

### 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**

### FOOTBALL PROBLEM

Our team is not very successful at regaining the ball from the opponent. Our players are generally too passive and give their opponents too much time and space to receive, pass, shoot or run with the ball. We must improve our ability to defend more aggressively as a team as well as individually.

### WARM UP

Two groups of 6 players position themselves in a grid of approximately 40m x 40m as shown in diagram

The yellow players move freely in the grid while passing a ball in an un-prescribed order

The yellow players must actively ask for the ball, check off, anticipate, etc

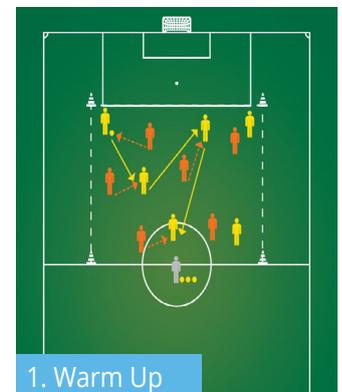
The orange players ‘pressure’ the ball without intercepting it or disrupting the passing sequence.

**PROGRESSION:** Change the role of the yellow and orange team regularly

Dynamic stretches possible in the intervals

Increase the passing and running speed

Introduce a 2nd (3rd) ball

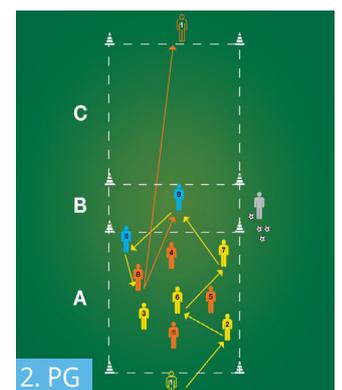


1. Warm Up

### POSITIONING GAME

Use the grid from the passing exercise. One team keeps possession of the ball while the other team tries to win it back. Series of 3-4 minutes max with 2 minutes rest in between

**STEPS UP OR DOWN:** Make the grid bigger/smaller. Free/limited touches. Zonal marking/man-marking



2. PG

### GAME TRAINING

Outside the penalty box is a 15m x 15m grid with 6 cones placed as shown in the diagram. Two teams (orange and yellow) are divided into 2 groups of equal numbers and positioned as shown. Groups orange A and yellow C have a ball each.

The exercise starts with A1 passing the ball to B1. A1 then runs around the central cone to receive the ball back from B1. At the moment A1 starts their run around the cone, D1 also starts to run around the opposite central cone. A1 must now try to beat D1 in a 1 v 1 to enter the penalty box and finish on goal. D1 can only defend in the grid and is not allowed to enter the penalty box. The action stops when A1 has finished on goal; D1 captures the ball from A1 or the ball goes out of the grid. After the action has finished the players involved move as follows:

- A1 to group B (bring back the ball)
- B1 to group A (bring ball from A1)
- D1 goes back to group D (line up at the back)
- Next sequence is C1 passing to D2 with B2 defending
- "Which team can score the most?"

**REMEMBER THE COACHING MUST FOCUS ON THE DEFENDERS**

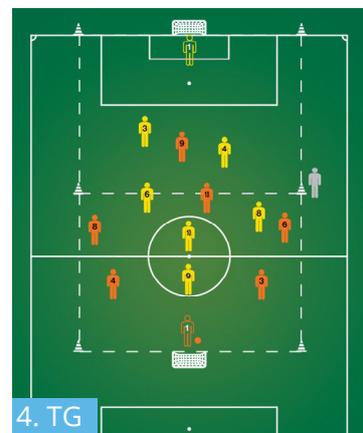


### TRAINING GAME

A field of approximately 30m x 25m with two big goals and plenty of balls next to the goals. The coach with balls on the sideline. The team in possession must keep a diamond shape to make combination play possible.

The attackers can score from any position on the pitch, therefore the defenders must mark closely and defend aggressively everywhere

**PLAY 12 GAMES OF 1 MINUTE WITH 3 MINUTES REST BETWEEN THE GAMES AND A LONGER (6 MINUTES) BREAK AFTER THE 6TH REPETITION**



### THINGS TO REMEMBER ABOUT THE TRAINING GAME

**SINCE IT'S A CONDITIONING GAME THE INTENSITY MUST BE HIGH.**

Therefore there are no stops for throw-ins, corners, free kicks or goal kicks. The goalkeeper of the team that should have had the throw-in, corner or free kick immediately serves a new ball (within 3 seconds otherwise the coach serves a ball to the other team)