



FOOTBALL
AUSTRALIA

FOUNDATION OF FOOTBALL



**FOOTBALL
AUSTRALIA**

COACHING GUIDE

HOW TO RUN A SESSION

PLAY

15 minutes

Always start with a game

As players arrive help them join a game starting 1v1 then 2v1 up to 3v3

PRACTICE

10 minutes

Fun inclusive game that provide lots of opportunity for players to practice their skills

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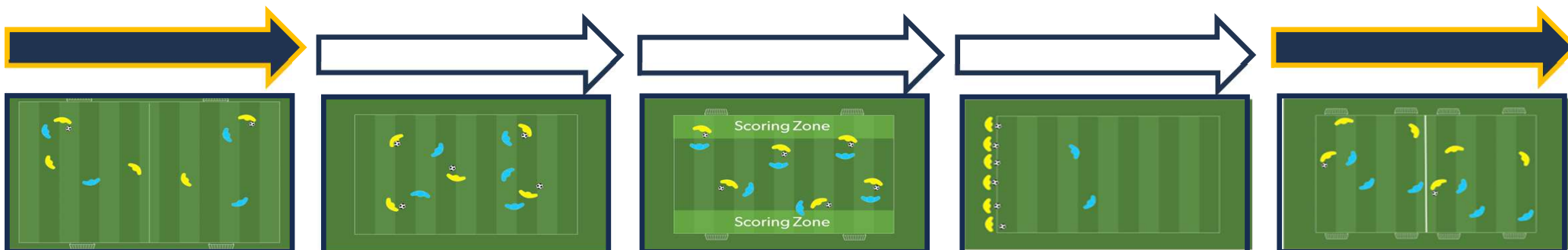
Fun inclusive game that provide lots of opportunity for players to practice their skills

PLAY

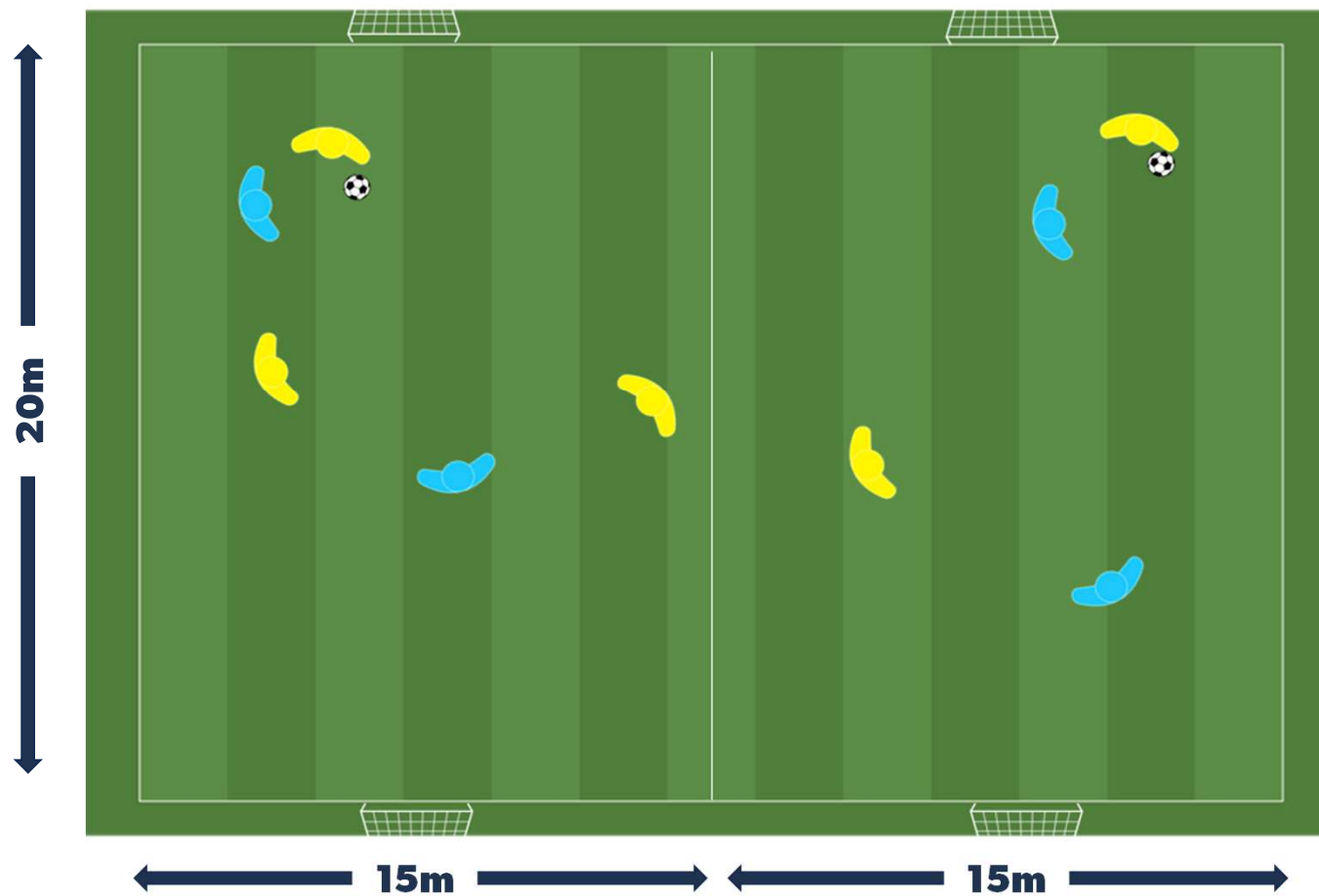
15 minutes

Always end with a game

To finish the let the players play and bring their skills to the game



HOW TO SET UP



TRAINING TIPS



Game Play 15mins

- Greet all players as they arrive ask them how they are going and give them high five, fist pump, or handshake, then help them join a game, starting 1v1 then 2v1 up to 3v3. Uneven numbers are fine
- Always start with a game - it is their favorite part!

COACH IS: Encouraging

PLAYER IS: Playing and having Fun

Practice Play 3 x 10mins

- Fun inclusive game that provide lots of opportunity for players to practice the skill they are working on
- The game will be teacher
- Like hiding the vegetables in the Bolognese

COACH IS: Guiding

PLAYER IS: Learning and playing

Game Play 15mins

- Always end with a game
- To finish the let the players play and bring their skills to the game
- Let them play uninterrupted

COACH IS: Observing

PLAYER IS: Playing and having Fun

IS TRAINING ENGAGING?

Are all players actively involved in the session? Avoid long lines lectures and laps.

IS TRAINING ENJOYABLE?

Are your players smiling, laughing, connecting with others, enjoying themselves?

S

SAFE

Physically free from hazards and danger. Emotionally safe and supportive environment.

O

OBSERVE

Is everything set up as you would like? Does it look like football? Is everyone engaged?

C

COACHING STYLES

How do you speak to the players? Too much/too little talk? Positive engagement.

H

HOW TO SCORE

Do they know how to score/get points? Goals involved, number of passes, end zones.

A

AREA

Does the area size suit the players/activity/game? Increase or decrease accordingly.

N

NUMBERS

Even or uneven? Do the teams need changing to maximise participation?

G

GAME RULES

Change rules to engage everyone. Only tackle from in front, if Sarah scores = 3 goals.

E

EQUIPMENT

Different coloured cones and bibs. Lots of footballs, more goals, bigger/smaller goals.

I

INCLUSION

Everyone involved and engaged. Give every player a little bit of your time.

T

TIME

Reduce or extend time to increase motivation and enjoyment. Add time limits to score.

GAME DAY TIPS



PRE-GAME

- Try an activity you have played or practiced at training with everyone involved
- Encourage players to try thing they have worked on at training, for example dribbling 1v1 or passing or support play

BREAK-TIME

- Let them have a quick rest, a drink, and maybe some oranges
- Highlight positive player actions or efforts such as:
"Jesse, fantastic dribbling"
"Olivia, I can see you trying really hard well done"
"Wow, it is great seeing you use the skills we did at training"

DURING-GAME

- Encourage all players to be involved and try their new skills
- Little to **NO** coaching is required from the sidelines allow players to make their own decisions
- No instructions while the ball is rolling
- Let them play – "Be positive or be quite"

AFTER-GAME

- Shake hands, high five or fist pump with other team and game leader
- 3 cheers for the game leader and other team
- Reinforce great effort players made and trying new positions
- "See you all at training, have a good week"

1

Control the Ball

On the move into the free space – away from the defender

2

Dribble, Pass or Shoot

No booting, kicking, or clearing the ball. Dribble, pass or shoot.

3

Equal Game Time

Equal game time for all players should be the goal

4

Player Rotations

Make sure players play in all positions across the season

5

Fun First

Focus on enjoyment over learning and learning over results

Work with parents/carers, and opposition coaches to create a safe, positive environment for players to form an emotional bond with the game.



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JUNIOR PLAYING FORMATS & FESTIVALS

JUNIOR PLAYING FORMATS & FESTIVALS

Session Objective

Players get to play freely as they would in unstructured environments, trying their skills without fear of mistakes

GAME 2v2 or 3v3

Organisation

- 30m x 20m area marked out with cones
- Divide the area into two 15m x 20m pitches with goals at either end
- Pitches can have two or four goals

Explanation

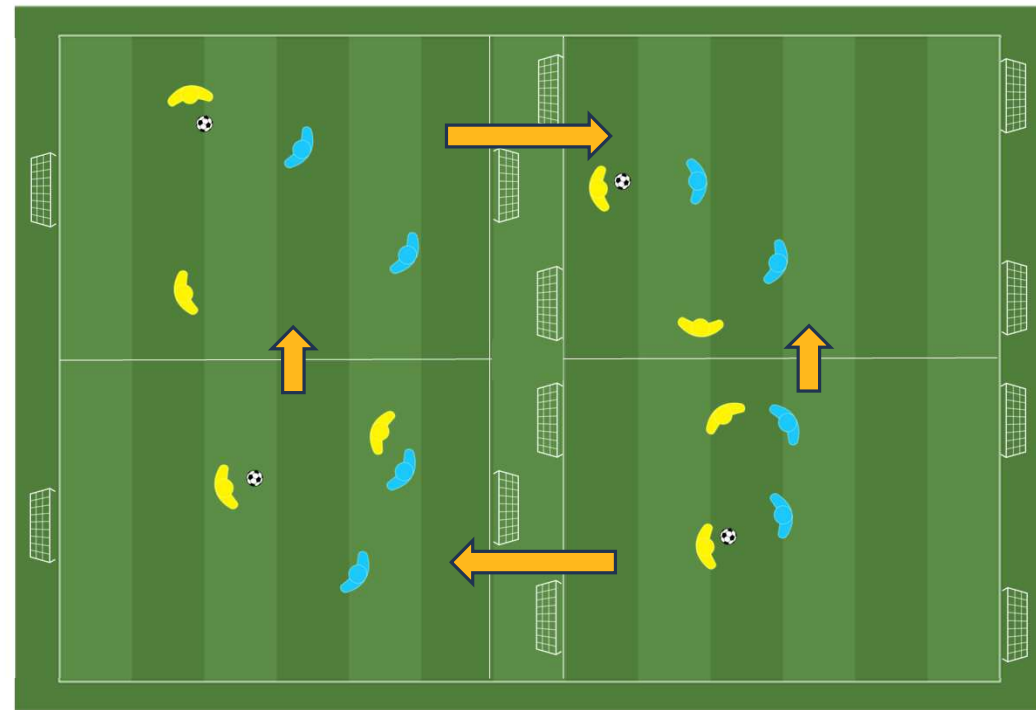
- Start with a game, as players arrive from a 1v1, 2v1 up to 2v2 or 3v3 game
- As players arrive put them into a one of two different coloured bibs and put them on a pitch to play
- After 7 minutes blow a whistle and get one coloured team to move rotate to a new pitch

SO CHANGE IT

- Play with four goals
- Put pitches in a straight line and winners move right and losers move left

Coaching Points

- Encourage players to dribble pass or shoot, the rest is up to them



JUNIOR PLAYING FORMATS & FESTIVALS

Session Objective

Players get to play freely as they would in unstructured environments, trying their skills without fear of mistakes

GAME 5v5

Organisation

- 30m x 20m areas marked out with cones
- Pitches can have two goals with goalkeepers or four mini goals

Explanation

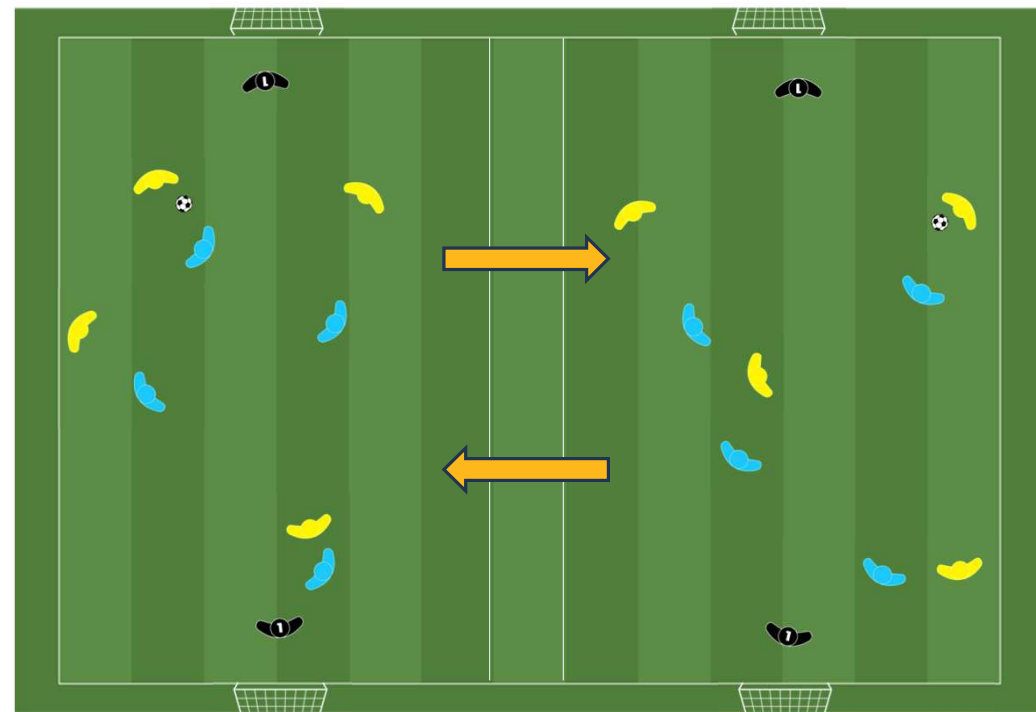
- Start with a game, as players arrive from a 1v1, 2v1 up to 5v5
- As players arrive put them into a one of two different coloured bibs and put them on a pitch to play
- After 7 minutes blow a whistle and get one coloured team to move rotate to a new pitch

SO CHANGE IT

- Play with four goals
- Put pitches in a straight line and winners move right and losers move left

Coaching Points

- Encourage players to dribble pass or shoot, the rest is up to them





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DRIBBLING

PLAY - DRIBBLING

Session Objective

Players get to practice dribbling the ball with both feet and maintain control of the ball under pressure

GAME

Organisation

- 30m x 20m area marked out with cones
- Divide the area into two 15m x 20m pitches with goals at either end

Explanation

- Start with a game, as players arrive from a 1v1, 2v1 up to 3v3 game
- Two teams, each team are trying to score in opposing goals

SO CHANGE IT

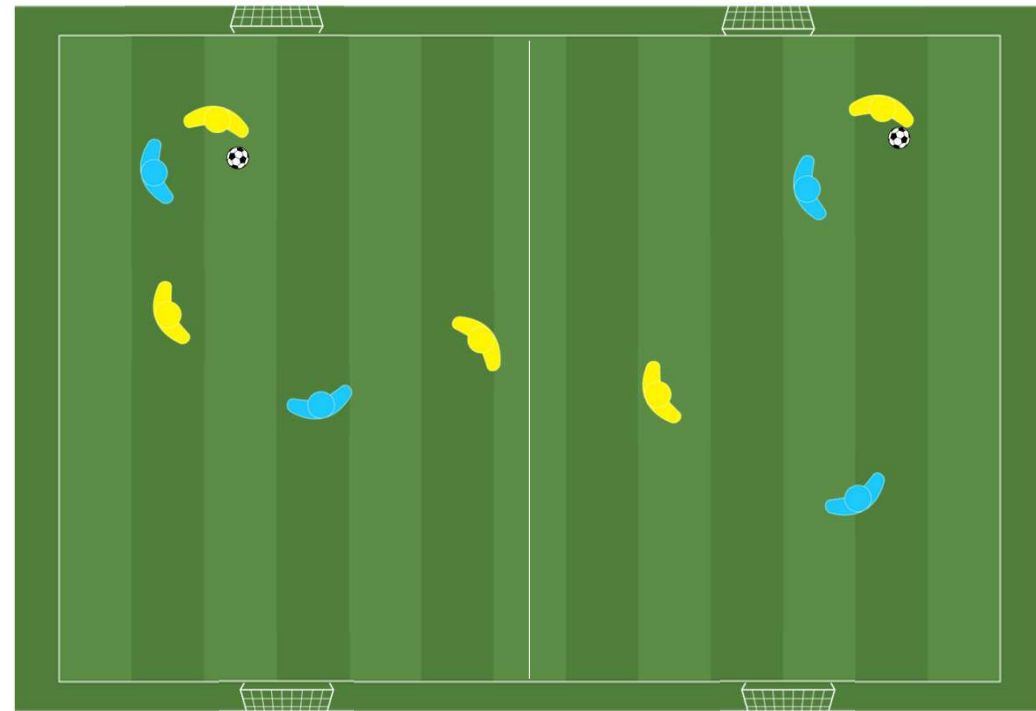
- Players can only score within a 2m scoring zone at either end
- If a player dribbles an opponent and scores the goal is worth two
- Bring in the rule that a player can't pass forward

Coaching Points

- Keep the ball close
- Keep the ball out of tackling range

REPEAT GAME PLAY AT END

- Encourage players to dribble with the ball
- Always end with a game, uneven numbers are fine



PRACTICE - DRIBBLING

PRACTICE 1 – SHARK

Organisation

- 15m x 20m area

Explanation

- All players dribble a ball around the area without bumping into each other
- Coach/Player is a shark and comes to put players balls out of the area
- If a players ball goes out, they can get their ball and join in

SO CHANGE IT

- Players who have their ball kicked out, collect their balls and place on the edge of the grid. Then try to steal someone else's ball, last player left wins

Coaching Points

- Keep the ball close
- Keep the ball out of tackling range

PRACTICE 2 – ROBBERS & DRIBBLERS

Organisation

- 15m x 20m area

Explanation

- Half the players are robbers and will start without a ball
- All other players are dribblers with a ball each
- On coaches signal, robbers attempt to win possession of a dribblers ball
- When a robber wins possession of a ball, they become a dribbler and try to keep the ball and the former dribbler becomes a robber
- Players with the ball when coach says "Time" are the winners

SO CHANGE IT

- Reduce or increase number of robbers or dribblers
- Players to use non dominant foot

Coaching Points

- Keep the ball close
- Keep the ball out of tackling range

PRACTICE 3 – BULL RUSH

Organisation

- 30m x 20m area

Explanation

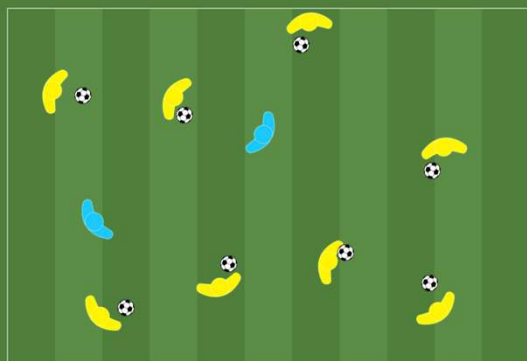
- On the coaches' signal, players attempt to cross the pitch by running with their ball and avoid having their ball taken.
- Players who lose their ball become extra defenders
- The last player to successfully cross the pitch without losing the ball wins

SO CHANGE IT

- Dominant players to use non-dominant foot
- Counterattack, defenders must win the ball and score in small goals at the other end
- Defenders can have a ball at their feet but only need to tag the others to get them in

Coaching Points

- Keep the ball close
- Keep the ball out of tackling range





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PASSING & RECEIVING

PLAY – PASSING & RECEIVING

Session Objective

Players get to practice receiving the ball into free space away from the opponent and passing to teammates.

GAME

Organisation

- 30m x 20m area marked out with cones
- Divide the area into two 15m x 20m pitches with goals at either end

Explanation

- Start with a game, as players arrive from a 1v1, 2v1 up to 3v3 game
- Two teams, each team are trying to score in opposing goals

SO CHANGE IT

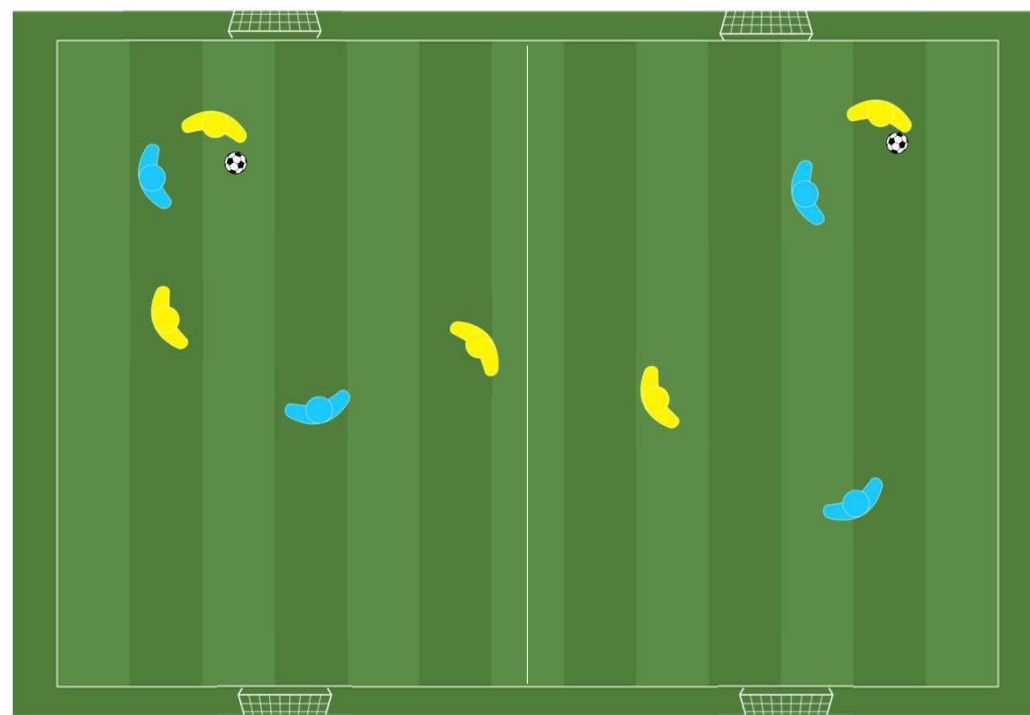
- Players can only score with one touch
- Make it a four-goal game use two goals at each end
- Players must have a minimum of two touches before releasing the ball
- Players must take their first touch on the move or with the inside of their foot

Coaching Points

- Body position facing forward or to be able to see as much of the pitch as possible
- First touch on the move into the free space
- Make sure there is always a line of pass

REPEAT GAME PLAY AT END

- Always end with a game, uneven numbers are fine



PRACTICE – PASSING & RECEIVING

PRACTICE 1 – PIGGY IN THE MIDDLE

Organisation

- 15m x 20m area divide into quarters
- Players get in groups of 3 or 4

Explanation

- One player is the piggy and players to try complete as many passes as possible without the piggy winning the ball
- If the piggy wins the ball, they get a point and give the ball back, passers also start their count again
- Play for one minute and see how many successful passes can be made

SO CHANGE IT

- When the piggy wins the ball swaps with the passer
- Restrict the playing area
- Change the type of pass (chip, short or loft)

Coaching Points

- Body position to be able to pass to either side
- Make sure there is always a line of pass

PRACTICE 2 – SPACE INVADERS

Organisation

- 15m x 20m area
- Ball between two

Explanation

- Place two to four Space Invaders in the middle zone
- Space invaders move side to side inside their zone
- Astronauts can only move behind or along their boundary line to pass and receive their ball
- Set a time limit for players to score points, then rotate space invaders.
- Astronaut score a point for each successful pass and space invaders for each interception

SO CHANGE IT

- Increase or decrease number of space invaders
- Players can pass to anyone on the other side, work as a team

Coaching Points

- Make sure there is always a line of pass

PRACTICE 3 – GATE GAME

Organisation

- 30m x 20m area
- Set up gates 1m wide around the playing area
- Ball between two

Explanation

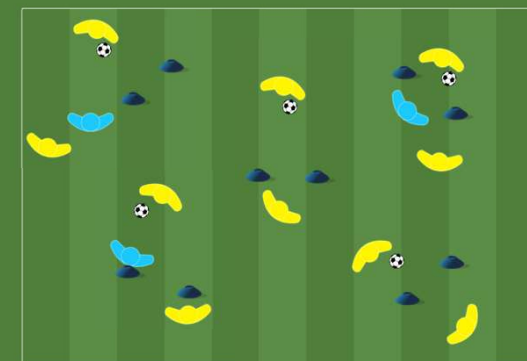
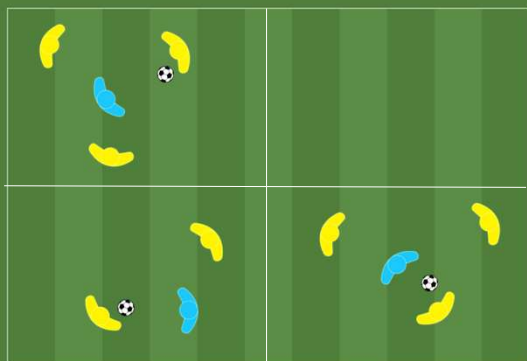
- Players try to pass the ball between as many gates as possible
- Pairs count out loud how many goals they scored
- Make 2 or 3 players as defenders then rotate each turn
- Defenders just need to touch the ball to reset the count
- Defenders cannot intercept the same pair twice in a row

SO CHANGE IT

- Use non-dominant foot
- More defenders
- Two teams play a game with gates as goals

Coaching Points

- First touch on the move into the free space
- Make sure there is always a line of pass





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FINISHING

PLAY - FINISHING

Session Objective

Players get to practice finishing getting their body over the ball and non-striking foot next to the ball

GAME

Organisation

- 30m x 20m area marked out with cones
- Divide the area into two 15m x 20m pitches with goals at either end

Explanation

- Start with a game, as players arrive from a 1v1, 2v1 up to 3v3 game
- Two teams, each team are trying to score in opposing goals

SO CHANGE IT

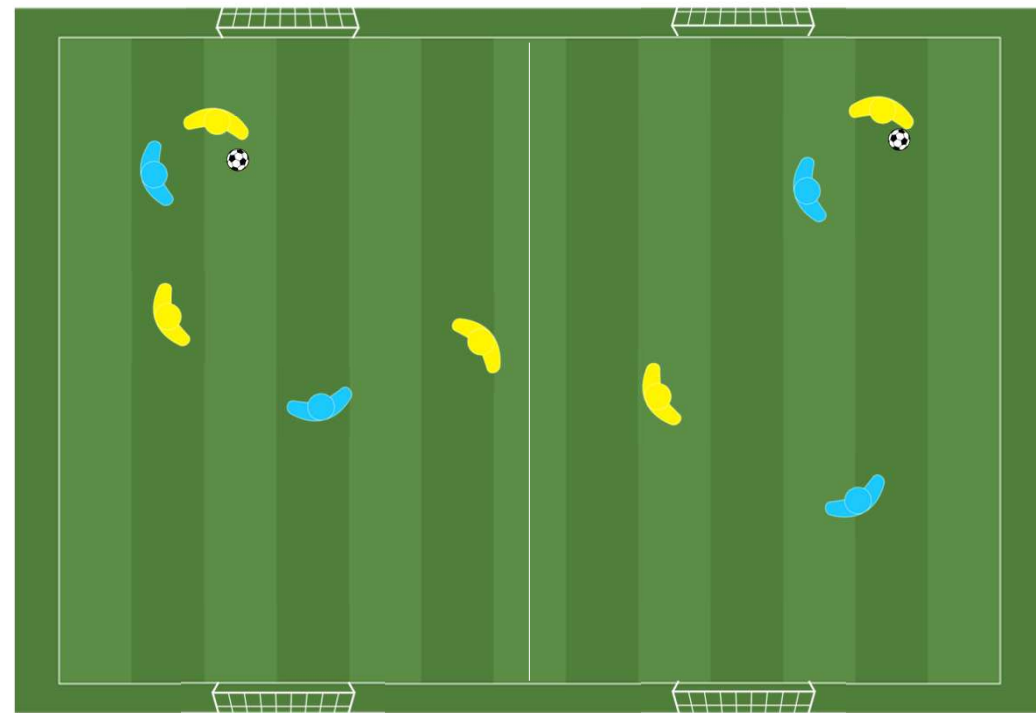
- Put Goalkeepers in with bigger goals when games become 3v3
- Getting a shot on target is worth one point a goal is worth three points

Coaching Points

- Body over the ball
- Non-striking foot next to the ball

REPEAT GAME PLAY AT END

- Always end with a game, uneven numbers are fine



PRACTICE - FINISHING

PRACTICE 1 – GOALS GALOUR

Organisation

- 15m x 20m area with four goals one on each side
- Two teams of players

Explanation

- Each team has one or two defenders who try to stop the other team from scoring
- Players to try and score as many goals as possible in 60 seconds, going in any direction
- Players can not score in the same goal twice in a row

SO CHANGE IT

- Every second player gets a ball, players without a ball try to win the ball and then score goals
- Players cannot collect their own ball from the goals, so must win a ball off someone else or collect a ball from another goal

Coaching Points

- Body over the ball
- Non-striking foot next to the ball

PRACTICE 2 – 2V2 RUSH GOALKEEPER

Organisation

- 15m x 20m area with 3m goals

Explanation

- 2v2 Games, with one defending player playing as Goalkeeper.
- Goalkeeper transitions to an outfield player when team is in possession.
- Player brings ball back in play by dribbling or a pass to teammate
- Opponents to be 3m away from ball until it is in play

SO CHANGE IT

- Restrict area in which shots can be taken (own half or attacking half)
- Goals worth extra points if different body parts are used

Coaching Points

- Body positioned to see ball and passer
- Non-striking foot next to the ball

PRACTICE 3 – NUMBERS GAME

Organisation

- 30m x 20m area

Explanation

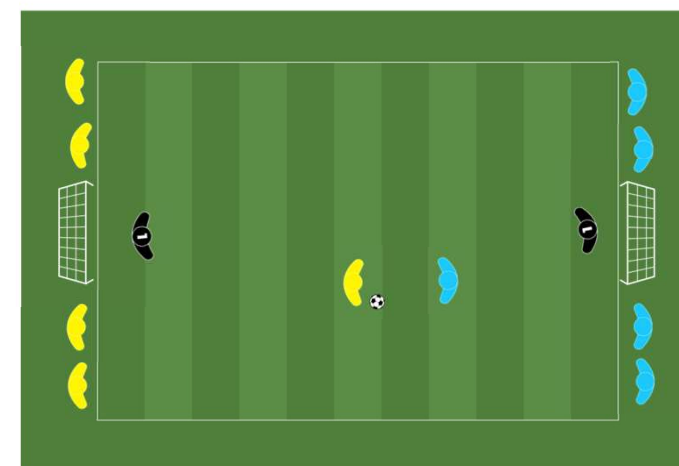
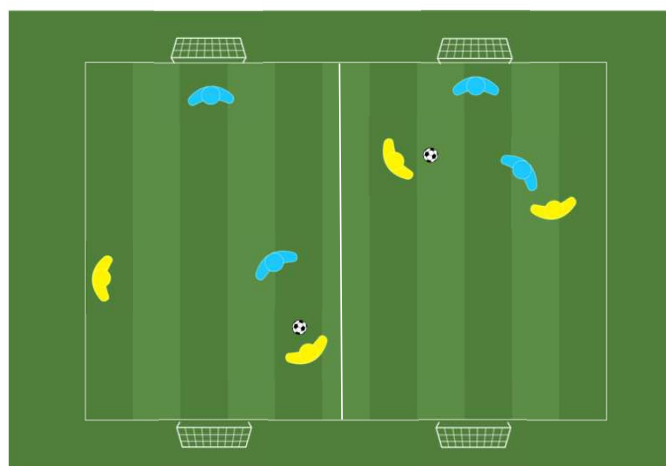
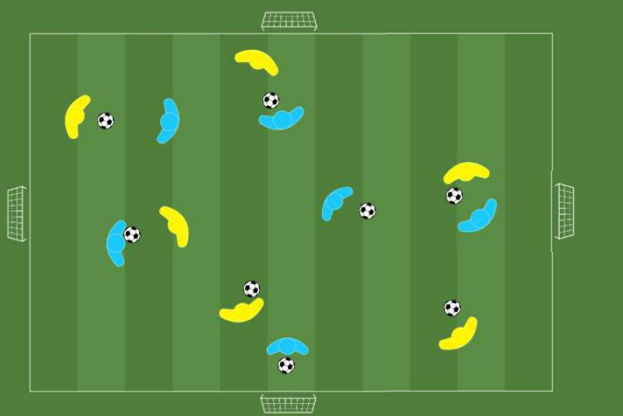
- Divide players into two teams to stand behind the goal line at either end of the pitch
- Players are numbered and when the coach calls a number that player enters the game
- Ball is rolled in by the coach
- After 20 secs, if no goal is scored, call, 'Change.' Players who were on the pitch must leave immediately and new numbers to be called

SO CHANGE IT

- Call multiple numbers
- Give all players different numbers so players can play different opponents

Coaching Points

- Non-striking foot next to the ball





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DEFENDING TV1

PLAY – DEFENDING 1V1

Session Objective

Players get to practice defending 1v1 learning to move laterally and how to tackle with the correct foot

GAME

Organisation

- 30m x 20m area marked out with cones
- Divide the area into two 15m x 20m pitches with goals at either end

Explanation

- Start with a game, as players arrive from a 1v1, 2v1 up to 3v3 game
- Two teams, each team are trying to score in opposing goals

SO CHANGE IT

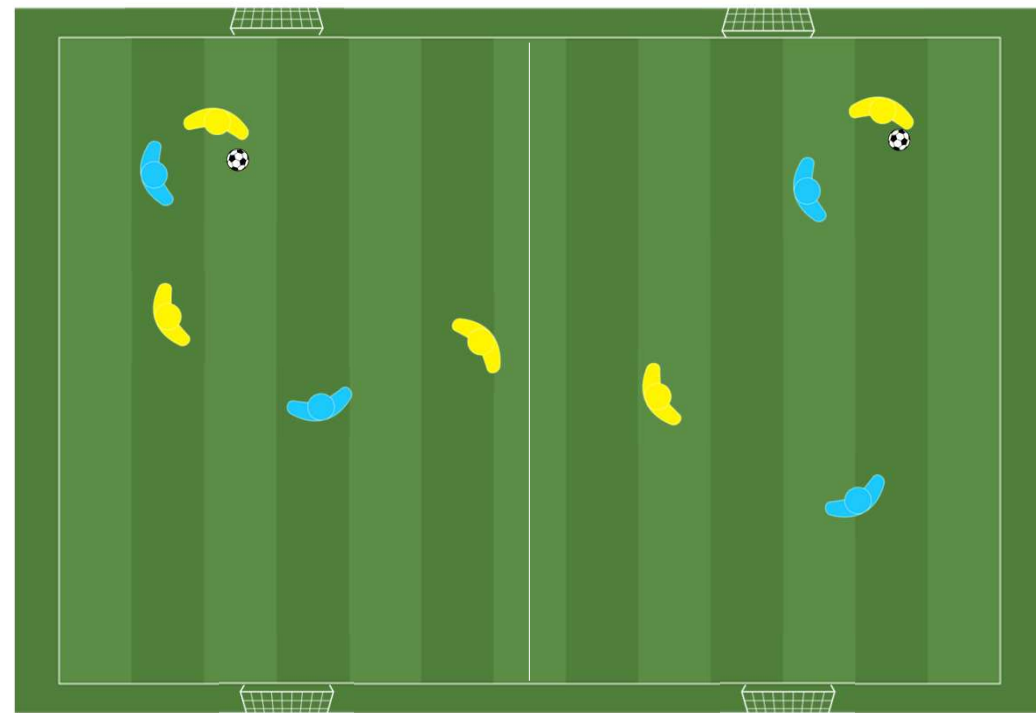
- Players can only score within a 2m scoring zone at either end
- If a player wins the ball off an opponent and scores, the goal is worth two

Coaching Points

- Keep your opponent in front of you
- Move laterally and tackle with foot on same side as ball
- If the ball goes past step across and get your hips in front

REPEAT GAME PLAY AT END

- Always end with a game, uneven numbers are fine



PRACTICE – DEFENDING 1V1

PRACTICE 1 – TAIL TAG

Organisation

- Each player places a bib into the back of their shorts to make a tail.

Explanation

- Players pair up and play 1v1 trying to steal each other's tail.

SO CHANGE IT

- Catch a group doing well and get them to demonstrate
- Play king of the hill – Winners move right, losers move left

Coaching Points

- Get low, feet apart, knees bent
- Weight forward on balls of feet & move laterally
- This is our "defensive posture"

PRACTICE 2 – EVERYONE 1V1

Organisation

- 15m x 20m area
- Four Goals two on each side

Explanation

- All players play simultaneous games of 1v1
- Players can score in either goal at the end they are attacking
- After 1 minute, change partners

SO CHANGE IT

- Change the orientation of the pitch
- If you win the ball and score it is worth two goals

Coaching Points

- Get in your defensive posture
- Move laterally and tackle with foot on same side as ball
- If the ball goes past step across and get your hips in front

PRACTICE 3 – CROSS THE TROLL BRIDGE

Organisation

- 15m x 20m area
- With a 3m zone across the middle the "troll bridge"

Explanation

- Three or four players start as the trolls,
- All other players start with a ball along the sideline and try to cross the bridge on the Troll's signal
- The troll attempts to gain possession of a player's ball, before they reach the opposite sideline
- Player who loses possession of the ball changes place with the troll

SO CHANGE IT

- Trolls can not cross their legs only side shuffle
- Increase number of trolls

Coaching Points

- Move laterally and tackle with foot on same side as ball
- Troll's get in your defensive posture

