

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”

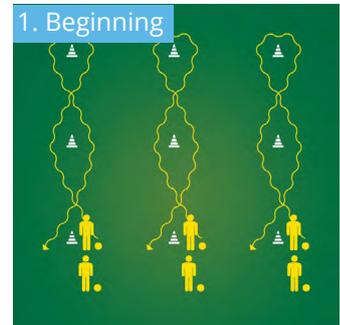
Allocated for playing all sorts of small sided games.

BEGINNING: FIGURE 8 RELAY

[WATCH THE VIDEO](#)

Each player starts with a ball, and dribbles around the first marker and then the second marker in a figure 8 type direction (as shown in the diagram)

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



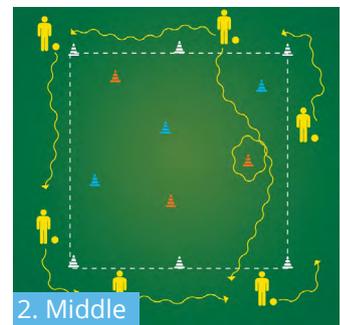
MIDDLE: COLOUR CODE

This activity should be arranged in a square 15m x 15m and requires at least three cones of two or more colours placed randomly inside the square.

Players dribble their balls round the outside perimeter of the area.

Call out a colour and the kids must dribble into the square, around the cone of that colour, and back outside the square. The winner is the first one back outside with their foot on their ball.

Remind players to keep their heads up and watch out for possible collisions.



END: 4 GOAL FOOTBALL

Length: 15m–20m

Width: 15m

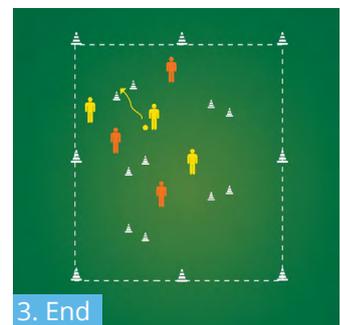
Goal: none (make 4 or 5 gates of 1m–2m width inside the area)

NOTES ON THIS EXERCISE

To score a goal, dribble the ball through any one of the gates

This game encourages dribbling

Players cannot score in the same gate consecutively



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.