

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

Cones positioned as shown in diagram. Distance between the cones 5m-10m depending on ability
 9 players divided in 3 groups of three (different colours)
 Each group with a ball, 3-5 min random passing and moving in the area between the cones
 Next they perform the passing drill shown in the diagram
 Players move to the next cone after each pass
 Change direction regularly (to left/right)

PROGRESSION

- X 6 players perform the passing drill without following their ball, while 3 players (one group) defend passively (yellow in diagram B)
- X On the coach's call (colour) the group that are defenders change with the group that's been called by the coach:
- X 'Flying' change over; no/minimal stop

FURTHER PROGRESSION (ADVANCED ONLY)

- X Regularly change the pass direction on the run (orientation)
- X Change defenders roles at random intervals
- X 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 group makes the least mistakes"

GAME TRAINING

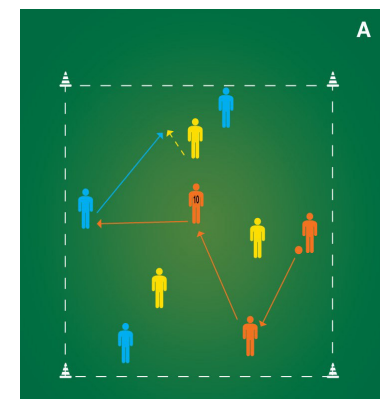
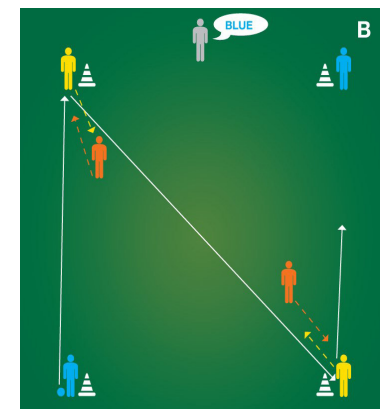
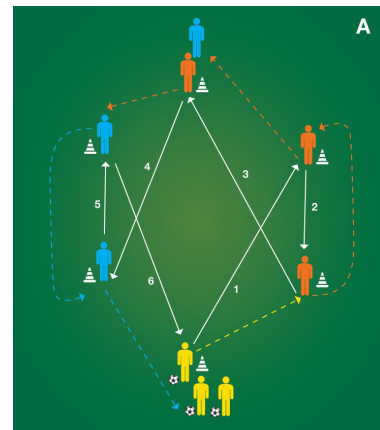
9 players divided in three groups of 3
 A grid of 30m x 30m (dependent on ability of players)
 Orange and blue (6) keep possession while yellow (3) tries to win the ball (diagram A)
 6 v 3 always requires a 'link' player in the centre (orange #10 in diagram as an example)
 As soon as an orange or blue player makes a mistake (interception by yellow defender or ball out of grid) the defenders swap roles with the team of the player that made the mistake (blue in diagram A)
 Blue must immediately start defending which forces yellow to also make a quick transition to BP (see diagram B)
 Play in series of 3-4 minutes

STEPS DOWN (TOO DIFFICULT)

- X Allow a stop to change roles when the 6 players in BP make a mistake and gradually reduce the duration of the stop
- X Make the grid bigger

STEP UP (TOO EASY)

- X Reduce the size of the grid
- X Limit the number of touches (2-3)



TRAINING GAME - (T 2)

3 v 1 with 9 players

Emphasis on quick transitioning

Organisation: Two grids of about 12m x 12m (A & C) separated by a grid of 12m x 5m (B)

Three teams of 3 players with different colour bibs, one team in each grid as shown

The coach is positioned with the balls centrally, next to grid B

EXERCISE DEVELOPMENT:

The coach starts the game with a pass to a yellow player in grid A

At that moment one orange player from grid B sprints into grid A to defend:

3 v 1 in grid A

Yellow must now look for the right moment to play a killer pass through grid B (with the two remaining orange defenders) to a blue player in grid C

Then immediately another orange player sprints into grid C to defend while the defender from grid A returns to grid B

If: **X** either team in BP passes the ball out of the grid, or **X** the defender wins the ball, or

X the defenders in grid B intercept the killer pass

then the team that lost possession immediately changes grids/roles with the defending team (emphasis on transitioning)

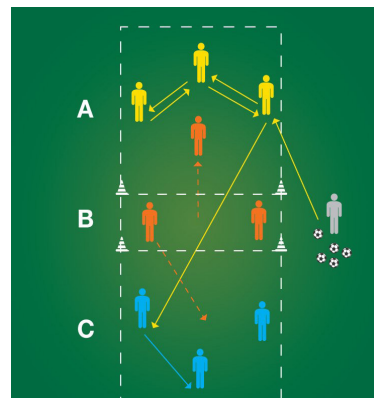
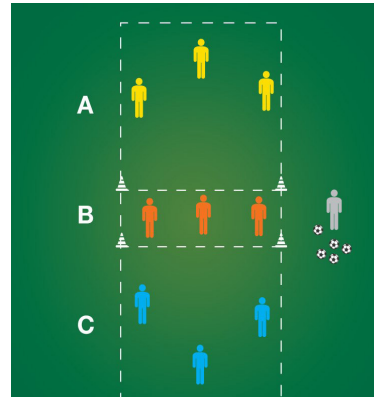
STEPS DOWN (TOO DIFFICULT)

X Make easier: 6 players (2 per grid: 2 v 1), or more difficult: 12 players (4 per grid: 4 v 2)

X Make the grids bigger/smaller

X Limited (2/3) or free touches

X Killer pass: only on the ground or lofted pass allowed as well.



TRAINING GAME - (T 2)

'Transitioning game' 6 v 6 + 1 goalkeeper (smaller/bigger teams: adjust pitch size)

Pitch 40m x 40m divided in two equal halves (see diagram on the right)

A 'neutral' goalkeeper in the goal with plenty of balls next to the goal

Two 5m -7m 'gates' on the back line

The coach with plenty of balls on the halfway line between the gates

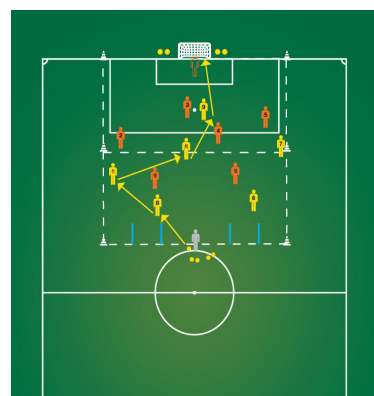
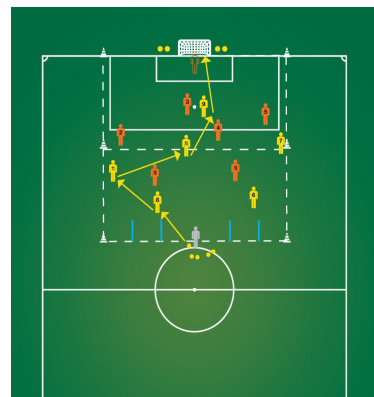
The coach serves a ball to the yellow team who try to score in the goal with the goalkeeper

If orange wins the ball they must pass the ball through one of the gates

If yellow scores, the score is 1-0 and the coach restarts the game by serving the next ball to yellow

IF ORANGE PASSES THE BALL THROUGH ONE OF THE GATES, THE SCORE REMAINS 0-0 BUT THE TEAMS CHANGE SIDES ON THE RUN WITH THE COACH IMMEDIATELY SERVING A BALL TO ORANGE (TRANSITIONING)

Now orange attacks the goal and defends the 2 gates (players must get back in their proper positions ASAP)



STEPS UP OR DOWN

X Make the gates wider **X** Make the gates narrower

X Limited touches (2/3) for one team or both