

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 30m

CONES: 10x colour, 10x colour

BIBS: ½ number of players

BALLS: 1 x players

CORE SKILL: STRIKING THE BALL / BALL POSSESSION

ASPECT: LINKED MOVEMENT

MOVEMENT SKILL INTRODUCTION – LINKED MOVEMENT

SET UP:

Create a 10m x 10m square with the same coloured cones.

Five attackers (blue)

One defender (red)

EXERCISE:

The defender (red player) must try to tag the other players.

Attackers are SAFE if they are standing on one of the corner cones (red).

This leaves one attacker without a cone to stand on and therefore available for the defender to tag.

As a player is tagged, they become the new defender.

PROGRESSION:

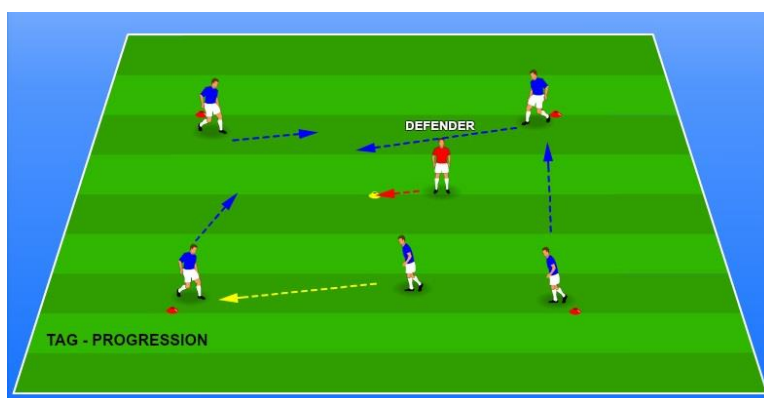
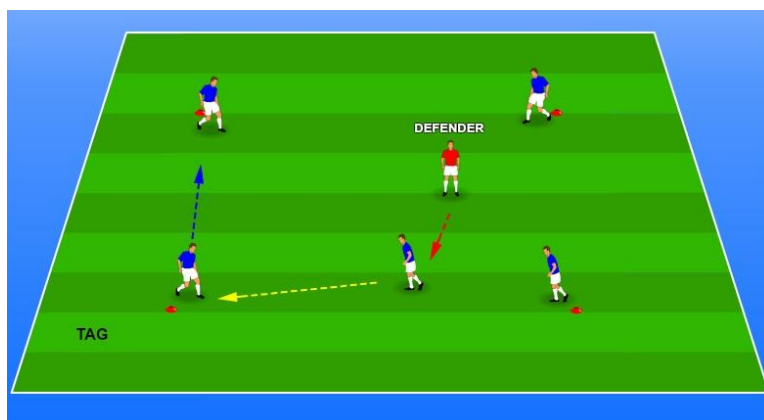
Include a central cone, of a different colour. This cone comes into play when the defender steps on it. When the defender steps on it, ALL attackers must leave their cone to find a new one.

COACHING POINTS:

Scanning - Players that are SAFE must recognise when to move from their cone to help their teammates not get tagged.

Communication – Helping each other

Attackers should move to distract the defender



FOOTBALL SKILL INTRODUCTION – CREATING SPACE

SET-UP:

Use the previous set up, 10m x 10m square.

Position players on each corner

5 players total.

EXERCISE:

Players must pass around the outside of the coned square in an anti-clockwise direction, following their pass.

The player receiving the pass must swiftly move away from the cone, creating 1-2m space to receive the ball on their back foot.

The receiver then continue to pass around the square.

PROGRESSION:

Swap direction (clockwise)

Image 2 – Start with the ball (bottom right).

Forward pass, bounce, diagonal pass, bounce, diagonal pass etc...

COACHING POINTS:

Passes must be FIRM and ACCURATE

Passing with the inside of the foot

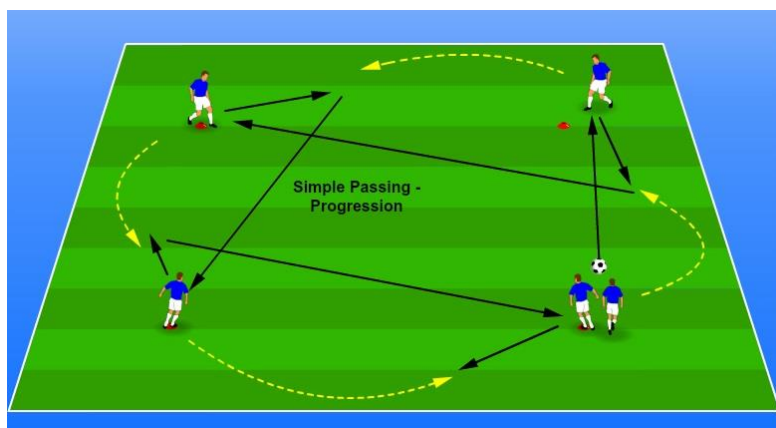
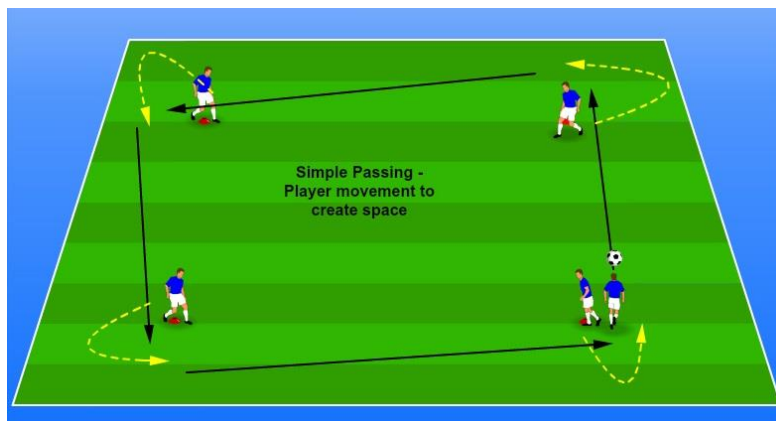
Image 1 –

Players must check off the cone as the player in front of them receives the ball

Image 2 –

The passing player must angle their run as shown by the yellow lines when receiving the bounce pass back.

Players hips must be facing the direction they intend to pass



SKILL TRAINING – CONDITIONED RONDO

SET-UP:

Using the same set up as previous.
10m x 10m grid.
Position cones as to split the square into four quarters.

EXERCISE:

4 attackers vs 1 defender
Attackers are not allowed to leave their quarter, and must keep possession.
Whomever the defender tackles becomes the new defender.

COACHING POINTS:

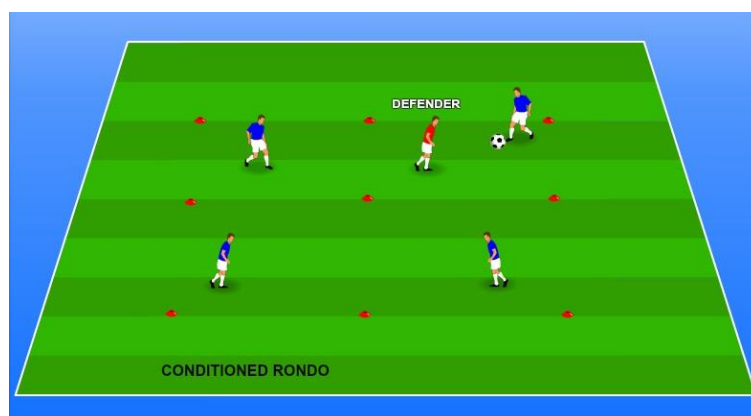
Attackers must change their angle to create a passing channel to receive the ball.
Attackers are encouraged to use the depth of the square to allow more time when in possession.

PROGRESSION:

Attackers can dribble across into another’s quarter; however, this person must then vacant.

COACHING POINTS:

Attackers must recognise when a team mate is dribbling towards them, clearing the space, whilst making an angle to receive the ball.



*Different numbers?
Split into two squares
Try 5 vs 2*

SKILL GAME – FOUR GOAL GAME

SET-UP:

Set up a square of 30m x 30m.
Position one goal on each side.
Split your group into three equal teams.

EXERCISE:

Blue vs Red, whilst Yellow are off.
Each game lasts for 2 minutes or first to 2 goals.
Each team can only score in three goals (see the hoops above each goal). These goals are constant, not changing.

COACHING POINTS:

Defending team must defend aggressively by pressing.
Attackers are encouraged to shoot on sight.
Attackers must move to create passing channels for the carrier, as previously learnt.



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