

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 "Warm Up or Passing Practice, Positioning Games, Game Training Component, Training Game". In the Performance Phase, three sessions of 75-90 minutes and one game is considered a safe maximum weekly work load. Sessions should be designed around solving a "football problem".

"WARM UP OR PASSING PRACTICE"

After a 5 minute welcome/explanation. Preferably with a ball, for example passing practices, & if possible "theme related" including a level of decision-making. Avoid warm ups that are more like conditioning sessions. **15-20 mins**

"POSITIONING GAMES"

The main conditions for quality positioning play are maximal use of space in order to create more time on the ball (stretching the opponent, triangles (no players in straight lines), support play to create options for the player on the ball and anticipation/communication (verbal & non-verbal). **20 mins**

"GAME TRAINING COMPONENT"

Where conscious teaching & learning of the Team Task takes place. The coach must organise the practice in such a way that the focus is on the Team Task, in the right area of the field, create the proper level of resistance, give feedback and ask smart questions to develop player understanding and enhance learning. **25-30 mins**

"TRAINING GAME"

A traditional game at the end of the session, however not just a "free" game, rather one which contains all the elements of the real game but with rules and restraints that see to it that the Team Task is emphasised. Whilst players play, coaches observe if learning has taken place, coaching on the run. **20-25 mins**

"WARM DOWN"

Warm down and a wrap up of the session. **5-10 mins**

WARM UP

Players in the positions as shown in diagram A

Three or more players at the starting position (a) and two players at the next position (b). At least one player at the other positions (c & d)

The players pass the ball in the order 1-4 and move to the next position (a-b-c-d)

The player who receives pass 4 dribbles back to the starting position (5)

Alternate from left to right

POSSIBLE COACHES REMARKS

"Pass precision and ball speed"

"Gradually increase your running speed"

PROGRESSION

The next step is moving back the players/cones of positions (c) (see diagram B)

Pass 3 now becomes a lofted pass that player (c) must head or volley to player (d)

POSITIONING GAME: 4V2 WITH 12 PLAYERS (D/R 2)

Organisation (see diagram):

3 adjacent squares (A-B-C) of 15m x 15m/20m x 20m (depending on player's ability)

3 groups of 4 players with different colour bibs position themselves in one of the grids

The coach with sufficient balls next to grid B

The coach starts the game with a pass to the orange team in grid C (or blue in A)

At that moment players #1 and 2 from the yellow team in grid B immediately start defending in grid C: 4 v 2

Orange must try to play a pass across grid B to the blue team in grid A.

Then yellow players #3 and 4 start defending in grid A and yellow #1 and 2 go back to grid B

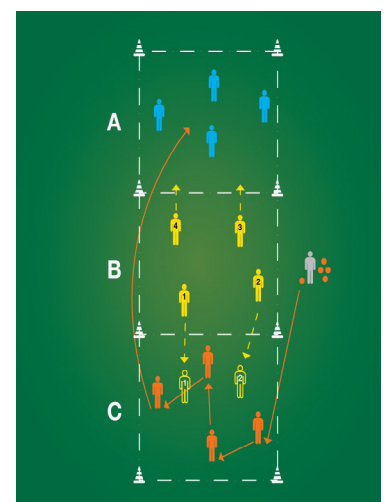
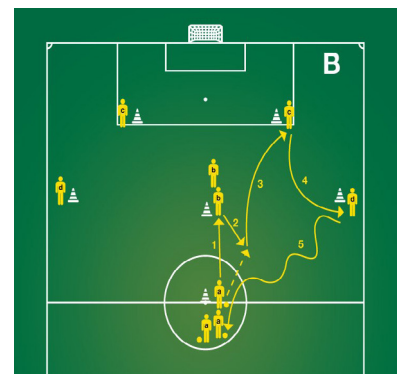
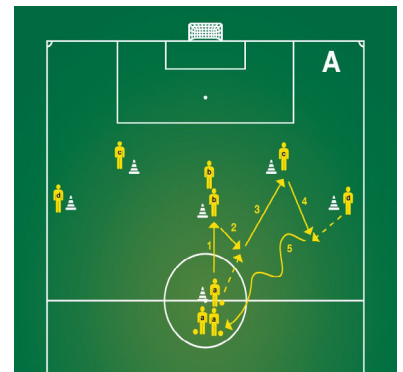
If the orange or blue team makes a mistake (lose possession or a pass out of the grid) they must change with yellow and defend

STEPS UP OR DOWN

X Bigger/smaller grids

X Free/limited touches

X 3 v 1 (9 players); 2 v 1 (6 players)



GAME TRAINING: 7V5 (D/R 1)

Organisation: A 50m x 50m pitch divided by a 'halfway line'

Two teams of 6 outfield players plus a goalkeeper each

Plenty of balls on the edge of the far end of the centre circle

The yellow team consists of the defenders (#1-2-3-4-5) plus the midfielders (#6-8)

The orange team is made up of the attackers (#7-9 & 11) and midfielders (#10-16-18)

The orange goalkeeper has a 'dual' role

Orange #1 starts the exercise with a long aerial pass to the attackers (the pass must go across the 'halfway line')

Orange tries to win possession (1st and 2nd ball) and score.

Yellow must defend their goal and, when they win the ball, pass it into the hands of the orange goalkeeper who must stand in the back half of the centre circle (one attempt only: if yellow loses the ball the action has ended, and orange #1 restarts)

Offside rule applies



COACHING FOCUS

X Marking/duelling (1st ball)

X Communication (covering/offside)

X "Communicate and coach each other"

X Positioning/timing (2nd ball)

X Transitioning (BPO>BP)

TRAINING GAME - 8V8 (D/R 2)

Organisation: A pitch of approximately 70m x 50m with two big goals and divided by a halfway line (see diagram)

Two teams of 7 outfield players plus a goalkeeper

Orange consists of GK #22, DF #14, MF's #16-18-20 and FW's #7-9-11 (formation 1-1-3-3)

Yellow consists of GK #1, DF's #2-3-4-5, MF's #6-8-10 (formation 1-4-3)

Offside rule applies

SPECIAL RULE

Every time the orange GK #22 gets the ball (also in open play), they must start with a long ball to the strikers (across the halfway line)

For the rest it's a normal 8 v 8 game, but the coaching focuses on defending the long ball and 2nd ball by the yellow team

