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 "Skill Introduction, Skill Training, Skill Game". Training sessions should primarily focus on one core skill each week. Football NSW will provide plans that focus on either "first touch", "running with the ball", "striking the ball", or "1v1" in the Skill Acquisition Phase for kids aged 9-13.

"SKILL INTRODUCTION"

The warm-up and introduction to the designated core skill for the session. This is the only part of the session where drill-type exercises should be used, but the creative coach can include elements of decision-making.

"SKILL TRAINING"

The part of the session where conscious teaching and learning of the designated core skill takes place. Lots of repetition in game realistic scenarios, task-based coaching, effective feedback through use of questioning; ask players "why did you choose that option?", "where do you think there might be more space?".

"SKILL GAME"

A game where as much as possible all the elements of the real game are present but organised in a way that the designated core skill has to be used regularly. Skill games are preferably small sided games to stimulate the number of repetitions/touches. The players play, the coach observes if learning has taken place.

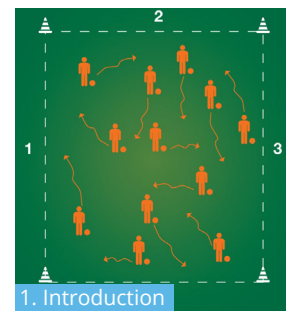## SKILL INTRODUCTION: RUNNING WITH THE BALL   FIND OUT MORE

All players running with a ball freely in a grid of approximately 30m x 30m to warm up.

First 2-3 minutes: "low speed/intensity", "use both feet".

Next 2-3 minutes: "accelerate when you see a free space in front of you; now only use your right/left foot".

Now split the players into 4 groups and number them 1 to 4 placing them on all 4 sides. When the coach calls a number, these players run with the ball as quickly as they can across the area and back (opposite group will need to move back to give the others room to turn!).

Now two groups at the same time: "take care; vision; if necessary slow down and then accelerate again". Look out for collisions!


1. Introduction

SKILL TRAINING: RUNNING WITH THE BALL   FIND OUT MORE

A grid of 30m x 20m; four small goals and a 5m-7m shooting line at each end. Evenly split teams positioned as shown. Minimum four, maximum 8 players per grid; if the group is bigger then make two grids. The exercise starts with the first player of the yellow team running with the ball to the opposite side and shooting the ball into the goal. They can only shoot once they have crossed the line into the shooting zone. As soon as the yellow player shoots at goal, the first orange player starts running with the ball to the opposite side. As soon as the yellow player has had their shot at goal, they turn and chase the orange player to try and catch up with them and prevent them from scoring. Count the goals! Which team scores the most goals?

STEP UP: Narrow the distance between the two goals on the byline.

STEP DOWN: The chaser just races against the runner to beat him to the shooting line. If the chaser reaches the shooting line first, the runner cannot shoot and score anymore.
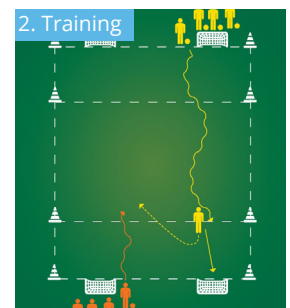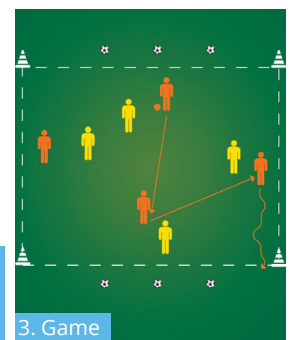

2. Training

SKILL GAME: RUNNING WITH THE BALL   FIND OUT MORE

4 v 4 line football. Grid size approximately 30m wide by 20m long (pitch shape is short but wide).

EXPLANATION OF THE GAME: 4 v 4 small sided game; to score a goal a player must run with the ball across the opponent's by-line (see diagram A).

3. Game

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.