

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:** **STRIKING THE BALL - PASSING**

**ASPECT:** **CONTROLLED POSSESSION**

### ARRIVAL ACTIVITY – JUGGLING

**EXERCISE:**

Each player has a ball, completing different juggling types.

**CHALLENGES:**

1. Bounce – Strike – Bounce – Strike.... See who records the most
2. Keepy ups. Consecutive juggles
3. Alternating feet. Consecutive juggles
4. Foot – Thigh – Head combinations

### SKILL INTRODUCTION – GHOSTS and GOBLINS

**SET UP:**

Define a 30m x 20m field

Nominate two people to be in the middle

Distribute balls to 1/3 of the remaining players

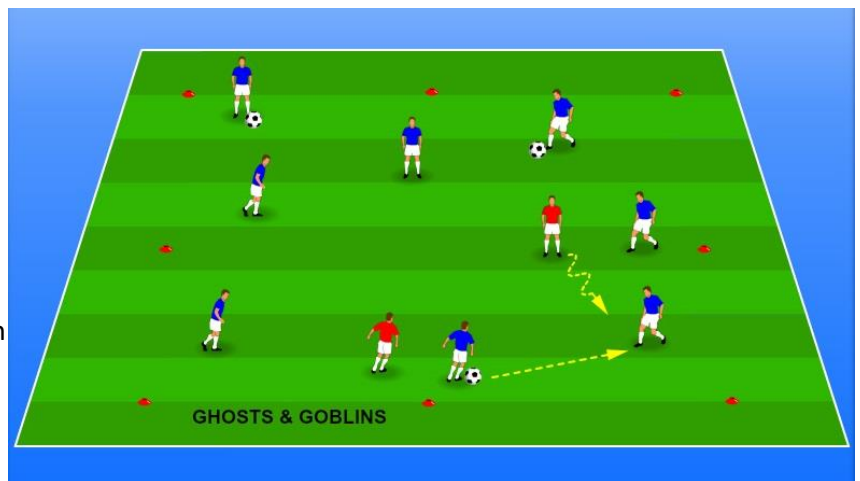
Everyone must be inside the field

**EXERCISE:**

1. The RED players are GOBLINS and must each hold a bib. They must try to throw their bib onto/at someone WITHOUT a football.
2. Blue players must move around, passing to each other to ensure the GOBLINS cannot catch anyone.

When you have a ball you become a GHOST, and therefore unable to be caught.

3. If a blue player is caught, they become the goblin, swapping over. **NOT BUILD UPS.**



**PROGRESSION:**

- Include a time limit with a ball (only allowed to hold for 5 seconds)
- Reduce the amount of balls

### TECHNIQUE:

1. When striking the ball, ensure the 'standing foot' is placed next to the side of the ball, facing towards the target. The standing foot must have its knee bent to maintain balance
2. Swing the striking foot towards the ball.
3. Striking foot – Ankle must be locked, with foot and leg appearing to be at a 90 degree angle
4. Look at the ball. Look at where you want to place the ball. Adjust body positioning to achieve this.
5. Strike the ball with the inside of the foot. Do not let the ball bounce off the foot. **ATTACK THE BALL!**
6. Follow through / swing through the ball

### SKILL TRAINING – DIRECTIONAL POSSESSION

#### SET-UP:

Define a 30m x 20m area.

Split the team into two even teams, with bibs.

Place one player on each end of the field, known as 'Wall Players' (blue player in diagram)

If you have uneven numbers, use a 'joker', who plays on the attacking team

#### EXERCISE:

1. Teams must keep possession (yellow vs red), whilst using the wall players
2. Each time a team passes and receives back from a wall player = 1 point
3. Swap the wall player after 2 minutes

#### PROGRESSION OPTIONS:

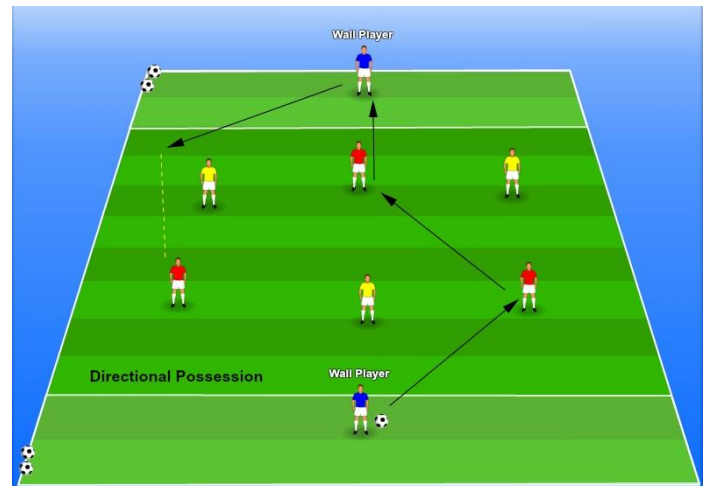
4. Limit the amount of touches players can take ie. 3
5. The same player cannot receive pass back from wall player
6. Points system – Make it a competition
7. Include goals.

#### COACHING POINTS:

##### Technically –

Firm and accurate passing. Correct inside foot technique  
Aggressive first touch – moving the ball:

- INTO SPACE
- AWAY FROM DEFENDER
- SET UP NEXT ACTION



#### COACHING POINTS:

##### Positioning –

Ball carrier must have options LEFT, RIGHT and MIDDLE  
Receive the ball with an open body position (see the whole field)

Scan the field before receiving the ball (awareness)

Encourage players to move into gaps to receive the ball

##### Defensively –

Immediately pressure the ball and players first touch  
Close down passing channels / gaps to avoid balls being played between two team mates

### SKILL GAME – CONDITIONED GAME

#### SET UP:

Split players into two teams.

Rule – Players are only allowed 3 touches.

#### EXERCISE:

1. Outline the rule – A **maximum of 3 touches** for each player.
2. Play this for 5 – 10 minutes. Encouraging players to pass to team mates and support each other
3. For the remaining 10 – 15 minutes, play without restrictions (free play)



### 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](http://www.ffacoachingresource.com.au) or search for the FFA National Curriculum