

### 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

#### "WARM UP OR PASSING PRACTICE"

After a 5 minute welcome/explanation. Preferably with a ball, for example passing practices, & if possible "theme related" including a level of decision-making. Avoid warm ups that are more like conditioning sessions. **15-20 mins**

#### "POSITIONING GAMES"

The main conditions for quality positioning play are maximal use of space in order to create more time on the ball (stretching the opponent, triangles (no players in straight lines), support play to create options for the player on the ball and anticipation/communication (verbal & non-verbal). **20 mins**

#### "GAME TRAINING COMPONENT"

Where conscious teaching & learning of the Team Task takes place. The coach must organise the practice in such a way that the focus is on the Team Task, in the right area of the field, create the proper level of resistance, give feedback and ask smart questions to develop player understanding and enhance learning. **25-30 mins**

#### "TRAINING GAME"

A traditional game at the end of the session, however not just a "free" game, rather one which contains all the elements of the real game but with rules and restraints that see to it that the Team Task is emphasised. Whilst players play, coaches observe if learning has taken place, coaching on the run. **20-25 mins**

#### "WARM DOWN"

Warm down and a wrap up of the session. **5-10 mins**

### WARM UP

6 players are positioned as shown, distance between the cones 7m-8m.

The passing exercise starts with player #1 at cone A passing the ball to the feet of the player at cone B (who moves away with a dummy run as if getting away from an imaginary defender, then checks back to the ball to receive it).

B bounces back to A1 who plays the killer pass to the first player at cone C.

C1 moves the ball (1st touch) and passes to the player at cone D (2nd touch) and the same pattern is repeated.

All players involved move to the next cone after completing their action/pass (from cone A to B; B to C; C to D and D to A). Every 2-3 minutes: change the direction (use other foot)

### VARIATION FOR ADVANCED PLAYERS

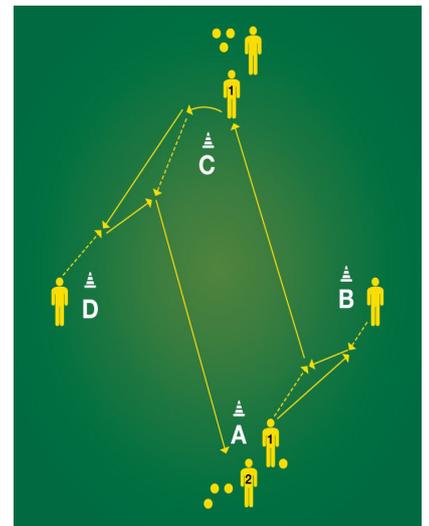
Use 2 balls, starting with A1 and C1 simultaneously

### POSSIBLE COACHES REMARKS

"More accuracy, play the ball to your mate's right/left foot"

"Play the ball with more speed"

"Communicate, time your action"



### SKILL TRAINING: STRIKING THE BALL SESSION 2

3 v 1 killer pass positioning game with 9 players.

Organisation

Two grids of about 12m x 12m (A & C) separated by a grid of 12m x 5m (B).

Three teams of 3 players with different colour bibs, one team in each grid as shown.

The coach is positioned with the balls centrally, next to grid B.

The coach starts the game with a pass to a yellow player in grid A. At that moment one orange player from grid B sprints into grid A to defend/win the ball:

3 v 1 in grid A.

Yellow must now look for the right moment to play a killer pass through grid B (with the two remaining orange defenders) to a blue player in grid C. Then immediately another orange player sprints into grid C to defend while the defender from grid A returns to grid B.

If a defender wins the ball in grid A/C or the defenders intercept the killer pass in grid B, they change grids with the team that lost the ball.

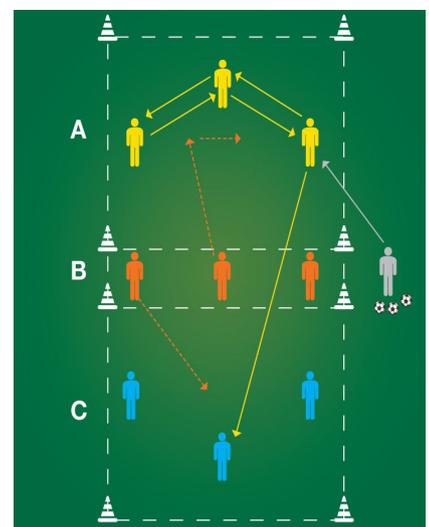
### STEP UP/DOWN

Make the grids bigger/smaller

Free or limited touches (2-3) in 3 v 1

Killer pass: only on the ground or lofted pass allowed as well

Make easier: 6 players (2 per grid: 2 v 1) or harder: 12 players (4 per grid: 4 v 2)



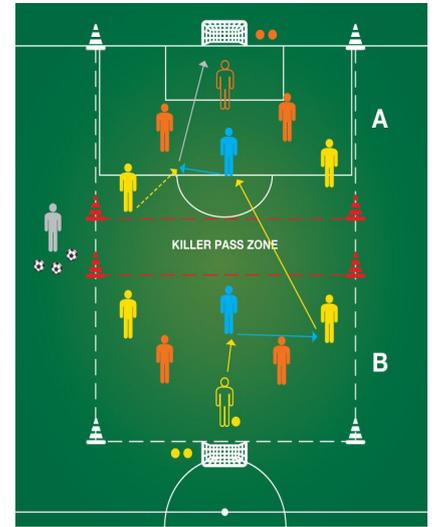
### GAME TRAINING

5 v 5 (include goalkeepers) + 2 'neutral' players on a 40m x 50m pitch with big goals, divided in two grids (A & B) by a 5m 'killer pass zone' (see diagram). 2 defenders + goalkeeper and 2 attackers in each half as well as a 'neutral' player ('joker'). All players must stay in their designated grids.

The game starts in grid B with yellow + the joker playing 4 v 2 against the 2 oranges. They must try to play a 'killer pass' through/across the middle zone to a yellow player or the joker in grid A. If the orange players intercept the ball they can score immediately.

The yellow players + joker in grid A try to score against the 2 orange defenders + goalkeeper (3 v 3). If they score the game starts again in grid B. If they lose the ball to orange, the game continues/re-starts in grid A with orange + joker playing 4 v 2 against the 2 yellow players. Players to change roles/grids every 3-5 minutes.

To see an example of this, click the below demo video.



### STEP UP

2 touches only in 4 v 2

No jokers: 2 v 2 (or 3 v 3) + goalkeepers

### POSSIBLE COACHES REMARKS

"Focus on properly playing 4 v 2 first"

"Look for the right moment to play the killer pass"

"The right moment is when you are facing forward and make eye contact with the player(s) you want to pass to"

### CONCLUDING GAME: STRIKING THE BALL

"Count how often you can play a successful killer pass (between the defenders)"

Every 2 minutes change of defenders and start again.

To see an example of this, click the below demo video.

[WATCH VIDEO](#)

