

MINIROOS EXAMPLE SESSION #4



FOOTBALL
DEVELOPMENT

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: 1v1 MANIA

- Split group into two teams and partner off
- One player in pair starts with the ball and must beat partner in 1v1 duel and score in either goal at opponent's end once they enter the end zone
- Defender attempts to win ball off attacker and score in either goal at the opposite end
- Rotate role of attacker & defender after each attempt (continuous game and keep score between pairs)

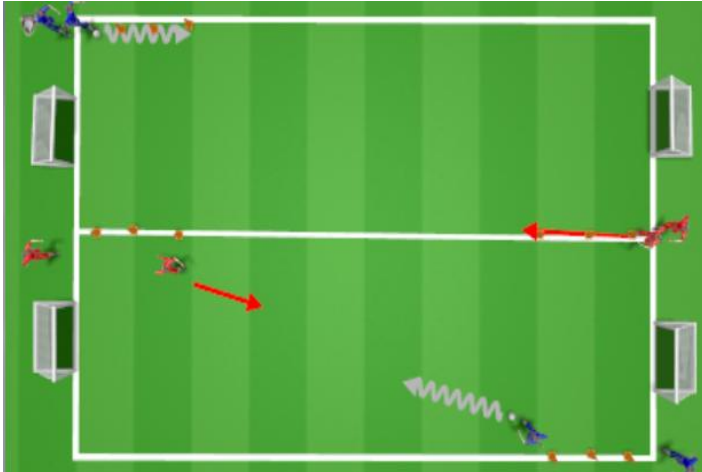
CHANGEIT/ Progressions: Have players rotate partners every couple of minutes (try to pair players with similar ability). Incentivise players to use skill moves by making a goal scored with a skill move in the build-up worth 2 points.



SMALL-SIDED GAME (WITH VARIATION)

- Split players into two teams
- Normal game, 1 point for a goal
- Teams awarded 3 points if a player beats defender in the build-up to scoring a goal
- 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 beat defenders with skill)



PHYSICAL LITERACY GAME: TAKE THEM ON

- Split players into attackers and defenders at either end
- Attacker has a ball and will zig-zag through cones, whilst defender will zig-zag through cones without a ball (as shown)
- Once around last cone, attacker tries to beat defender in 1v1 duel to score. If defender wins the ball, they can score in opposite goal and receive two points
- Swap defenders and attackers after each cycle
- Create two fields if possible

Coaching Tips: Emphasise key coaching words (quick movement with the ball, use of skill moves, head up to look for space, drive into space beyond defender). If required, praise/ role model behaviour on speed of movement with the ball, how and when to use skill moves to beat defender and/or how to move into space beyond the defender to drive with the ball into and score goal.

CHANGEIT/ Progressions: Change order of players (e.g., face different opponent), create different situations (e.g., 2v2, 3v3)



SMALL-SIDED GAME

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

Coaching Tips: Let them play! Praise and encourage desired actions.

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