

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**

FOOTBALL PROBLEM

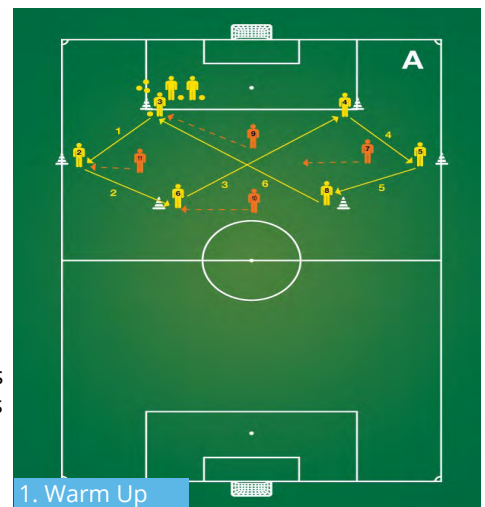
When we press high up the pitch and try to force the ball wide we are failing to block the passes forward horizontally and diagonally.

Our front 3, midfield 3 and wide defenders need to make sure the ball is forced wide, our no. 10 applies pressure by creating a strong side (his body shape is a cue for all of our players to press together).

When the ball is out wide and all passing options are blocked the switch of play is prevented and we are superior in number. (Ball Possession Opponent – Wide Areas)

WARM UP

- Players start in game positions #2-3-4-5-6-8 and opposition start in game positions #7-9-10-11 working on the full width of the pitch and in the final attacking third. Players will pass the ball in the following sequence right hand side #3-2-6-4-5-8 and follow pass to the next position. Opposing team will move as a unit to close down the ball, keeping their relative distance the same.



FIND OUT MORE

S.O C.H.A.N.G.E I.T

If your players are finding the session too easy or hard, the solution is to use the S.O C.H.A.N.G.E I.T philosophy.

Safe: Safe physical environment (field, obstacles such as sprinklers) and safe space to learn

Organised: Prepared sessions and ensuring you have all the equipment you need to encourage participation.

Coaching Style: Provide feedback in the drink break or change of activities without interrupting the game.

How You Score / Win: Increase opportunities to score.

Area: Increase or decrease the game challenges by changing the size/shape of the playing area.

Numbers: Use different team numbers to overload the advantage of one team, or vary number of turns at goal.

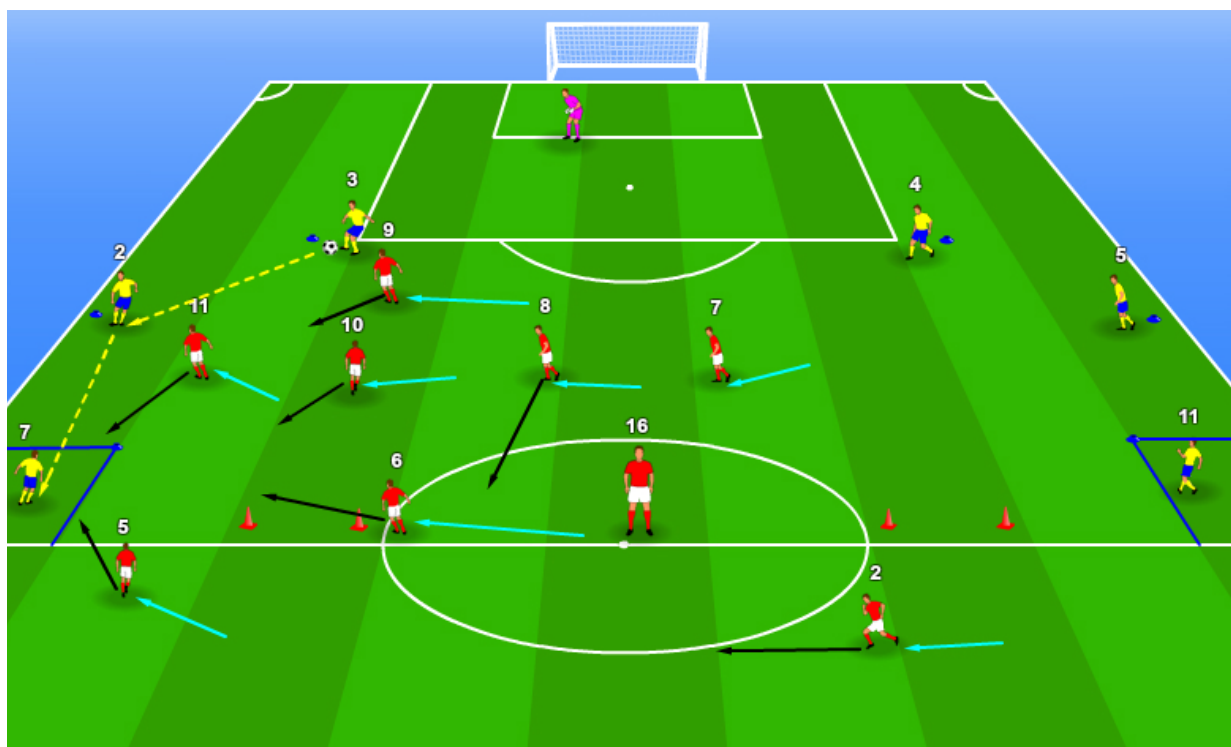
Game Rules: Change the rules slightly, for example no tackling, minimum number of passes.

Equipment: Vary the equipment used, for example a bigger goal, smaller goal, more goals.

Inclusion: Engage players in modifying the practices; provide options they can choose from to encourage ownership.

Time: Reduce or extend the time to perform actions.

Pressing High Up the Pitch and Forcing the Ball Wide - Positioning Game



MEASUREMENT
2 Thirds of a Pitch

PLAYERS
15

DURATION
20

OBJECTIVE

We focus on the timing of the players who all move as a compact unit. The chain reaction of the midfielders and the forwards are used to prevent forward passes and force the ball wide.

DESCRIPTION

8 v 6 + GK with #2-5-6-7-8-9-10-11 v #1-2-3-4-5-7-11. Position the grid in 'game realistic' areas of the field.

COACHING POINTS

Make sure there are short distances between the players.

ORGANISATION

We have 2 small zones of 5m x 5m on the halfway line and near the sidelines for the attacking wingers and 2 small cones in the position shown. The attacking players take up positions by the zones, except for the wingers who are positioned inside the small zones.

As the attacking players pass the ball to each other (at the beginning in a slow tempo and then faster), the red players shift according to the ball position. They keep short distances between each other and try to block the potential forward passes from the centre backs towards the small goals.

The defenders also force the ball wide as soon as the winger receives the ball inside the small zone, he is double marked by no.5 and no.11, no.6 and no.10 move to ensure superiority in numbers around the ball.

The defending players do not try to win the ball but they make sure that they take up the appropriate positioning regards to the position of the ball. The attacking players continue to pass the ball around.

The first action is indicated by the light blue arrow movement and the second action by the black arrow movement.

Pressing High Up the Pitch and Forcing the Ball Wide - Game Training



MEASUREMENT
2 Thirds of a Pitch

PLAYERS
18

DURATION
25

OBJECTIVE

We work on the chain reaction of the midfielders and the forwards to prevent forward passes and force the ball wide.

DESCRIPTION

8 v 9 + GK with #2-5-6-7-8-9-10-11 v #1-2-3-4-5-6-7-8-9-11. Field is 2/3 in size including 1 small zone on last 3rd line.

COACHING POINTS

1. Make sure there are short distances between the players.
2. There is a need for synchronised movements for the pressing application to be fully successful.

ORGANISATION

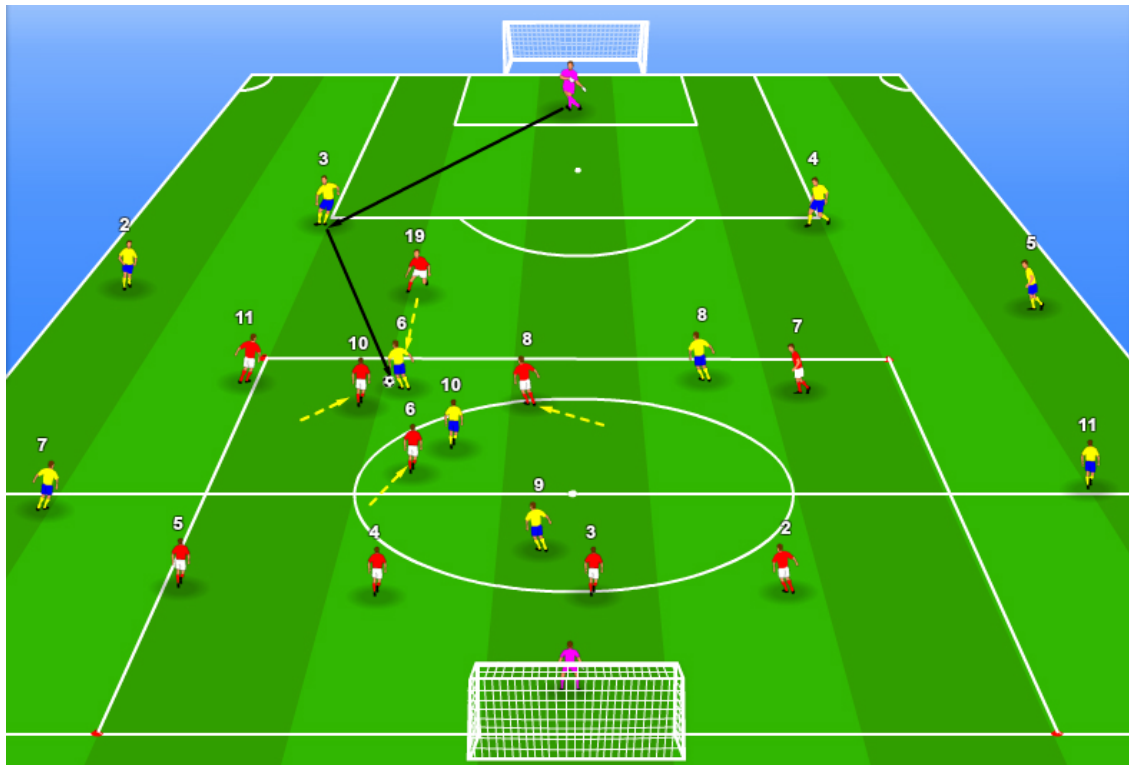
Here we play an 8 v 10 game. Inside the area there are 2 small cone goals and outside there is a small rectangular zone for the attacking forward.

The attacking team tries to score 2 ways; either by passing through the small goals or by the ball to the striker who must control it within the small rectangular zone. They are not allowed to use long passes.

The defending team aim to block the potential forward passes, force the ball towards the sidelines and use double marking so it is easier for pressure to be applied. The pass towards the forward is more difficult to make.

When the defending team wins possession, they counter attack using a maximum of 5 passes. If the ball goes out of play, the game restarts with the attacking goalkeeper.

Pressing High Up the Pitch and Forcing the Ball Wide - Training Game



MEASUREMENT
2 Thirds of a Pitch

PLAYERS
22

DURATION
25

OBJECTIVE

We work on the chain reaction of the midfielders and the forwards to prevent forward passes and force the ball wide.

DESCRIPTION

Conditioning Game 11 v 11. Formation of both teams will be 1-4-3-3. Build up with some set patterns of play.

COACHING POINTS

1. Create superiority in numbers near the sideline and apply double marking.
2. There needs to be good communication and cohesion between the lines.

ORGANISATION

2 teams play an 11 v 11 game on 2/3 of a full pitch. There is a zone around the centre circle (positioned as shown in the diagram), which is 35m x 35m.

The attacking team's goalkeeper starts and passes to one of his own defenders. The attacking team has 3 aims in order to score a goal. They seek to complete more than 2 passes inside the marked zone, to keep possession for more than 4 seconds inside the same area and finally, to score in the goal.

The defending team tries to prevent these aims by forcing the ball wide, creating a numerical advantage near the sideline and double marking the ball carrier. If they win the ball, they counter attack using a maximum of 5 passes.