

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 in game positions as shown in diagram A

At least 2 players on positions #3, #4 and #10 (also possible on the other positions)

#6 checks off and asks for the ball; #3 passes to #6 and coaches "turn" (1)

#6 receives and turns (2) followed by a pass to #9 (3)

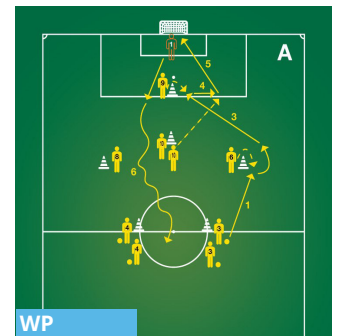
#9 bounces with '3rd man' #10 (4) who shoots at goal (5)

Players move to the next positions: #3 to #6; #6 to #10; #10 to #9; #9 jogs back to position #3

At the beginning the shot must be aimed towards the hands of the goalkeeper who rolls the ball back to #9, who dribbles it back to the starting position (6).

Now repeat the same with #4 passing to #8, etc

Gradually increase the shooting power (it's still warming-up!)



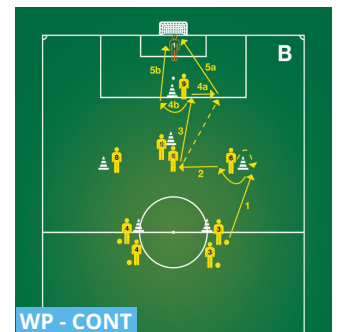
VARIATION

Introduce a variation (see diagram B)

Give #9 the option to bounce with #10 (4a/5a) or turn away and finish themselves (4b/5b)

COACHES FOCUS POINTS

- X Pass precision and pass direction (to proper foot; proper ball speed)
- X Tuning of actions
- X Anticipation & movement without ball
- X Verbal and non-verbal communication



POSITIONING GAME: 5V4 (A 1)

A grid of approximately 30m x 30m (dependent on level of players)

2 groups of 4 outfield players; one group consisting of the players #6-8-9-10

2 goalkeepers positioned behind each back line

5 (yellow) keep possession against 4 (orange)

Players as much as possible in their game positions, with #10 in the middle (see diagram)

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

When orange wins the ball, they must try to pass to their goalkeeper, 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



POSITIONING GAME: 5V4 (A 1) CONTINUED

STEPS UP

Make grid smaller

Limited Touches

STEPS DOWN

Make grid bigger

Unlimited Touches

REMARK/HINT

Position the grid in a 'game realistic' area of the field (see diagram)



GAME TRAINING: (A 1)

Starting situation: two grids A & B with the players positioned as shown in diagram on the right

The players must stay in their designated areas

An attack starts with a pass from #3 to one of the yellow midfield players #6-8-10

They play in grid A against 2 orange opponents (3 v 2) and must try to get one player into grid B

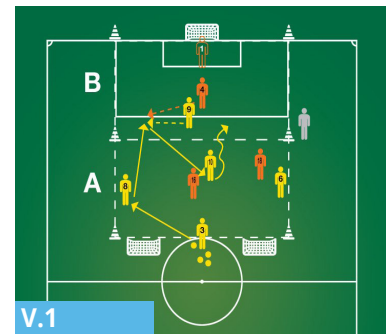
In grid B stands yellow striker #9 and one orange defender

The yellow midfielders can dribble into grid B (when free) or use #9 as a bouncer

In grid B yellow must utilise the 2 v 1 numerical advantage and score

Offside applies in grid B

When the defenders win the ball in grid A, they can score in two small goals (one counter attack only, then restart)



PROGRESSION

Add 3rd orange player in grid A, #3 yellow now either passes or dribbles with ball into grid A to create a 4 v 3 situation

GAME TRAINING: 5V5 + GOALKEEPER (A 1)

Yellow team attacks the big goal, orange can score in the small goals

Normal rules, including offside

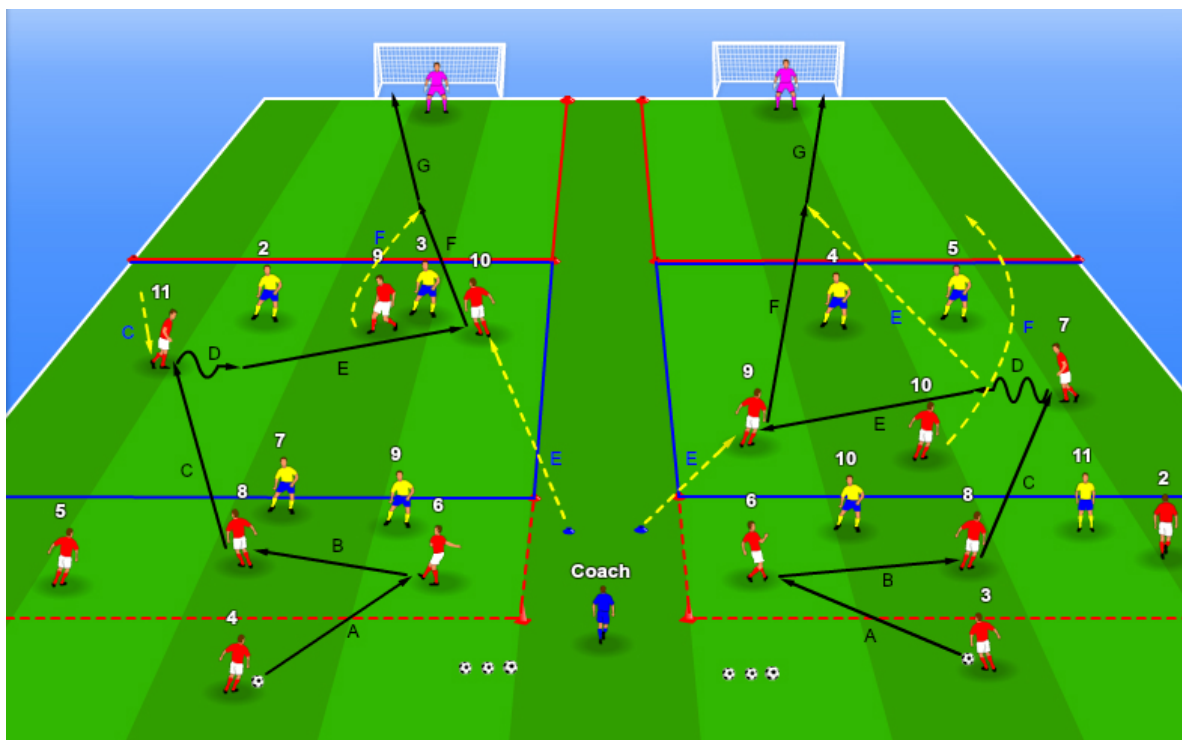
Yellow team in 1(DF)-3(MF)-1(FW) formation

Orange team in GK-2(DF)-3(MF) formation

Coaching 'on the run'



Overloading Wide Areas in the Final Third - Game Training



MEASUREMENT
1 Third of a Pitch

PLAYERS
12

DURATION
25

OBJECTIVE

We work with the wingers and attacking midfielders with the aim to use various combinations in order to break through the opposition's defence.

DESCRIPTION

5 + 1 v 4 + GK and 2 neutrals outside on marked cone. One team of attacking players as #4-5-6-8-9-10-11 against #2-3-7-8 and one team of attacking players as #2-3-6-7-8-9-10 against #4-5-6-11 making up 2 games. Position one grid to the right and one grid to the left in the front third.

COACHING POINTS

1. Correct body shape (open up on the half turn) and positioning are important to view where the net pass goes.
2. The players should always be aware to retain the team's balance.

ORGANISATION

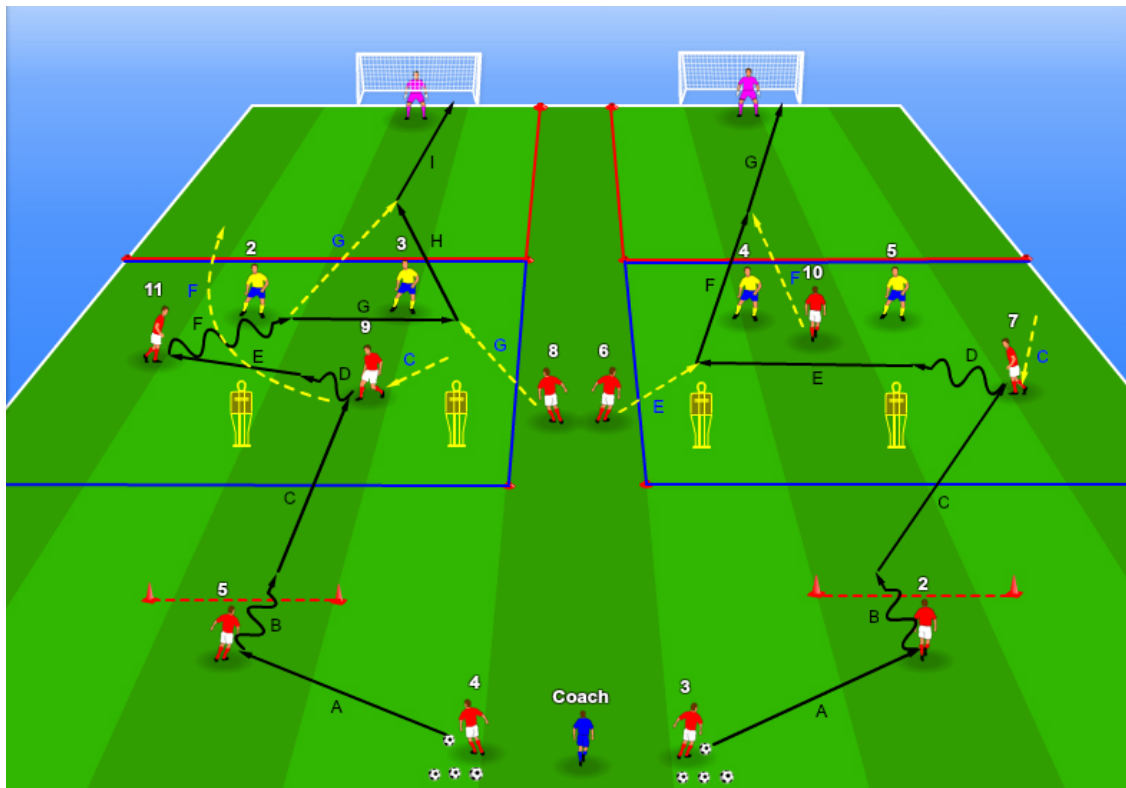
There are 2 zones with 3 areas set up in front of the goal. Each zone is the width of the 6-yard box and each zone has a depth of 20m.

Inside the first area, the two teams play 3 (+1) v 2 and 2 v 2 in the second area. There are also 2 attackers outside the areas (6 & 8) who enter the first area when the ball is passed in there. The defending players must stay in their areas. The 3 attacking players inside the first area use 2 touches (outside player uses 1 touch) and aim to pass the ball to their teammates in the second area.

The 2 attacking players inside the second area seek to receive, combine and break through the opposition's defence by running with the ball into the final area or receiving the ball in the final area to score.

If the defenders win the ball, they aim to run the ball over the end line. If this happens the players can move freely across all areas. If the attackers win the ball back, they pass to the outside player for the game to re-start.

Overloading Wide Areas in the Final Third - Positioning Game



MEASUREMENT
1 Third of a Pitch

PLAYERS
16

DURATION
20

OBJECTIVE

We practice combination play in the final third.

DESCRIPTION

2 v 2 + 1 and 3 neutrals outside in 2 marked out areas. Two teams of two attacking players as #6-11 and #7-8 against #2-8 and #5-6. In between the grids #8 on the left and #6 on the right. #4-5 outside on the left and #2-3 on the right making up the 2 games. Position one grid to the right and one grid to the left in the front third.

COACHING POINTS

1. As one player drops back to receive, the other should be moving into an available passing lane.
2. The player receiving the first pass into the first area should do so on the half turn, so he can quickly face his opponents and combine with his teammate.

ORGANISATION

There are 2 zones set up in front of the goal. Each zone is the width of the 6-yard box and each zone has a depth of 20m. Divide this into 2 smaller areas of 10m in length.

The wide player 7 and the attacking midfielder 10 are against 2 defenders who are to defend passively and are not allowed beyond the first area.

There are 2 extra players (attacking midfielders) positioned to the side of the area and enter the playing area at the right moment.

The defensive midfielders receive the ball from the centre back, move forward through the marked cones and either passes to the wide player or the attacking midfielder.

The 2 attacking players, helped by the second attacking midfielder who enters the playing area at the right moment and overloads the side, aim to break through the defence and score.

Overloading Wide Areas in the Final Third - Training Game



MEASUREMENT
2 Thirds of a Pitch

PLAYERS
22

DURATION
25

OBJECTIVE

We work with the wingers, the attacking midfielders and the full backs with the aim to use various combinations in order to break through the opposition's defence and score.

DESCRIPTION

Conditioning Game 11 v 11. Formation of both teams will be 1-4-3-3. Divide the field in half right and left. Build up with some set patterns of play.

COACHING POINTS

1. The wingers and attacking midfielders should demonstrate all the different combinations they have been practicing here in this final game.

ORGANISATION

The 2 teams play an 11 v 11 game over two thirds of a full size field. The pitch is divided in half (left and right) and only the defending striker and the attacking midfielders can move across both sides.

Inside the first zone, the teams play 3 v 2 or 3 v 1 on each side (depending on the positioning of the striker). The attackers try and find a way to pass the ball to their teammates inside the final zone where there is a 2 v 2 situation each side. 3 defending midfielders play inside the small second zone and try to block the passes towards the players inside the final zone. They must stay within the small zone.

When the ball is played within the final zone, an attacking player may move across to the attacking side to create a numerical advantage (3 v 2). Only the 4 attacking players (strikers) and the 4 defenders (back 4) can go into the penalty area. If the defenders win the ball they counter attack and all players can move freely across all zones.