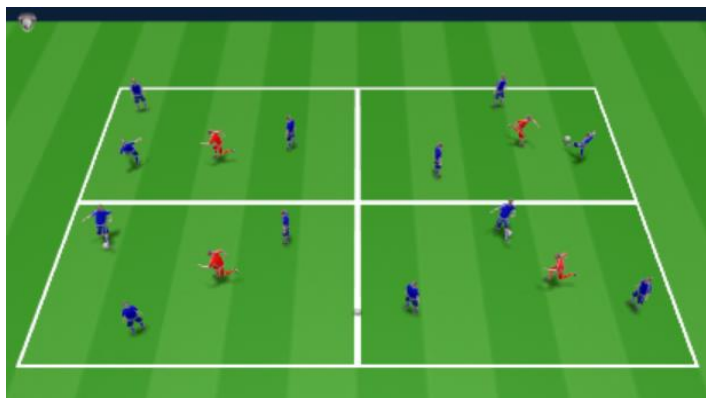


SKILL ACQUISITION PHASE: RUNNING WITH THE BALL



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: 'Football Rush' (10-15mins)

- Attackers have a ball each and start on end zone line to run away from and at defenders to reach the opposite end-zone
- Defenders start in middle and from behind to try to win the ball off attackers and score in goals at the end attackers have run from. If defenders score a goal, they switch to become an attacker for next sequence
- Once all attackers have reached the opposite end-zone, defenders reset (or switch), and attackers run the other way

Coaching Tips: 'Coach on the run' by praising and encourage desired actions linked to running with the ball. Potential key coaching words to emphasise (quick movement with the ball, head up to look for space, drive into space with ball).

CHANGEIT/ Progressions: Have defenders rotate every couple of minutes (if they are unable to switch within game). Switch position of defenders (e.g., might have all start in middle or all start from behind).



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 a goal without a defender marking them
- Create two games (if possible) to encourage more running with the ball opportunities for players

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 players that drive with the ball into space)

SKILL ACQUISITION PHASE: RUNNING WITH THE BALL



FOOTBALL
DEVELOPMENT

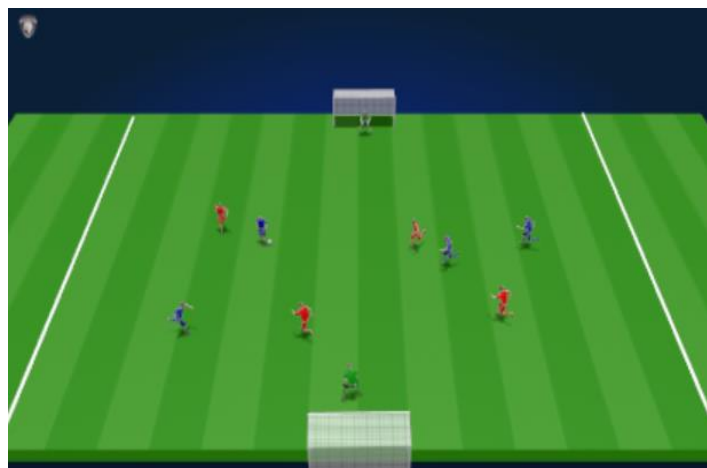


Intervention: Skill breakdown (10-15mins)

- Two groups of attackers and defenders
- Attacker has a ball and will run with the ball through cones and towards goal to try and score a goal past goalkeeper. Attacker may only shoot once they have run with the ball into endzone
- Defender will start on opposite side and try to win the ball off attacker and score in goal at the opposite end
- Swap defenders and attackers after each cycle

Coaching Tips: Emphasise key coaching words (quick movement with the ball, head up to look for space, drive into space with ball). If required, possibly intervene on speed of movement with the ball (use outside of foot to push ball forward), when to take big touches (when space ahead of you) and when to take little touches (when defender is close) and/or shoot on sight.

CHANGEIT/ Progressions: Change order of players (e.g., face different opponent), 2 points if goal scored without defender nearby



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