

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.

SESSION TIPS

1. Plan your sessions in advance
2. Arrive early and set up the area
3. Give clear, short instructions
4. Demonstrate quickly and efficiently
5. Keep the session flowing
6. Vary the activities but keep it simple
7. Be enthusiastic and give lots of praise
8. Encourage after mistakes
9. Be patient
10. Have fun (both the kids and you!)

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.

BEGINNING: RELAYS

Each player starts with a ball, dribbles around the marker (as shown in diagrams 1 and 2) and returns to the start. Upon returning to the starting point, the next player starts the same pattern with their own ball.

WATCH VIDEO

GUIDELINES FOR RELAYS

Avoid long queues

Keep players as active as possible (don't keep them waiting in line for too long)

Give the group a quick break for a drink when necessary

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)

The more skill your players acquire, the more the ball should be used and the greater the challenges can be. If there are more than six players, make another lane of cones and keep it to two players in a line (this avoids long queues)

VARIATION: RELAYS

MIDDLE: FEATHER THE NEST

Mark out a triangle with sides 10m–12m long. Three teams of two players are positioned at each corner with a cluster of balls in the middle of the triangle.

The object of the game is to gather as many balls as possible for the corner or 'nest' within a set time period.

One player from each team runs to the middle of the triangle to get a ball and dribbles it to their corner, or nest, and leaves it there. Their team-mate then does the same. When all the balls in the middle of the triangle are gone, players can take them from someone else's nest.

NOTES ON THIS EXERCISE

Players are NOT allowed to stop others from taking balls from their nest
- no blocking, defending, tackling, etc. No hands! Feet only.

END: SMALL SIDED GAME

Length: 20m–25m Width: 14m–18m

Goal: 2m–3m Just let them play.

You can play with or

without goalkeepers. Short games - 3 to 5 mins in length (with regular drink breaks)

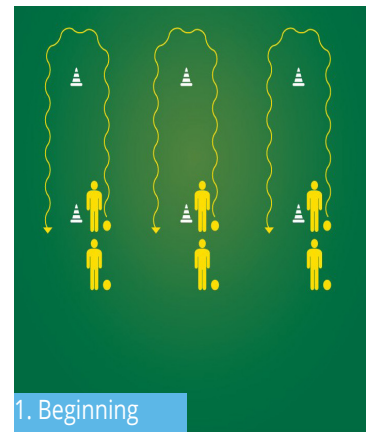
NOTES ON THIS EXERCISE

"Just let them play"

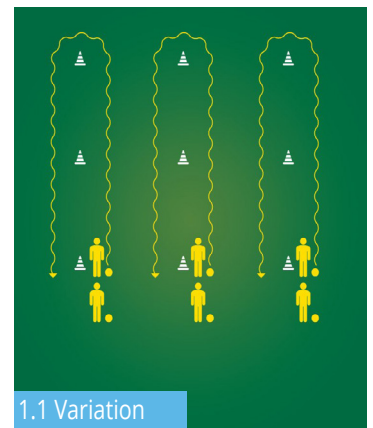
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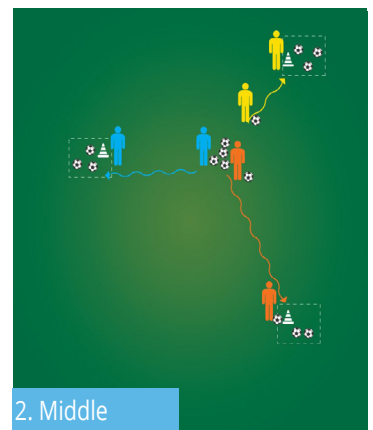
This game encourages passing.



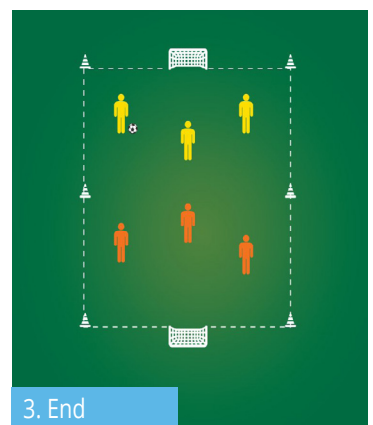
1. Beginning



1.1 Variation



2. Middle



3. End