

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 – BODY PARTS

SET-UP:

Define the 30m x 20m area

EXERCISE:

1. Each player has a ball dribbling around the area performing ball mastery skills (*see skill focus*)
2. The coach calls out a body part, e.g. "KNEE".
3. Players must quickly stop their ball and put that body part on their ball.
4. Award a point to the two players that do it the quickest!

PROGRESSIONS:

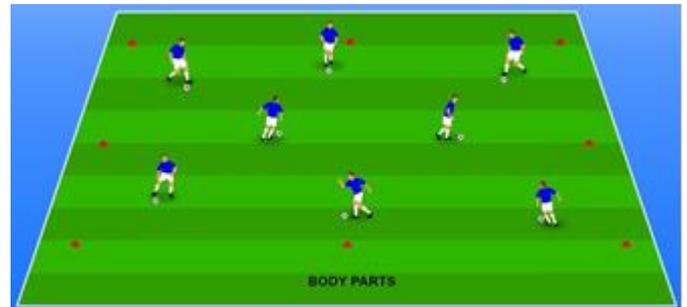
5. Call out multiple body parts at a time, "HEAD, ELBOW, KNEE".

HAVE HIGH ENERGY AND MAKE IT FUN!

COACHING POINTS:

Ensure players are using the sole of their feet to stop the ball.

No hands to be used!



BALL MASTERY SKILL FOCUS:

1. Sole Touches – How many can players do in 20 seconds?!
2. Toe Taps – Moving around the area
3. L Turns
4. V Turns
5. Side Roll
6. Dribble around with right foot/Left foot only
7. Pull Push
8. Scissors
9. Turn – Any turn of the players choosing
10. PLAYERS CHOOSE A SKILL!!!

BEGINNING GAME – SUPERHEROES

SET-UP:

Define the 30m x 20m area.

In a group of eight, six players have a ball and spread out in the area, the VILLAINS

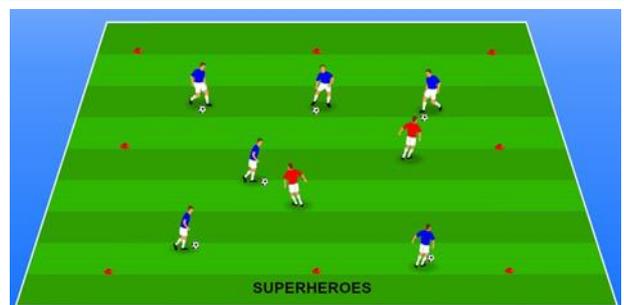
Two players do not have a ball and hold a bib in their hand, the SUPERHEROES

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. Right foot/Left foot only
6. Special Power – If a villain does a skill move (i.e. Pull Push or Drag turn) they cannot be caught for 3 seconds.



Let the players choose their favourite Superhero!

7. Superheroes must dribble a ball
8. Add more Superheroes

COACHING POINT:

Keep the ball close!!

Encourage players to STOP, START, TURN & CHANGE DIRECTION in order to not get caught!

MIDDLE GAME – 1v1 – Different Approach

SET-UP:

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

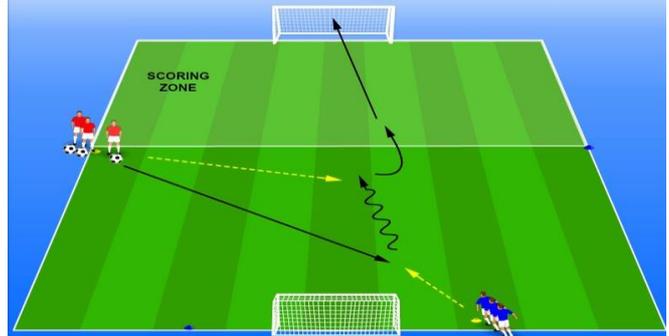
One goal at each end of the field
Split players into teams with bibs.

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 in the opposite goal.

PROGRESSION:

6. Swap after 3-4 turns each (Red to attack/Blue to defend)
7. Line players on the BLUE cones, ie. Defender approaching from the right hand side
8. Put a goalkeeper in goal
9. Incentive system – If you perform a skill and score = 3 points. Make it competitive!!!



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!

CHANGE IT:

Taking too long? – Have a 10 sec time limit

END GAME- Conditioned

SET UP:

Within the area set up ONE goal on either side and split players into two teams

EXERCISE:

1. Give each player a partner on the opposite team. Only they can tackle each other
2. Play this for 5-10 minutes
3. Free play for the remaining 10-15 minutes of the match (no limitations)
4. Encourage players to try what they have learnt in the previous exercises!

MAKE SURE PLAYERS TAKE THROW INS



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

Get the defender **OFF BALANCE** by performing a skill move or feint, then **ACCELERATE** away from them!
Dribble into the free space, away from the defenders
Use the **RIGHT** and **LEFT** foot when dribbling

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

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