

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: 30m x 20m **CONES:** 10x colour, 10x colour **BIBS:** ½ number of players **BALLS:** 1 x players

BALL MASTERY – COUNTRIES

SET-UP:

Define the 30m x 20m area

EXERCISE:

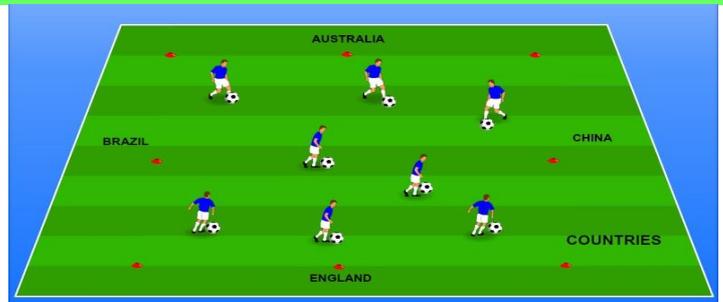
1. Each player has a ball dribbling around the area performing ball mastery skills.
2. Name each side of the square a different country.
3. On the coaches call (**'AUSTRALIA'**) players must dribble as quick as possible to the correct side and stop their ball on the line.

PROGRESSIONS:

4. Mix it up, saying two countries at once, or a random name.
5. Continue to do ball mastery and countries at the same time.

BALL MASTERY SKILL FOCUS:

1. Sole Touches & Toe Taps – How many in 20 seconds?
2. Toe Taps – Moving around the area
3. L Turns & V Turns
4. Side Roll



This exercise is to develop players change of direction and pace

5. Any turn – Let the players decide
6. Scissors
7. PLAYERS CHOOSE THE SKILL

COACHING POINTS:

Lots of small touches!
Accelerate to the correct side!
Changes of **direction and pace!**

BEGINNING GAME – PAIR GATES

SET-UP:

Within the 30m x 20m field, set up a series of gates using the same coloured cone for each gate.

Pictured – blue and yellow gates in diagram

EXERCISE:

1. Split players into pairs, one ball each pair
2. Have players stand between a gate and complete 10 passes on each foot.

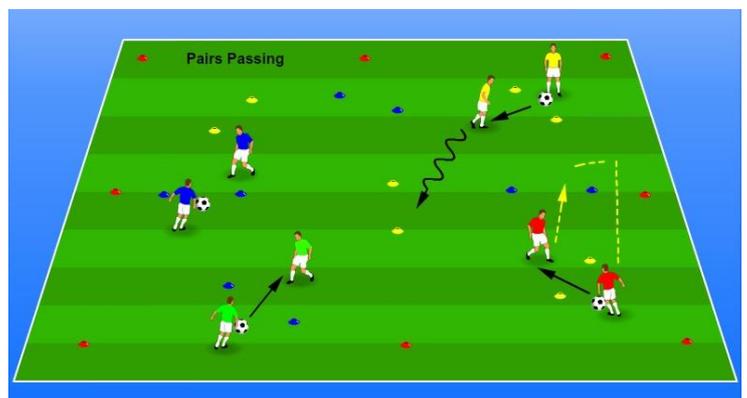
Technique – Inside of the foot strike, locked ankle, standing foot facing forward.

3. Challenge – Players must now move around as a pair, earning 1 point for each gate they pass once between.

4. After 90 seconds stop them and see who wins
5. Challenge players to beat their first round score

PROGRESSION:

6. Change partners
7. Instruct which foot they can pass with
8. Cannot go through the same coloured gate consecutively



COACHING POINTS:

Encourage players to have their head up whilst moving around to see which gates are free.
Challenge: players to take their touch towards the next gate
Quick movement off the ball to the next gate
(see key coaching points for passing technique)

MIDDLE GAME – SPACE INVADERS

SET UP:

- Split the team into pairs.
- Set up two lines of cones 5m apart
- Position pairs in between cones opposite each other on each line.
- Give one ball to each pair
- Nominate one pair to begin in the middle (aliens)

EXERCISE:

1. The Astronauts (blue players) must attempt to successfully pass to each other, avoiding the aliens.
- 1 pass = 1 point
2. The Aliens (yellow players) must attempt to intercept the ball, earning them 1 point.
3. Run the short competition for two minutes and see which pair gets the most successful passes
4. Swap the Aliens with another pair, and run the competition again.
5. Repeat until everyone has had a go in the middle

PROGRESSION:

6. Instruct which foot the Astronauts can use to pass the ball
7. Increase / Decrease distance to make it harder/easier



COACHING POINTS:

- Ensure players are striking the ball with the correct technique. (See below for technique)
- Coach players to wait for a **GAP to open up** before passing to their team mate.

END GAME – FOUR GOAL

SET UP:

- Within the area set up TWO goals on both sides and play a normal game.
- No Goalkeepers
- Encourage players to try what they have learnt in the previous exercises!

Can teams switch the play when attacking?

WRAP UP:

- At the end of the session ask the players what they have enjoyed and learnt from the session
- High fives!



MAKE SURE PLAYERS TAKE THROW INS

KEY COACHING POINTS

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.

First Touch – Cushion the ball when controlling it by slightly drawing your foot back

Can players take their first touch in the direction they want to go?

Encourage players to move off the ball to give the ball carrier options – LEFT, RIGHT, BEHIND, FRONT

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

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