

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

**Purpose:**

**BALL MASTERY** ~ 10 minutes

Engage the players as soon as they arrive. Ball touches!

**BEGINNING GAME** ~ 15 minutes

Warm up to the session ahead. With/without balls

**MIDDLE GAME** ~ 15 minutes

Conduct fun football exercises

**END GAME** ~ 20 minutes

Let them play!

**AREA: 20m x 20m**

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

**BIBS: ½ number of players**

**BALLS: 1 x players**

### BALL MASTERY – MESSY MONKEYS

**SET-UP:**

20m x 20m area

Cones scattered randomly within the defined area.

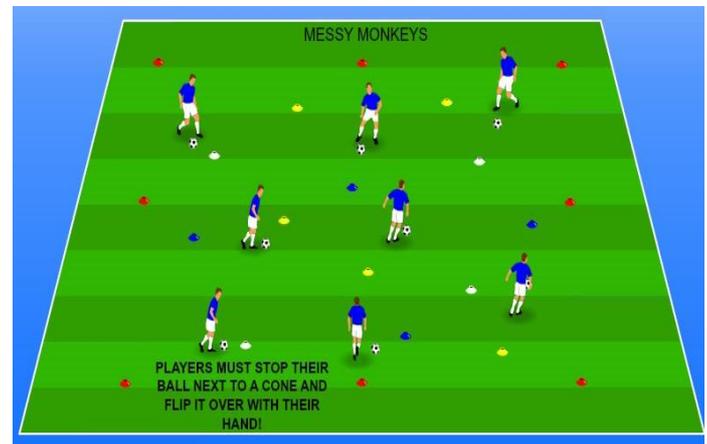
Each player with their own ball

**EXERCISE:**

1. Players dribble around the area whilst avoiding the cones.
2. Coach calls MESSY MONKEYS!
3. The players must dribble and flip over all the scattered cones making the area 'messy'.
4. Once all the cones are flipped over the coach calls TIDY MONKEYS!
5. The players must flip the cones back over making the area 'tidy'.
6. Get the players to count how many cones they messy and tidy!
7. Add a time limit – How quickly can they messy and tidy the area?!

**PROGRESSION:**

8. Inside of feet only
9. Sole of feet only



10. Players must perform a skill before they messy/tidy a cone. E.g. Slap down, pull push, a turn, side roll.

**SKILL FOCUS:**

- Stop the ball using the sole of their foot!
- Drag turn to change direction

**COACHING POINTS:**

- Keep the ball close!!
- Dribble with head up to see which cones you need to messy/tidy

### BEGINNING GAME – ROB THE NEST

**SET-UP:**

Set up a square of 2mx2m for each 2-3 players at angles from a centre square (see diagram).

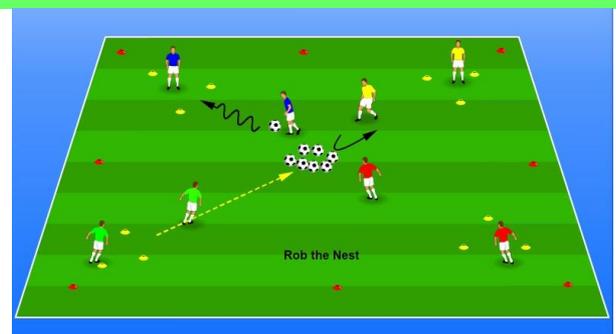
All balls start in the middle square.

**EXERCISE:**

1. One player at a time from each group must run out and dribble a ball back to their base (square) and high five the next player in line.
2. The team with the most balls in their base wins!!
3. Play a few times, awarding a point to the team that wins after each round
4. There is NO DEFENDING in this exercise.

**PROGRESSION:**

5. This time once the balls are gone from the middle players can move to other groups nest's and take their balls back to their nest.
6. Golden Ball – Make one of the balls worth 3 points



7. Ensure only one player from each team goes at a time.
8. After 2-3 minutes see which team has the most balls!

**COACHING POINTS:**

- Keep the ball close!!!
- Use sole of the foot to turn when stealing the balls!

**\*SESSION FORMAT FOR 45 MINUTE SESSION: SELECT ONE OF EITHER THE BEGINNING OR MIDDLE GAME THEN CONTINUE TO END GAME**

#### MIDDLE GAME – TARGET BALL

##### SET-UP:

Set up two lines of cones 5m apart and 10m in length. Position players along each line facing their partner with a ball (or water bottle) on a cone between each pair.

##### EXERCISE:

1. One player in the partnership must pass the ball at a time.
2. Their aim is to knock the middle ball off the cone.
3. Challenge the players! -How many times can they knock the middle ball off the cone in 60 seconds?!
4. Make it a competition! Beat your last score

##### PROGRESSION:

5. Right foot only
6. Left foot only
7. Swap partners
8. Players have 5 seconds to control the ball then pass!
9. Players must do 5 slap downs, sole touches or toe taps before passing to the knock the ball of the cone



##### COACHING POINTS:

See key coaching points below for passing technique  
Ensure players quickly put the ball (or water bottle) back on the cone once they've knocked it off!  
Accuracy over power!

#### END GAME – 2 vs 2s

##### SET-UP:

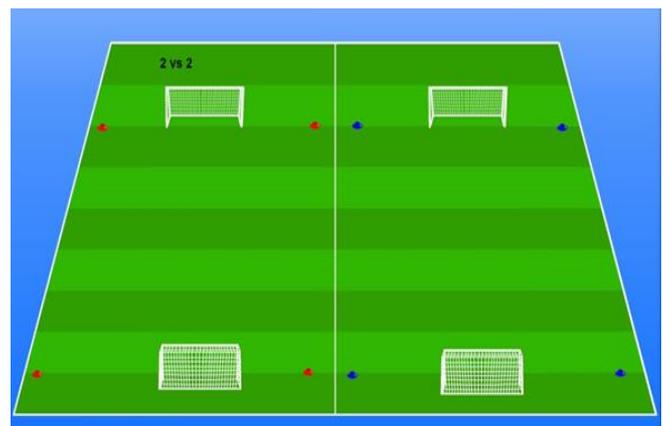
Set up three mini-fields, 20m x 10m size  
One goal at each end.  
Split the players into pairs

##### 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!



#### KEY COACHING POINTS

Encourage players to use the sole of their feet to STOP the ball, TURN & CHANGE DIRECTION!

Dribble into the free space, away from the defenders

Use the RIGHT and LEFT foot when dribbling

**Passing Technique** – 3-4 steps for run up, Inside of the foot strike, locked ankle, standing foot facing towards target, swing leg back and follow through after contact with the ball.

#### 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](http://www.ffacoachingresource.com.au) or search for the FFA National Curriculum

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