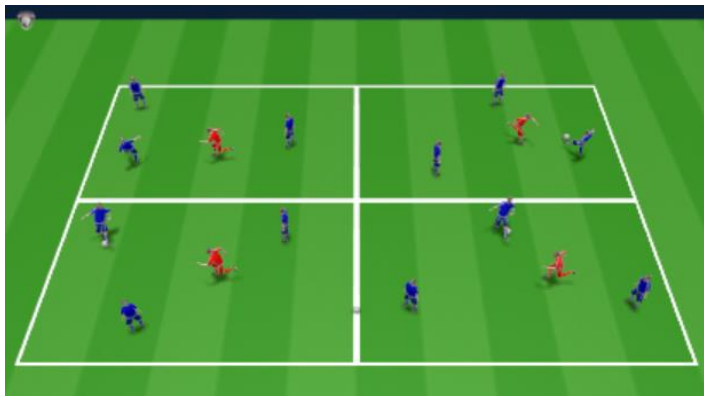


SKILL ACQUISITION PHASE: FIRST TOUCH



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: 'Cross the River' (10-15mins)

- Split group into three teams and place into areas as shown
- One team starts with the ball and will pass around area trying to 'cross the river' and pass ball to team on other side
- Defending team (in red) will attempt to win the ball off attacking team (e.g., one enters area and three remain in middle zone trying to intercept). If they win the ball and score in mini goals at relevant end, they switch with attacking team
- If team can switch play using max. 2 touch per player, 2 points

Coaching Tips: 'Coach on the run' by praising and encourage desired actions linked to first touch. Potential key coaching words to emphasise (quick passing, movement off the ball into space, scanning, first touch out of feet and into space, killer pass).

CHANGEIT/ Progressions: Ensure defending team rotates every couple of minutes (if they are unable to switch within game). Alter number of players entering area (e.g., have 4v2 in area and 2 players remain in middle zone to intercept).



Recognition Phase: Game (10-15mins)

- Split players into two teams
- Normal game, 1 point for a goal
- Teams awarded 3 points if a team scores a goal with max. 2 touches per player in the build-up
- Create two games (if possible) to encourage more on the ball/ first touch 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 take positive first touch into space)

SKILL ACQUISITION PHASE: FIRST TOUCH



FOOTBALL
DEVELOPMENT

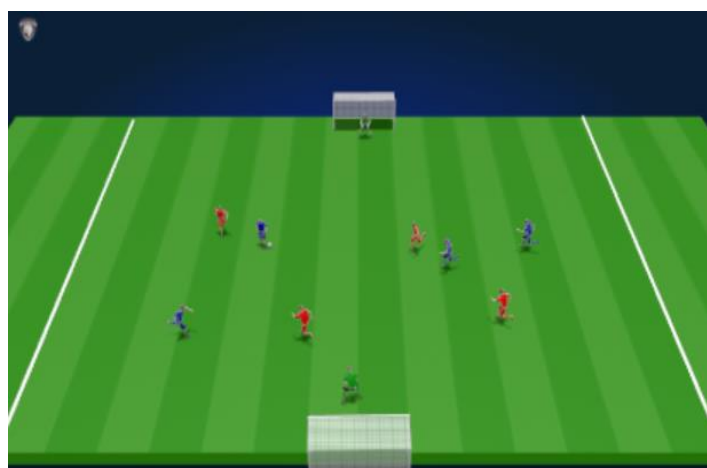


Intervention: Skill breakdown (10-15mins)

- Two groups of attackers and defenders
- Attacking team starts with the ball in a 3v1 and will attempt to take the ball into the end zone. Once the ball enters endzone, it becomes a 3v2 and team tries to score in goal past goalkeeper
- If the attacking team takes the ball into the end zone with a players first touch and it leads to a goal, they receive 3 points
- If defenders win the ball, they must score in goal at opposite end to receive 2 points. Rotate role of players frequently

Coaching Tips: Emphasise key coaching words (quick passing, movement off the ball into space, scanning, first touch out of feet and into space, killer pass). If required, possibly intervene on movement off the ball (create left, right and middle options), scanning off the ball (make decision on next action before you receive ball), first touch to set you up for second touch pass.

CHANGEIT/ Progressions: Ensure defenders are rotated. Have endzone defender play from start (e.g., 3v2 the whole time).



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