

### 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

Players #2; 3; 4; 5; 6 & 8 yellow and #7; 9; 10 & 11 orange position themselves as shown in diagram A

At least two players at the starting position (yellow #3)

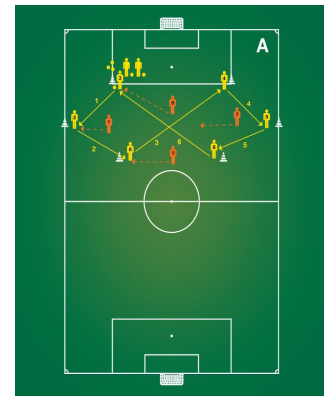
At the coach's signal, #3 starts the passing drill as shown (1-6) with the yellow players following their pass to the next position/cone

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

After pass 1 they must be in the positions indicated by the dotted arrows in diagram A

Orange #7 must be in a position where they can pressure both #4 and #8 yellow when the ball is on the opposite side (e.g. with yellow #2)

Every new pass all four orange players shift and adjust their positions



### PROGRESSION

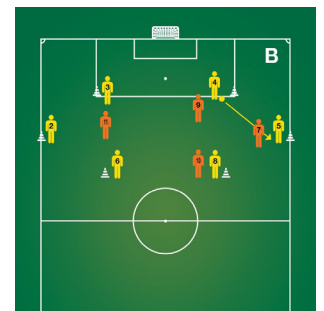
At pass 4 the positions of the orange players are as shown in diagram B

Increase passing and running speed

Sudden change of pass direction on coach's call (#3 yellow to #4; #4 to #5 etc)

Introduce a second passing sequence

Free instead of prescribed passing sequence



### POSITIONING GAME

A grid of approximately 40m x 40m

2 teams, orange and yellow

Yellow consisting of the outfield players #2-3-4-5-6 and the goalkeepers #1 and #22. Orange consisting of the players #7-9-10-11

Goalkeeper #1 in the goal; #22 positioned on the opposite back line (see diagram on the right)

Players as much as possible in their game positions

#1 yellow starts the game and yellow must try to pass the ball on the ground to #22

#22 must pass the ball back to #1 who must catch the ball inside the 6 yard box

If they succeed, #1 starts again (1 point for yellow)

If orange wins the ball they try to score (2 or 3 points for a goal)

If #1 yellow doesn't catch the ball inside the 6 yard box, the coach immediately serves a ball to orange



### STEPS UP OR DOWN

Make the grid bigger/smaller

Free/limited touches for the yellow outfield players

Free/limited touches (1/2) for yellow #22

### GAME TRAINING

A grid of approximately 50m x 50m divided by a halfway line (see diagram A)

Yellow defence (#1-2-3-4-5) playing out from the back, orange attack (#7-9-11) must disrupt and pressure yellow's possession

Goalkeeper (yellow #1) starts every action by serving the ball to #2-3-4 or #5

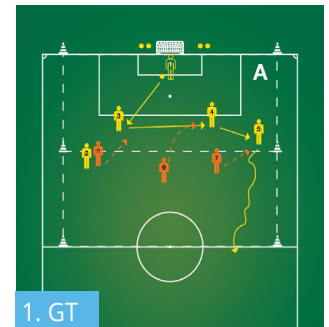
The defenders combine till one player can run with the ball across the back line

The orange team must prevent this and try to win the ball

If orange wins the ball "attack the goal and try to score" (one attempt only).

If orange loses the ball the action has ended

The offside rule applies



1. GT

### STEPS UP OR DOWN (FOR ORANGE)

Make the pitch wider/narrower

Free/limited touches (2/3) for yellow

Free/limited time for yellow to get the ball across the back line

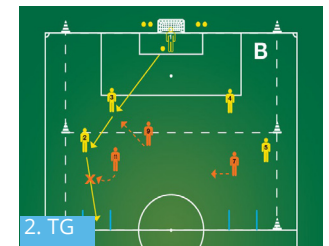
line

### PROGRESSION

When the ball has crossed the halfway line of the grid, yellow can now score by passing through one of the two gate(s) positioned on the back line

### PROGRESSION 1

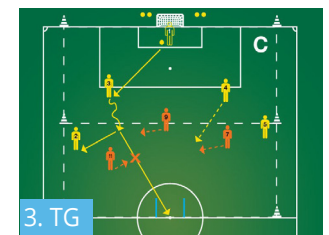
Two 5m gates on the wings: this invites yellow to play out using their full-backs. The coach focuses on coaching orange how to prevent/disrupt this



2. TG

### PROGRESSION 2

One central 5m-7m gate (diagram C): this invites yellow to play out using their central defenders. The coach focuses on coaching orange how to prevent/disrupt this



3. TG

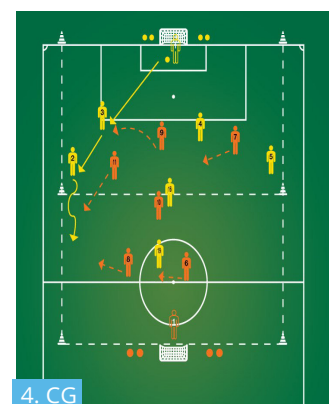
### TRAINING GAME - 6V6 + GOALKEEPERS (D&P 1)

Orange is the team the coach focuses on with regards to disrupting/pressuring. It consists of a GK and the MF's #6, 8 and 10 and the FW's #7, #9, and #11 (formation 1-3-3)

Yellow consists of a GK and the DF's #2, 3, 4 and 5 plus a holding MF #16 and the FW #19 (formation 1-4-1-1)

It is important that the coach sees to it that the formations stay intact

Offside rule applies



4. CG

### VARIATION

Orange defends two small goals in wide areas instead of the big goal