

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

Two groups of 8 players position themselves in a grid of approximately

35m x 50m as shown in diagram on the right

Yellow #3 starts the passing exercise

Yellow players pass the ball in a prescribed order as shown (1-8)

Although the players stay in their positions, they must not be 'static' but check off and anticipate; etc

The orange players 'pressure' the ball as a unit without intercepting the ball

or disrupting the passing sequence



PROGRESSION

- X To the left and to the right
- X Change the role of the yellow and orange team
- X Include intervals with dynamic stretches
- X Increase the passing and ball speed
- X Introduce a second passing sequence
- X Free instead of prescribed passing sequence

POSITIONING GAME

Use the grid from the passing exercise

2 goalkeepers on each back line in a 10m x 10m grid

The GK starts the game for yellow team who must try to pass the ball into the hands of the GK on the opposite side

Orange must prevent this by pressuring the ball

Change of roles if orange wins the ball



STEPS UP OR DOWN

- X Make the grid(s) bigger/smaller
- X Free/limited touches
- X 1 point for every successful pass into the hands of the goalkeeper

GAME TRAINING

A grid of 50m (length) x 60m (width), with two 5m gates on one byline and 10m x 10m box on the other byline (as shown in the diagram)

Yellow team consists of the DF's #2, 3, 4 and 5, MF's #16, 18 and 20, and FW #19 (formation 4-3-1)

Orange team consists of FW's #11, 9 and 7, MF's #10, 8 and 6 and DF's #13 & 14 (formation 2-3-3)

The coach starts by serving the ball to one of the yellow defenders

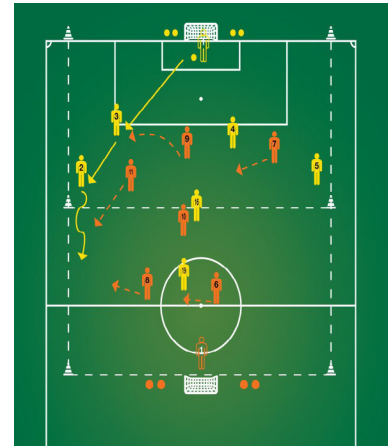
The yellow team must try to pass the ball into the hands of the goalkeeper who is standing on the opposite side in the 10m x 10m box

The orange team must prevent this by collective, coordinated pressure

Offside rule applies

If orange wins the ball they try to score in one of the two goals (one attempt only). If the defenders win the ball back the action has ended

Every restart from the coach



STEPS UP OR DOWN

Free/limited touches for yellow

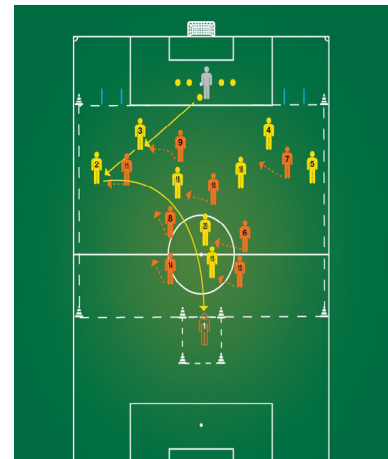
Free/minimum number of passes before yellow can play to #1

POSSIBLE COACHES REMARKS

"Immediately press the player with the ball"

"Do not allow time and space to pass to the goalkeeper"

"Mark/pressure the opponents close to the ball"



TRAINING GAME - (D&P 1)

Continuing from the game training exercise on the previous page:

Yellow team gets 1 point for every successful pass into the hands of the goalkeeper

Orange gets 2 points for every pass through one of the two gates

TRAINING GAME - (D&P 1) OPTION 2

8 v 8 + goalkeepers on ¾ of a full pitch (box to box) divided by the halfway line

The coach's focus is on the orange team with regards to disrupting/pressuring the yellow team's ability to play out from the back

The orange team must pressure yellow as early as possible and try to win the ball back in the yellow team's half. Every time they succeed in winning possession in the opposition half they will receive one bonus point

The offside rule applies

