

Each session should be split into **FOUR** components:

Purpose:

GAME	~ 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

GAME

SET UP:

Within the 20m x 20m area set up ONE goal on either side and play a normal game.

EXERCISE:

1. As your players arrive split them into two teams and get straight into a game!
2. Start as 1v1, with each new arrival joining the team with less numbers.
3. Add goalkeepers once everyone has arrived
4. LET THEM PLAY!!!



BEGINNING GAME – SUPERHEROES

SET-UP:

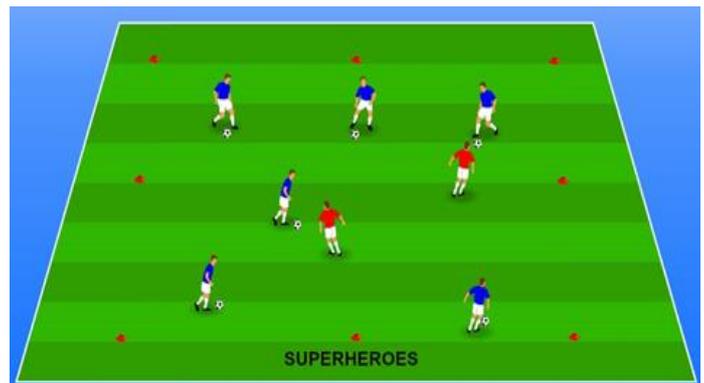
Define the 20x20m area.
In a group of eight, six players have a ball and spread out in the area, the VILLAINS
Two players do not have a ball and hold a bib in their hand, the SUPERHEROES

EXERCISE:

1. The Superheroes must throw their bib at the VILLAINS' ball. If a Superhero hits their ball, the villain is 'caught' and has to freeze where they are.
2. To be unfrozen a fellow villain must 'high five' them.
3. Give the Superheroes 90-120 seconds to freeze the villains and save the day!

PROGRESSIONS:

4. Swap Superheroes
5. Special Power – If a villain does a skill move (i.e. Pull Push, Side Roll, Drag Turn) they cannot be caught for 3 seconds!



Let the players choose their favourite Superhero!

CHANGE IT:

Too easy? – Add more Superheroes
Too hard? – Superheroes must hold a ball in one hand whilst running.

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 – 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:

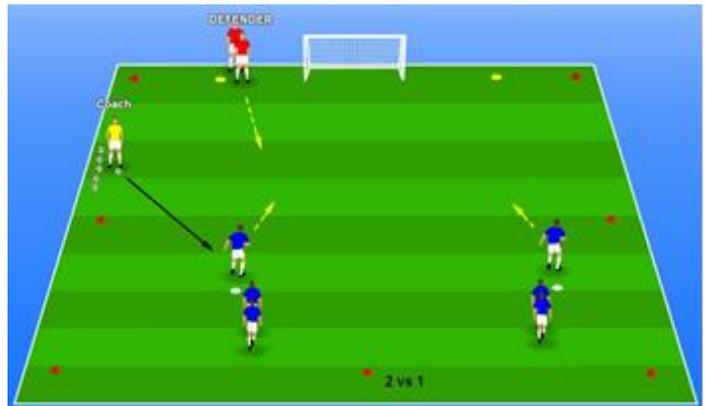
1. Coach passes the ball to the attackers (BLUE).
2. TWO attackers play against ONE defender and try and score in the goal!
3. If the defender wins the ball they must pass back to the coach to score a goal!

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

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!
- Ensure the attackers are not standing behind the defender and are creating easy angles for their teammate to pass to them!

END GAME

SET UP:

1. Within the area set up ONE goal on either side and play a normal 4 vs 4 game
2. Put the players in a **FORMATION- DIAMOND SHAPE**
3. *When playing a goal kick, ensure the defending team drops back to halfway*
4. Encourage players to try what they have learned 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

- 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
- 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.

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