

### 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

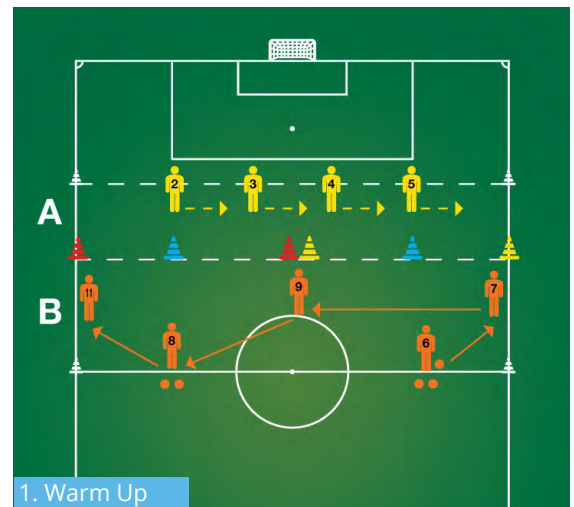
Our team is having trouble stopping attacks in the final 3rd (wide areas and in front of goal).

The team needs to work on creating superior numbers near the sideline as well as a numerical advantage in the penalty area.

(Ball Possession Opponent – Back 3rd)

### WARM UP

Players start in game positions #2-3-4-5 and opposition start in game positions #6-7-8-9-11 working on the full width of the pitch and to half way. The warm up will start in our defending half of the field.



### 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 Near the Sideline and Close to the Penalty Area - Positioning Game 1



**MEASUREMENT**  
Half a Pitch

**PLAYERS**  
13

**DURATION**  
20

## OBJECTIVE

We work on creating superiority in numbers (overload) near the sideline as well as a numerical advantage in the penalty area.

## DESCRIPTION

5 + 1 v 7 (6 v 7) One team of five players and goalkeeper as #1-2-3-4-5-6 and opposing team of seven players as #2-5-6-8-7-9-11 making up the game. Position the grid in the defending third of the field.

## COACHING POINTS

1. The attacking team passes must be short and in sequence so that the defending players have time to shift towards the side where more of our players are.
2. As the defensive midfielder is near the side where more of our players are, he is the one who creates superiority in numbers near the sideline.

## ORGANISATION:

The attacking team's players pass the ball to each other outside the zone. As soon as the ball is passed to one of the two wingers inside the zone, the player in possession moves forward with the ball and crosses into the penalty area.

The defending team's players shift according to the position of the ball, although they do not try to win the ball or prevent the winger from crossing.

The defenders seek to create superiority in numbers (overload) near the sideline with the help of the defensive midfielder, as well as to defend the opposition's cross into the penalty area by taking up appropriate positions and retaining a numerical advantage inside the box.

# Defending Near the Sideline and Close to the Penalty Area - Game Training



**MEASUREMENT**  
Half a Pitch

**PLAYERS**  
13

**DURATION**  
25

## OBJECTIVE

We work on creating superiority in numbers (overload) near the sideline as well as a numerical advantage in the penalty area.

## DESCRIPTION

5 + 1 v 7 (6 v 7) One team of five players and goalkeeper as #1-2-3-4-5-6 and opposing team of seven players as #2-5-6-8-7-9-11 making up the game. Position the grid in the defending half of the field.

## COACHING POINTS

Communication is essential between the players in one specific instance. The player who is about to create superiority in numbers (overload) inside the zones (outside penalty area to sideline) has to let his team mate know when he has entered this zone. He then knows he can make a tackle on his opponent.

## ORGANISATION:

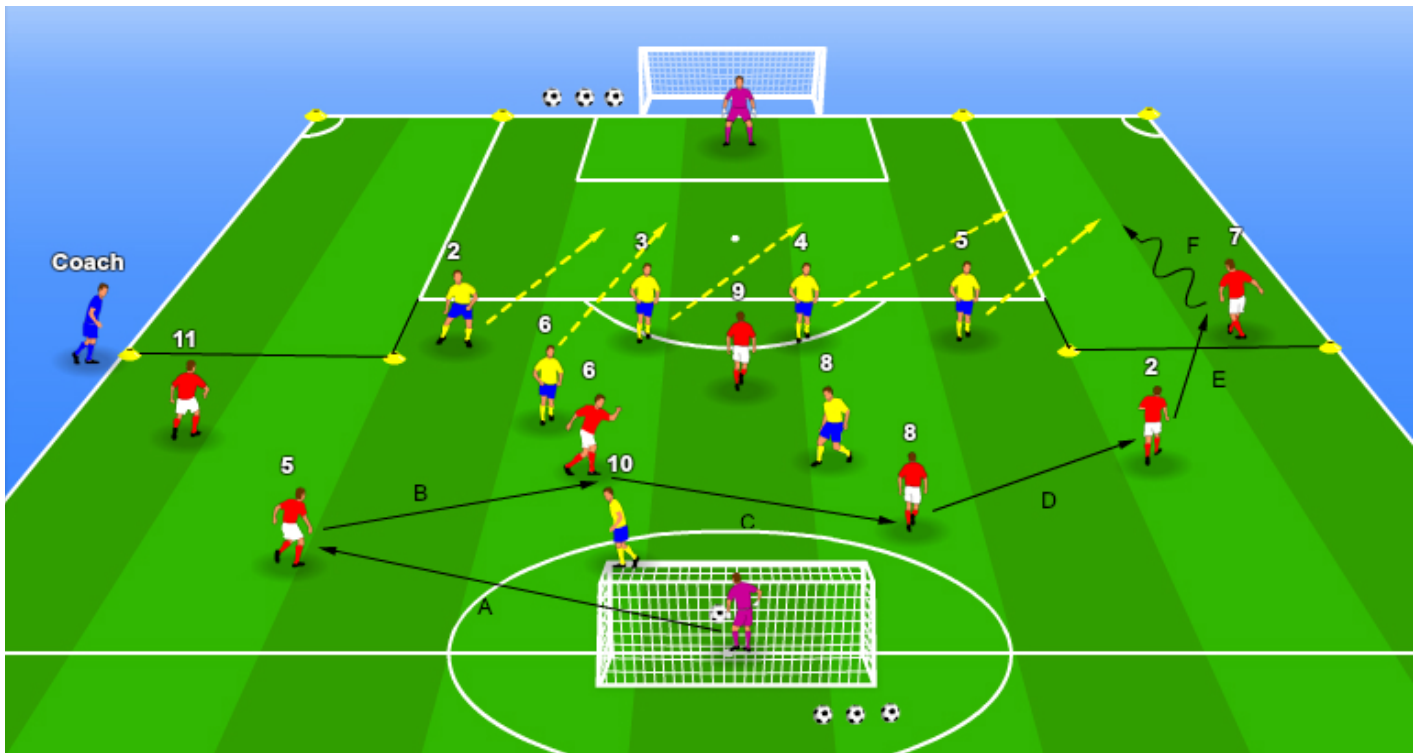
Using half a pitch, in this small-sided game we play 5 v 5 + 2 outside players, with two black zones near the sidelines and a black zone across the width of the pitch.

The attacking team aim to move the ball (with the help of two outside players) into the black zones near the sideline and cross the ball into the box. Long passes are not allowed during the attacking phase.

The defending team's fullbacks follow their direct opponent's movement into the black zones (sidelines) and try to prevent them from crossing the ball. However, they are not allowed to win the ball unless there is a second defending player inside the black zone. The defending team has to defend successfully against a potential cross.

If the defenders win the ball, they try and pass it to the coach who is positioned inside a small area near the halfway line using a maximum of four passes.

# Defending Near the Sideline and Close to the Penalty Area - Training Game



**MEASUREMENT**  
Half a Pitch

**PLAYERS**  
16

**DURATION**  
25

## OBJECTIVE

We work on creating superiority in numbers (overload) near the sideline as well as a numerical advantage in the penalty area.

## DESCRIPTION

Conditioning Game 8 v 9 (7 v 8 plus goalkeepers). Formation of defending team will be 1-4-1-2 and a attacking team will be 1-3-2-3.

## COACHING POINTS

1. There should be short distances between the players and synchronised movements (moving together).
2. Express the importance of good communication between the players.

## ORGANISATION:

In an area slightly larger than half a pitch, two teams 8 v 9. The defending team uses a 4-1-2 formation and the attackers use a 3-2-3 formation. There are two black zones near the sideline.

The attacking team tries to develop their attacking play through the wide areas and get crosses into the box. They are not allowed to use long balls.

The defending team aim to create superiority in numbers (overload) inside the black zone and penalty area in order to win the ball or neutralise a potential cross.

If the attacking team wins the ball, they have to counter attack using a maximum of five passes.