

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"

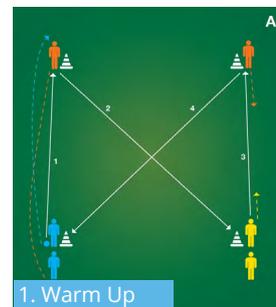
Warm down and a wrap up of the session. **5-10 mins**

WARM UP

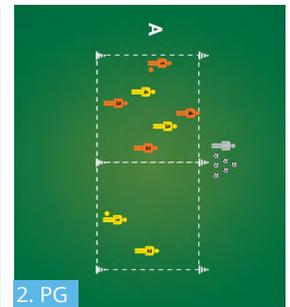
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4 cones placed in a 15m x 15m square. 6 players divided in 3 pairs (different colours) and positioned as shown in the diagram 1.

Players pass the ball in sequence (1-4). Players only run to their opposite side (as indicated by the dotted lines) after passing. Change direction regularly (pass in opposite directions). "Precision and ball speed".



1. Warm Up



2. PG

POSITIONING GAME

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8 players divided in two groups of four (yellow and orange). Two adjacent squares of 10m x 10m/15m x 15m (dependent on ability of players). 4 (orange) v 2 (yellow) in one grid; 2 yellow waiting with a ball at the end of the adjacent grid (situation A). As soon as orange makes a mistake (interception yellow or ball out of grid) the game moves to the adjacent grid (situation B) using the ball that the two spare players have. Orange #3 & #4 can immediately pressure yellow #1 & #2; this forces yellow #3 & #4 to also make a quick transition to BP. If orange makes a mistake everyone goes back to their initial starting positions in situation A. #3 & #4 (of both teams) are the 'shifting' defenders; swap with #1 & #2 (of both teams) every two minutes.

GAME TRAINING

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Transitioning BP > BPO for attackers (yellow) and BPO > BP for defenders (orange). 6 attackers/midfielders (yellow) against 6 defenders/midfielders + goalkeeper (orange) on one half of a full pitch, everyone in their usual 'game positions'. The blue goalkeeper on the halfway line has a dual role of playing for both teams in BP. The 'neutral' goalkeeper starts an attack for yellow by playing to one of the yellow players. As long as the yellow team is in possession, the goalkeeper can stay involved as an outfield player but positioned in/around the centre circle (see diagram 3). Yellow tries to build a successful attack and score in the goal defended by the orange goalkeeper. When orange wins the ball, they must immediately open up, move into proper BP positions and try to pass into the hands of the neutral goalkeeper who must catch the ball inside the centre circle. The yellow team must try to avoid this by quick transitioning and pressing the ball (see diagram 3). After every sequence (attack yellow; counter attack orange) there is a new restart from the neutral goalkeeper. The coaching focuses on the speed of transitioning from both teams but yellow in particular (BP>BPO).



3. GT

TRAINING GAME

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The same organisation but now as a non-stop game with 'coaching on the run'. 3 points for every goal scored by yellow; 1 point for every time orange succeeds in passing the ball into the hands of the neutral goalkeeper. Offside rule applies.



4. TG

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.