

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 “beginning, middle, end”.

Training sessions should primarily focus on one core skill each week. Over the course of the year, we will be providing plans that focus on either “running with the ball”, “striking the ball”, or “1v1”.

“BEGINNING”

Better known as the “warm-up”, the purpose is to get the kids in the right frame of mind and activate their bodies. It’s unnecessary to run laps or do stretches to achieve that; all sorts of relays and tagging games with and without the ball are much better, more fun, and also help develop the children’s basic coordination.

“MIDDLE”

The section of the training session where we conduct fun football exercises such as dribbling, passing, shooting, et cetera.

“END”

Allocated for playing all sorts of small sided games.

BEGINNING: RELAYS

[FIND OUT MORE](#)

Each player starts with a ball, dribbles around the marker (as shown in diagrams 1 and 2) and returns to the start. Upon returning to the starting point, the next player starts the same pattern with their own ball.

WATCH VIDEO

MIDDLE: FEATHER THE NEST

[FIND OUT MORE](#)

Mark out a triangle with sides 10m–12m long. Three teams of two players are positioned at each corner with a cluster of balls in the middle of the triangle.

The object of the game is to gather as many balls as possible for the corner or ‘nest’ within a set time period.

One player from each team runs to the middle of the triangle to get a ball and dribbles it to their corner, or nest, and leaves it there. Their team-mate then does the same. When all the balls in the middle of the triangle are gone, players can take them from someone else’s nest.

Players are NOT allowed to stop others from taking balls from their nest

– no blocking, defending, tackling, etc. No hands! Feet only.

WATCH VIDEO

END: SMALL SIDED GAME

[FIND OUT MORE](#)

Length: 20m–25m Width: 14m–18m Goal: 2m–3m Just let them play. You can play with or without goalkeepers. Short games - 3 to 5 mins in length (with regular drink breaks)

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.

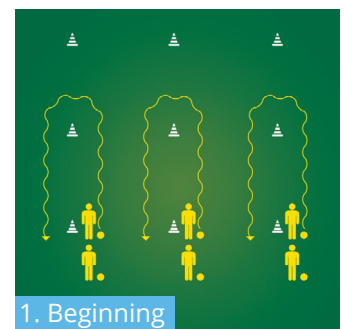
Numbers: Use different team numbers to overload the advantage of one team, or vary number of turns at goal.

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

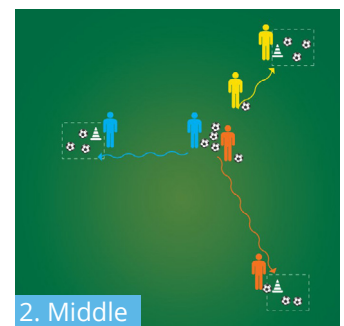
Equipment: Vary the equipment used, for example a bigger goal, smaller goal, more goals.

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

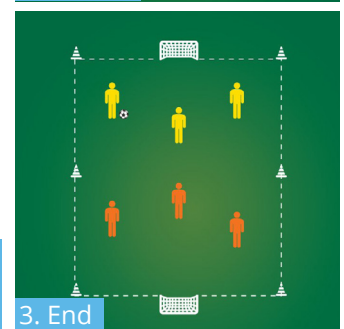
Time: Reduce or extend the time to perform actions.



1. Beginning



2. Middle



3. End