

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 – FRUIT BOX

SET-UP:

Define the 30m x 20m area.

In each corner mark out a 3m x 3m coloured box

Each player has a ball

EXERCISE:

1. Start by getting the players to name each coloured box a different fruit.
2. The players must dribble around the area performing ball mastery skills awaiting the coach's call.
3. When the coach calls a fruit (e.g. APPLE!), the players must quickly dribble into that box, stop their ball and perform the ball mastery skill the coach has indicated.
4. Award one point to the player who gets in the box first with their foot on top of their ball!

PROGRESSIONS:

The players must dribble around the area performing:

1. Pull Push
2. Drag Back Turn or any turn
3. L Turn
4. V Turn



5. Right foot/Left foot only

6. Sole of feet only

BALL MASTERY SKILLS:

10, 15, 20 Toe Taps

10, 15, 20 Sole Touches

10, 15, 20 Slap Downs

Can the players perform the above skills whilst moving and high fiving other players?!

Let the players choose a skill!!!

BEGINNING GAME – TOM & JERRY

SET UP:

Same set up as Ball Mastery exercise – 4 boxes in each corner. Split players into two even teams and have them line up on the base line.

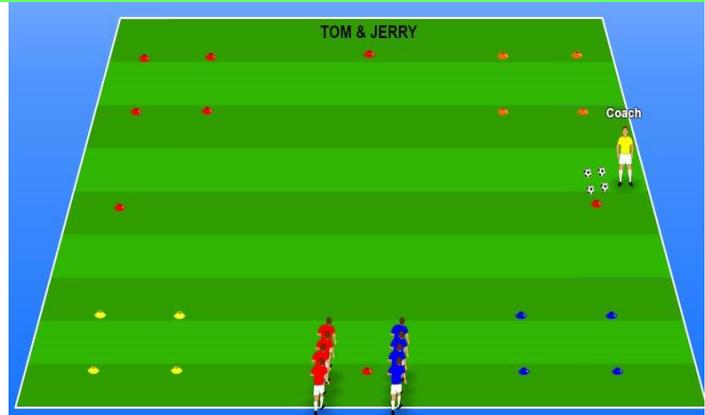
EXERCISE:

1. Coach calls out simon says actions; "Knees, ears, toes, head..... GO". The players must act on the coaches calls.
2. When the coach says "GO", they must play a ball into the area and the players must compete for the ball.
3. Once one player has possession, they must maintain possession and dribble into one of the four coloured SAFE ZONES.

Keep score! Repeat.

PROGRESSIONS:

4. Change partners
5. Coach calls out a colour instead of GO, the player in possession must dribble into that Safe Zone (i.e. "RED")
6. Players must dribble into TWO safe zones to receive a point (i.e. "RED & BLUE")



COACHING POINTS:

TURN AWAY from defender (i.e. Drag Turn)

Change of pace when getting away from defender

If you get tackled, win the ball back!!

Protect/shield the ball using your body – Side on, feet shoulder width apart, forearm up, body between defender and the ball.

MIDDLE GAME – 1v1 SIDE

SET-UP:

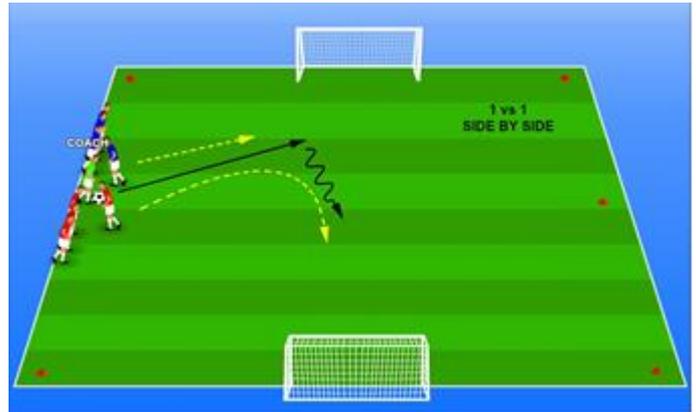
Within 30m x 20m area set up ONE goal on either side. Split the players up into two even teams and have them standing on the sideline. Coach stands between the teams with the balls.

EXERCISE:

1. The coach calls “GO” and plays a ball out into the playing area.
2. The first player in each team must run out, try and win the ball and score in **either goal!**

PROGRESSIONS:

3. Swap sides
4. The team on the right must score in the left hand side goal, the team on the left must score in the right hand side goal
5. Have multiple 1v1s going at the same time
6. Players must perform a skill move before scoring



Keep count of goals scored per team!
Award a bonus point if a player performs a skill move!

CHANGE IT:

Taking too long? – Add a time limit
 Players are just kicking it? – Mark out a scoring zone on either side

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

Encourage players to perform skill moves or feints to move away from defenders
 Get players to protect/shield the ball by using their body- Side on, feet shoulder width apart, forearm up, body between defender and the ball.
 Attack 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?
 Did players protect the ball from defenders?
 Are players confident in going past a defender?
 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 ?**