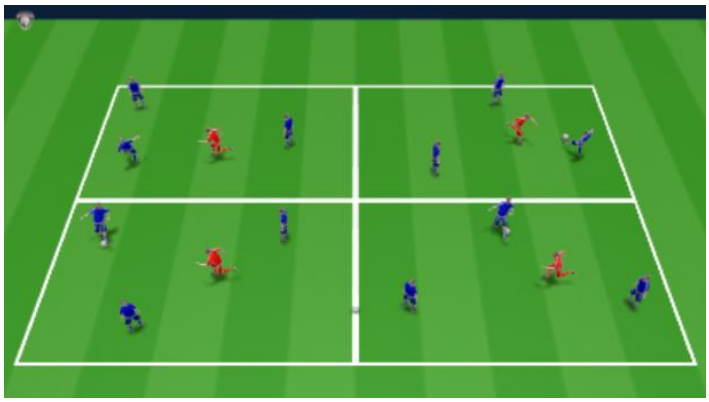
SKILL ACQUISITION PHASE: STRIKING THE BALL

FOOTBALL DEVELOPMENT

Suggested equipment list: 16 cones, 12 balls, 4 mini goals, 2 portable goals (age-specific) and 2 sets of bibs



Arrival Activity: Rondo (3v1)

- Set up multiple small grids
- As players arrive to training, put them into a grid with a 3v1 possession game with defender holding bib. If defender wins the ball, attacker who lost the ball becomes defender and game continues. Create more grids as more players arrive.
- **Coaching Tips:** Let them play!

FUNctional Activity: 'Half court' (10-15mins)

- Split players into two teams with two 'jokers' who play on the attacking team only (becomes 3v2 in each area)
- Attacking team attempts to score a goal past the goalkeeper with a goal scored in either corner worth 2 points
- Defending team tries to win the ball and score in mini goals
- If the defending team scores a goal, they become the attacking team and the 'joker' becomes part of their team
- 'Jokers' rotate frequently

Coaching Tips: 'Coach on the run' by praising and encourage desired actions linked to striking the ball and 3v2 overload situation. Potential key coaching words to emphasise (give and go, quick ball movement, killer pass, shoot on sight).

CHANGEIT/ Progressions: Place markers in corners of goals to incentivise players to score goals in corners which is worth 2 points. Increase number of players involved (e.g., create 5v4 situation if space allows for it).

Recognition Phase: Game (10-15mins)

- Split players into two teams
- Normal game, 1 point for a goal
- Teams awarded 3 points if a player scores in either corner of the goal (as marked by cones)
- Create one or two games

Coaching Tips: Let them play and encourage incentivised behaviour. Continue to 'coach on the run' by praising and encouraging desired actions linked to the session topic without stopping the game (e.g., praise ball movement that creates open shot on goal)

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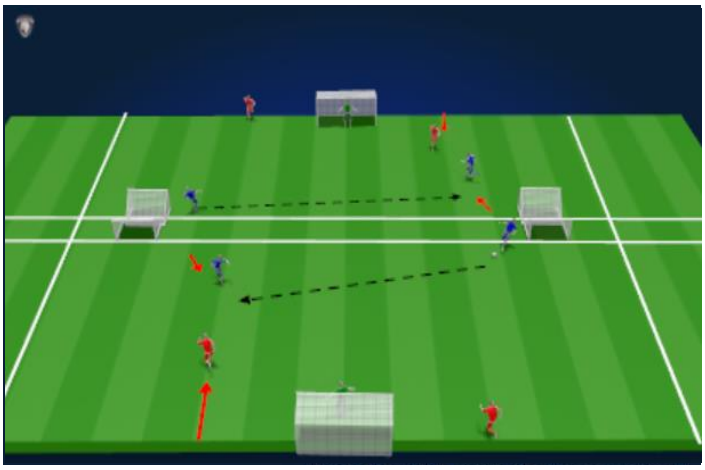
FOOTBALL DEVELOPMENT



Intervention: Skill breakdown (10-15mins)

- Split players into two teams with a 2v1 in each area
- Player passes ball into other player who then drive the ball into the area to create a 2v1 and attackers attempt to score a goal
- If a goal is scored in either corner (as marked by cones), it is worth 3 points. A goal scored in between cones is worth 1 point
- The defender tries to win the ball and score a goal in one of two mini goals on the opposite side which is worth 2 points
- Rotate defenders frequently

Coaching Tips: Emphasise key coaching words (give and go, quick ball movement, killer pass and shoot on sight). If required, possibly intervene on speed of ball movement, player movement off the ball to create space and/or shooting technique.
CHANGEIT/ Progressions: Create different situations (e.g., 1v1 or 3v2 and add extra line of attackers). Change position of defenders (e.g., start on halfway line and track back to try and chase the ball). Hang bib off corner of goals for top corner bonus points

Evaluation Phase: Free Game (10-15mins)

- Normal game, 1 point for a goal
- All players involved including 2 goalkeepers
- Coach is advised to 'coach on the run' by praising and encouraging desired actions linked to the session topic without stopping the game

Coaching Tips: Let them play! Praise and encourage desired actions. Evaluate whether session has been successful in improving targeted skill. **CHANGEIT/ Progressions:** Create multiple games.

SCAN ABOVE

Home Skill

- As a coach, you are encouraged to provide players with a 'challenge' to practice at home (e.g., perform three more juggles than a player's personal best). Challenges need to be tailored to each player's needs and abilities
- QR CODE: link to Football Australia's Skills Hub which includes a number of ideas on at-home practices players can complete based on the four core skills
- Contribute towards hours of deliberate practice to develop technical expertise

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