

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

Our team is not very effective when we attack in wide areas. The wingers in combination with the fullbacks too often make wrong choices. The awareness and decision making of our winger and the co-operation with the fullbacks must improve to make our wing play more effective.

WARM UP

Players in their game positions (see diagram)

Right side players (yellow) and left side players (orange) opposite of one another but not interfering with each other

Minimum 2 players in the positions #3 & #4

In case of bigger numbers: set up a similar organisation on the other wing

Yellow works from top down; orange from bottom up (#7 yellow passes to #4 orange who starts the same combination in the opposite direction till #11 orange passes the ball again to yellow #3)

All players follow their pass to the next position but only on their own team

i.e. After pass 5 to orange #4, yellow #7 goes to the position of yellow #3 (same for orange #11: to position #4).

Start with prescribed pattern (as shown)

Introduce a 2nd (3rd?) pattern

VARIATION

Now yellow passes with passive resistance of orange: choose the right option depending on the defensive positioning of the opposing players (this option is for advanced players only)

POSITIONING GAME

2 grids of approximately 30m x 30m (A & C) separated by a grid of 5m x 30m (B)

2 groups of 4 outfield players

Yellow consisting of the players #2-3-6-7

Orange consisting of the players #4-5-8-11

#9 and #10 are neutral players who always play with the team in possession; one in grid B the other in the grid where the positioning game takes place (see diagram)

2 goalkeepers positioned on each back line

#7 (yellow) keep possession against #4 (orange)

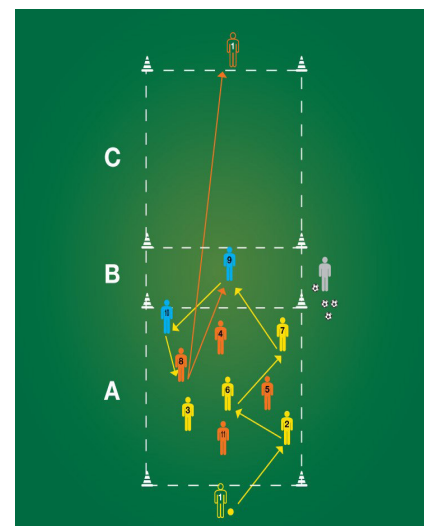
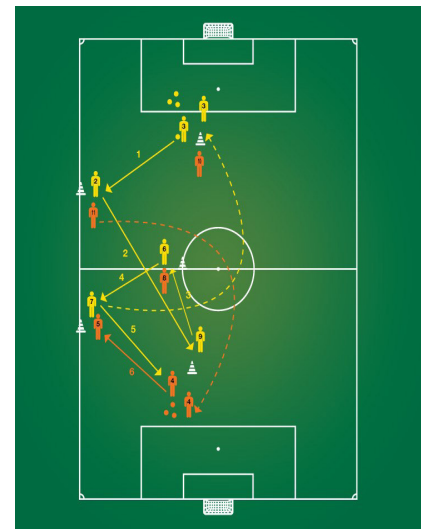
Players as much as possible in their game positions (especially the team in BP)

Provide 4 options (left; right; central and far) for the player on the ball through proper positioning

When orange wins the ball in grid A, they must try to pass to #9 in grid B or their goalkeeper at the far end

If they succeed, all players cross over to grid C where the game continues with orange in possession and yellow defending

If a yellow player passes the ball out of the grid, the coach immediately serves a new ball to the orange goalkeeper and the game restarts in grid C with possession for orange

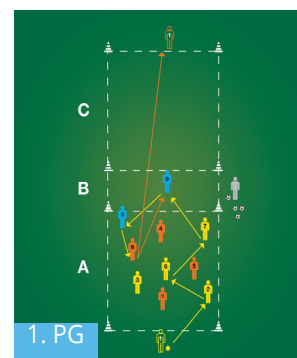


POSITION GAME CONTINUED

- Steps up or down:
- Make grids bigger/smaller
- Free/limited touches
- Stop-start change of grids
- 'Flying' change of grids

STEP UP OR DOWN

- Position the grids in 'game realistic' areas of the field (see diagram on the right)
- 'Flying' change of grids

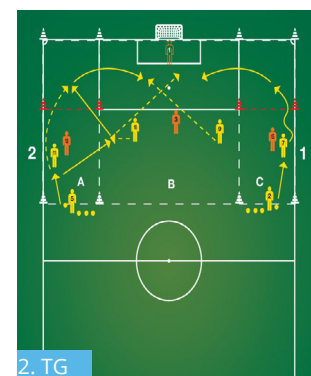


GAME TRAINING

- Three grids A, B and C as shown in diagram on the right
- In grid A, #11 yellow and an orange defender (#12); #5 yellow is positioned outside the grid with plenty of balls
- In grid B, #9 & #10 yellow and an orange defender (#3) plus a goalkeeper
- In grid C, #7 yellow and an orange defender (#15) with yellow #2 outside the grid
- #2 & #5 yellow alternately serve a ball to respectively #7 & #11
- #2-7 and #5-11 must beat the orange defenders in their respective grids through effective wing play and deliver a cross to #9 & #10 in grid B who try to finish 2 v 1
- The defenders in grids A & C cannot defend beyond the red dotted line

WING PLAY OPTIONS

- The winger beats the defender 1 v 1 (situation 1)
- The winger plays a wall pass with #9 or #10 (situation 2)



TRAINING GAME - MORE WING PLAYERS

- The full-back overlaps the winger to create a 2 v 1 (situation 3)
- The winger bounces with the full-back and becomes the 3rd man via a combination with #9 or #10 (situation 4)
- The option selected by the attacking player often depends on the action of the defender. The coach may need to help the players develop their awareness and insight to select the most effective option.
- Communication between the players is essential.
- Also pay attention to the positioning and finishing of #9 & #10



CONDITIONING GAME: 5V5 + GOALKEEPERS (PP 1)

- The field is positioned in a wide area of the full pitch (see diagram)
- Pitch length: box to box (70m)
- Pitch width: central axis to sideline (35m), divided by the halfway line
- Two portable goals (or poles) placed as shown (balls next to the goals)
- The coach with balls on the halfway line
- Offside rule applies!
- Players in their usual 'game positions'
- In this particular game, it means that the right side of the team (#2-3-6-7) striker #9 plays against the left side of the team (#4-5-8-11) central midfielder #10. It is essential that the coach maintains realistic positions relative to a full field game (this explains the positions of the goals)
- #9 and #10 should change teams halfway through the game
- By setting the game up this way, wing play will automatically be emphasised
- Play four games of 4 minutes with 2 minutes rest between the games

CONDITIONING GAME: NOTES

- SINCE IT'S A CONDITIONING GAME THE INTENSITY MUST BE HIGH.
- Therefore there are no stops for throw-ins; corners; free kicks or goal kicks. The goalkeeper of the team that should have had the throw-in, corner or free kick immediately serves a new ball (within 3 seconds otherwise the coach serves a ball to the other team)

