!

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

Passing Technique – 3-4 steps for run up, Inside of the foot strike, locked ankle, standing foot facing towards target, swing leg back and follow through after contact with the ball.

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