

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: 30m x 20m | CONES: 10x colour, 10x colour | BIBS: ½ number of players |
| | | BALLS: 1 x players |

BALL MASTERY – BUILDERS & BULLDOZERS

SET-UP:

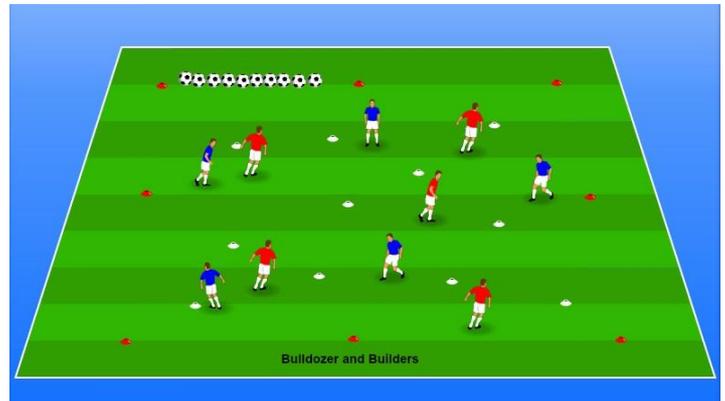
Set up your 30m x 20m area
Scatter cones randomly in the area
Split your group into two teams

EXERCISE:

1. Each player has a ball and is dribbling around the area.
2. One team's aim is to turn all the white cones upside down. The other team's aim is to turn them back to normal.
3. Race for 60-120 seconds to see who wins.
4. The team that doesn't win has to perform – 20 sole touches or 20 toe taps.

PROGRESSIONS:

5. Right foot only, Left foot only
6. Inside of feet only
7. Sole of feet only



COACHING POINTS:

Lots of small touches to keep the ball under control
Keep your head up to see which cones are free

Encourage players to use the sole of their feet to turn/change direction!

BEGINNING GAME – TARGET BALL

SET-UP:

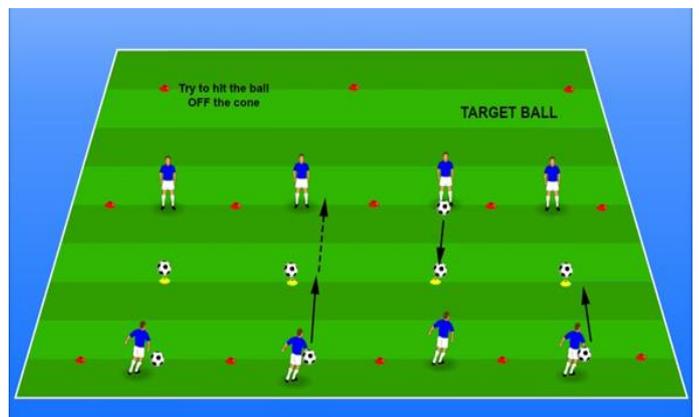
Set up two lines of cones 5m apart and 10m in length.
Position players along each line facing their partner with a ball (or water bottle) on a cone between each pair.

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 sole touches or toe taps before passing to the knock the ball off 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!

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

MIDDLE GAME – PAIR GATES

SET-UP:

Within the 30m x 20m field, set up a series of gates using the same coloured cone for each gate.

Pictured – blue and yellow gates in diagram

EXERCISE:

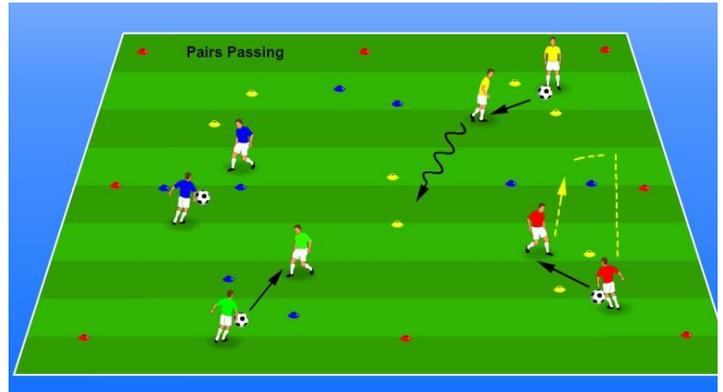
1. Split players into pairs, one ball each pair
2. Have players stand between a gate and complete 10 passes on each foot.

Technique – Inside of the foot strike, locked ankle, standing foot facing forward.

3. Challenge – Players must now move around as a pair, earning 1 point for each gate they pass once between.
4. After 90 seconds stop them and see who wins
5. Challenge players to beat their first round score

PROGRESSION:

6. Change partners
7. Instruct which foot they can pass with
8. Cannot go through the same coloured gate consecutively



COACHING POINTS:

Encourage players to have their head up whilst moving around to see which gates are free.

Challenge players to take their touch towards the next gate

Quick movement off the ball to the next gate

END GAME

SET UP:

1. Within the area set up ONE goal on either side and play a normal game

2. Put players in FORMATION: 1 GK – 2 DEF, 2 ATT

3. Include Goalkeepers if you have the numbers
4. When playing a goal kick, ensure the defending team drops back to halfway

5. Encourage players to try what they have learnt in the previous exercises!

6. MAKE SURE PLAYERS TAKE THROW INS



KEY COACHING POINTS

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.

First Touch – Cushion the ball when controlling it by slightly drawing your foot back

Can players take their first touch in the direction they want to go?

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