

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: **STRIKING THE BALL**

ASPECT: **PASSING BEYOND DEFENDERS**

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

SKILL INTRODUCTION – GHOSTS and GOBLINS

SET UP:

Define a 30m x 20m field

Nominate two people to be in the middle

Distribute balls to 1/3 of the remaining players

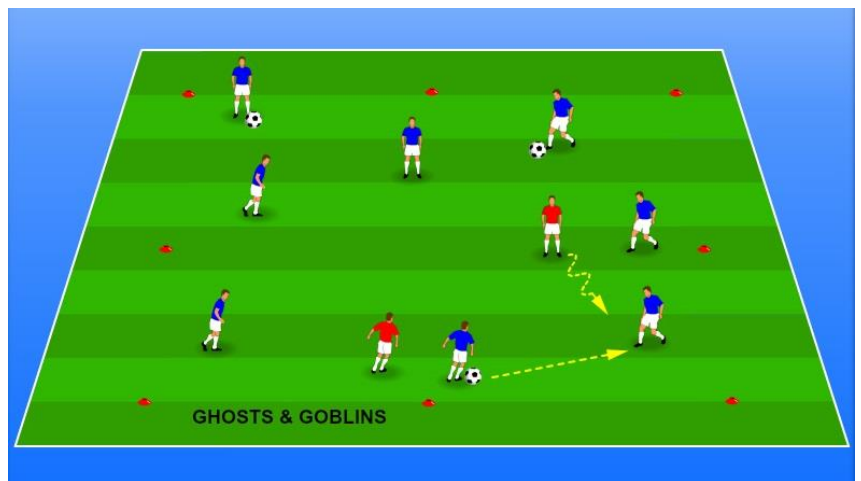
Everyone must be inside the field

EXERCISE:

1. The RED players are GOBLINS and must each hold a bib. They must try to throw their bib onto/at someone WITHOUT a football.
2. Blue players must move around, passing to each other to ensure the GOBLINS cannot catch anyone.

When you have a ball you cannot be caught, known as a GHOST in this exercise.

3. If a blue player is caught, they become the goblin. **NOT BUILD UPS.**



PROGRESSION:

Include a time limit with a ball (only allowed to hold for 5 seconds)
Reduce the amount of balls

TECHNIQUE:

1. When striking the ball, ensure the 'standing foot' is placed next to the side of the ball. The standing foot must have its knee bent to maintain balance
2. Swing the striking foot towards the ball.
3. Striking foot – Ankle must be locked, with foot and leg appearing to be at a 90 degree angle
4. Look at the ball. Look at where you want to place the ball. Adjust body positioning to achieve this.
5. Strike the ball with the inside of the foot. Do not let the ball bounce off the foot. **ATTACK THE BALL!**
6. Follow through / swing through the ball

SKILL TRAINING – DIRECTIONAL POSSESSION

SET-UP:

Define a 30m x 20m area.

Split the team into two even teams, with bibs.

Place two wall players on opposite ends from each team – as shown in diagram.

If you have uneven numbers, use a 'joker', who plays on the team in possession

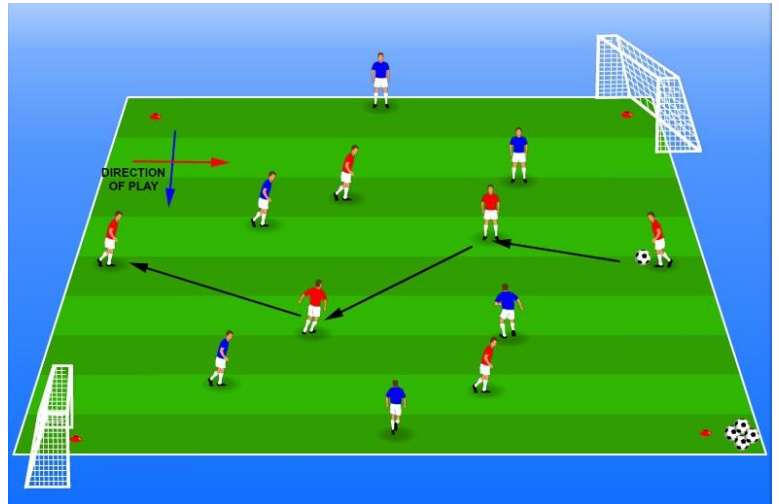
Set up two goals on opposite corners of the field

EXERCISE:

1. Teams must keep possession (blue vs red), whilst using all wall players
2. 8 passes = 1 point. First to 5 points. Losing team must do star-jumps
3. Swap over wall players every 2 minutes

PROGRESSION OPTIONS:

4. Teams must keep possession (blue vs red), however can only use their wall players. Same points system as earlier.



5. After a team completes 8 passes they can shoot in one of the two goals, located on corners of the field.
6. Points system – Make it a competition

COACHING POINTS:

Technically –

Firm and accurate passing. Correct inside foot technique

Aggressive first touch – moving the ball:

- INTO SPACE
- AWAY FROM DEFENDER
- SET UP NEXT ACTION

Scan the field before receiving the ball (awareness)

Firm and accurate passing (use technique above)

Encourage players to move into gaps to receive the ball

Positioning –

Ball carrier must have options LEFT, RIGHT and MIDDLE

Receive the ball with an open body position (see the whole field)

Scan the field before receiving the ball (awareness)

Encourage players to move into gaps to receive the ball

Defensively –

Immediately pressure the ball and players first touch

Close down passing channels / gaps to avoid balls being played between two team mates

SKILL GAME – NORMAL GAME

SET-UP:

Define a 30m x 20m area.

One goal on each end.

Split the team into two even teams, with bibs.

EXERCISE:

1. Let them play!!

For more information and resources head to

www.ffacoachingresource.com.au or search for the FFA National Curriculum.

