

INTRODUCTION

Each week you will receive a training session plan designed for the age group you are coaching and solving a "football problem". All plans are consistent with the FFA National Curriculum and are set out in the format "Warm Up, Positioning Games, Game Training Component, Training Game". In the Game Training Phase, three sessions of 75-90 minutes and one game is considered a safe maximum weekly work load.

"WARM UP"

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 their game positions (see diagram)

Right side players (yellow) and left side players (orange) opposite of one another but not interfering with each other

Minimum 2 players in the positions #3 & #4

In case of bigger numbers: set up a similar organisation on the other wing

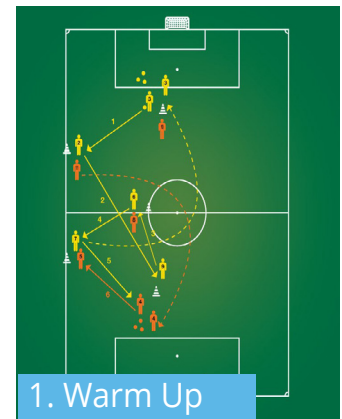
Yellow works from top down; orange from bottom up (#7 yellow passes to #4 orange who starts the same combination in the opposite direction till #11 orange passes the ball again to yellow #3)

All players follow their pass to the next position but only on their own team

i.e. After pass 5 to orange #4, yellow #7 goes to the position of yellow #3

(same for orange #11: to position #4).

Start with prescribed pattern (as shown) Introduce a 2nd (3rd?) pattern



PROGRESSION

Now yellow passes with passive resistance of orange: choose the right option depending on the defensive positioning of the opposing players (this option is for advanced players only)

POSITIONING GAME: 7V4

2 grids of approximately 30m x 30m (A & C) separated by a grid of 5m x 30m (B)

2 groups of 4 outfield players

Yellow consisting of the players #2-3-6-7

Orange consisting of the players #4-5-8-11

#9 and #10 are neutral players who always play with the team in possession; one in grid B the other in the grid where the positioning game takes place (see diagram)

#2 goalkeepers positioned on each back line

#7 (yellow) keep possession against #4 (orange)

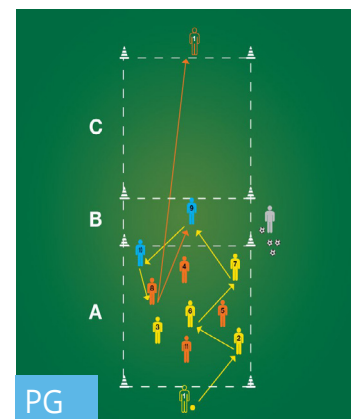
Players as much as possible in their game positions (especially the team in BP)

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

When orange wins the ball in grid A, they must try to pass to #9 in grid B or their goalkeeper at the far end

If they succeed, all players cross over to grid C where 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 and the game restarts in grid C with possession for orange



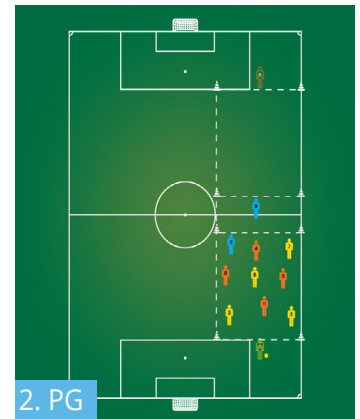
POSITIONING GAME: 7V4 CONTINUED

STEP UP OR STEP DOWN

- Make grids bigger/smaller
- Free/limited touches
- Stop-start change of grids
- 'Flying' change of grids

HINTS OR REMARKS

Position the grids in 'game realistic' areas of the field (see diagram on the right)



GAME TRAINING

Three grids A, B and C as shown in diagram on the right

In grid A, #11 yellow and an orange defender (#12); #5 yellow is positioned outside the grid with plenty of balls

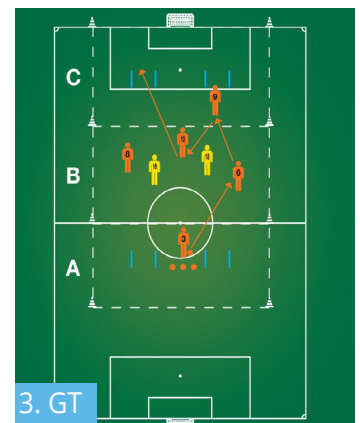
In grid B, #9 & #10 yellow and an orange defender (#3) plus a goalkeeper

In grid C, #7 yellow and an orange defender (#15) with yellow #2 outside the grid

#2 & #5 yellow alternately serve a ball to respectively #7 & #11

#2-7 and #5-11 must beat the orange defenders in their respective grids through effective wing play and deliver a cross to #9 & #10 in grid B who try to finish 2 v 1

The defenders in grids A & C cannot defend beyond the red dotted line



WING PLAY OPTIONS

GAME TRAINING: FURTHER PROGRESSIONS

Remove the gates from grid C

Add a yellow defender (#13 yellow) in grid C against #9 orange.

One player from grid B can now enter into grid C to create a 2 v 1 situation

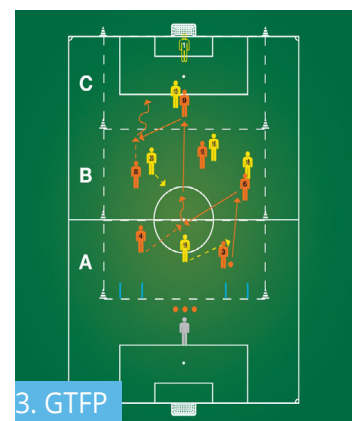
Finish on goal against a goalkeeper.

PROGRESSION 3: Place the gates in grid A on back line

Add #4 orange and #19 yellow in grid A (2 v 1)

Every new action starts with the coach now serving the ball to orange #3 or #4 (see diagram)

If yellow recaptures the ball in grid A or B, #19 can score through the gates



PROGRESSION 3: Narrow the grids (width of the box)