FOOTBALL AUSTRALIA

FOUNDATION OF FOOTBALL

HOW TO RUN A SESSION

FOOTBALL AUSTRALIA

GAME PLAY
15 minutes

Always start with a game

As players arrive help them join a game starting 1v1 then 2v1 up to 3v3 Uneven numbers are fine
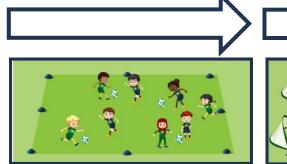
PRACTICE PLAY
10 minutes

Fun inclusive game that provide lots of opportunity for players to practice their skills

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GAME PLAY
15 minutes

Aways end with a game

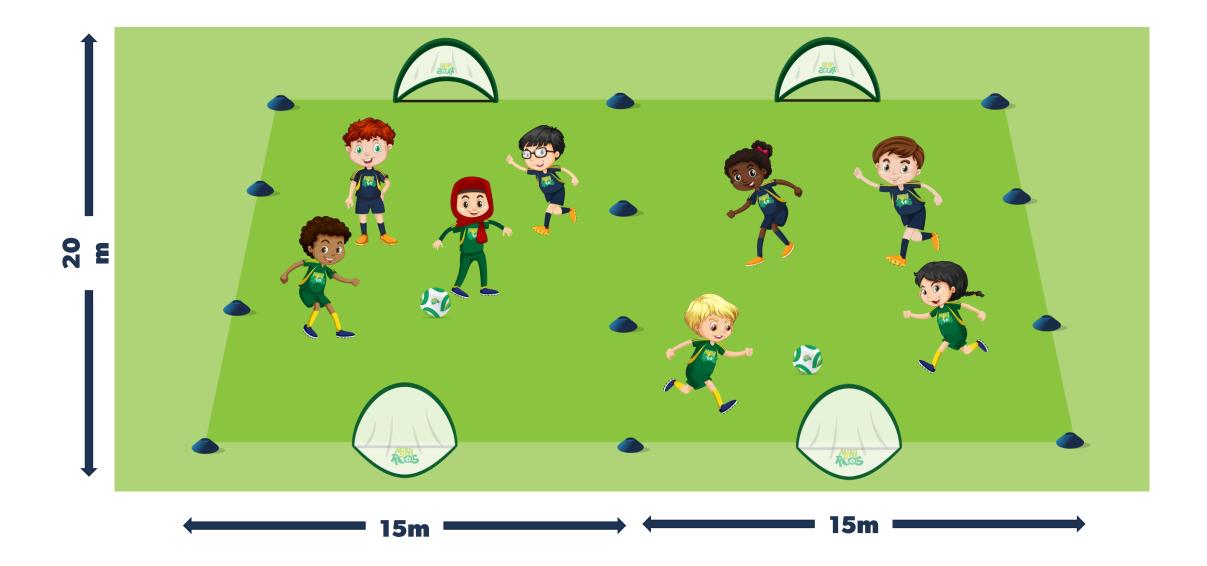To finish the let the players play and bring their skills to the game

HOW TO SET UP

20 m

15m   15m

TRAINING TIPS

FOOTBALL AUSTRALIA

Game Play 15mins

- Greet all players as they arrive ask them how they are going and give them high five, fist pump, or handshake, then help them join a game, starting 1v1 then 2v1 up to 3v3. Uneven numbers are fine
- Always start with a game - it is their favorite part!

COACH IS: Encouraging   PLAYER IS: Playing and having Fun

Practice Play 10mins

- Fun inclusive game that provide lots of opportunity for players to practice the skill they are working on
- The game will be teacher
- Like hiding the vegetables in the Bolognese

COACH IS: Guiding   PLAYER IS: Learning and playing

Practice Play 10mins

- A second fun inclusive game that provide lots of opportunity for players to practice the skill they are working on
- The game will be teacher
- Like hiding the vegetables in the Bolognese

COACH IS: Guiding   PLAYER IS: Learning and playing

Game Play 15mins

- Aways end with a game
- To finish the let the players play and bring their skills to the game
- Let them play uninterrupted

COACH IS: Observing   PLAYER IS: Playing and having Fun

IS TRAINING ENGAGING?
Are all players actively involved in the session? Avoid long lines lectures and laps.
IS TRAINING ENJOYABLE?
Are your players smiling, laughing, connecting with others, enjoying themselves?

SOCHANGEIT

S - Safe
Physically and emotionally. Surface, lightning, 32°, behaviour, supportive

O - Observe
What players are doing well, enjoy, dislike, and what they need support with

C - Coaching Intervention
Instruction, Q&A, demonstration, trial & error, feedback, task setting, analogy

H - How to Score/Win
Use a demonstration to show how to score, increase ways to score

A - Area
Increase or decrease size of playing area. Adjust shape of playing area

N - Numbers
Increase or decrease. Use different numbers 6v4 and so on, use jokers

G - Game Rules
Constraints on the game, number of touches, passes, what happens when…

E - Equipment
Number of goals, gates, size of goals

I - Inclusion
Everyone involved and engaged. Give every player a little bit of your time.

T - Time
Reduce extend time to increase motivation and enjoyment

Set Up

GAME DAY TIPS

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PRE-GAME
- Try an activity you have played or practiced at training with everyone involved
- Encourage players to try thing they have worked on at training, for example dribbling 1v1 or passing or support play

BREAK-TIME
- Let them have a quick rest, a drink, and maybe some oranges
- Highlight positive player actions or efforts such as:
    - "Jesse, fantastic dribbling"
    - "Olivia, I can see you trying really hard well done"
    - "Wow, it is great seeing you use the skills we did at training"

DURING-GAME
- Encourage all players to be involved and try their new skills
- Little to NO coaching is required from the sidelines allow players to make their own decisions
- No instructions while the ball is rolling
- Let them play – "Be positive or be quite"

AFTER-GAME
- Shake hands, high five or fist pump with other team and game leader
- 3 cheers for the game leader and other team
- Reinforce great effort players made and trying new positions
- "See you all at training, have a good week"

1 **Control the Ball**
On the move into the free space – away from the defender

2 **Dribble, Pass or Shoot**
No booting, kicking, or clearing the ball. Dribble, pass or shoot.

3 **Equal Game Time**
Equal game time for all players should be the goal

4 **Player Rotations**
Make sure players play in all positions across the season

5 **Fun First**
Focus on enjoyment over learning and learning over results

Set Up

7v7   9v9