

Each session should be split into **THREE MAIN components**:

**Purpose:**

<b>ARRIVAL ACTIVITY</b>	~5 minutes	Engage the players as soon as they arrive. Ball touches!
<b>SKILL INTRODUCTION</b>	~ 10 minutes	Introduction of the core skill and warm up
<b>SKILL TRAINING</b>	~ 20 minutes	Repetition of skill in a game like scenario
<b>SKILL GAME</b>	~ 20 minutes	Small sided games with a focus on the core skill

**AREA:** 30m x 20m

**CONES:** 10x colour, 10x colour

**BIBS:** ½ number of players

**BALLS:** 1 x players

**CORE SKILL:** 1 vs 1

**ASPECT:** BEATING A DEFENDER IN FRONT OF YOU

### ARRIVAL ACTIVITY – BALL MASTERY + CLAP!

#### EXERCISE:

Each player has a ball and is free dribbling around a defined 20m x 30m area.

Introduce & complete the following actions.

**Ball mastery exercises** – Encourage players to keep head up

- Side rolls (Using the sole of foot, roll from right to left)
- Sole taps (Alternating sole of feet – for/backwards)
- L-Trick (Sole drag back, then flick behind standing foot)
- Inside / Outside (Use one foot at a time, only using big and little toe only to control the ball)

**Turns** – Encourage a change of pace and direction

- Drag back (sole on ball, drag behind player)
- V-trick (drag the ball from one side of body to the other, forming a V)
- Hook turn / Cryuff turn (use inside of foot to hook ball and push backwards, then turn)

**CLAP!** – If the coach claps, players must stop their ball and continue ball mastery with someone else's!!

### SKILL INTRODUCTION – SHARK ATTACK

#### SET-UP:

30m x 20m area

Set up ONE goal on each end.

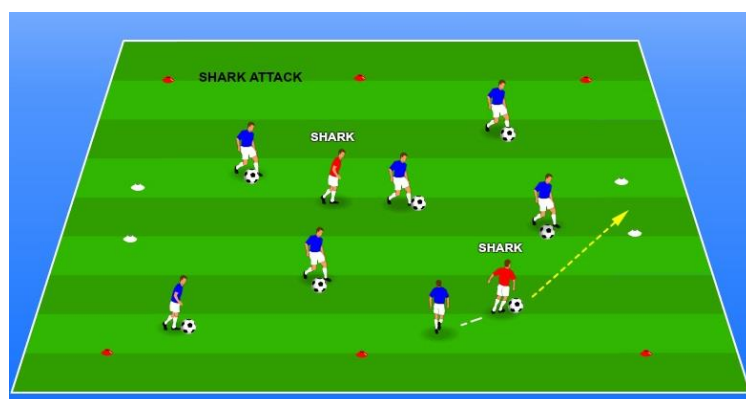
Each player with a ball

#### EXERCISE:

1. Select two players to be SHARK, with bibs on.
2. All other players must have a ball at their feet.
3. On the coach call, the sharks must enter the OCEAN (ie. Field) and attempt to tackle the ball off the FISH (other players).  
If the shark wins the ball, they must attempt to score in the goals to earn 1 point.  
The Fish can try to win the ball back.
4. Play for 60 – 90 seconds rounds
5. Ask the sharks how many goals they scored. Ask the FISH if anyone survived!
6. Select two new Sharks and repeat until everyone has had a turn

#### PROGRESSION:

7. Special power – If a FISH completed a turn from above (Drag back, V trick, L-trick) they have 5 seconds safe, without being tackled.



#### COACHING POINTS:

- Lots of little touches!!!
- Close ball control whilst moving around (one touch per step)
- Change of direction after/during turn
- Change of speed after turn
- Head up whilst dribbling
- Encourage players to protect/shield the ball from the shark

#### Question the players –

- How do we know where the shark is?
- If the shark is coming towards us, where do we go?
- Should we be taking little touches, or big kicks?

#### SKILL TRAINING – 1 vs 1 – Face to Face – Different approaches

##### SET-UP:

- 6 players = 1 set up
- 12 players = 2 set ups

One goal at each end of the field  
Split players into teams with bibs.

##### EXERCISE:

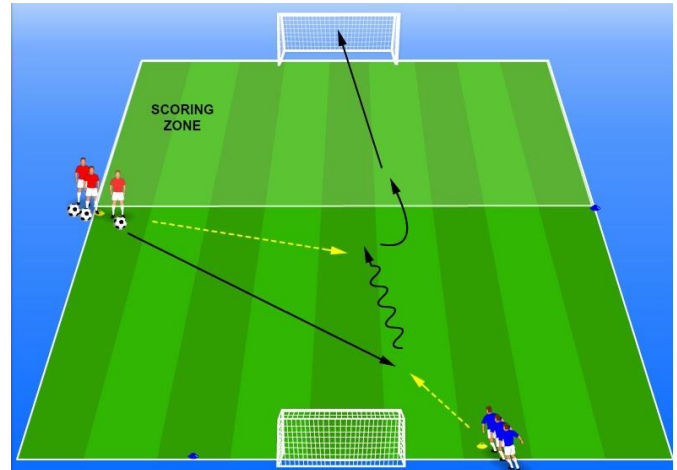
1. Red team / Defenders start on the halfway yellow cone.
2. Blue team / Attackers start next to the goal, yellow cone.
3. Red plays to blue, who must beat the defender and make their way into the scoring zone
4. Once in the scoring zone, they can shoot
5. If the defender wins the ball, they score a goal.
6. Swap after 3-4 turns each.

##### PROGRESSION:

7. Allow Red to attack / Blue to defender
8. Line players on the BLUE cones, ie. Defender approaching from the right hand side
9. Put a goalkeeper in goal
10. Incentive system – If you complete a trick and score = 3 points. Make it competitive!!!

##### CHANGE IT:

Taking too long? – Have a 10 sec time limit  
Shot goal = 1 point, dribble goal = 3 points



##### COACHING POINTS:

- Attack the defender at speed
- Take your first touch into space or to set up next action
- Use a skill move to get the defender **OFF BALANCE**
- When the defender is off balance, **ACCELERATE** away from them
- Chest and head up when dribbling to see the defender and the goal
- Change DIRECTION and PACE**

#### SKILL GAME – 1 vs 1 Match

##### SET UP:

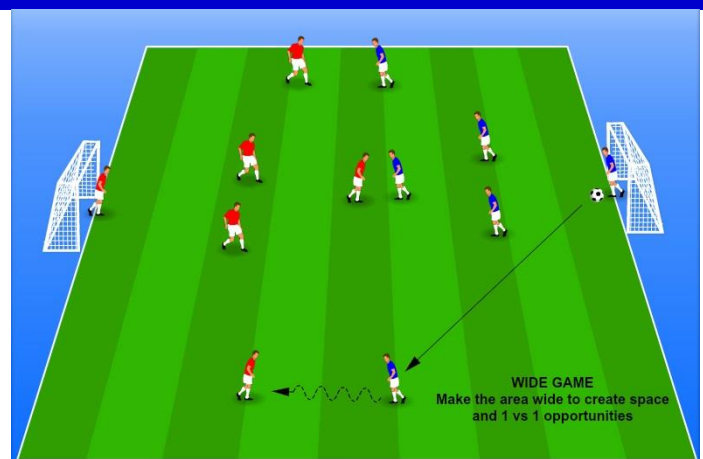
Place the goals on the side that are 20m in length. We want to create a WIDE field (30m wide, 20m length)  
Split players into two teams.

##### EXERCISE:

Allow the players to play.

**CHANGE IT** – If there is not enough space, make the field wider. We want to create lots of 1 vs 1 opportunities

Ensure players use the full width of the field, taking up positions in space – The coach must manage this



#### COACH REFLECTION

- Are players engaging in 1 vs 1 duels?
- Are players attempting a change of PACE or DIRECTION?
- Which players are struggling?

For more information and resources head to [www.ffacoachingresource.com.au](http://www.ffacoachingresource.com.au) or search for the FFA National Curriculum