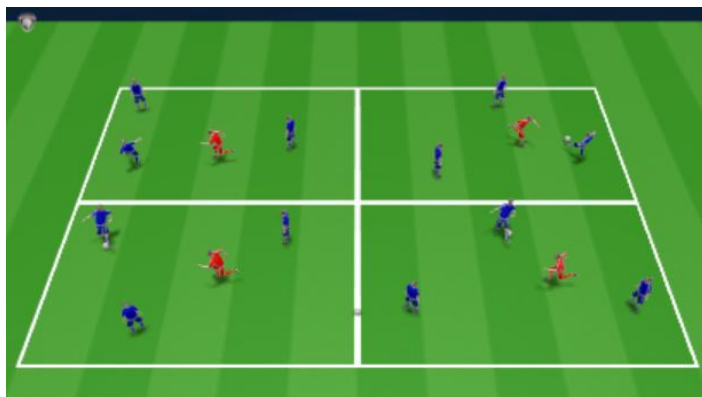


11v11 FOOTBALL EXAMPLE SESSION: STRUCTURED BUILD-UP



FOOTBALL
DEVELOPMENT

Suggested equipment list: 20 cones, 20 balls, 4-6 mini goals, 1-2 size-appropriate goals 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!

PASSING PRACTICE (WARM UP) (15-20mins)

- Ball starts with attacker on the back-side cone who plays ball into closest attacker who takes ball into area
- Once in area, set a passing combination (example shown) where each player must touch the ball before a goal is scored in one of two goals at the opposite end. Ensure different passing combinations are practiced
- Once a pass is played, players follow their pass to the next cone. The player who scores a goal runs with the ball back and to the opposite area whilst completing a dynamic warm-up. Ensure FLOW of session is maintained
- **Progression:** Once several different passing combinations have been successfully established, introduce defenders and remove the "each player must touch the ball" rule to encourage greater decision-making. If defenders win the ball, they must dribble over the front or side red line to switch roles with attacker. Repeat sequence
- **Coaching Tips:** 'Coach on the run' by praising and encourage desired actions linked to structured build-up. Potential key coaching words to emphasise (quick movement with ball, scan for space, movement off the ball into space, give and go)



POSITIONING GAME (15-20mins)

- Ball starts with player on back cone who can dribble the ball into the area in a 3v3 (plus joker player)
- The attacking team must attempt to play the ball out from the back and beat defenders to score in one of two mini goals at the opposite end to receive 1 point.
- Defenders will attempt to win the ball and score in mini goal at the opposite end to receive 1 point
- The third defender will start on side cone and will enter into area when player dribbles in. The attacking team are therefore encouraged to move the ball forward
- The team that scores will retain the ball and restart with the ball back at their end.
- Ensure the role of the players, and the 'joker' player are being rotated frequently
- **Coaching Tips:** 'Coach on the run' by praising and encourage desired actions linked to structured build-up. Potential key coaching words to emphasise (quick movement with ball, scan for space, movement off the ball into space, give and go, find killer pass).
- **Coaching Points to Introduce:** Can you get into a position to receive in space and be able to take your first touch forward? Can we play the ball with quick ball speed to beat the defenders and give them less time to react? At all times, do we have a left, right and middle passing option? Can we look to find killer pass to break lines of defence and move ball forward?



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FOOTBALL
DEVELOPMENT

GAME TRAINING (20-25mins)

- Split players into two teams to resemble the shape of teams in the back/defensive areas
- Both teams shape in or out of possession will need to be managed to ensure there is a good level of resistance ensuring better learning outcomes
- The ball will start from the goalkeeper and will pass the ball to the blue attacking team who will attempt to play the ball out from the back and score in one of three mini goals at halfway
- If the red defensive team wins the ball, they can score in goal past the goalkeeper to receive 1 point
- **Coaching Tips:** Continue to add to the coaching points you have established in the first 2 components of the session to continue the chain of learning. Key coaching words (quick movement, scan for space, movement off the ball into space, give and go, killer pass).
- **Coaching Points to Coach/ Intervene On:** Can you get into a position to receive in space and be able to take your first touch forward? Can we play the ball with quick ball speed to beat the defenders and give them less time to react? At all times, do we have a left, right and middle passing option? Can we look to find killer pass to break lines of defence and move ball forward?



TRAINING GAME (15-20mins)

- Split players into two teams to create a 7v7 (including goalkeepers)
- Normal game, 1 point for a goal.
- **Coaching Tips:** Coach is advised to 'coach on the run' by praising and encouraging desired actions linked to the session topic without stopping the game. Evaluate whether session has been successful
- **Variation:** Keep the same setup as Game Training component and manipulate shape of team to have the potential for actions of the desired session outcome to be achieved



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