

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.

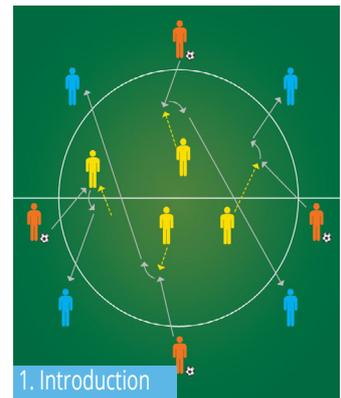
SKILL INTRODUCTION: FIRST TOUCH SESSION 2

In and around the centre circle 3 groups of 4 (or more) players with different colour bibs are positioned as follows:

- a. The orange players outside the centre circle with a ball each
- b. The blue players outside the centre circle without a ball
- c. The yellow players inside the centre circle without a ball

The yellow group moves around the circle calling for the ball and moving it with their first touch to pass it with their second touch to a player outside the circle who does not have a ball (anticipation, communication and awareness)

- X Change roles after 1-2 min
- X Only use inside/outside foot
- X After passing the ball servers follow their pass to (passively) pressure the receiver on their 1st touch
- X Only use left/right foot
- X Serve out of hands to thigh/chest



CONCLUDING GAME

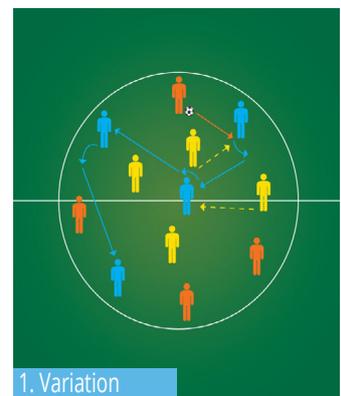
8 v 4 in centre circle, mandatory 2 touches to emphasise a quality 1st touch.

Blue and orange try to keep possession with yellow defending

Always position 1 or 2 'link' players centrally

How long does it take for yellow to make 5 or 10 interceptions? Now blue defends and then orange

Who is the winner?



POSSIBLE COACHES REMARKS

"Know beforehand to whom you are going to play the ball"

"Try to use 2 touches only, the 1st touch to receive the ball and the 2nd touch to pass it"

"Do not just move the ball side-ways, try to make a full turn sometimes"

SKILL TRAINING: FIRST TOUCH

Positioning game 4 v 4 with 4 'wall' players (8 v 4) in a 20m x 30m grid (depending on player's ability).

Mandatory 2 touches for all players including the 'walls' who must keep the ball moving (i.e. not allowed to stop the ball with their 1st touch). This simple restraint sees to it that each 1st touch must be perfect every time the player receives the ball.

STEP UP

Reduce grid size

STEP DOWN

Increase grid size or go back to an easier positioning game (4 v 1; 3 v 1 or 4 v 2)

POSSIBLE COACHES REMARKS

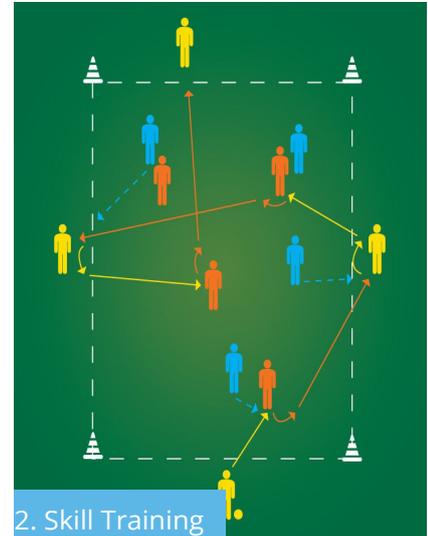
"Move the ball with your 1st touch away from the defender(s)"

"Use body feints to disguise your intention"

"Make an angle when asking for the ball"

"Try to position yourself in such a way that you can see as much of the grid as possible"

"Scan your options before receiving the ball"



SKILL GAME: FIRST TOUCH SESSION 2

4 v 4 with 4 walls (8 v 4) in a 20m x 30m grid with two 2m goals and a 5m-7m scoring zone at each end (see diagram)

GAME RULES

Mandatory 2 touches for every player (MUST touch the ball twice)

Wall players not allowed to stop the ball or play to each other Inside the scoring zone one touch finishes are allowed if the ball comes from the wall player between the goals

Change teams every 2-3 minutes or after a goal is scored

