

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 (3) END OUT MORE

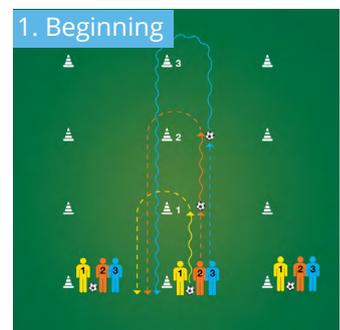
Each group starts with 1 ball

Player 1 dribbles the ball to marker 1, and leaves it there. Then runs around the marker and tags player 2 at the starting point.

Player 2 runs to the ball, collects it from marker 1, dribbles it to marker 2 and leaves it there, then runs around the marker and tags player 3 at the starting point.

Player 3 runs to the ball, collects it from marker 2, dribbles with it around marker 3 and brings it back to the starting point

Change the player numbers regularly

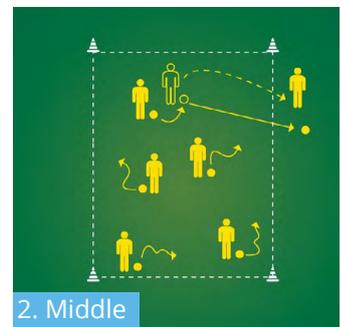


MIDDLE: BEEHIVE

Six players with a ball each dribble around an area about 7m × 10m.

They attempt to kick the other players’ balls out of the area while keeping their own ball under control. The players must be careful – while they are kicking someone’s ball out, someone else might kick theirs out!

If their ball is kicked out, the player must leave the area immediately without kicking any other balls out. The player can fetch their own ball and wait until there is a winner and the game starts again.



END: 3V3/4V4/5V5 TRAINING GAME (2)

Field dimension is short and wide

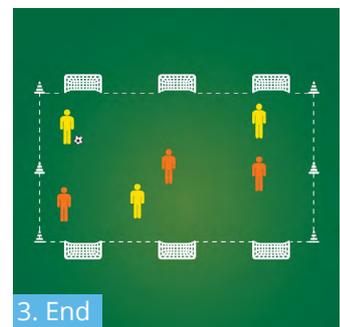
Length: 15m

Width: 15m - 20m

Goal: 3 goals on each byline (as shown in diagram)

NOTES ON THIS EXERCISE

This game encourages shooting as often as possible



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.