

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

BALL MASTERY – BULLDOZERS & BUILDERS

SET-UP:

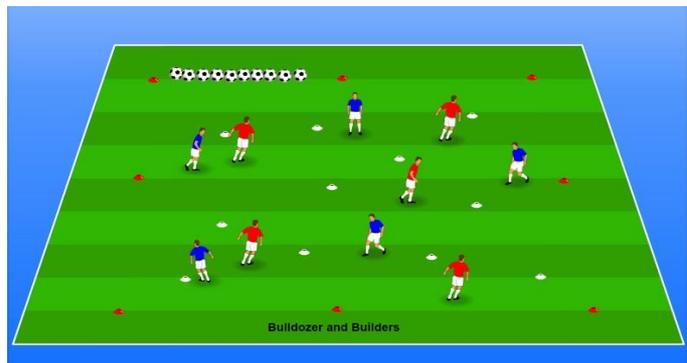
Set up your 20m x 20m area
Scatter cones randomly in the area
Split your group into two teams

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 – 15 slap downs, 15 sole touches or 15 toe taps.

PROGRESSIONS:

5. Inside of feet only
6. 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!

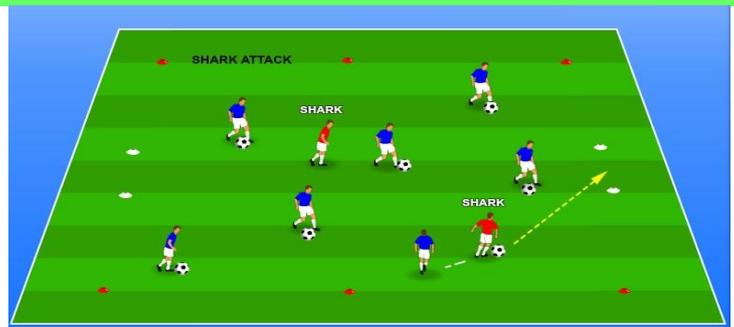
BEGINNING GAME – SHARK ATTACK

SET-UP:

Set up two goals on opposite sides of your 20m x 20m square, clearly using different coloured cones.

EXERCISE:

1. In a group of 8, 6 players have a ball and spread out in the area, the FISH.
2. 2 players do not have a ball and will be the SHARKS!
3. When the coach calls "SHARK ATTACK" the Sharks must tackle the 'FISH', possessing their ball and scoring into a goal.
4. If a shark scores they receive one point, the fish must retrieve their ball and perform 10 sole touches before returning to play.
5. The sharks must count how many goals they can score in a certain time period (~90 sec)



PROGRESSION:

6. Swap sharks
7. Change the skill the fish must perform before returning – 10 Slap Downs, 10 Toe Taps, 10 Pull Pushes
8. Use a skill as a special power! (ie. Sole of foot on top of the ball, Pull Push or Drag Back Turn = 3 seconds free from shark)

COACHING POINTS:

The FISH can attempt to get their ball back before the shark scores.

Encourage players to protect their ball by using their body

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

***SESSION FORMAT FOR 45 MINUTE SESSION: SELECT ONE OF EITHER THE BEGINNING OR MIDDLE GAME THEN CONTINUE TO END GAME**

MIDDLE GAME – 1v1 SIDE

SET-UP:

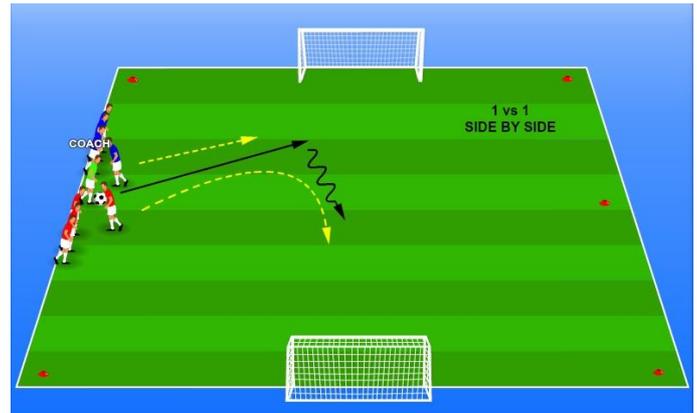
Within 20m x 20m area set up ONE goal on either side. Split the players up into two even teams and have them standing on the sideline. Coach stands between the teams with the balls.

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 - FOUR GOAL GAME

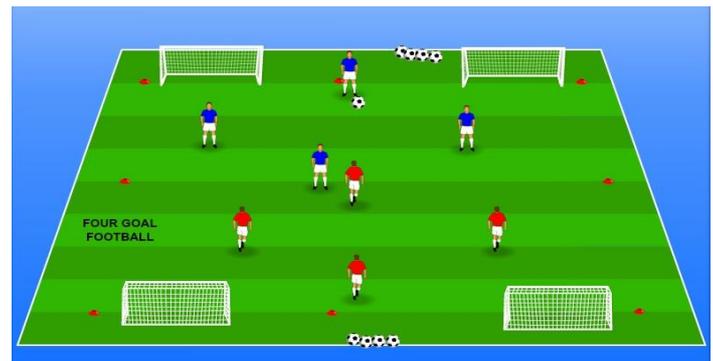
SET UP:

Within the area set up TWO goals on both sides and play a normal game. No Goalkeepers Encourage players to try what they have learn in the previous exercises!

WRAP UP:

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

High fives!



KEY COACHING POINTS

- Can you teach your player’s new skills they can use to move away from a defender?
- Encourage players to use the sole of their feet to STOP the ball, TURN & CHANGE DIRECTION!
- 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