

### INTRODUCTION

Each week you will receive a training session plan designed for the age group you are coaching and solving a "football problem". All plans are consistent with the FFA National Curriculum and are set out in the format "Warm Up, Positioning Games, Game Training Component, Training Game". In the Game Training Phase, three sessions of 75-90 minutes and one game is considered a safe maximum weekly work load.

#### "WARM UP"

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**

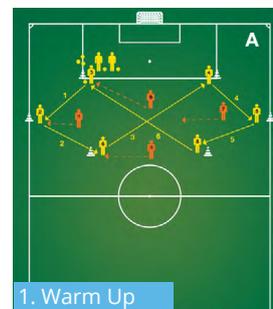
#### "WARM DOWN"

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

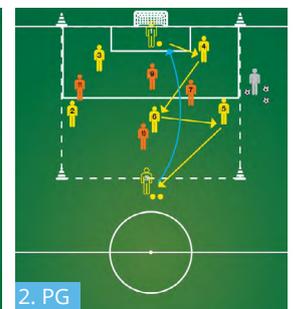
### WARM UP

[FIND OUT MORE](#)

Players #2; 3; 4; 5; 6 & 8 yellow and #7; 9; 10 & 11 orange position themselves as shown in diagram A. At least two players at the starting position (yellow #3). At the coach's signal, #3 starts the passing drill as shown (1-6) with the yellow players following their pass to the next position/cone. As the ball moves the orange attackers must move as a unit too, keeping their relative distances the same. After pass 1 they must be in the positions indicated by the dotted arrows in diagram A. Orange #7 must be in a position where they can pressure both #4 and #8 yellow when the ball is on the opposite side (e.g. with yellow #2). Every new pass all four orange players shift and adjust their positions.



1. Warm Up

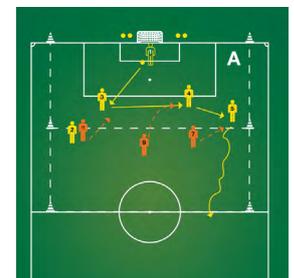


2. PG

### POSITIONING GAME

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A grid of approximately 40m x 40m. 2 teams, orange and yellow. Yellow consisting of the outfield players #2-3-4-5-6 and the goalkeepers #1 and #22. Orange consisting of the players #7-9-10-11. Goalkeeper #1 in the goal; #22 positioned on the opposite back line (see diagram on the right). Players as much as possible in their game positions. #1 yellow starts the game and yellow must try to pass the ball on the ground to #22. #22 must pass the ball back to #1 who must catch the ball inside the 6 yard box. If they succeed, #1 starts again (1 point for yellow). If orange wins the ball they try to score (2 or 3 points for a goal). If #1 yellow doesn't catch the ball inside the 6 yard box, the coach immediately serves a ball to orange.

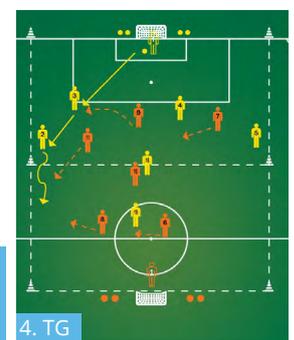


3. GT

### GAME TRAINING

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A grid of approximately 50m x 50m divided by a halfway line (see diagram A). Yellow defence (#1-2-3-4-5) playing out from the back, orange attack (#7-9-11) must disrupt and pressure yellow's possession. Goalkeeper (yellow #1) starts every action by serving the ball to #2-3-4 or #5. The defenders combine till one player can run with the ball across the back line. The orange team must prevent this and try to win the ball. If orange wins the ball "attack the goal and try to score" (one attempt only). If orange loses the ball the action has ended. The offside rule applies.



4. TG

### TRAINING GAME

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Orange is the team the coach focuses on with regards to disrupting/pressuring. It consists of a GK and the MF's #6, 8 and 10 and the FW's #7, #9, and #11 (formation 1-3-3). Yellow consists of a GK and the DF's #2, 3, 4 and 5 plus a holding MF #16 and the FW #19 (formation 1-4-1-1). It is important that the coach sees to it that the formations stay intact. Offside rule applies.

### S.O C.H.A.N.G.E I.T

If your players are finding the session too easy or hard, the solution is to use the S.O C.H.A.N.G.E I.T philosophy.

**Safe:** Safe physical environment (field, obstacles such as sprinklers) and safe space to learn

**Organised:** Prepared sessions and ensuring you have all the equipment you need to encourage participation.

**Coaching Style:** Provide feedback in the drink break or change of activities without interrupting the game.

**How You Score / Win:** Increase opportunities to score.

**Area:** Increase or decrease the game challenges by changing the size/shape of the playing area.

**Numbers:** Use different team numbers to overload the advantage of one team, or vary number of turns at goal.

**Game Rules:** Change the rules slightly, for example no tackling, minimum number of passes.

**Equipment:** Vary the equipment used, for example a bigger goal, smaller goal, more goals.

**Inclusion:** Engage players in modifying the practices; provide options they can choose from to encourage ownership.

**Time:** Reduce or extend the time to perform actions.