

### 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 grids (A and B) are positioned as shown in the diagram

Grid A is 10m -15m long and pitch wide. Grid B is approximately 20m long and also pitch wide

Grids A and B are divided by a line of 3 x 2 cones of different colours positioned across the width of the pitch

The position of the cones must be exactly as shown in the diagram

Blue cones; width of the penalty box

Red and yellow cones; sideline-central axis

Four yellow defenders #2, 3, 4 and 5 position themselves in grid A, spread between the blue cones at an equal distance

Five (or more) orange players are positioned in grid B, spread across the width of the pitch

At the coaches signal, the orange players start passing the ball in a random order/direction

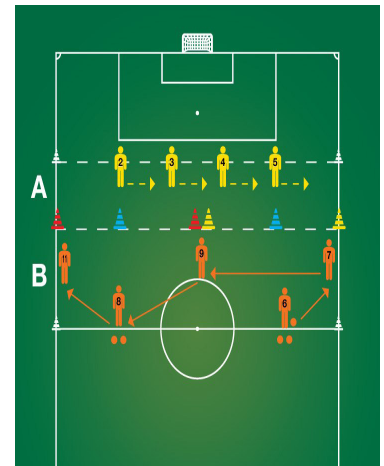
As the ball moves, the yellow defenders must move as a unit too, keeping their relative distances the same

When the ball goes to #7 orange, they must all be between the yellow cones

When the ball goes to #9 orange, they must all be between the blue cones

When the ball goes to #11 orange, they must all be between the red cones

When the ball is played backwards (to #6 or #8), they must also move slightly forward



### POINTS OF ATTENTION FOR ORANGE

- X High ball speed
- X Accurate passing
- X Quick change of direction
- X Change defenders regularly.

### POSITIONING GAME

2 grids of approximately 15m wide and 10m long (A & C) separated by a grid of 15m x 5m (B)

3 groups of 4 outfield players in each grid

Yellow, consisting of the defenders #2-3-4-5, in grid B

The coach starts the game by passing the ball to an orange player in grid A

One yellow defender (who is closest) sprints into grid A and chases the ball (4 v 1)

Orange combines and must try to pass through grid B to a blue player in grid C (ground pass only!)

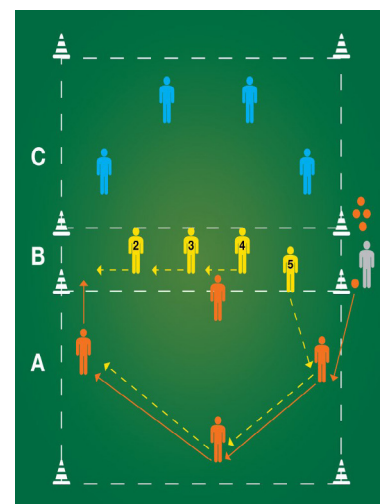
The 3 yellow defenders in grid B must work as a unit and adjust their positions depending on the position of the ball

### STEPS UP OR DOWN

- X Make grids wider/narrower (if too easy/difficult for the defenders)
- X Make grids A & C shorter/longer (if too easy/difficult for the attackers)
- X Free/limited touches for the attackers

### REMARK/HINT

- X Encourage attackers to play the killer pass into the opposite zone as often as possible



### GAME TRAINING: 7V5 (D/R 1)

**Organisation:** 1/2 of a full pitch

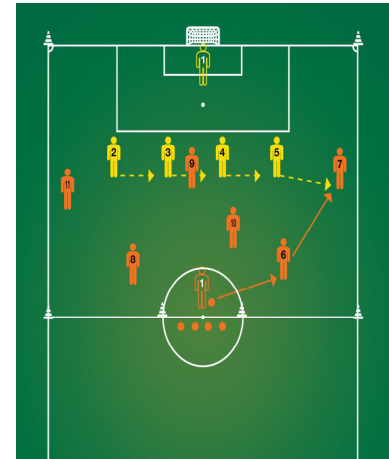
Yellow team consists of (#1-2-3-4-5) defends zonally against orange team (#1-6-7-8-9-10 & 11)

The orange must try to score by beating yellow's zonal defensive line through combination play; individual actions and/or runs off the ball

They can use #1 to change the point of attack

Yellow must stop them by moving as a unit in the direction of the ball ('ball-oriented defending') and pressuring the ball carrier

The offside rule applies



### POSSIBLE COACHES REMARKS

"Keep your relative distances"

"Cover each other"

"Press the ball if you can get close to it"

"Drop as a unit if you see orange is going to play a ball behind the defensive line"

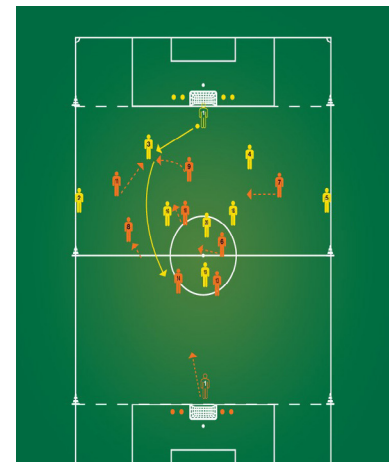
"Move up if the attackers play the ball backwards"

"Communicate and coach each other"

### GAME TRAINING: 7V5 (D/R 1) VARIATION

If yellow wins the ball: try to pass it into the hands of the orange goalkeeper who must stand in the front half of the centre circle (one attempt only: if yellow loses the ball the action has ended)

Every restart from the orange goalkeeper



### STEPS DOWN (IF TOO DIFFICULT FOR THE DEFENDERS)

Narrow the pitch

Limited touches for the attackers

### PROGRESSION

8 v 6/9 v 7

### TRAINING GAME - 6V6 (D/R 1) YELLOW DEFENSE

**Organisation:** 1/2 of a full pitch

Formation yellow: 1-4-1

Formation orange: 1-2-3

The orange goalkeeper has a dual role ('joker')

Offside rule applies

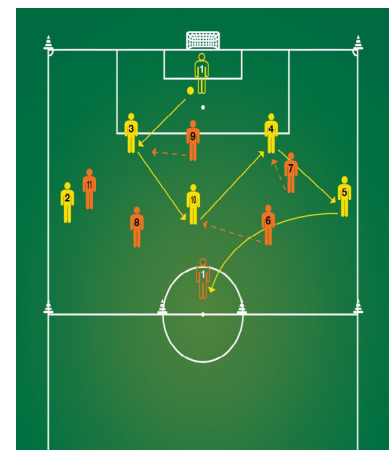
The orange team must score in the goal defended by yellow #1

The yellow team scores by passing into the hands of the orange goalkeeper who must catch the ball inside the front half of the centre circle

The coach must focus on the zonal defending of the yellow team

If it turns out to be easier for yellow to score than it is for the orange team:

-Limit the number of touches for yellow



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