

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: CLEAR THE NEST

- Split into teams: attackers, starting in in-zone, and defenders, positioned in outside area. Place all balls within in-zone
- The attackers will attempt to beat the outside defenders to score, once outside in-zone, in any mini-goal to receive 1 point
- If attackers score a goal, they return to in-zone, retrieve another ball and attempt to score as many goals as possible
- Defenders attempt to win ball off attackers and run ball into in-zone to receive 2 points. Players count individual score.
- After 3 minutes, switch teams and repeat sequence

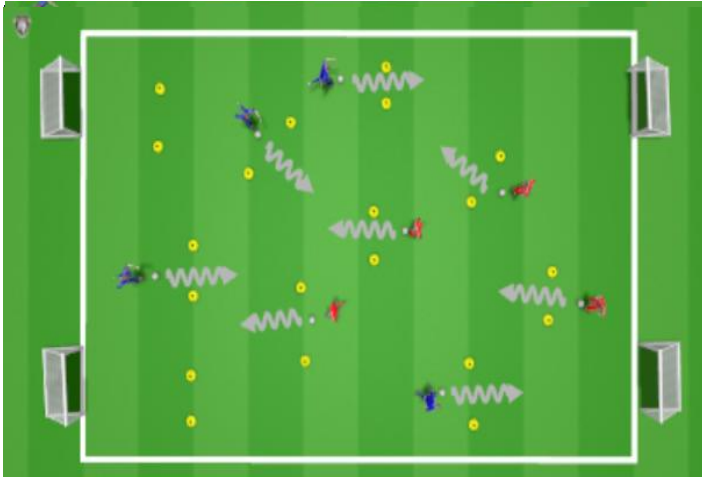
CHANGEIT/ Progressions: Switch players to balance teams; players that use skill moves to beat defenders and score goal receive 2 points; change number of defenders based on success (e.g., 5v3, 6v2, 4v4 etc.)



SMALL-SIDED GAME (WITH VARIATION)

- Split players into two teams
- Normal game, 1 point for a goal
- Teams awarded 3 points if team scores a goal in other goal (e.g., first scores in left goal, then score in right)
- Create two games (if possible) to encourage more running with the ball opportunities for players

Coaching Tips: Let them play and encourage incentivised behaviour. 'Coach on the run' by praising and encouraging desired actions without stopping the game (e.g., praise players that look for width and create space)



PHYSICAL LITERACY GAME: GATES TO SCORE

- Split players into two teams with each player to have a ball
- Start teams at either end of the area and players must try and run with ball through as many gates as possible to score in goal at the opposite end. For every gate they run through, they receive 2 points and for every goal scored, they receive 1 point
- Once players reach other end, they retrieve ball and run with ball the other way to score in other goals. Continuous game
- After three minutes, combine scores of teams to see who wins!

Coaching Tips: Emphasise key coaching words (quick movement with the ball, head up to look for space, close control of the ball, accelerate running through gate with the ball). Praise and use players as role models for desired actions/ behaviours.

CHANGEIT/ Progressions: Add in defenders who try to win the ball of attackers and score in goals to receive 2 points; increase or decrease number of gates within area; add in different coloured gates (e.g., can only run through blue gates or yellow gates)



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