

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

Purpose:

GAME	~ 10 minutes	Engage the players as soon as they arrive. Ball touches!
1 vs 1	~ 15 minutes	Warm up to the session ahead. With/without balls
2 vs 2	~ 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 – GAME

SET UP:

Within the 30m 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 – 1 vs 1 – FACE TO FACE

SET-UP:

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

Create four goals/gates in the corner of each set up
Split players into teams with bibs.
Have players stand next to the corner cone.

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EXERCISE:

If your players are competent enough, allow them to execute the pass that starts the activity. If not, the coach plays the pass in. (Coach stands between goals)

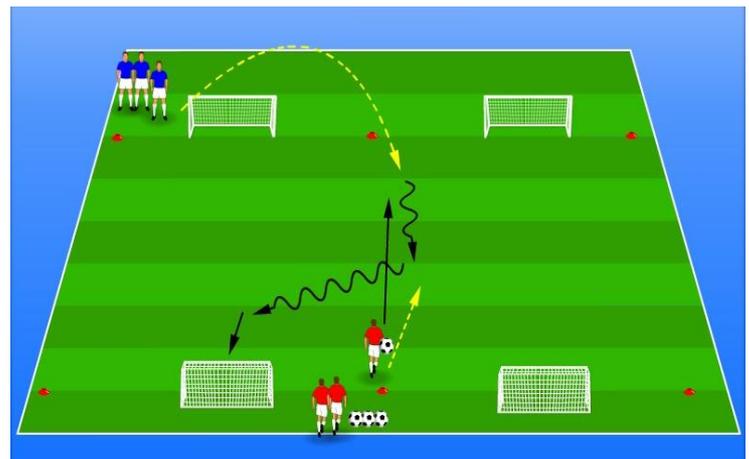
1. The ball is played to the first Blue player.
2. The Blue is the attacker, attempting to score in one of the two red goals. If the Red defender wins the ball they try to score in the blue team's goals!
3. Keep score. Make it competitive!

PROGRESSION:

4. Swap attackers and defenders
5. Ensure players are versing different players
6. Point system – A Skill move and goal = 3 points
7. Have multiple 1v1s going on at the same time

CHANGE IT:

- Taking too long? – Have a 10 sec time limit
- Players are kicking it? – Have a 'scoring zone' of 3 metres on both sides
- Shot goal = 1 point, dribble goal = 3 points



Change DIRECTION and PACE!

COACHING POINTS:

- Attack the defender at speed
- Take your first touch into space or to set up next action
- Use a skill move or feint 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

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

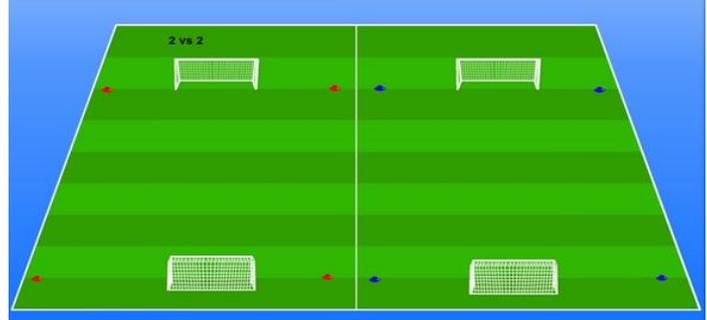
MIDDLE GAME – 2 vs 2 WORLD CUP

SET-UP:

Set up three mini-fields, 20m x 10m size
One goal at each end.
Split the players into pairs

EXERCISE:

1. Organise two pairs per field. They will vs each other
2. Pair vs Pair. Trying to score into the goals/cone gates
3. Run each game for 4 minutes.
4. Collect the scores and sort pairs to vs someone different
5. After all teams have vs each other, announce the winner!



COACHING POINTS:

Ensure pairs are even, swap pairs if they aren't
Ensure players move off the ball to give their teammate an option
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.
Encourage attackers to take defenders on in 1v1 situations
Can the attackers **commit/draw** a defender in then pass to their free teammate
Get players to communicate to each other when playing!

END GAME

SET UP:

1. Within the area set up ONE goal on either side and play a normal game
2. Put players in **FORMATION: 1 GK – 2 DEF, 2 ATT**
3. Include Goalkeepers if you have the numbers
4. *When playing a goal kick, ensure the defending team drops back to halfway*
5. Encourage players to try what they have learnt in the previous exercises!

WRAP UP:

Ask players what they enjoyed and learnt in the session
High Fives!



MAKE SURE PLAYERS TAKE THROW INS

KEY COACHING POINTS

Get the defender **OFF BALANCE** by performing a skill move or feint and then **ACCELERATE** away from them.
Ensure players are providing **OPTIONS** – LEFT, RIGHT, BEHIND for their teammate
Encourage attackers to commit/draw defenders in to allow time & space for teammates
Challenge players to communicate effectively to each other – “Man on”, “time”, “pass to the left” etc

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