

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

4 cones placed in a 15m x 15m square

6 players divided in 3 pairs (different colours) and positioned as shown in the diagram

Players pass the ball in sequence (1-4). Players only run to their opposite side (as indicated by the dotted lines) after passing

Change direction regularly (pass in opposite directions)

"Precision and ball speed"

WARM UP: VARIATION

Next step 4 players perform the passing drill while 2 players (one pair) defend passively (see diagram B)

The players now stay in the same position

On the coach's call (colour) the pair that are 'defenders' change with the pair that's been called by the coach: 'Flying' change over; no/minimal stop

PROGRESSION (ADVANCED ONLY)

Regularly change the direction on the run (orientation)

Players run to opposite cone after passing

Faster change of defenders

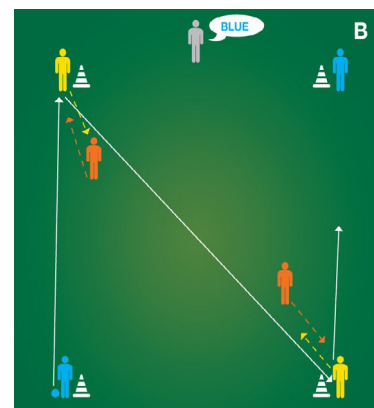
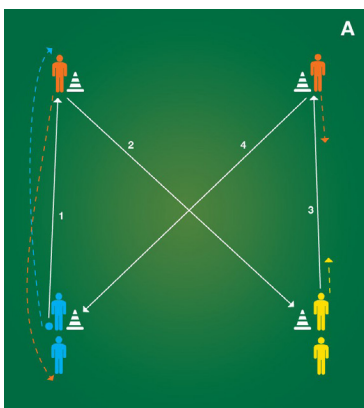
Are the players able to transition and adjust immediately?

POSSIBLE COACHES REMARKS

X "Immediately focus on your new task"

X "Know where you have to pass"

X "Which pair makes the least mistakes"



POSITIONING GAME: 4V2 WITH 8 PLAYERS (T1)

8 players divided in two groups of four (yellow and orange)

Two adjacent squares of 10m x 10m/15m x 15m (dependent on ability of players)

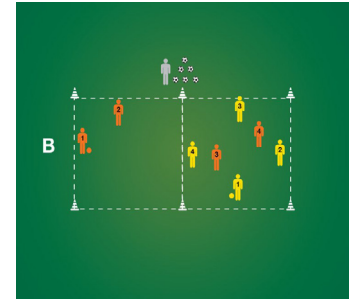
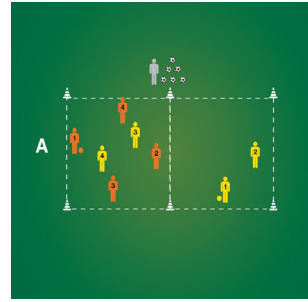
4 (orange) v 2 (yellow) in one grid; 2 yellow waiting with a ball at the end of the adjacent grid (situation A)

As soon as orange makes a mistake (interception yellow or ball out of grid) the game moves to the adjacent grid (situation B) using the ball that the two spare players have

Orange #3 & #4 can immediately pressure yellow #1 & #2; this forces yellow #3 & #4 to also make a quick transition to BP

If orange makes a mistake everyone goes back to their initial starting positions in situation A

#3 & #4 (of both teams) are the 'shifting' defenders; swap with #1 & #2 (of both teams) every two minutes



GAME TRAINING: (T 1)

Transitioning BP > BPO for attackers (yellow) and BPO > BP for defenders (orange)

6 attackers/midfielders (yellow) against 6 defenders/midfielders + goalkeeper (orange) on one half of a full pitch, everyone in their usual 'game positions'

The blue goalkeeper on the halfway line has a dual role of playing for both teams in BP

The 'neutral' goalkeeper starts an attack for yellow by playing to one of the yellow players. As long as the yellow team is in possession, the goalkeeper can stay involved as an outfield player but positioned in/around the centre circle (see diagram)

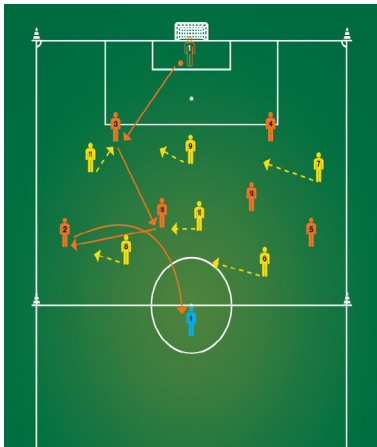
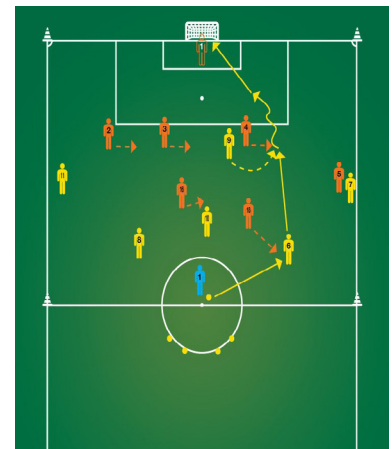
Yellow tries to build a successful attack and score in the goal defended by the orange goalkeeper

When orange wins the ball, they must immediately open up, move into proper BP positions and try to pass into the hands of the neutral goalkeeper who must catch the ball inside the centre circle

The yellow team must try to avoid this by quick transitioning and pressing the ball (see diagram)

After every sequence (attack yellow; counter attack orange) there is a new restart from the neutral goalkeeper

The coaching focuses on the speed of transitioning from both teams but yellow in particular (BP>BPO)



GAME TRAINING: (T 1) PROGRESSION

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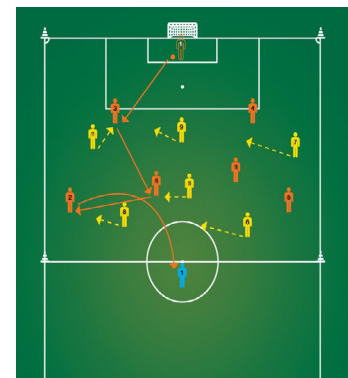
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TRAINING GAME: (T 1)

The same organisation but now as a non-stop game with 'coaching on the run'

3 points for every goal scored by yellow; 1 point for every time orange succeeds in passing the ball into the hands of the neutral goalkeeper

Offside rule applies

IF TOO EASY FOR ORANGE

Limited touches (2-3) only for orange

Decrease the area where the neutral goalkeeper can catch the ball (i.e. only the back half of the centre circle)