

INTRODUCTION

Each week you will receive a training session plan designed for the age group you are coaching. All plans are consistent with the FFA National Curriculum and are set out in the format “beginning, middle, end”.

Training sessions should primarily focus on one core skill each week. Over the course of the year, we will be providing plans that focus on either “running with the ball”, “striking the ball”, or “1v1”.

“BEGINNING”

Better known as the “warm-up”, the purpose is to get the kids in the right frame of mind and activate their bodies. It’s unnecessary to run laps or do stretches to achieve that; all sorts of relays and tagging games with and without the ball are much better, more fun, and also help develop the children’s basic coordination.

“MIDDLE”

The section of the training session where we conduct fun football exercises such as dribbling, passing, shooting, et cetera.

“END”

Allocated for playing all sorts of small sided games.

SESSION TIPS

1. Plan your sessions in advance
2. Arrive early and set up the area
3. Give clear, short instructions
4. Demonstrate quickly and efficiently
5. Keep the session flowing
6. Vary the activities but keep it simple
7. Be enthusiastic and give lots of praise
8. Encourage after mistakes
9. Be patient
10. Have fun (both the kids and you!)

WHAT ARE THE CHARACTERISTICS OF CHILDREN IN THIS AGE BRACKET?

- X They are still ‘clumsy’ (lack fine motor skills), because they are still developing their coordination
- X They have a short span of attention and are quickly and easily distracted
- X They are ‘self-centred’ and not yet able to really work together (so do not ask them to perform team play, it is impossible for them!)
- X They play or participate for fun with short bursts of energy and enthusiasm
- X They are unable to handle a lot of information (instructions; feedback)

S.O C.H.A.N.G.E I.T

If your players are finding the session too easy or hard, the solution is to use the S.O C.H.A.N.G.E I.T philosophy.

Safe: Safe physical environment (field, obstacles such as sprinklers) and safe space to learn

Organised: Prepared sessions and ensuring you have all the equipment you need to encourage participation.

Coaching Style: Provide feedback in the drink break or change of activities without interrupting the game.

How You Score / Win: Increase opportunities to score.

Area: Increase or decrease the game challenges by changing the size/shape of the playing area.

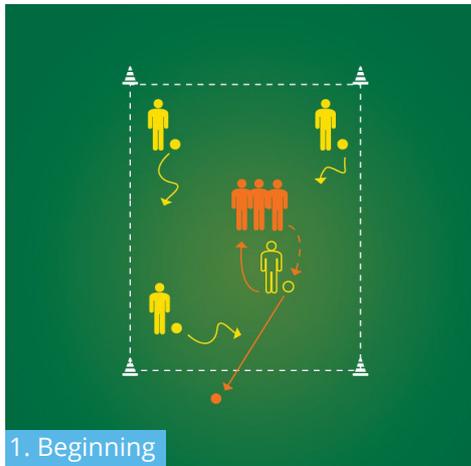
Numbers: Use different team numbers to overload the advantage of one team, or vary number of turns at goal.

Game Rules: Change the rules slightly, for example no tackling, minimum number of passes.

Equipment: Vary the equipment used, for example a bigger goal, smaller goal, more goals.

Inclusion: Engage players in modifying the practices; provide options they can choose from to encourage ownership.

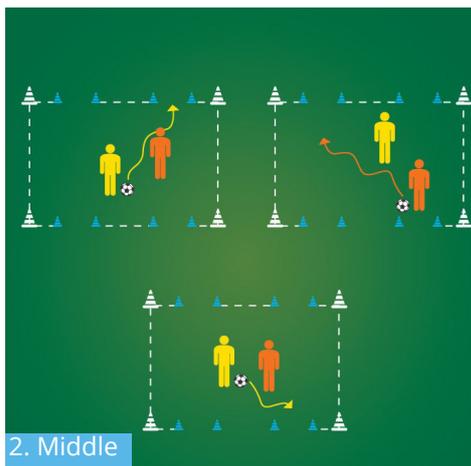
Time: Reduce or extend the time to perform actions.



BEGINNING: DRIBBLERS AND COLLECTORS

Two players without a ball link hands and move around the area trying to kick other players' balls out. They are the 'collectors'.

When a player's ball is kicked out, they immediately join the 'collectors', so that there are now three players with hands linked chasing the others (then four and five) until everyone is out. Then two new 'collectors' start chasing.



MIDDLE: 1V1 MINI GAMES (1)

Make three small areas about 10m wide × 7m-8m long (field is short and wide).

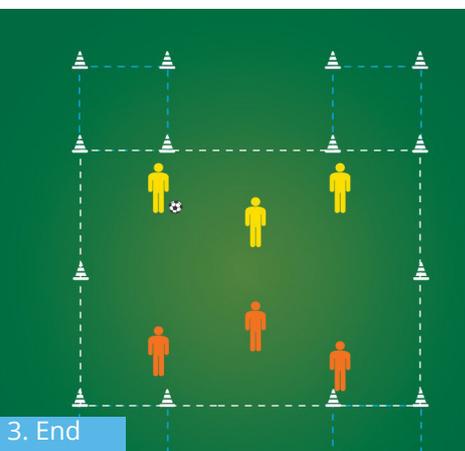
Two gates 2m wide placed on each byline, approximately 1m away from each corner marker.

Players play 1 v 1 on each mini-field and score by dribbling the ball through one of the gates.

Think of safety when setting up; avoid scenarios where players could dribble into each other by allowing buffer zones.

NOTES ON THIS EXERCISE

Keep rotating so opponents are changed regularly. Rotation also allows a period of rest, so control how long rotation takes depending on how fatigued the players seem. You could also give some brief hints to the whole group in order to give them a rest.



END: LINE FOOTBALL 3V3/4V4/5V5 (1)

Field dimension is short and wide

Length: 15m - 20m

Width: 20m - 25m

Goal: none

Usual rules, but method of scoring is to dribble the ball across the opponents' end line

NOTES ON THIS EXERCISE

- X This game encourages dribbling and 1 v 1 skills

PROGRESSION

- X Add 2 scoring zones behind each byline (as shown in the diagram)

- X To score, players must dribble the ball over the byline, but also stop the ball in the scoring zone