

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 "Skill Introduction, Skill Training, Skill Game". Training sessions should primarily focus on one core skill each week. Football NSW will provide plans that focus on either "first touch", "running with the ball", "striking the ball", or "1v1" in the Skill Acquisition Phase for kids aged 9-13.

"SKILL INTRODUCTION"

The warm-up and introduction to the designated core skill for the session. This is the only part of the session where drill-type exercises should be used, but the creative coach can include elements of decision-making.

"SKILL TRAINING"

The part of the session where conscious teaching and learning of the designated core skill takes place. Lots of repetition in game realistic scenarios, task-based coaching, effective feedback through use of questioning; ask players "why did you choose that option?", "where do you think there might be more space?".

"SKILL GAME"

A game where as much as possible all the elements of the real game are present but organised in a way that the designated core skill has to be used regularly. Skill games are preferably small sided games to stimulate the number of repetitions/touches. The players play, the coach observes if learning has taken place.

SKILL INTRODUCTION: 1 V 1 SESSION 3

Positioned inside a large grid of approximately 40m x 40m are a number of 5m x 5m x 5m triangular grids. The players are split into 2 groups (orange and yellow) of equal numbers, orange with ball and yellow without.

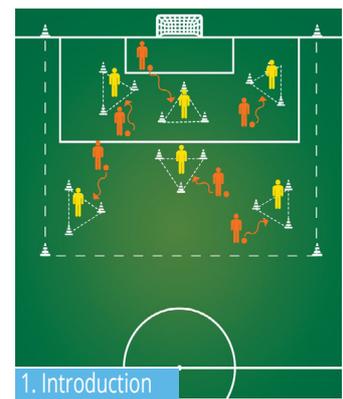
The number of triangular grids equals the number of players per group.

Of the group without the ball, each player must stand inside a triangular grid (see diagram).

The orange players dribble around the area and 'attack' the triangles from any possible side. Only one player can attack a triangle at the same time (awareness; communication).

The yellow players have to 'defend' the borders of their triangles (passively at the beginning).

Change roles of groups regularly.



SKILL INTRODUCTION: 1 V 1 SESSION 3 VARIATION

PLAYER ACTIONS/TASKS TO ENCOURAGE

"Make feints" (free choice or prescribed)

"Now only use your weaker foot"

"Now increase the tempo but avoid collisions" ("heads up")

"Defenders, gradually raise the resistance"

"Defenders now full resistance, try to stop the attackers entering your grid"

SKILL INTRODUCTION: 1 V 1 SESSION 3 VARIATION

CONCLUDING GAME

Each player individually counts the number of times they are able to beat a defender and dribble through their triangle.

"You have 2 minutes"

"What is the group's total?"

"OK, now change roles and see if your group can beat that number"



SKILL TRAINING: 1 V 1 SESSION 3

A grid of approximately 15m x 15m with a halfway line and three gates of 5m at each byline
Two groups (yellow and orange) of 4 players positioned opposite one another in the middle gate (see diagram A)

Yellow group with a ball each; orange without a ball

#1 yellow passes to #1 orange and immediately sprints to the halfway line (yellow must start defending on or over the halfway line, waiting in own half is not allowed)

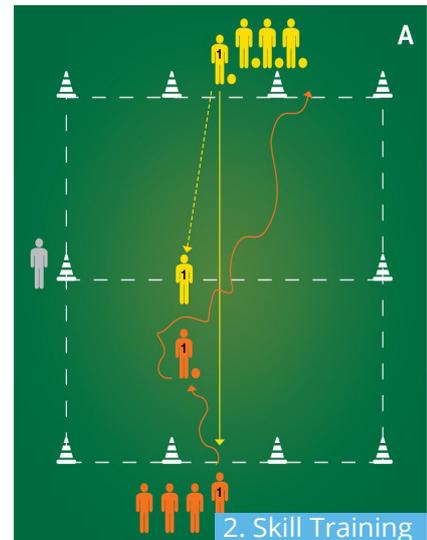
Orange #1 receives the ball and takes on yellow #1 at speed, trying to get past them and score by dribbling through the left or right gate

The action stops when orange scores or yellow wins the ball

Orange #1 now takes the ball and joins the yellow line while yellow #1 joins the orange line

After everyone's had a turn, the oranges now become the defenders and yellow the attackers

"Count the number of goals: who scored most?"



SKILL TRAINING: 1 V 1 SESSION 3

PROGRESSION

Defenders can score too when they win the ball

2 v 1

2 v 2

2 V 1 ORGANISATION (SEE DIAGRAM B)

Pairs of yellow and orange players

#1 yellow passes to #1 orange and engage in 1 v 1

#2 orange first runs around one of the corner cones before entering the grid to make it 2 v 1

#2 yellow skips a turn and jogs around the grid to join the orange line

POSSIBLE COACHES REMARKS

ATTACKER

X Go at the defender with speed

X Use a feint to put the defender off balance

X Threaten to pass to the overlapping player but accelerate past the defender instead

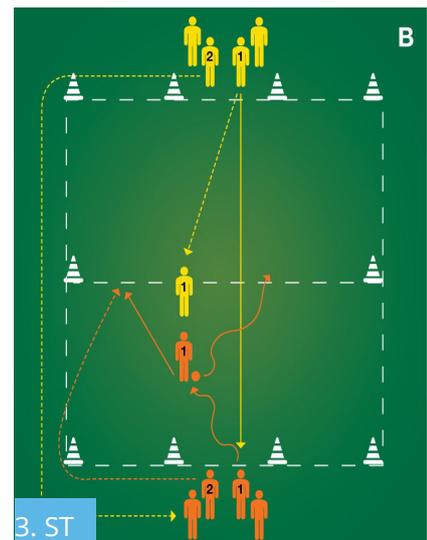
DEFENDER

X Show the attacker one way

X "Bend your knees and stand on your toes so you're able to change direction quickly"

X "The best moment to commit is when the attacker takes a heavy touch or slows down"

X Don't forget to coach the defenders!



SKILL GAME: 1 V 1 SESSION 3

4 v 4 in a grid of approximately 35m x 35m.

There are four gates of 5m-7m positioned as shown, each protected by a defender (gates should be too wide rather than too narrow).

The team in possession of the ball scores a goal when one of their players can beat a defender and run with the ball through one of the gates (from either side).

If the defending team wins the ball, the roles change without stopping the game.

"Which team scores most?"

STEP UP

X The attacking team must make a 1 v 1 effort within 15-30 seconds, otherwise the possession goes to the opponent

X Decrease the gate size

STEP DOWN

X Increase the gate size

X Introduce a 'joker'

