

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"	"SKILL TRAINING"	"SKILL GAME"
<p>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.</p>	<p>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?".</p>	<p>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.</p>

SKILL INTRODUCTION: RUNNING WITH THE BALL SESSION 2

In a 30m x 30m grid the players are divided into pairs with a ball each (for safety reasons the grid should be rather too big than too small!).

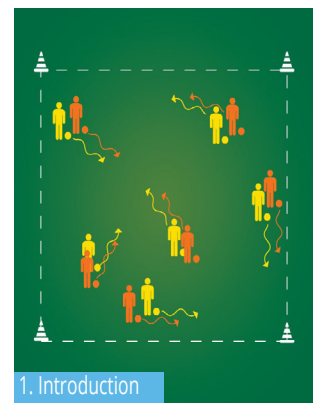
One player dribbles in front, the other follows at short distance (change task of leader-follower regularly). In the beginning the speed is low and steady.

The coach asks the players to "scan" the field and be careful to not run into each other.

Next the coach instructs the players to gradually add the following variations:

VARIATIONS

- X Accelerations ("when a space opens up in front of you")
- X Stop-starts
- X Feint turns followed by an acceleration
- X Changes of direction and turns
- X Feint stops followed by an acceleration
- X Etc



CONCLUDING GAME

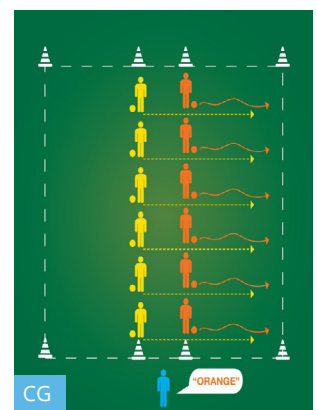
Concluding tagging game (using the same 30m x 30m grid)

The players line up with a ball each and facing the sideline (backs to each other). Distance between the players is 3m-4m and is marked out with cones.

When the coach calls "ORANGE" the orange players run with ball to the sideline chased (without ball) by the yellow players who try to tag them before they've reached the line. Depending on outcome the runner or chaser earns a point and we line up again.

When the coach calls "YELLOW" the reverse happens.

Since safety is extremely important, the players must only run in a straight line (stay in their own 'lane').



SKILL TRAINING: RUNNING WITH THE BALL SESSION 2

Organisation

Outside the penalty box another grid of the same size has been marked out.

Two teams (orange and yellow) are divided in 4 groups of equal numbers (A;B;C and D) and positioned as shown in the diagram.

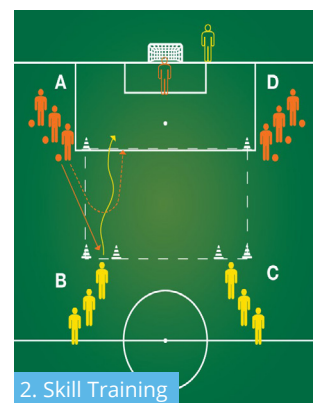
Groups orange A and D have a ball each, groups yellow C and B line up between the cones on the byline of the grid.

The exercise starts with the first player of group A passing the ball to the first player of group B (pass between the cones and with speed). Player B controls the ball and runs with it at speed toward the goal.

Player A follows their pass, overlaps and then chases player B who tries to finish (the shot can only be taken from inside the penalty box).

After the action has ended, the yellow player goes with the ball to position A; the orange player goes to position B.

Now it's group D and C's turn. Groups change sides regularly (use of other foot!). "Who scores most?"



SKILL TRAINING: 1 V 1 SESSION 02 CONTINUED

POSSIBLE COACHES REMARKS

- X "Push the ball forward every 3-4 steps"
- X "Run as fast as you can but keep the ball under control"
- X "If the defender catches up with you, this is what you can do:"
- X Feint to turn and accelerate again
- X Feint to stop and accelerate again
- X Cut off the defenders line by crossing in front
- X Take on the defender 1 v 1 if they get in front

SKILL GAME: RUNNING WITH THE BALL SESSION 2

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

There are five gates of 3m positioned as shown.

The team in possession scores a goal when one of their players runs with the ball through one of the gates.

If the defending team wins the ball, the roles change without stopping the game. "Which teams scores most?"

STEP UP

The attacking team must make an effort within 30 seconds, otherwise the possession goes to the opponent

Decrease the gate size

STEP DOWN

Increase the gate size

Add another gate

Introduce a 'joker'

