

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

Each player starts with a ball, and dribbles around the first marker in a full circle (as shown in diagram) then dribbles around the second marker, and then returns to the start.

Upon returning to the starting point, the next player starts the same pattern with their own ball.

All relays in this section can be performed with and without the ball (the preference is to always use the ball, but it is fine to take the ball out of the relays early in the session)

MIDDLE: EMPTY IT! FILL IT!

Mark out a 14m x 14m square.

Players in two teams dribble balls inside the square. Outside the square, each team has two lines marked: one for their balls and one for themselves. On the call ‘empty it!’ the teams compete to be the first to empty the square.

On the call ‘fill it!’ the teams compete to be the first to get all their balls and themselves back in the square.

END: 4 GOAL FOOTBALL

[WATCH THE VIDEO](#)

Length: 20m

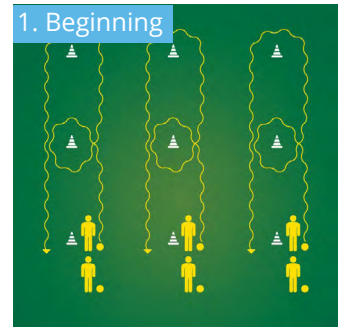
Width: 15m

Goal: 2 goals (2m wide) on each end-line.

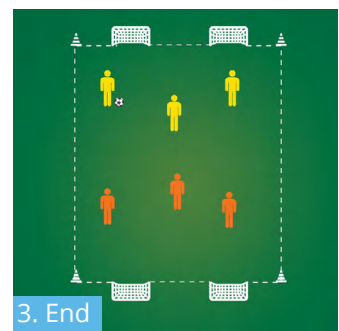
There are no goalkeepers.

Goals can be scored in either of your opponent’s goals.

This game encourages shooting and scoring.



2. Middle



3. End

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 the can choose from to encourage ownership.

Time: Reduce or extend the time to perform actions.