

### 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 "Skill Introduction, Skill Training, Skill Game". Training sessions should primarily focus on one core skill each week. Football NSW will provide plans that focus on either "first touch", "running with the ball", "striking the ball", or "1v1" in the Skill Acquisition Phase for kids aged 9-13.

#### "SKILL INTRODUCTION"

The warm-up and introduction to the designated core skill for the session. This is the only part of the session where drill-type exercises should be used, but the creative coach can include elements of decision-making.

#### "SKILL TRAINING"

The part of the session where conscious teaching and learning of the designated core skill takes place. Lots of repetition in game realistic scenarios, task-based coaching, effective feedback through use of questioning; ask players "why did you choose that option?", "where do you think there might be more space?".

#### "SKILL GAME"

A game where as much as possible all the elements of the real game are present but organised in a way that the designated core skill has to be used regularly. Skill games are preferably small sided games to stimulate the number of repetitions/touches. The players play, the coach observes if learning has taken place.

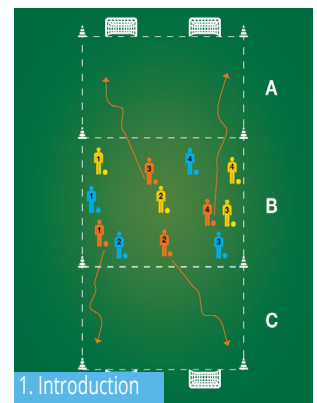
### SKILL INTRODUCTION: 1 V 1 SESSION 02

Set up the organisation as shown in the diagram. Grids A and C 20m x 10m, grid B 20m x 15m, with two 2m goals on each byline

- All players dribble with a ball in grid B
- Avoid collisions (balls and players)
- Make feints (free choice)
- Accelerate after a feint into grid A or C

### PROGRESSIONS

Number all players 1-4. On the call of a specific number these players ( i.e. all #1's) feint and accelerate out of grid B and finish in separate goals (awareness; communication and decision-making!), then get their ball and return to grid.



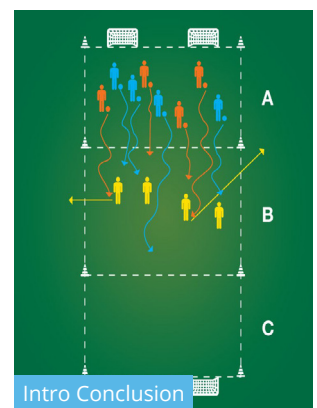
### INTRO CONCLUSION

'Cross the canal' to free zone on other side.

One group (yellow) position themselves in grid B and are the 'defenders'. All other players with a ball each in grid A. On the coaches signal they must all dribble to grid C.

The defenders must eliminate runners by kicking the runners balls out of grid B. When a defender kicks your ball out of the grid, you have to get it and start to juggle on the side until a new game starts.

"Who wins?" (fastest time by defenders or last runner standing).



### SKILL TRAINING: 1 V 1 SESSION 02

#### Organisation

Outside the penalty box is a 15m x 15m grid with 6 cones placed as shown in the diagram.

Two teams (orange and yellow) are divided into 2 groups of equal numbers and positioned as shown.

Groups orange A and yellow C have a ball each. The exercise starts with A1 passing the ball to B1. A1 then runs around the central cone to receive the ball back from B1. At the moment A1 starts their run around the cone, D1 also starts to run around the opposite central cone.

A1 must now try to beat D1 in a 1 v 1 to enter the penalty box and finish on goal. D1 can only defend in the grid and is not allowed to enter the penalty box.

The action stops when A1 has finished on goal; D1 captures the ball from A1 or the ball goes out of the grid.

After the action has finished the players involved move as follows:

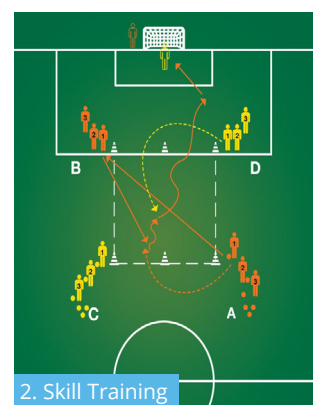
A1 to group B (bring back the ball)

B1 to group A (bring ball from A1)

D1 goes back to group D (line up at the back)

Next sequence is C1 passing to D2 with B2 defending

"Which team can score the most?"



### SKILL TRAINING: 1 V 1 SESSION 02 CONTINUED

#### STEP UP

2 v 1 ('overlapping' player)

After passing to A1, B1 now 'overlaps' A1 to make it 2 v 1 (see diagram).

#### STEP DOWN

2 v 1 ('overlapping' player)

After passing to A1, B1 now 'overlaps' A1 to make it 2 v 1 (see diagram).

### POSSIBLE COACHES REMARKS

#### ATTACKER

"Go at the defender with speed"

"Use a feint to put the defender off balance"

"Threaten to pass to the overlapping player but accelerate past the defender instead"

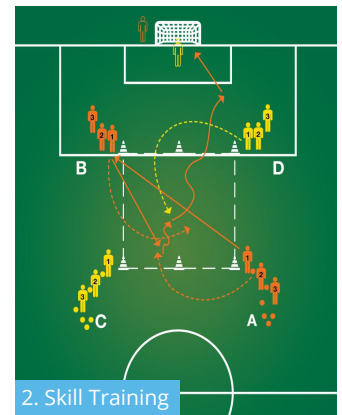
#### DEFENDER

"Show the attacker one way"

"Bend your knees and stand on your toes so you're able to change direction quickly"

"The best moment to commit is when the attacker takes a heavy touch or slows down"

Don't forget to coach the defenders!



2. Skill Training

### SKILL GAME: 1 V 1 SESSION 02

#### Organisation

A grid of 40m x 30m (depending on ability) divided in 2 grids of 20m x 30m by a halfway line of 4 cones (see diagram). Two small (2m) goals on each byline and a 5m-7m shooting line at each end.

Two teams of 4 players each. The game starts in grid A with the orange team in possession and one yellow defender (4 v 1). The 3 other yellow players position themselves as shown (one between the goals and the other 2 at the shooting line cones).

The orange team must get a player running with the ball across the halfway line into grid B and score in one of the goals (inside the scoring zone).

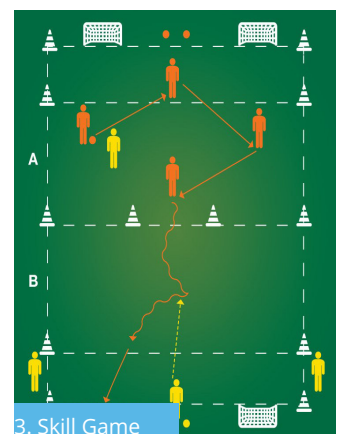
At the moment the orange player crosses the halfway line one of the yellow players enters the grid to attack the orange player (1 v 1).

Which defender commits depends on the 'gate' through which the attacker enters grid B (see diagram).

If orange scores: restart in grid A

If the yellow defender captures the ball in grid B: restart in grid B with yellow in possession

If the defender wins the ball in the 4 v 1, they can score immediately in 1 of the 2 goals (from any distance)



3. Skill Game

### SKILL GAME: 1 V 1 SESSION 02 CONTINUED

#### VARIATION

No goals but the attacker must run with the ball across the byline

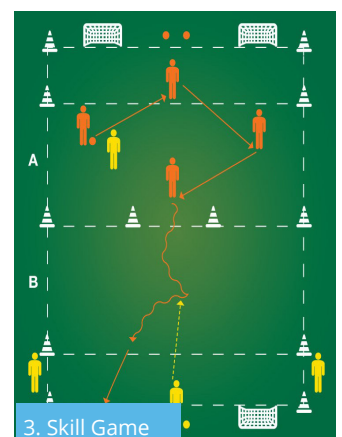
#### STEP UP

The attacking team must cross over the halfway line within 15 seconds otherwise the possession goes to the opponent

Decrease the grid size

#### STEP DOWN

Increase the grid size



3. Skill Game