

### 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 game positions as shown in diagram A

At least 2 players on positions #3, #4 and #10 (also possible on the other positions)

#6 checks off and asks for the ball; #3 passes to #6 and coaches "turn" (1)

#6 receives and turns (2) followed by a pass to #9 (3)

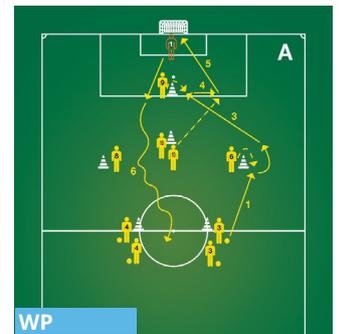
#9 bounces with '3rd man' #10 (4) who shoots at goal (5)

Players move to the next positions: #3 to #6; #6 to #10; #10 to #9; #9 jogs back to position #3

At the beginning the shot must be aimed towards the hands of the goalkeeper who rolls the ball back to #9, who dribbles it back to the starting position (6).

Now repeat the same with #4 passing to #8, etc

Gradually increase the shooting power (it's still warming-up!)



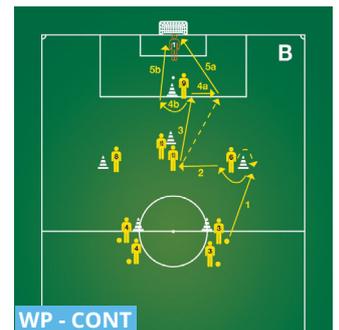
### VARIATION

Introduce a variation (see diagram B)

Give #9 the option to bounce with #10 (4a/5a) or turn away and finish themselves (4b/5b)

### COACHES FOCUS POINTS

- X Pass precision and pass direction (to proper foot; proper ball speed)
- X Tuning of actions
- X Anticipation & movement without ball
- X Verbal and non-verbal communication



### POSITIONING GAME: 5V4 (A 1)

A grid of approximately 30m x 30m (dependent on level of players)

2 groups of 4 outfield players; one group consisting of the players #6-8-9-10

2 goalkeepers positioned behind each back line

5 (yellow) keep possession against 4 (orange)

Players as much as possible in their game positions, with #10 in the middle (see diagram)

Provide 4 options (left; right; central and far) for the player on the ball through proper positioning

When orange wins the ball, they must try to pass to their goalkeeper, the game continues with orange in possession and yellow defending

If a yellow player passes the ball out of the grid, the coach immediately serves a new ball to the orange goalkeeper



### POSITIONING GAME: 5V4 (A 1) CONTINUED

#### STEPS UP

Make grid smaller

Limited Touches

#### REMARK/HINT

Position the grid in a 'game realistic' area of the field (see diagram)

#### STEPS DOWN

Make grid bigger

Unlimited Touches



### GAME TRAINING: (A 1)

Starting situation: two grids A & B with the players positioned as shown in diagram on the right

The players must stay in their designated areas

An attack starts with a pass from #3 to one of the yellow midfield players #6-8-10

They play in grid A against 2 orange opponents (3 v 2) and must try to get one player into grid B

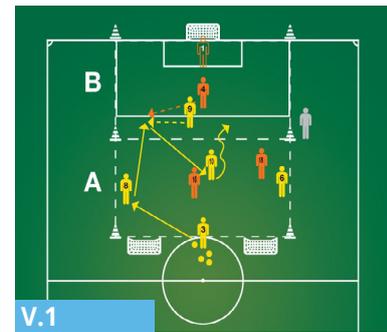
In grid B stands yellow striker #9 and one orange defender

The yellow midfielders can dribble into grid B (when free) or use #9 as a bouncer

In grid B yellow must utilise the 2 v 1 numerical advantage and score

Offside applies in grid B

When the defenders win the ball in grid A, they can score in two small goals (one counter attack only, then restart)



#### PROGRESSION

Add 3rd orange player in grid A, #3 yellow now either passes or dribbles with ball into grid A to create a 4 v 3 situation

### GAME TRAINING: 5V5 + GOALKEEPER (A 1)

Yellow team attacks the big goal, orange can score in the small goals

Normal rules, including offside

Yellow team in 1(Df)-3(Mf)-1(Fw) formation

Orange team in GK-2(Df)-3(Mf) formation

Coaching 'on the run'

