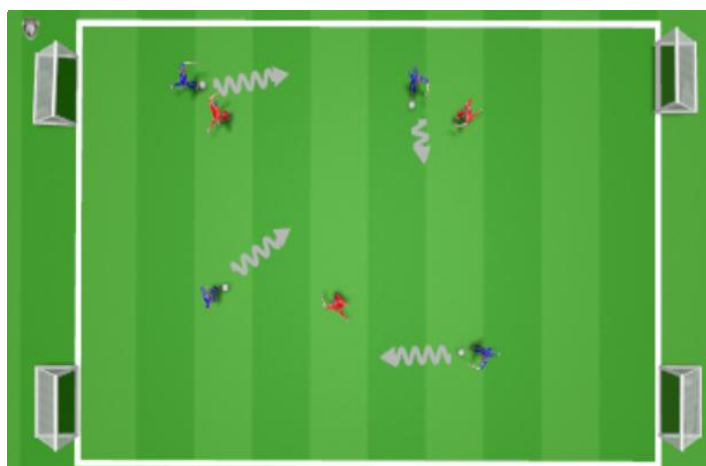


Suggested equipment list: 16 cones, 12 balls, 4 mini goals and 2 sets of bibs



SMALL-SIDED GAME

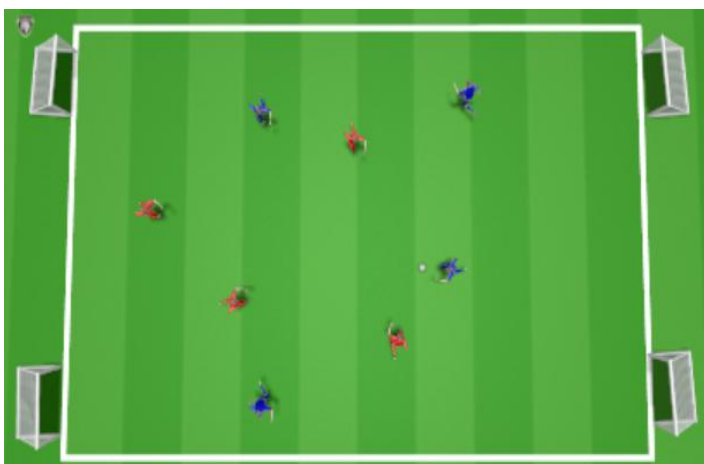
- Normal game, 1 point for a goal
- All players involved
- To establish arrival routine of playing a game, as players arrive to training, put them into a game and build up numbers as more players arrive (e.g., start 2v2, then 3v3, 4v4 etc.)
- **Coaching Tips:** Let them play!



FUN FOOTBALL GAME: SHARK ATTACK

- Attackers have a ball each and run around in area trying to score as many goals as possible in any of the four goals; must move to score in different goal after each attempt
- Defenders ("sharks") try to win the ball off attackers and if successful, try and score a goal themselves to receive 2 points
- Continuous game and players count individual score
- Rotate defenders every 3 minutes and repeat sequence

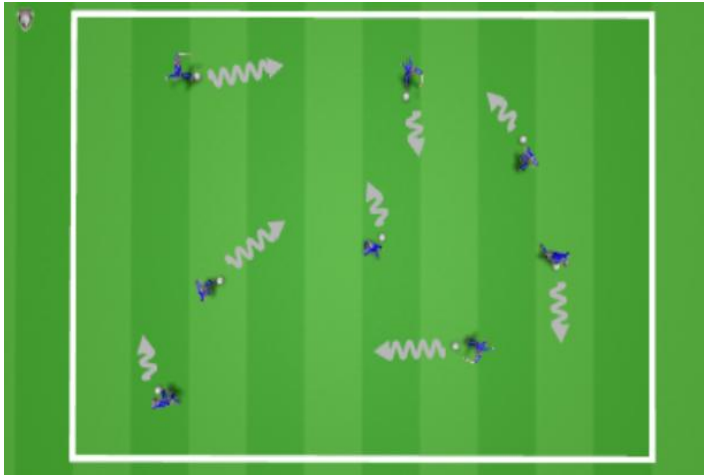
CHANGEIT/ Progressions: Change number of defenders (e.g., increase if attackers have low success, decrease if high success); add in directional element with attackers must score in goal at opposite end after each attempt (defenders to score at attackers' end)



SMALL-SIDED GAME (WITH VARIATION)

- 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 chosen session topic without stopping the game (e.g., praise players that drive with ball into space)



PHYSICAL LITERACY GAME: BALL MASTERY

- Use existing area with each player to have a ball each and be running around the area with the ball
- As coach, ask players to perform a variety of ball mastery and skills/ exercises such as the following (1 skill per minute):
 1. Toe taps.
 2. Sole taps.
 3. V push-pull inside.
 4. Sole rolls across the body.
 5. Inside/ outside cuts.
 6. L-turn.
 7. Roll back
- If capable, ask players to perform any variety of skill moves (e.g., step-over, scissor, Ronaldo chop, Maradona spin etc.)

Coaching Tips: Emphasise key coaching words (quick movement with the ball, head up to look for space, close control of the ball, accelerate after change of direction with the ball).

CHANGEIT/ Progressions: Have players role-model their own skills (e.g., ask player to demonstrate and show others); add in defenders to increase intensity and level of challenge



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