

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 – BREAKOUT

SET-UP:

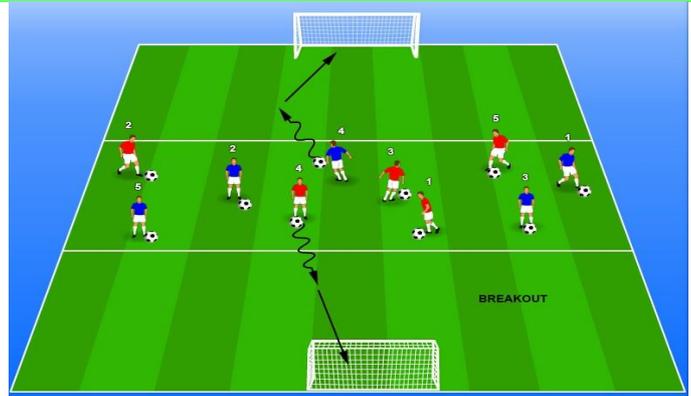
30m x 20m area - Define a 10m central third (as shown)
Set up ONE goal on each end.
Each player with a ball

EXERCISE:

1. Split players into pairs, giving each pair a number
2. All players must begin in the middle third, completing ball mastery exercises:
Toe Taps – Moving, Sole Touches, Drag Back Turns, Side Rolls
3. When the coach calls a number (“#1”), both players must race to shoot into a goal.
4. Partner vs Partner competition - Keep score of who scored first.

PROGRESSION:

5. Instruct a skill the players must complete before scoring - L Turn, Scissors, let the players choose!
6. Right/Left Foot only
7. Call multiple numbers at once (chaos!)



8. Give each goal a colour (“Green” / “Blue”). When calling the number, also call a colour. Players must complete their feint and score in the correct goal.
‘Green #2’ or ‘#2 Green’

COACHING POINTS:

- Close ball control whilst moving around (one touch per step)
- Change of direction after/during skill
- Change of speed after performing skill

BEGINNING GAME – SOCCER RUSH

SET-UP:

30m 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, Feint, Scissor

COACHING POINTS:

- Small touches when dribbling!!
- 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 ?**

MIDDLE GAME – 2v1

SET-UP:

Set up one normal size goal at one end of your area.
At the other end set up two cones roughly 5m apart.
Have 2-3 defenders next to the normal size goal (red).
All other players stand behind the white cones (blue).

EXERCISE:

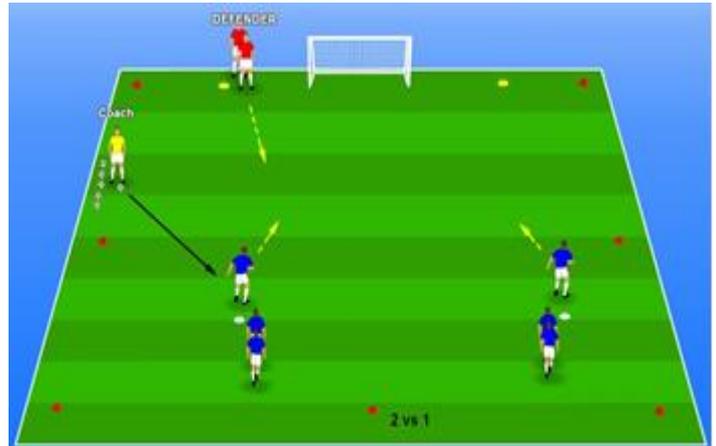
1. Coach passes the ball to the attackers (BLUE).
2. TWO attackers play against ONE defender and try and score in the goal!
3. If the defender wins the ball they must pass back to the coach to score a goal!

PROGRESSION:

4. Rotate attackers and defenders regularly
5. If players are competent, get the defenders to play the initial pass to the attackers
7. Change the defenders to the other side of the goal
8. Make it harder by introducing – two passes before the attackers can score, attackers can only score by shooting first time (one touch finish)

CHANGE IT:

- Taking too long? – Have a 10 sec time limit
- Players are kicking it? – Have a 3-5 metre 'scoring zone' for the attackers
- Players are not scoring? – Make the goal bigger



COACHING POINTS:

- Can the attackers **commit/draw** the defender in then pass to their free teammate
- Encourage players to dribble if the defender is not close to them!
- Teach players to move off the ball – Make runs into space
- Are player's standing in a position to receive an easy pass? Ensure players can 'see' the ball and there is a clear path for teammates to pass to them.
- Get players to communicate to each other when playing!

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 learnt in the previous exercises!

Can teams switch the play when attacking?

WRAP UP:

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



MAKE SURE PLAYERS TAKE THROW INS

KEY COACHING POINTS

- Encourage players to perform a skill move or feint to get away from a defender
- 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