

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: RUNNING WITH THE BALL SESSION 3

A grid of approximately 30m x 30m has 4 small 5m x 5m grids in all 4 corners.

The players are divided into 4 groups of 3 players and positioned in the corner grids with a ball each as shown.

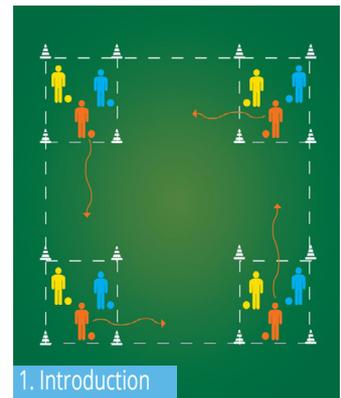
The 3 players in the corners wear different colour bibs or are numbered 1-3.

On the coaches signal all players of the same group (all orange or #1's) run with the ball to the next corner followed by the next group, again after the coaches signal.

When everyone is back in the grid where they started; we start again but now in the other direction using the other foot only. In the beginning the speed is low and should be raised gradually.

Next we add the following variations (both with right as well as with left foot)

- X Accelerations
- X Feint stops followed by an acceleration
- X Stop-starts
- X Feint turns followed by an acceleration



CONCLUDING GAME

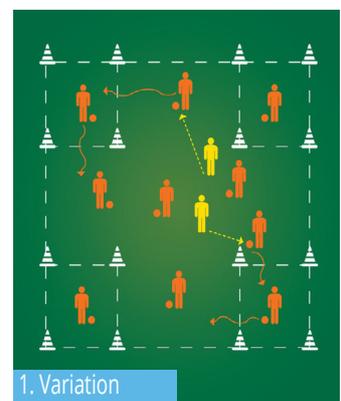
Use the set-up from the previous exercise.

One player with a ball in every corner grid; the rest of the players with a ball in the centre grid. There are one or two 'taggers' without a ball who try to tag the players with the ball. The players that get tagged, leave the grid and wait outside. A player can 'escape' the tagger by running with the ball into a corner grid but then the player that stands there must immediately leave the grid.

"How long does it take the taggers to tag all the players?"

After everyone has had a turn as taggers:

"Who are the winners?" (i.e. fastest time)



SKILL TRAINING: RUNNING WITH THE BALL SESSION 3

Organisation: 15m outside the penalty box, two lines of cones are placed as shown in the diagram.

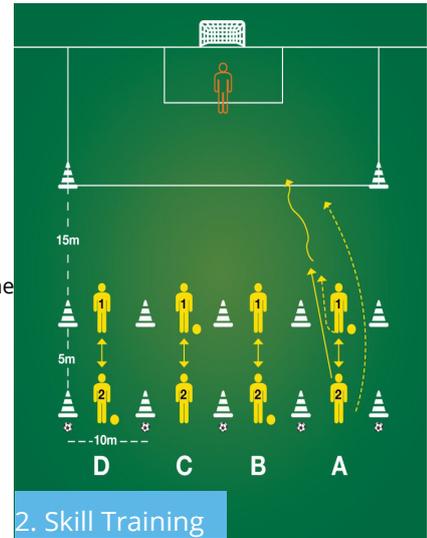
The players in pairs with one ball and positioned in grids A;B;C and D as shown.

The pairs pass the ball back and forward to each other while waiting for their turn.

The exercise starts with the pair in grid A when, at the coach's whistle, player #2 passes the ball past #1 in the direction of the goal. Player #1 turns and runs with the ball towards the goal and tries to score (inside the box). Player #2 gives chase and tries to stop #1 from finishing.

As soon as the action ends, pair A return to their grid and pair B starts; etc. after every turn #1 and #2 change positions.

Regularly change the composition of the pairs as well.



2. Skill Training

STEP UP

Reduce the distance between the two lines of cones (4m-3m-2m)

STEP DOWN

Increase the distance between the two lines of cones (6m-7m-8m)

POSSIBLE COACHES REMARKS

"Push the ball forward every 3-4 steps"

"Run as fast as you can but keep the ball under control"

"If the defender catches up with you, this is what you can do:" (demonstrate!)

X Feint to turn and accelerate again

X Feint to stop and accelerate again

X Cut off the defenders line by crossing in front of him

X Take on the defender 1 v 1 if they get in front.

SKILL GAME: RUNNING WITH THE BALL SESSION 3

4 v 4 + 4 'walls' (8 v 4) on a long and narrow pitch with big goals and goalkeepers (as shown).

All players choose (or get assigned) a direct opponent and can only take the ball from that opponent.

The team in possession can use the wall players to combine with (walls: 1 or 2 touches only).

The offside rule applies

Change of teams when a goal is scored or after 2-3 minutes.

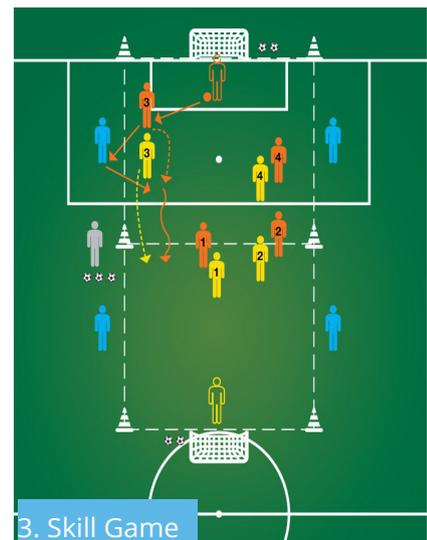
STEP UP

X Teams can only use the walls in their own half

STEP DOWN

Widen the pitch

X Narrow the pitch



3. Skill Game

VARIATIONS

X 1 or 2 small goals without goalkeepers

X No goals but 'line-football'