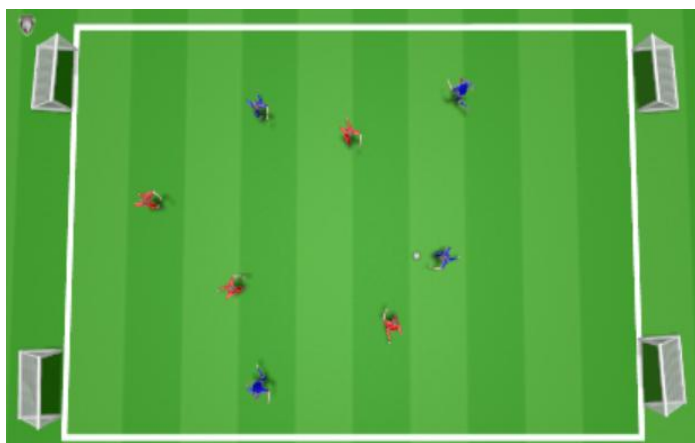


**Suggested equipment list:** 16 cones, 12 balls, 4 mini goals and 2 sets of bibs



## SMALL-SIDED GAME

- Normal game, 1 point for a goal
- All players involved
- To establish arrival routine of playing a game, as players arrive to training, put them into a game and build up numbers as more players arrive (e.g., start 2v2, then 3v3, 4v4 etc.)
- **Coaching Tips:** Let them play!



## SMALL-SIDED GAME

- Normal game, 1 point for a goal
- All players involved

**Coaching Tips:** Let them play! Praise and encourage desired actions linked to the chosen session topic.

**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