

Each session should be split into **THREE MAIN components**:

Purpose:

| | | |
|--------------|--------------|-----------------------------------------------------|
| WHOLE | ~ 20 minutes | Get the players into a game as soon as they arrive! |
| PART | ~ 20 minutes | Break down the game to work on a core skill |
| WHOLE | ~ 20 minutes | Place the players back into a game. Did they learn? |

AREA: 30m x 20m

CONES: 10x colour, 10x colour

BIBS: ½ number of players

BALLS: 1 x players

CORE SKILL: **RUNNING WITH THE BALL**

ASPECT: **EFFECTIVE COUNTER ATTACKING**

WHOLE – KING OF THE HILL

SET-UP:

Define a 30m x 20m field

One goal at each end.

Split the players into three or more even teams.

EXERCISE:

The field should be big for a 3 vs 3 to allow players lots of space to accelerate and run into

1. Two teams will vs each other, the third team will be the goalkeepers and joker or wall player.
2. Each game will be played for 2 minutes, or first team to two goals.
3. The winning team stays on the field, becoming the 'Kings'. The other teams swap over.



PART – CHASE

SET-UP:

Define a 30m x 20m area.

Position goals at each end of the field as shown.

Split the group into two even teams.

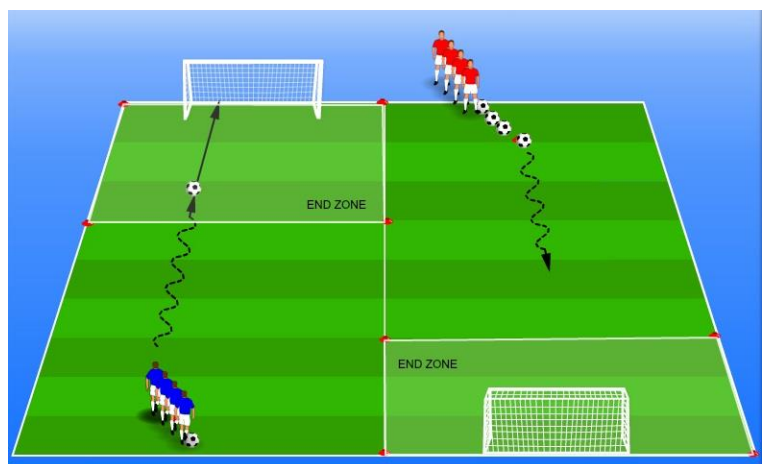
Have each team line up on the opposite end line, facing a goal

EXERCISE:

We will begin the exercise isolated, and then include defenders.

1. Have the first player in each line run with the ball (RWB) down the field and shoot in the goal as they arrive within the end zone (cones)
2. Ensure that each player receives 4 repetitions.
Challenge – Players to take THREE touches whilst they are running with the ball, pushing it in front three strides, at speed and in control
3. Race red vs blue to see which team scores first per round.

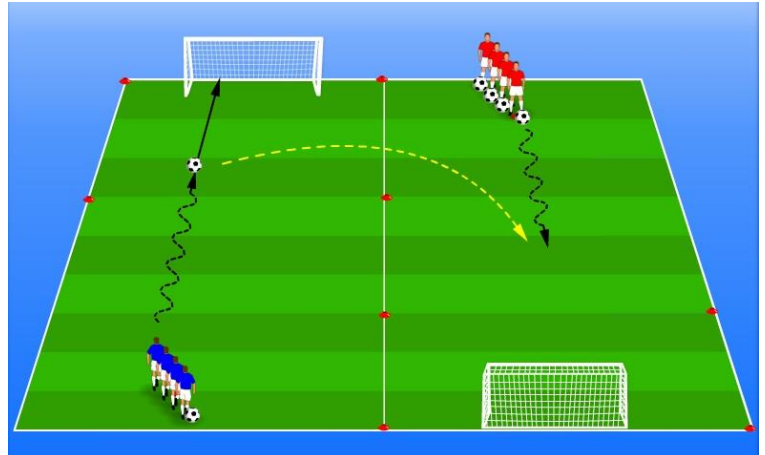
Continue onto next page for competition element.



See **COACHING POINTS** for technical exercise below

COMPETITIVE COMPONENT:

4. Blue will begin by RWB and shooting once they have entered the 'end zone' or final line of cones (see red cones in diagram).
 5. As soon as blue shoots, the red player can begin, racing towards their goal.
 6. The blue player will then CHASE the red player, applying pressure and attempting to tackle them.
 7. As soon as the red player shoots, the next blue player starts, with the red player now giving chase.
 8. Continual.
- Note – The blue players should ALWAYS end up on their own side, retrieving the ball that the red player shot.
9. After 6 turns, stop the practice and check the score.
 10. Run further rounds.



PROGRESSIONS:

11. Mix up the partners
12. Change the goals/lines of defenders around, so the defender approaches from the left hand side

COACHING POINTS

Technical exercise

- Players must run at speed
- Player must use the top of their toes/laces to touch the ball when running with ball at speed
- Technique – Toes points down, ankle locked, body upright

Competitive exercise

- Encourage players to RWB with their head up
- Encourage players to check their shoulder to see where the defender is whilst they are RWB
- Dribble with the foot furthest from the defender
- Encourage players to RWB across the path of the defender, forcing them to stop.

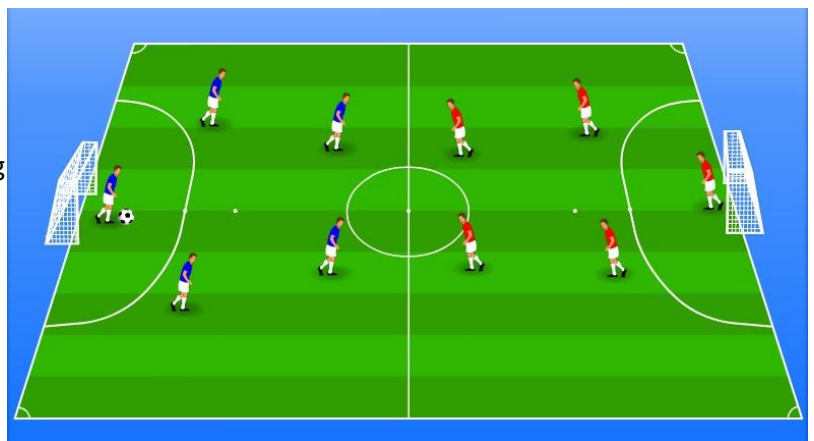
WHOLE - MATCH

SET UP:

- Split players into two teams.
- Two goals, one at either end.
- Ensure players are set up with a formation including GK – Defence – Midfield - Attack

EXERCISE:

1. Normal game
2. Allow the players to enjoy
3. Make the fielder bigger to allow more space for players to run into (if possible)



COACH REFLECTION

- Have the players been engaged for the whole session?
- Are players in control of the ball when running at speed?

Which players do you need to work more closely with?

For more information and resources head to www.ffacoachingresource.com.au or search for the FFA National Curriculum