

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

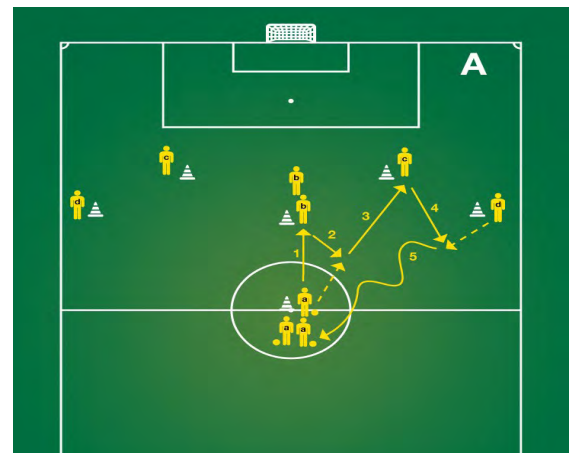
Our team has been unable to stop the opposition who have created time and space on the ball in the centre of the field.

We need to stop vertical and diagonal passes towards the opposition strikers and force the ball out wide.

(Ball Possession Opposition – Middle 3rd)

WARM UP

Players start in game positions #10-8-4-5 on the left hand side and #10-6-3-2 on the right hand side. Players pass alternately on the right and left hand side and follow their pass to the next position. Position #5 and #2 dribble back to start. Progress to longer passing sequence.



1. Warm Up

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.

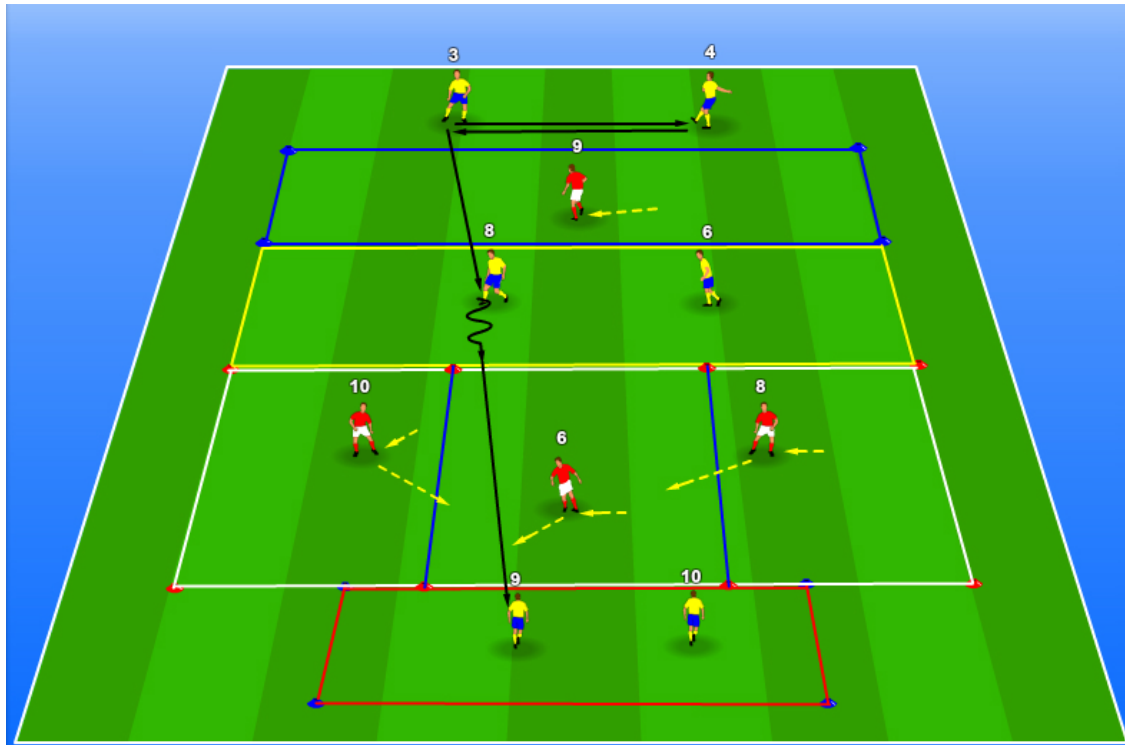
Game Rules: Change the rules slightly, for example no tackling, minimum number of passes.

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.

Defending Against a Centre Midfielder with Space to Create - Positioning Game



MEASUREMENT
30 x 40 Yards

PLAYERS
10

DURATION
20

OBJECTIVE

We train for when closing down the ball (pressing) was not possible in the centre of the pitch.

DESCRIPTION

6 v 4 possession football. One team of four players as #6-8-9-10 and opposing team of 6 players #3-4-6-8-9-10. Position the grid in 'game realistic' area in the middle of the field.

COACHING POINTS

Players should be aware of the tactical situation and be taking up the appropriate positions in order to prevent forward (vertical and diagonal) passes.

ORGANISATION

In an area 30m x 40m, there are 4 different zones. Inside the 2nd zone (15m x 30m), which is divided into 3 parts, there are 3 midfield defenders (each one moves within his own area). The no. 9 defending is positioned inside the 4th zone (5m x 30m). Inside the 3rd zone (10m x 30m) there are 2 midfield attackers and inside the 1st zone (5m x 20m) there are 2 attacking forwards.

Defending Against a Centre Midfielder with Space to Create - Game Training



MEASUREMENT
Select Pitch Area

PLAYERS
19

DURATION
25

OBJECTIVE

We train for when closing down the ball (pressing) was not possible in the centre of the pitch.

DESCRIPTION

9 v 10 game on 2/3 of the field. One defending team of #1-2-3-4-5-6-8-9-10 and a tacking team of #2-3-4-5-6-7-8-9-10-11. In 1st grid we have (2 v 1). In the 2nd grid we have (2 v 0). In the 3rd grid we have (3 v 2). We then connect all grids to create one game.

COACHING POINTS

1. There should be simultaneous (synchronised) movements, making sure to retain the cohesion.
2. Communication and short distances between the players is key.

ORGANISATION

We play a small-sided game in 2/3 of a pitch with 3 marked out zones as shown. There are 2 attackers outside of the 1st zone, a defender inside the 1st zone, 2 attacking midfielders inside the 2nd zone. Inside the 3rd zone there are 2 defenders and a defensive midfielder, together with 2 attacking forwards. During the first phase of the game, nobody else can move into this 3rd zone (3 v 2 situation).

The attacking defenders start the game by passing the ball to each other. When they find the right moment they pass to the attacking midfielders in the 2nd zone. As soon as this happens, the game moves into the second phase (8 v 8) and everybody can move freely across the zones. The player in possession tries to find a way to pass the ball (final pass) to a teammate inside the 3rd zone. The defenders try to block this and force the ball out wide.

The attackers aim is to score and the defenders seek to defend successfully, win the ball and complete 5 passes. The attacking team score a point if the midfielder manages to make a though pass into the 3rd zone and if they then score past the goalkeeper, the goal counts triple. The attacking defenders do not take part in the second phase of the game.

Defending Against a Centre Midfielder with Space to Create - Training Game



MEASUREMENT
2 Thirds of a Pitch

PLAYERS
22

DURATION
25

OBJECTIVE

We train for when closing down the ball (pressing) was not possible in the centre of the pitch.

DESCRIPTION

Pressing Game of 11 v 11 with (6 v 3) in the first zone and start with a (3 v 2) in the front 3rd middle zone. Formation of both teams will be 1-4-3-3.

ORGANISATION

We play an 11 v 11 game in 2/3 of a pitch with 3 marked out zones as shown. Inside the 1st zone (25m long) there is a 6 v 3 situation. The attackers retain possession and try to find a way to run the ball through the line between the cones a move into the 2nd zone, where the defenders are not allowed.

The defending midfielders (no.6 & no.8) during the start (first phase) of the game stay outside of the 3rd zone where there is a 3 v 2 situation. However, as soon as 1 attacker moves into the 2nd zone, the game moves into the second phase and everyone can then move freely across zones. They have 10 seconds to score from this point.

The player in possession tries to find a way to make a final pass into the 3rd zone to score a point. If they then score past the goalkeeper, the goal counts triple.

The defenders try to block the potential passes towards the players in the 3rd zone, force the ball wide or keep it near the sideline in order to more easily win the ball. If they win possession, they counter attack using a maximum of 5 passes. If the ball goes out of play, the game restarts with the attacking goalkeeper.