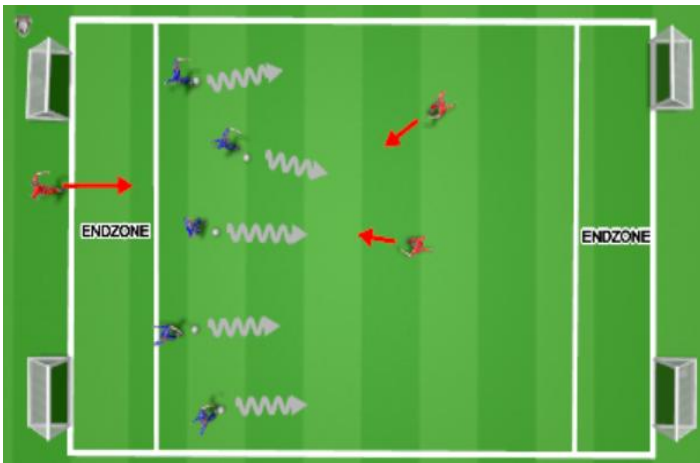


Suggested equipment list: 16 cones, 12 balls, 4 mini goals and 2 sets of bibs



SMALL-SIDED GAME

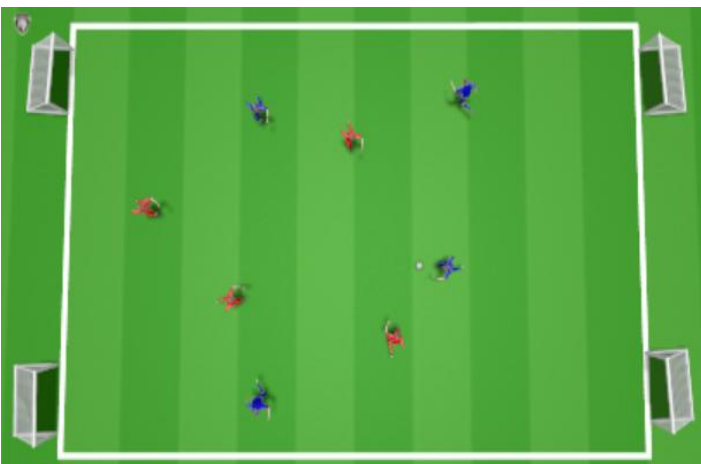
- Normal game, 1 point for a goal
- All players involved
- To establish arrival routine of playing a game, as players arrive to training, put them into a game and build up numbers as more players arrive (e.g., start 2v2, then 3v3, 4v4 etc.)
- **Coaching Tips:** Let them play!



FUN FOOTBALL GAME: FOOTBALL RUSH

- Attackers have a ball each and start on end zone line to run away from and at defenders to reach the opposite end-zone
- Defenders start in middle and from behind to try to win the ball off attackers and score in goals at the end attackers have run from. If defenders score a goal, they switch to become an attacker for next sequence
- Once all attackers have reached the opposite end-zone, defenders reset (or switch), and attackers run the other way

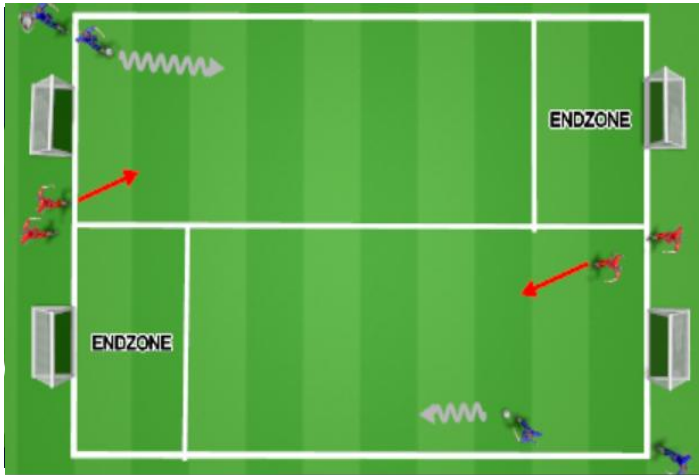
CHANGEIT/ Progressions: Have defenders rotate every couple of minutes (if they are unable to switch within game). Switch position of defenders (e.g., might have all start in middle or all start from behind).



SMALL-SIDED GAME (WITH VARIATION)

- Split players into two teams
- Normal game, 1 point for a goal
- Teams awarded 3 points if a different player scores the next goal for the team
- Create two games (if possible) to encourage more ball contact opportunities for players

Coaching Tips: Let them play and encourage incentivised behaviour. Continue to 'coach on the run' by praising and encouraging desired actions without stopping the game (e.g., praise players that drive with ball into space)



PHYSICAL LITERACY GAME: RUN WITH IT

- Attacker has a ball and will run with the ball through cones and towards goal to try and score a goal for 1 point. Attacker may only shoot once they have run with the ball into endzone
- Defender will start from centre cone and try to win the ball off attacker and score in goal at the opposite end for 2 points
- Once sequence completed, attacker and defender join line on opposite end and sequence repeats with next players.
- Switch attackers and defenders every 3 minutes

Coaching Tips: Emphasise key coaching words (quick movement with the ball, head up to look for space, drive into space with ball). If required, possibly praise/ role model behaviour on speed of movement with the ball (use outside of foot to push ball forward), when to take big touches (when space ahead of you) and when to take little touches (when defender is close).

CHANGEIT/ Progressions: Change order of players (e.g., face different opponent), 2 points if goal scored without defender nearby



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