

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

Purpose:

WHOLE	~ 20 minutes	Get the players into a game as soon as they arrive!
PART	~ 20 minutes	Break down the game to work on a core skill
WHOLE	~ 20 minutes	Place the players back into a game. Did they learn?

AREA: 30m x 20m

CONES: 10x colour, 10x colour

BIBS: ½ number of players

BALLS: 1 x players

CORE SKILL: 1 vs 1 and 2 vs 2

ASPECT: COMBINATION PLAY

WHOLE – GAME

SET-UP:

Define a 30m x 20m field

One goal at each end.

Split the players into two teams

EXERCISE:

- As players turn up, place them straight into a game.
- Start as 1 vs 1, with each new arrival joining the team with less numbers, or that is losing
- As coach, stand back and observe.
 - Are you playing enjoying themselves?
 - Who is confident at beating someone in a 1 vs 1?
 - Which players can combine passes together?
 - Encourage players to try new things



PART – COLOURS

EXERCISE:

Each player has a ball and is free dribbling around a defined 20m x 30m area.

Introduce & complete the following actions.

Ball mastery exercises – Encourage players to keep head up

- Side to side (for/backwards)
- Sole taps (Alternating sole of feet)
- L-Trick (Sole drag back, then flick behind standing foot)

Feints – Encourage a change of pace and direction

- Step over
- V-trick (drag the ball from one side of body, towards the middle of the body, then push outwards towards the other shoulder, forming a V)

Colours – Coach walks around holding different coloured cones in the air. Players **MUST** call them out. Head up!!

PART – 2 vs 2 WORLD CUP

SET-UP:

Set up three mini-fields, 20m x 10m size

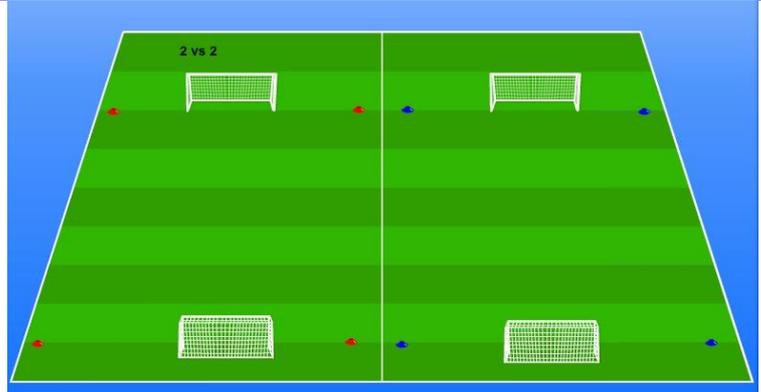
One goal at each end.

Split the players into pairs

If you have uneven numbers, use a joker. The joker players on the team in possession.

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!



WHOLE - MATCH

SET UP:

Split players into two teams.

Two goals, one at either end.

Normal game.

EXERCISE:

1. Normal game
2. Allow the players to enjoy
3. Make the fielder bigger to allow more space for players to run into (if possible)



COACH REFLECTION

Have the players been engaged for the whole session?

Are players in control of the ball when running at speed?

Which players do you need to work more closely with?

For more information and resources head to www.ffacoachingresource.com.au or search for the FFA National Curriculum