

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

**Purpose:**

<b>ARRIVAL ACTIVITY</b>	~5 minutes	Engage the players as soon as they arrive. Ball touches!
<b>SKILL INTRODUCTION</b>	~ 10 minutes	Introduction of the core skill and warm up
<b>SKILL TRAINING</b>	~ 20 minutes	Repetition of skill in a game like scenario
<b>SKILL GAME</b>	~ 20 minutes	Small sided games with a focus on the core skill

**AREA:** 30m x 20m

**CONES:** 10x colour, 10x colour

**BIBS:** ½ number of players

**BALLS:** 1 x players

**CORE SKILL:** **FIRST TOUCH**

**ASPECT:** **CONTROLLED POSSESSION**

### ARRIVAL ACTIVITY – JUGGLING

**EXERCISE:**

Each player has a ball, completing different juggling types.

**CHALLENGES:**

1. Bounce – Strike – Bounce – Strike.... See who records the most
2. Keepy ups. Consecutive juggles
3. Alternating feet. Consecutive juggles
4. Foot – Thigh – Head combinations
5. Maradona 7 – Foot, thigh, shoulder, head, should, thigh, foot

### SKILL INTRODUCTION – TECHNIQUE WORK

**SET-UP:**

Define your 30m x 20m area

Split the team into 4 groups, evenly.

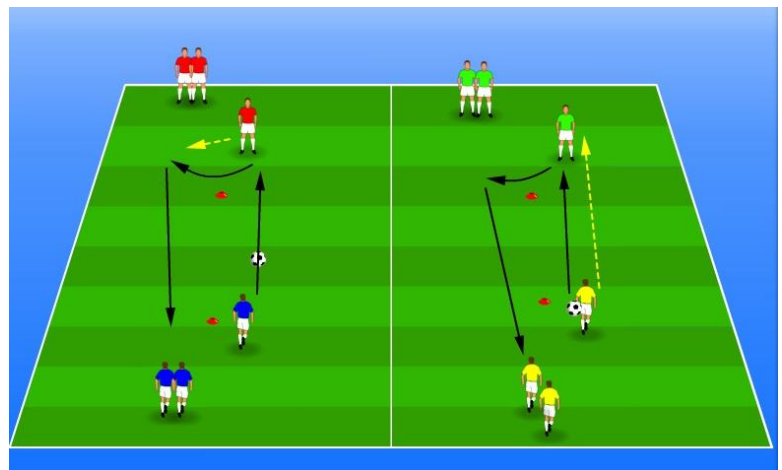
2x Set up; two cones, 10m apart.

**EXERCISE:**

1. Position a team behind each cone - as shown
2. Blues & Reds are passing to each other, Yellow & Greens are passing to each other.
3. Blue passes to Red. Red must control the ball and use their first touch to direct the ball towards the other side of the cone – **AGGRESSIVE TOUCH**
4. The blue player follows their pass, joining the end of the red line.
5. Red passes to the next Blue player
6. The Blue player takes their first touch around the cone and passes to the next red. Continue.

**PROGRESSION:**

7. Complete different types of first touches:
  - Backfoot – Allow the ball to run across the body, before pushing it with your back foot
  - Sweep / Closest foot – Use the closest foot to sweep the ball across the body
  - Outside of foot – Using the little toes
8. Race the groups against each other



**COACHING POINTS:**

Aggressive first touch = moving your first touch  
 Keep a locked/firm ankle when contacting the ball

Give players individual feedback on their technique and/or take them aside to show them if required

#### SKILL TRAINING – 3 vs 3

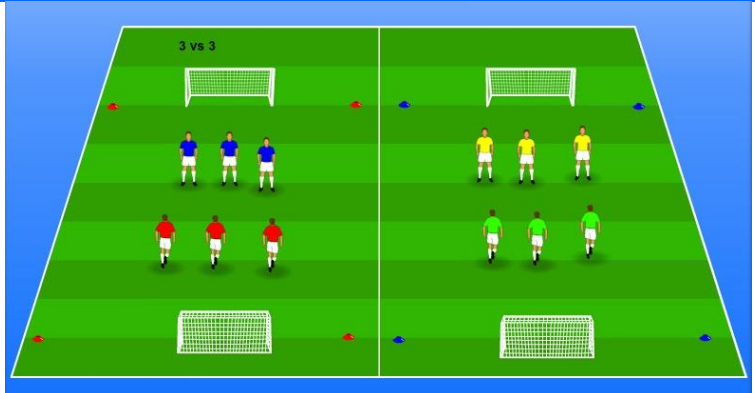
##### SET-UP:

- 6 players = 1 set up (2 teams)
- 12 players = 2 set ups (4 teams)

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

##### EXERCISE:

1. Red vs Blue, Yellow vs Green
2. Play two mini 3 vs 3 games with goals.
3. Play 5 minute games
4. Rule – **Minimum TWO touch**
5. Ensure each team plays each other for the overall winner
6. Use the breaks in between the games to highlight good player behaviours/actions  
Also use this time to make coaching points
7. Encourage and celebrate when someone takes a good first touch



##### COACHING POINTS:

Players must **SCAN**, to see where there is space, defenders and team mates

Take your first touch;

- Into space
- Away from the defender
- To set up your next action (pass, shot, dribble)

#### SKILL GAME – GAME

##### SET UP:

Wide field - 30m wide x 20m+ in length  
Split players into two teams.  
Set up four goals as shown

##### EXERCISE:

1. Rule – Minimum of two touch
2. Play with the rule for 10 minutes
3. Allow free play/no restrictions for the remaining 15 minutes

Extra –

If the players are succeeding, set up wide channels and place a condition that the ball must enter a wide channel before the team can score.

##### COACHING POINTS:

Ensure players take up realistic positions.  
Encourage the diamond shape (options L,R, middle)



#### COACH REFLECTION

Do players show an understanding of **WHERE** to take their first touch?

Are playing visibly **SCANNING**?

For more information and resources head to [www.ffacoachingresource.com.au](http://www.ffacoachingresource.com.au) or search for the FFA National Curriculum