

### 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!)

### 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: STUCK IN THE MUD

Mark out a 10m × 14m area. Five players try to avoid one player who carries a ball in their hands.

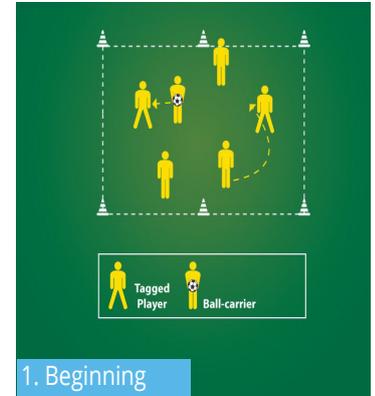
The ball-carrier attempts to tag the runners by touching them with the ball (make sure the ball is not thrown and that players aim for the trunk).

If a player is tagged, they are 'stuck in the mud', and stand with their legs wide apart until a team-mate frees them by crawling through their legs. Each ball-carrier has 30 seconds to tag as many players as possible.

After 30 seconds, change the ball-carrier.

### PROGRESSION

Ball-carrier dribbles the ball around the field and tags the players with their hand, while keeping the ball close to them (if this progression proves difficult for them, make the field smaller)



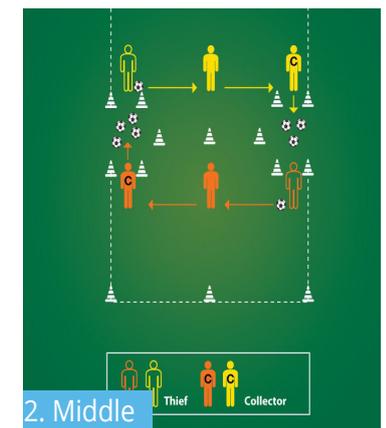
### MIDDLE: ROBIN HOOD

Two teams of three split up as shown in the diagram. Each team starts with an equal number of balls in their 'safe'. When the game begins, each team can start stealing balls from their opponent's 'safe' - there is one 'thief' who takes a ball and passes it across the first 'moat' to their team-mate; they then pass it across the second 'moat', to their team's 'collector', who puts it in the team's 'safe'.

Meanwhile, their opponents are doing the same with their balls! After a set time period (e.g. two minutes), see which team has the most balls in their 'safe'. The team that passes and controls the balls best will have the most balls in their 'safe' and will therefore be the winners.

### GUIDELINES FOR ROBIN HOOD

You can't use your hands - feet only!



**WATCH VIDEO**

### END: PASS TO SCORE

Length: 15m-20m Width: 15m Goal: none (make 4 or 5 gates of 1m-2m width inside the area).

### NOTES ON THIS EXERCISE

To score a goal, pass the ball through any of the gates to a team-mate.

This game encourages passing.

