

11v11 FOOTBALL EXAMPLE SESSION: ATTACKING TRANSITION



FOOTBALL
DEVELOPMENT

Suggested equipment list: 20 cones, 20 balls, 4 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)

- Split players into two teams with four bouncers from each team positioned as shown on passing practice (left side of image)
- Players in the middle will have a ball each and attempt to play the ball to their own teams bouncers on opposite sides of the area. Players receive 1 point each time they play to bouncer
- Have players on the outside doing dynamic warm ups when they are not involved in the play
- Rotate bouncers frequently. Introduce progression where player switches with bouncer when they pass ball to them
- **Progression (right side of image):** Once sequence established, remove balls from red team and blue team complete same have the red team as defenders. Blue team players receive 1 point every time to play pass to bouncers; red team players, as defenders, attempt to win ball off blue players and if successful, try and play bounce pass with red bounce players to then score in side mini goals to receive 2 points. Rotate bouncers and roles of players frequently (e.g., blue team switch to become defenders)
- **Coaching Tips:** 'Coach on the run' by praising and encourage desired actions linked to attacking transition. Potential key coaching words to emphasise (win the ball, scan for space, find outlet pass, give and go and move with ball to support forward movement)



POSITIONING GAME (15-20mins)

- Split players into teams with two bounce players from each team positioned as shown on passing practice (left image)
- Teams are attempting to play the ball to their own teams bouncers who are positioned on opposite sides of the area (e.g., blue working horizontal, red working vertical)
- Teams are awarded 1 point if they can play the ball to their bouncers on either side 5 consecutive times
- Teams are awarded 3 points if the first pass after winning the ball from the opposition is played to one of their bouncers
- Rotate bouncers frequently. Introduce progression where player switches with bouncer when they pass ball to them
- **Progression (right side of image):** Keep players in two teams, make bouncer players 'jokers' who play on the attacking team only and add in two wide mini goals on either side with marked wide zone (grey area on image). Teams are playing a normal game and attempting to score in one of two wide goals at their respective ends. Teams are awarded 1 point if they score a goal. Teams are awarded 3 points if a goal is scored by a player who is in the wide zone (anyone can be in the wide zone)
- **Coaching Tips:** 'Coach on the run' by praising and encourage desired actions linked to attacking transition. Potential key coaching words to emphasise (win the ball, scan for space, find outlet pass, give and go and move with ball to support forward movement)
- **Coaching Points to Introduce:** Can we win the ball back as soon as possible? Can we scan for space and get into wide areas to receive ball? Can we find an outlet pass to instantly turn defence into attack? Can we move with the ball to support forward movement?



11v11 FOOTBALL EXAMPLE SESSION: ATTACKING TRANSITION



FOOTBALL
DEVELOPMENT

GAME TRAINING (20-25mins)

- Split players into two teams and players into appropriate positions based on your team. For example:
- Blue Team = 2-4-1 and Red Team = 1-3-3-1
- **PHASE 1:** The ball will start from the goalkeeper who will play to the RED team that will attempt to play the ball out within the central area only and score in one of two mini goals at the opposite end.
- The BLUE team will attempt to win ball back a.s.a.p.
- **PHASE 2:** If successful, the BLUE team can use the whole area of the pitch (including wide zones) to try and score a goal past the GK at the opposite end
- The RED team will attempt to win the ball back and still score in one of two mini goals at halfway line
- If the BLUE team score a goal, they receive 1 point. If they score a goal with the ball/ player entering wide zone in build-up, they receive 3 points.
- **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 (win the ball, scan for space, find outlet pass, give and go and move with ball to support forward movement)
- **Coaching Points to Coach/ Intervene On:** Can we win the ball back as soon as possible? Can we scan for space and get into wide areas to receive ball? Can we find an outlet pass to instantly turn defence into attack? Can we move with the ball to support forward movement?



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