

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

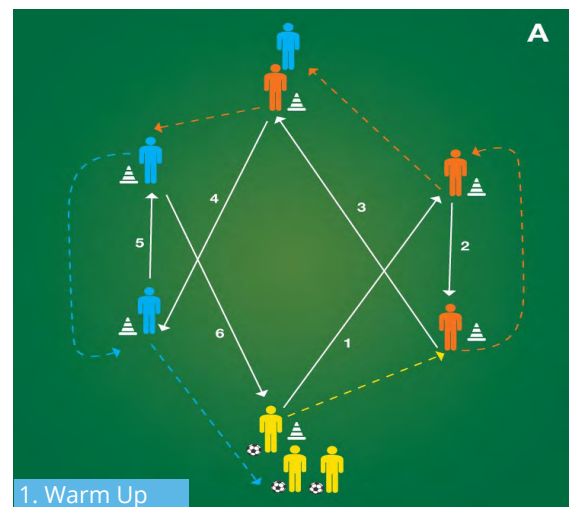
The opposition goalkeeper releases the ball through a long kick putting pressure on our back 4 and defensive midfielder.

Our team needs to win the ball in the centre and attack through the middle or in wide areas.

(Transition Ball Possession Opponent to Ball Possession – Middle)

WARM UP

Divide players into three teams and each group completes random passing in the area set out. There are no specific positions for the exercise. Progress to players passing in set pattern, then to one team defending against two other teams.



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.

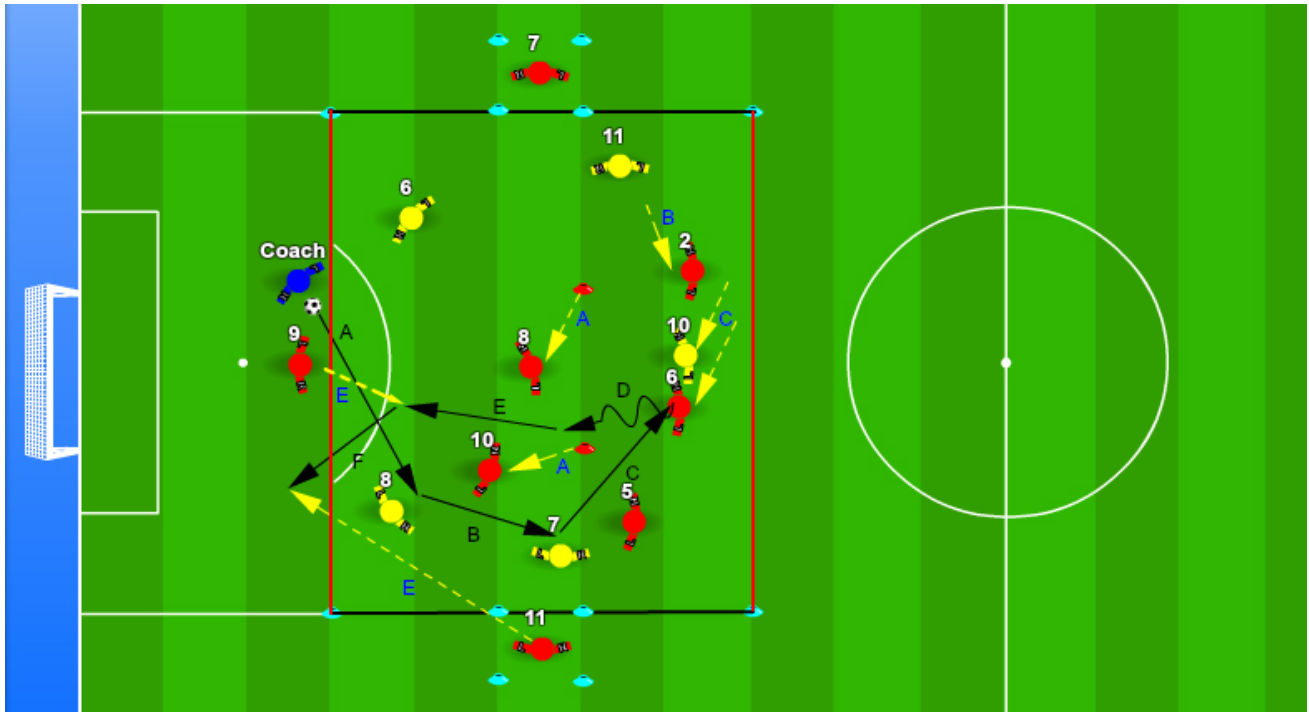
Game Rules: Change the rules slightly, for example no tackling, minimum number of passes.

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.

Transition BPO to BP - Positioning Game



MEASUREMENT
Half a Pitch

PLAYERS
13

DURATION
20

OBJECTIVE

We work on ball possession opponent to ball possession transition, winning the ball in the centre and attacking.

DESCRIPTION

5 v 5 + 3 (5 v 8). One team of five players as #6-7-8-10-11 and opposing team of eight players as #2-5-6-7-8-9-10-11 making up the game.

COACHING POINTS

1. Quick reactions are needed to provide passing options (correct angles) when possession is won.
2. Players need to time their runs well and attack the free space.

ORGANISATION

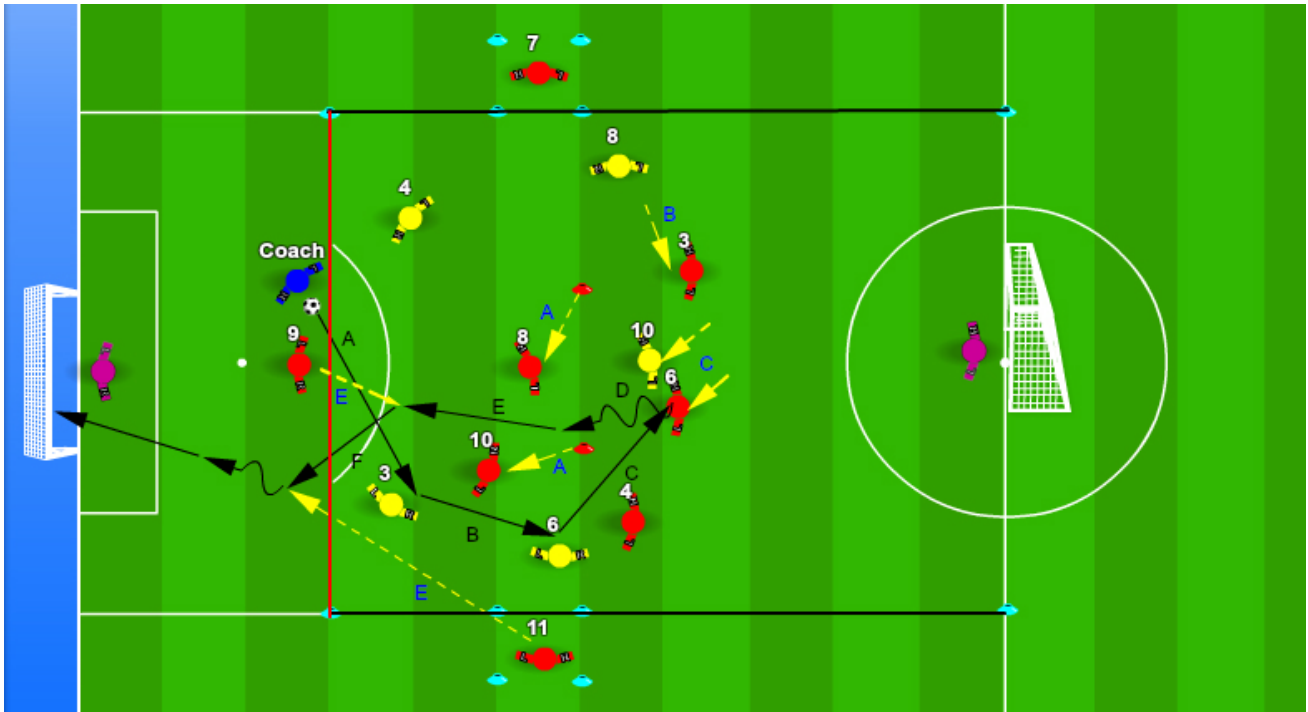
In an area 35m x 45m, 2 teams play a 5 v 5 games. There are 3 additional defenders (2 wingers are in a 5m x 5m zone) outside the playing area ready to take part as soon as possession is won.

The game starts with the coach passing to 1 of the attackers. The 2 central midfielders start on the red cones. The attackers aim to run or receive the ball beyond the end line.

If the defenders win possession, the central midfielder drops back inside the area to provide an extra passing option. The wingers are ready to use well-timed diagonal runs to receive beyond the other end line.

The defenders score a goal if they manage to run the ball through the end line or receive beyond it. The offside rule is applied. The central midfielder is not allowed to run the ball through the end line but can receive beyond it. The defenders have 6-8 seconds to score once they win the ball.

Transition BPO to BP - Game Training



MEASUREMENT
Half a Pitch

PLAYERS
15

DURATION
25

OBJECTIVE

We work on ball possession opponent to ball possession transition, winning the ball in the centre and attacking.

DESCRIPTION

5 + GK v 5 + 3 + GK (6 v 9). One team of five players and a goalkeeper as #1-6-7-8-10-11 and opposing team of eight players and a goalkeeper as #1-2-5-6-7-8-9-10-11 making up the game.

COACHING POINTS

1. Quick reactions are needed to provide passing options (correct angles) when possession is won.
2. Players need to time their runs well and attack the free space.

ORGANISATION

In an area 50m x 40m, 2 teams play a 5 v 5 game. There are 3 additional defenders (2 wingers are in a 5m x 5m zone) outside the playing area ready to take part as soon as possession is won.

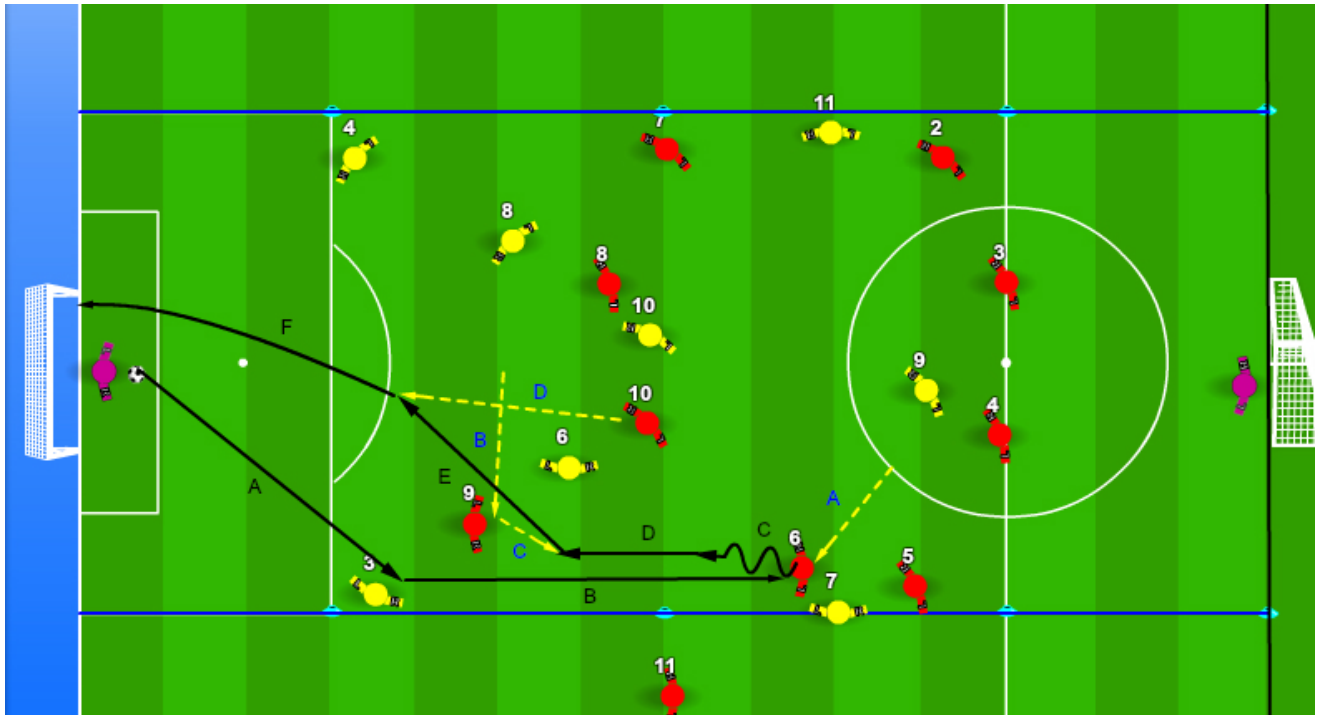
This small-sided game is a variation of the previous exercise. An end zone and 2 goalkeepers are added.

The same rules are used.

If the ball goes out of play, the game starts with the attacking team's goalkeeper. The defenders still have 6-8 seconds to achieve their aim of getting beyond the end line.

As soon as the defenders receive or run the ball through the end line, they can score in the end zone past the goalkeeper unopposed.

Transition BPO to BP - Training Game



MEASUREMENT
Half a Pitch

PLAYERS
22

DURATION
25

OBJECTIVE

We work on ball possession opponent to ball possession transition, winning the ball in the centre and attacking.

DESCRIPTION

Conditioning Game 11 v 11. Formation of both teams will be 1-4-3-3. Build up play with short passes.

COACHING POINTS

1. This practice should be done at a high tempo, with accurate passes, good communication and very quick finishing.
2. Players need to be able to read the tactical situation, have quick reactions when their team wins the ball and attack the free space (quick break attack).

ORGANISATION

2 teams play an 11 v 11 game. The attacking team builds up play from the back (without using long passes) with the aim of scoring.

The defending team applies pressure to win the ball back and must complete a successful counter attack within 8 seconds of gaining possession.

The two marked out zones are there to help the players read the tactical situation and move the ball towards the appropriate part of the field in order to develop the attacking move.

In case the ball goes out of play, the game restarts with the attacking team's goalkeeper.