

### 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: DOUBLE TROUBLE WATCH THE VIDEO

Two players without a ball link hands and move around the area trying to kick other players’ balls out. The other players dribble their balls around the area, trying to avoid having their ball kicked out.

### MIDDLE: PAIRS THROUGH THE GATES

Mark out an area about 7m × 10m and set up four small gates – two cones about two metres apart.

The players run around the area in pairs with a ball between them and pass it through the gates to each other until they have performed a successful pass through each gate.

The winning pair is the first to pass through every gate and wait outside the area.

#### NOTES ON THIS EXERCISE

Before moving to the next activity, have a competition to see which pair (one at a time) can pass through the most gates in 20 seconds.

### END: SHORT AND WIDE

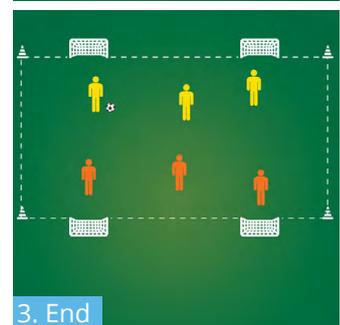
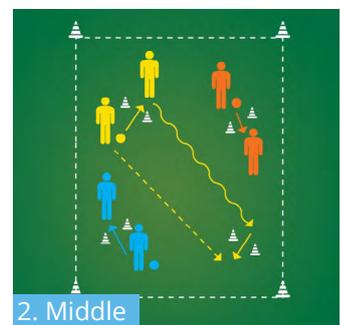
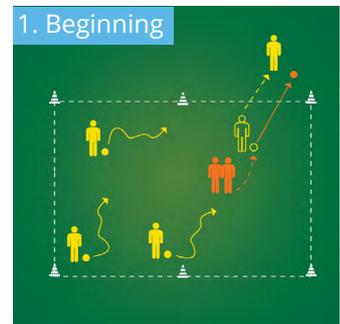
Length: 15m

Width: 25m

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

#### NOTES ON THIS EXERCISE

This game develops awareness of space



### 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.