

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

Purpose:

| | | |
|---------------------------|--------------|--|
| ARRIVAL ACTIVITY | ~5 minutes | Engage the players as soon as they arrive. Ball touches! |
| SKILL INTRODUCTION | ~ 10 minutes | Introduction of the core skill and warm up |
| SKILL TRAINING | ~ 20 minutes | Repetition of skill in a game like scenario |
| SKILL GAME | ~ 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 – RONDO / PIGGY IN THE MIDDLE

SET-UP:

Set up three 10m x 10m squares
Split players into small groups of 4, 6 or 7

EXERCISE:

1. The attackers must keep the ball away from the defender(s)
2. If the defender wins the ball, they swap out with the person they tackled/intercepted
3. If the attackers make more than 10 passes, the defender must stay in for an extra round.
4. If the defender gets nutmegged, they must stay in for a second round.

For this exercise players will be playing a piggy in the middle. The groups can be divided as follows:

4 players = 3 vs 1

6 players = 4 vs 2

7 players = 5 vs 2



SKILL INTRODUCTION – ANTICIPATION

SET-UP:

Define the 30m x 20m area
Split players into two even teams with bibs
Number each player (#1-6) per team

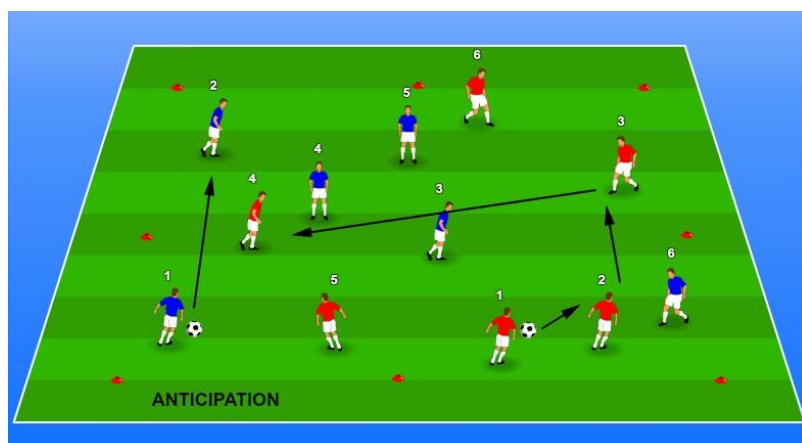
EXERCISE:

1. Players must pass in the numbered sequence (ie. #1 > 2 > 3...6 > 1 > 2...)
2. Both groups must execute at the same time, in the same field.
3. After each pass, the player must touch a cone that defines the area

This aims to create movement, as we want both teams moving in and out of each other!

PROGRESSION:

4. Reverse the direction (ie. 6>5>4 etc..)
5. Passes must be made between two opposition players
6. Introduce two balls per team



COACHING POINTS:

Encourage players to take their first touch towards their next ACTION

Players to complete short and long passes

Players must support team mates by moving into position to face ball carrier

Descriptive communication

SKILL TRAINING – 3 vs 3

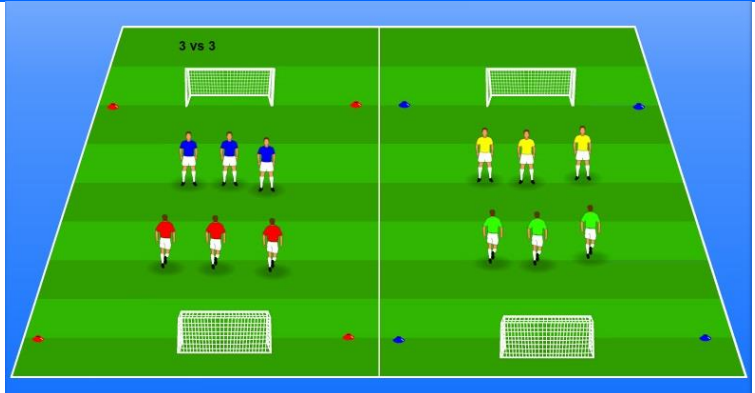
SET-UP:

- 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+ 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 to encourage using the width of the field.

COACHING POINTS:

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



Additional – Include a touch limit (max. 2 touch)

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 or search for the FFA National Curriculum