

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.

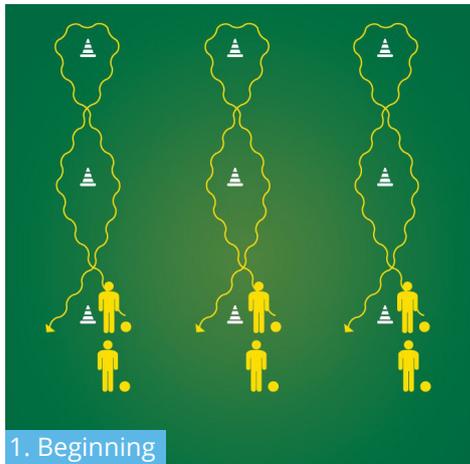
Numbers: Use different team numbers to overload the advantage of one team, or vary number of turns at goal.

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.



1. Beginning

WATCH HERE

BEGINNING: RELAYS

Each player starts with a ball, and dribbles around the first marker in a full circle (as shown in diagram) then dribbles around the second marker, and then returns to the start

Upon returning to the starting point, the next player starts the same pattern with their own ball

PROGRESSION

- X Players to use their right foot only
- X Players to use their left foot only
- X Players to use the inside of their foot only
- X Players to use the outside of their foot only
- X Each group to use one ball only, where the ball is exchanged at each end upon completing the figure 8

MIDDLE: COLOUR CODE

This activity should be arranged in a square 15m x 15m and requires at least three cones of two or more colours placed randomly inside the square.

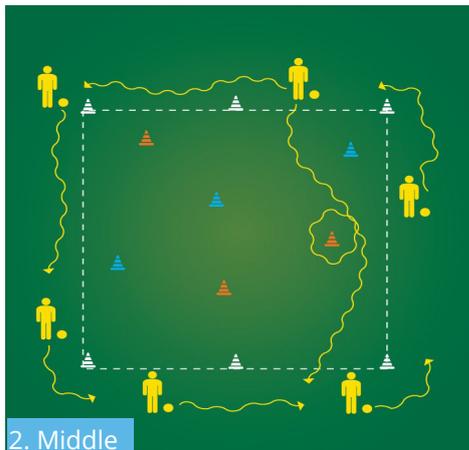
Players dribble their balls round the outside perimeter of the area.

Call out a colour and the kids must dribble into the square, around the cone of that colour, and back outside the square. The winner is the first one back outside with their foot on their ball.

Remind players to keep their heads up and watch out for possible collisions.

PROGRESSION

- X Round all cones of that colour
- X Players to use their right foot only
- X Players to use their left foot only
- X Players to use the inside of their foot only
- X Players to use the outside of their foot only
- X There are more possible variations, limited only by the number and colour of your cones, and your imagination!



2. Middle

END: 4-GOAL FOOTBALL

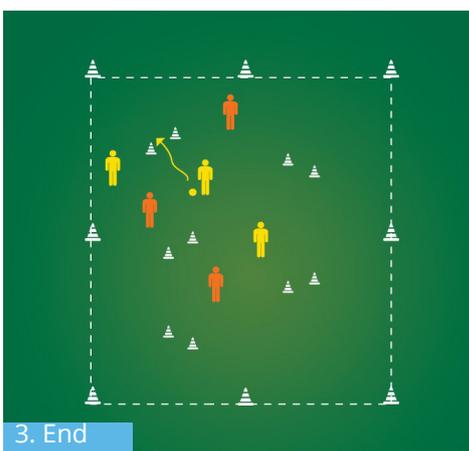
Length: 15m-20m

Width: 15m

Goal: none (make 4 or 5 gates of 1m-2m width inside the area)

NOTES FOR THIS EXERCISE

- X To score a goal, dribble the ball through any one of the gates
- X This game encourages dribbling
- X Players cannot score in the same gate consecutively



3. End