



FOOTBALL
AUSTRALIA

PENETRATION - DRIBBLING

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PART 1 – EVERYONE 1v1

Organisation

- 20m x 20m with 5m scoring zone at each end
- Four goals, two at each end
- All players get in pairs one ball between two

Explanation

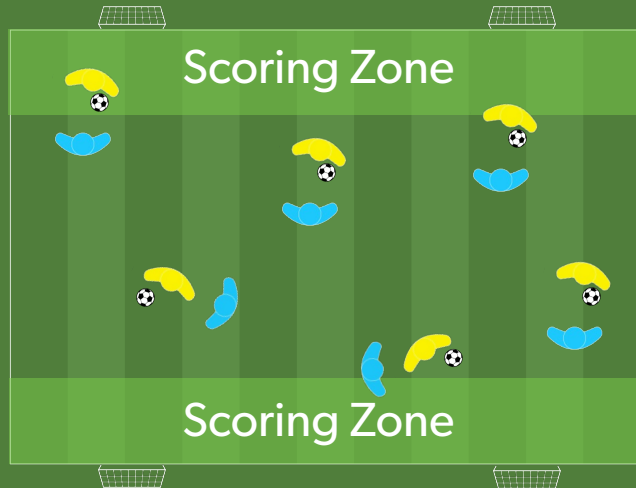
- All players play simultaneous games of 1v1
- Players can score in either goal at the end they are attacking
- After 1 minute, change partners

SO CHANGE IT

- Players get a point each time they beat their opponent but only get to keep their points if they score

Coaching Points

- When the defender is in front carry the ball central to the body
- When the defender is to the side keep the ball out of talking range
- Attempt to deceive the opponent and attack the free space when the opponent is off balance



PART 2 – 2v2 + GKs DIVIDED DIAGONALLY

Organisation

- 20m x 20m pitches
- Divided pitch diagonally
- 2v2 plus goalkeepers

Explanation

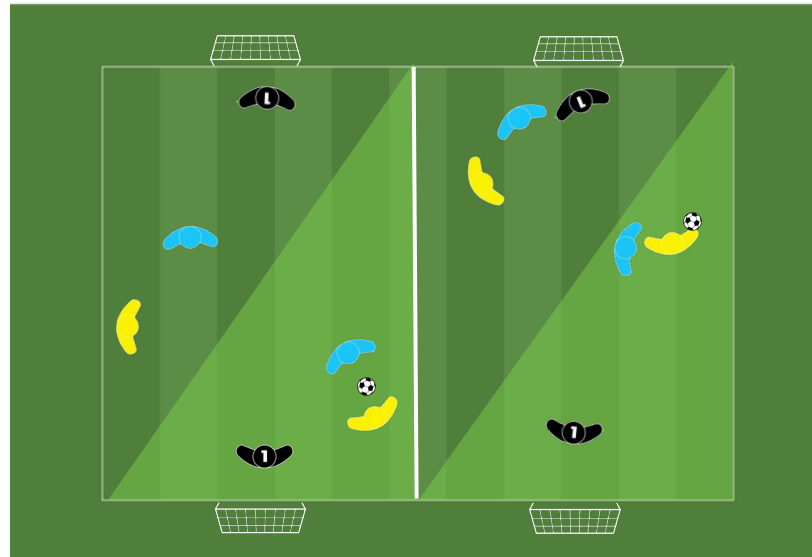
- One attacker are assigned one half of the pitch and must stay in their triangle
- Players play a normal game with restrictions only on the area they can play in

SO CHANGE IT

- Defenders can move freely but attackers can not

Coaching Points

- Identify when there is space to dribble
- Create space to dribble into
- Carry the ball central to the body when the defender is in front so you can go left or right



PART 3 – 3V3 CAN'T PASS FORWARD

Organisation

- 20m x 20m pitch
- Four goals
- 3v3 plus goalkeepers

Explanation

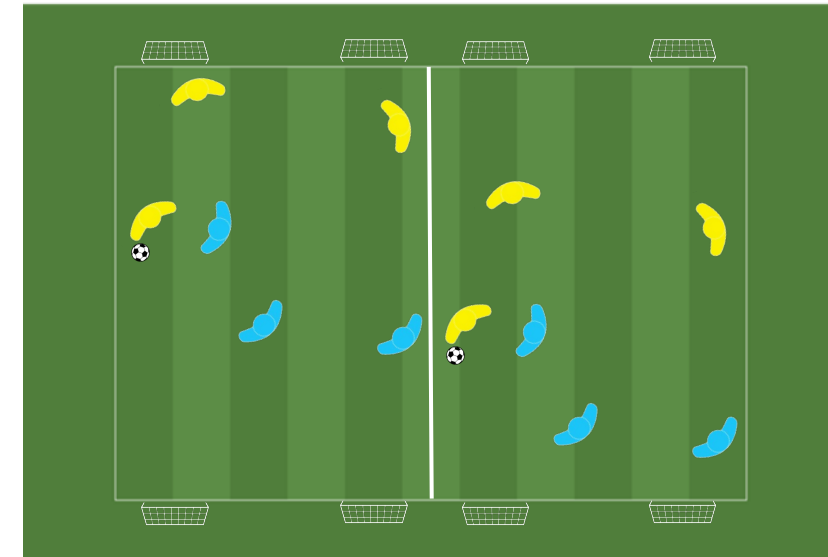
- Normal game only players can't pass forward

SO CHANGE IT

- Players can move anywhere in the half

Coaching Points

- Identify when there is no covering defender to go 1v1
- With a change of direction add a change of pace accelerate
- When the defender is just behind cut across their path



PENETRATION - DRIBBLING

Session Objective

Players to learn how to dribble in a way that makes it difficult for the opponent

PART 4 - GAME PLAY

Organisation

- 40m x 20m pitch
- 5m dribbling channel on each side of the pitch
- 5v5 including goalkeepers

Explanation

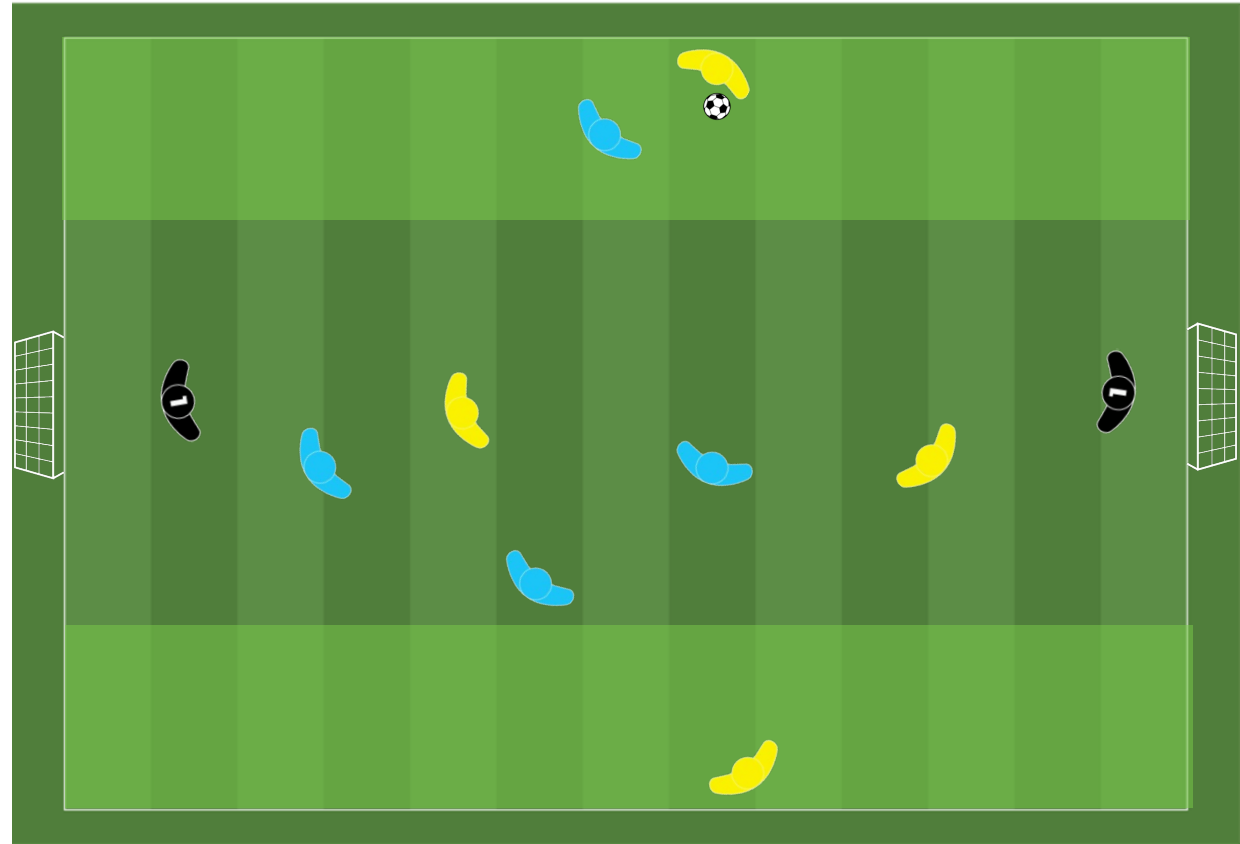
- Normal game with dribbling channels
- Only a maximum of one defender can enter the dribble channel at any time

SO CHANGE IT

- If a player dribbles an opponent and scores or sets up a goal it is worth three goals

Coaching Points

- When the defender is in front carry the ball central to the body
- When the defender is to the side keep the ball out of talking range
- When the defender is at a distance in front drive at the front foot of the opponent





**FOOTBALL
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DELAY – 1ST DEFENDER

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PART 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”

PART 2 – 1V1 + TARGET

Organisation

- 40m x 20m pitch
- Divided in quarters
- 1v1 plus a target bouncer on the goal line

Explanation

- Attacker plays a one two with the defender to start
- Players must stay in their quarter of the pitch
- The attacker tries to score and can use the bouncer
- Rotate positions

SO CHANGE IT

- The pass to begin can come from the sideline on the opposite sideline on halfway. Passer can hit the bouncer directly. This will force defender to drop then travel as the ball travels.

Coaching Points

- Prevent forward pass/dribble and shot
- Move laterally and tackle with foot on same side as ball
- Use “defensive posture”

PART 3 – 2V2 + TARGET

Organisation

- 40m x 20m pitch
- Divided in quarters
- 2v2 plus 2 target bouncers on the goal line

Explanation

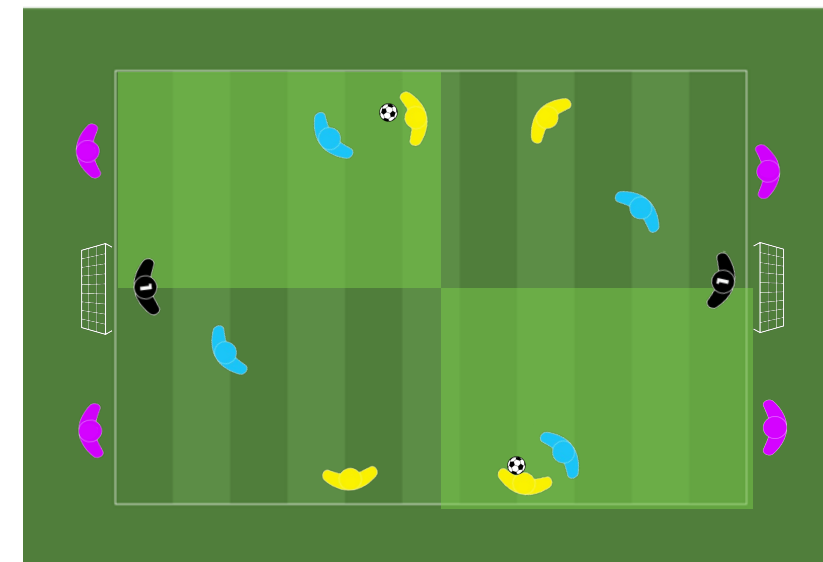
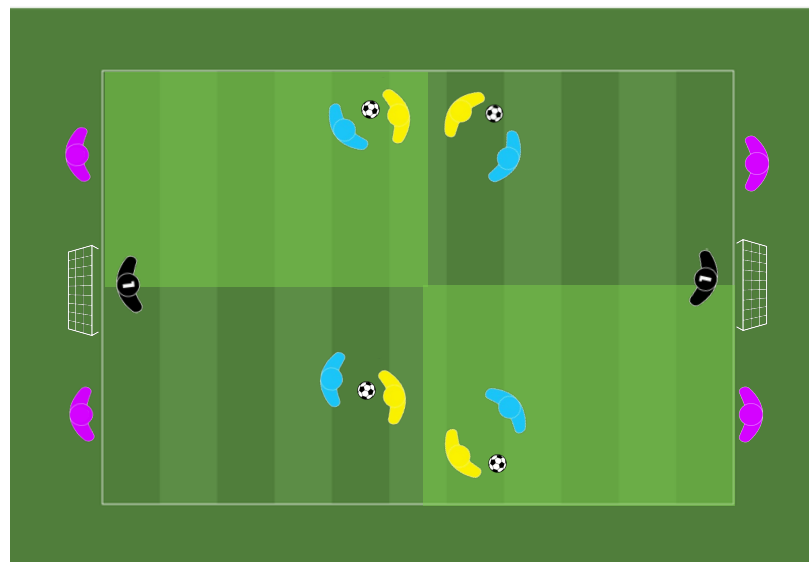
- Ball is passed from the sideline on halfway to start
- Players must stay in their quarter of the pitch
- The attackers try to score and can use the bouncer
- 3 attacks and change roles

SO CHANGE IT

- Players can move anywhere in the half

Coaching Points

- Read the body position of the ball carrier to travel as the ball travels
- Angle of approach should protect the goal
- If ball is dribbled past defender players should step across the attacker to get their hips in front



DELAY - 1ST DEFENDER

Session Objective

Players to learn how to prevent the forward actions (pass, dribble, shot) of the ball carrier

PART 4 – GAME PLAY

Organisation

- 40m x 20m pitch
- 5v5 including goalkeepers

Explanation

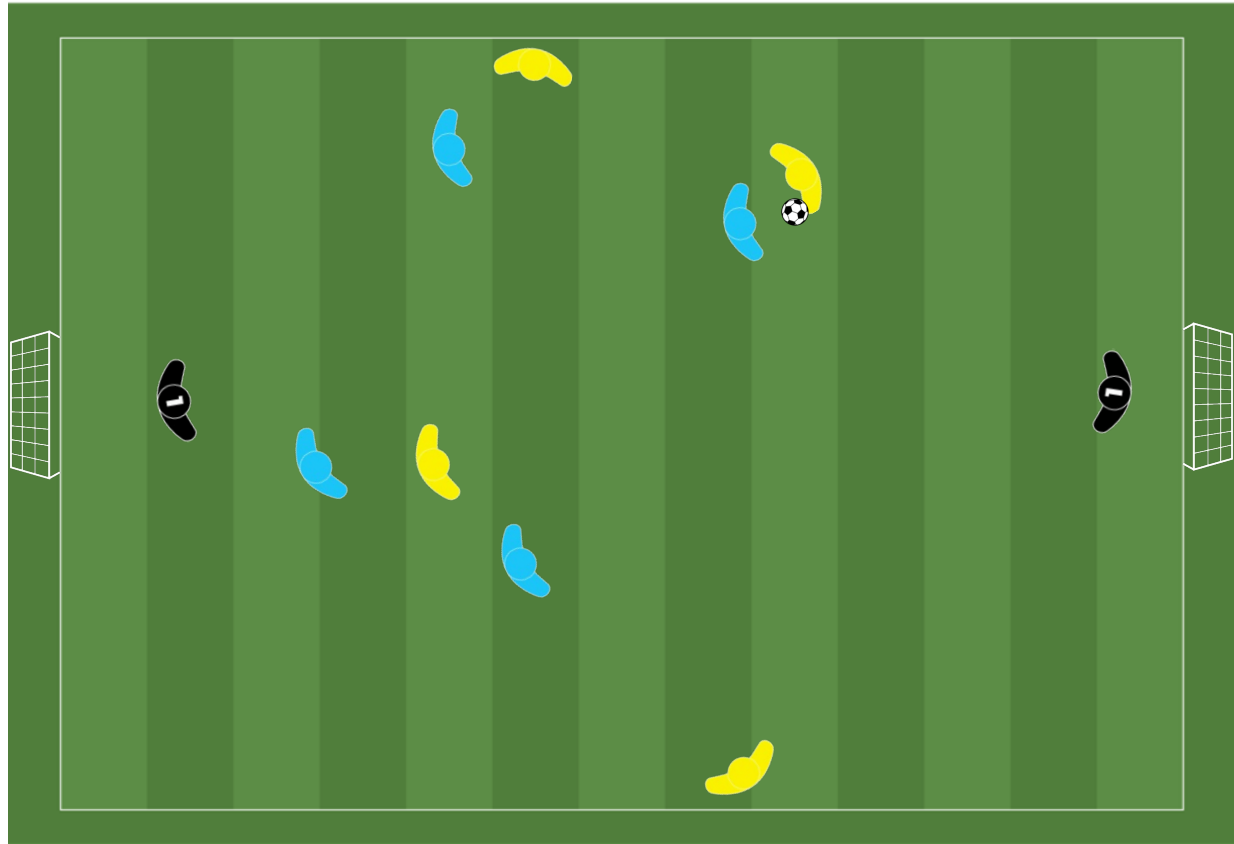
- Normal game focussing on not letting your player shoot, dribble or pass forward

SO CHANGE IT

- Use individual marking (man on man)

Coaching Points

- Read the body position of the ball carrier to travel as the ball travels
- Get close to prevent forward actions
- Keep legs parallel and regain possession using the foot on the same side as the ball or if the ball goes past, step across between player and ball to get hips in front





**FOOTBALL
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SUPPORT

PART 1 – PIGGY IN THE MIDDLE

Organisation

- 20m x 20m
- All players get in three with one ball

Explanation

- 2 players keep the ball off one player
- If the player in the middle wins the ball someone else goes in
- Players can move anywhere in the area
- Passes are not allowed to be longer than 5m

SO CHANGE IT

- Play 3v1
- Put groups in a small box to play

Coaching Points

- Supporting player must always create a line of pass
- If the defender cuts the line of pass quickly create a new one



PART 2 – POSSESSION 2+2 vs 2

Organisation

- 20m x 20m pitches
- Three teams of two in different colour bibs

Explanation

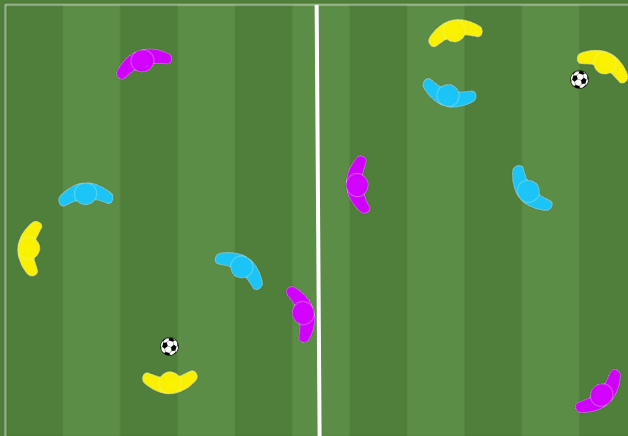
- Two teams try to keep the ball off one team
- If the team in the middle win the ball the team that lost it becomes the defending team

SO CHANGE IT

- One team stays in for 60 seconds before changing

Coaching Points

- Supporting players must always create a line of pass
- Ball carrier must always have passing lines to supporting players left, right and centre



PART 3 – 2V2 + GK

Organisation

- 20m x 20m pitches
- 2v2 plus goalkeepers

Explanation

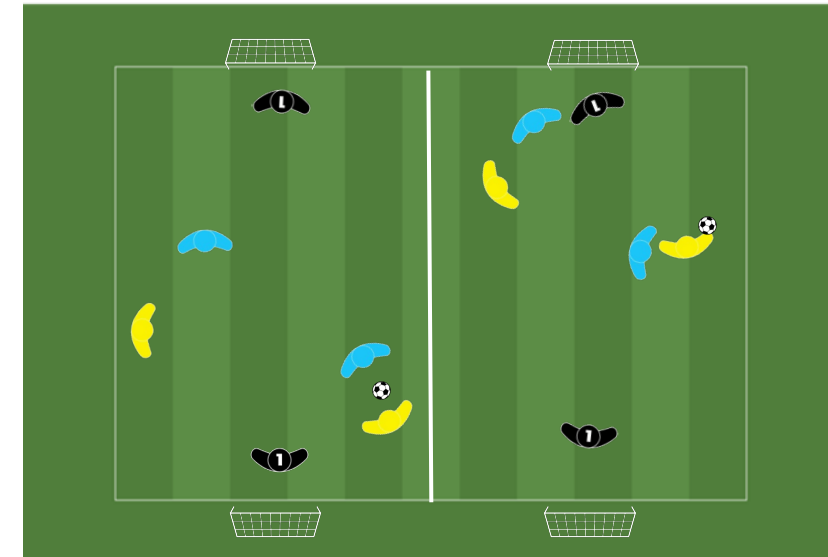
- Players play a normal game

SO CHANGE IT

- If a players perform a wall pass and score the goal is worth three

Coaching Points

- If there is pressure on the ball supporting player return to the same line as the ball
- If there is no pressure on the ball supporting player get beyond or level + outside the defender



Session Objective

Players to learn to provide support based on the amount of pressure to the ball always with a line of pass

PART 4 – GAME PLAY

Organisation

- 40m x 20m pitch
- 5v5 including goalkeepers

Explanation

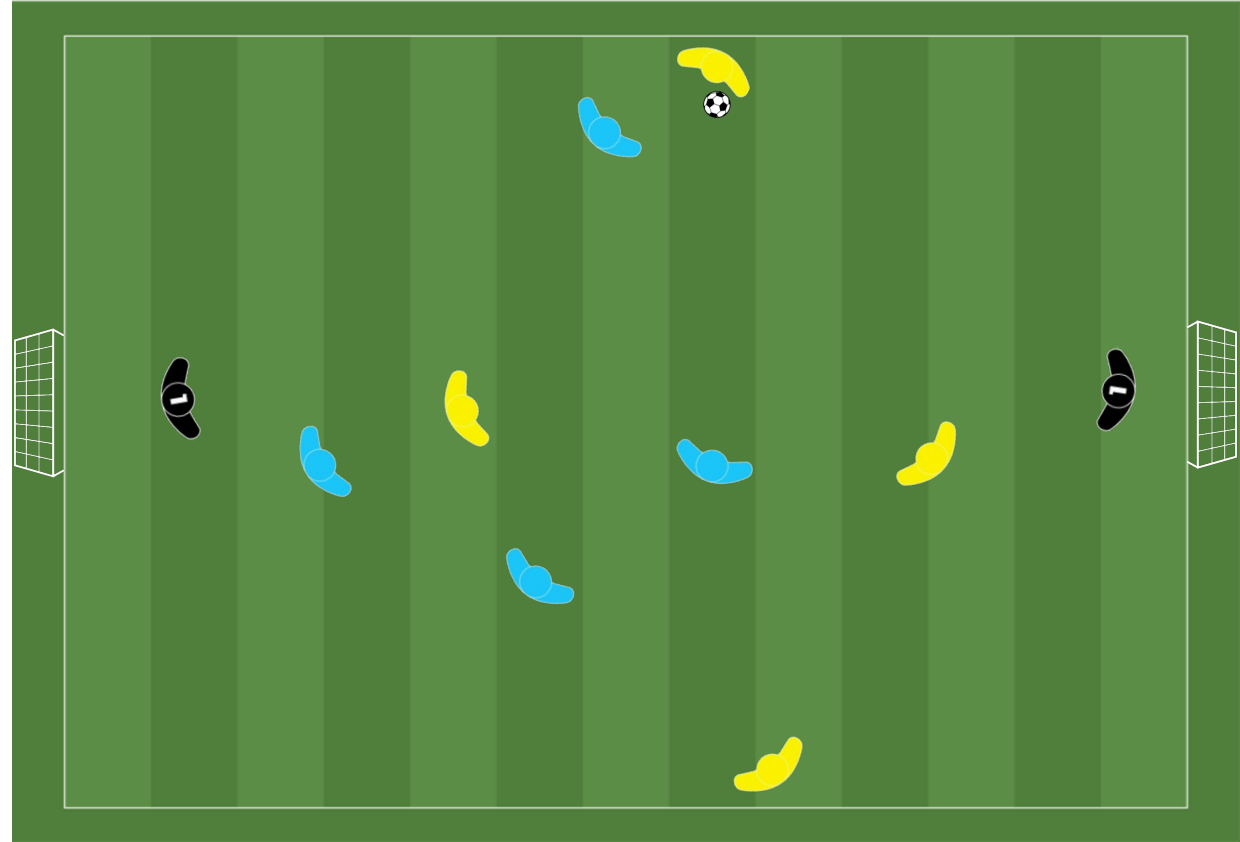
- Normal game

SO CHANGE IT

- If a player perform a wall pass in the build-up to a goal it is worth three goals

Coaching Points

- If there is pressure on the ball supporting player return to the same line as the ball
- If there is no pressure on the ball supporting player get beyond or level and outside the defender
- Supporting players must always create a line of pass





FOOTBALL
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COVER – 2ND DEFENDER

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PART 1 – DELAY & COVER

Organisation

- 18m x 10m
- 2 defenders v 4 in possession 2 in each half

Explanation

- Players in possession attempt to pass the ball to their pair waiting in the other half
- Defenders need to work together to prevent the forward pass and regain possession

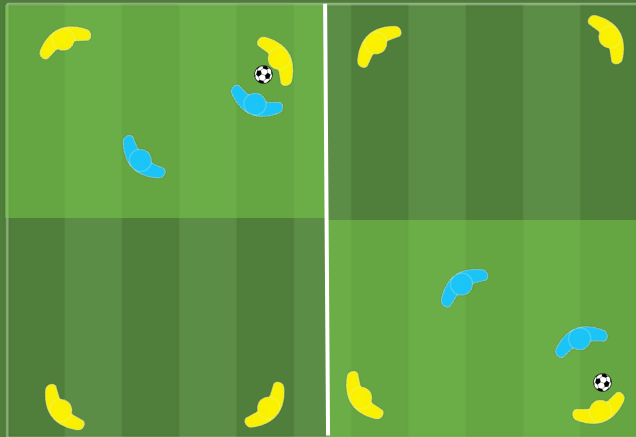
SO CHANGE IT

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

Coaching Points

2nd defender role

- Help prevent the forward pass
- Be between direct opponent and the goal
- Provide cover



PART 2 – 2V2 + 2 TARGETS ONE DIRECTION

Organisation

- 36m x 20m pitch
- Pitch is divided in halves, separate games in each half
- 2v2 plus 2 target bouncers on the goal line

Explanation

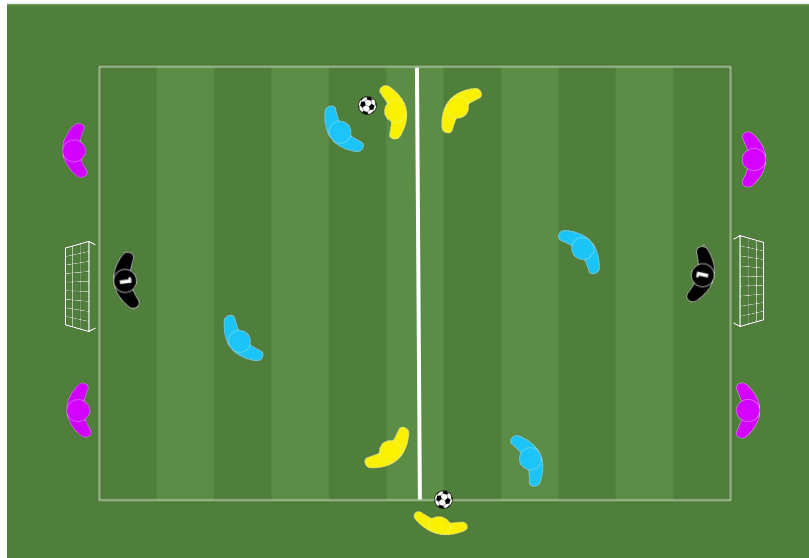
- Ball is passed from the sideline on halfway to start
- The attackers try to score and can use the bouncer
- If defenders get the ball the play is over
- 3 attacks and change roles

SO CHANGE IT

- Players in possession can't pass first time

Coaching Points

- 2nd defender must be able to see the body position of the ball carrier/the amount of pressure to ball/the location of their direct opponent
- Be between direct opponent and goal
- If first defender is dribbled provide cover



PART 3 - 2V2 + 2 TARGETS

Organisation

- 18m x 20m pitch
- 2v2 plus 2 target bouncers on the goal line

Explanation

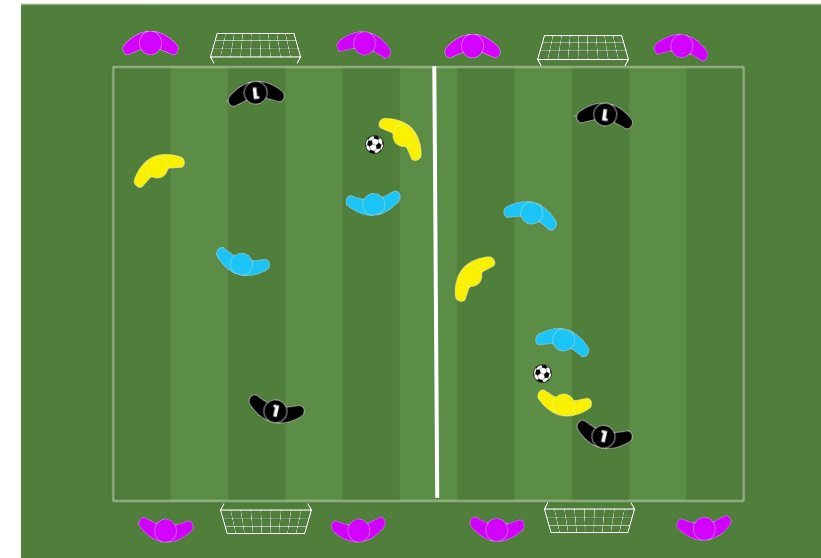
- Ball starts with goalkeeper
- Normal game
- Team in possession can use target players at the attacking end

SO CHANGE IT

- Players can move anywhere in the half

Coaching Points

- Always keep direct opponent and the ball in sight
- Help prevent the forward actions
- Be between direct opponent and goal



COVER – 2ND DEFENDER

Session Objective

Players learn the role of the second defender: to dominate the space of the direct opponent, help prevent forward pass/shot and provide cover for the first defender. And how to achieve these roles.

PART 4 – GAME PLAY

Organisation

- 40m x 20m pitch
- 5v5 including goalkeepers

Explanation

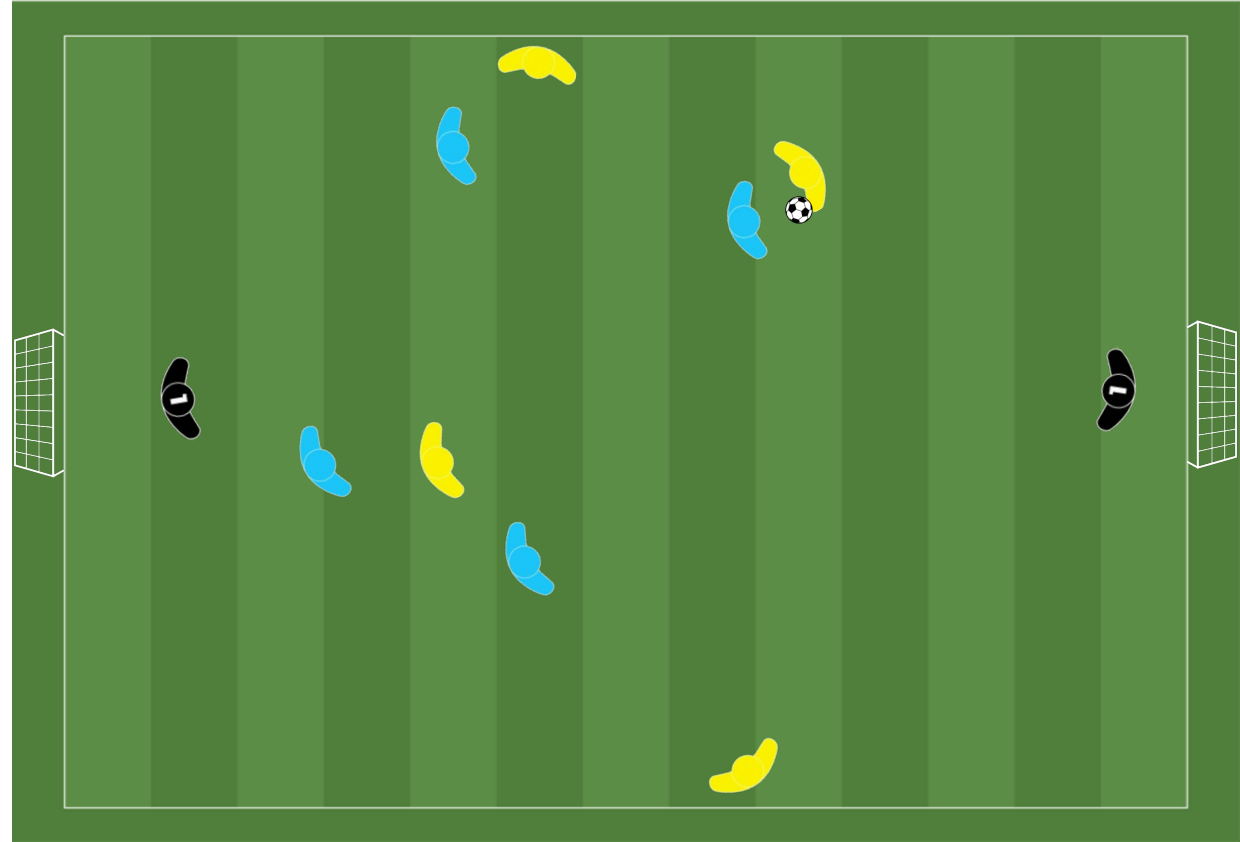
- Normal game focussing on the second defender dominating the space of their direct opponent, helping to prevent the forward pass and providing cover

SO CHANGE IT

- Use individual marking (man on man)

Coaching Points

- Dominate the space of the direct opponent
- Help prevent the forward pass/shot
- Provide cover to first defender





FOOTBALL
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PENETRATION – PASSING & RECEIVING

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PART 1 – GATE GAME

Organisation

- 20m x 20m
- Set up multiple gates around the pitch
- Players get in pairs one ball between two
- 2-4 defenders (change them regularly)

Explanation

- Pairs try to pass the ball through a gate to get a point
- Players must receive the ball with the inside of the foot
- Defenders attempt to stop teams from scoring
- Play for 60 seconds to see who has the most points

SO CHANGE IT

- Players score a point for taking their first touch through the gate instead of for passing through the gate

Coaching Points

- Get body behind the ball
- Prioritise receiving the inside of the foot
- Receive the ball on the move into the free space

PART 2 – 2V2 + 1 + GK

Organisation

- 20m x 20m pitches
- 2v2 plus a joker and goalkeepers

Explanation

- Normal game only both players and the joker must touch the ball before scoring
- The Joker plays with the team in possession

SO CHANGE IT

- Can only score with a maximum of two touches

Coaching Points

- Adopt a body position to be able to see as much of the pitch as possible
- Be aware of the location of the direct opponent
- Receive the ball on the move into the free space

PART 3 – WIDE SUPPORT GAME

Organisation

- 20m x 40m pitch
- 3v3 plus goalkeepers with a supporting player on each side

Explanation

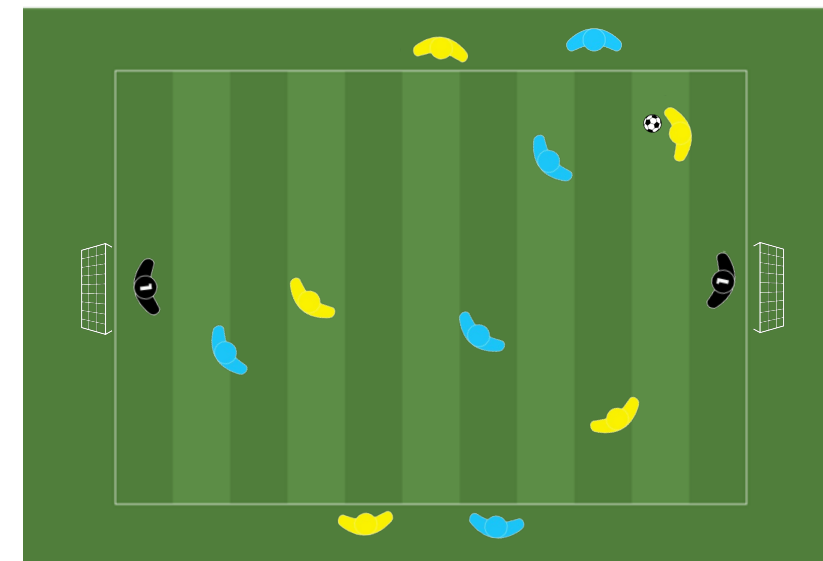
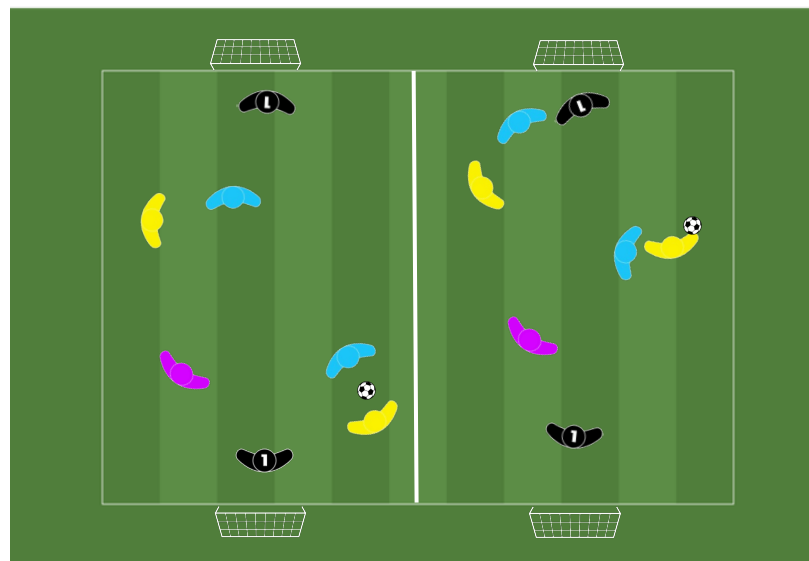
- Normal game only players can utilise the support players
- Support players can move up and down the sideline
- If the ball is passed to a supporting player, they enter the pitch to play, and the passer becomes the new support player

SO CHANGE IT

- Players must take their first touch forward

Coaching Points

- Get to a position where you can take your first touch beyond your opponent
- Prioritise receiving the inside of the foot
- Receive the ball facing forward on the move into the free space



PENETRATION – PASSING & RECEIVING

Session Objective

Players to learn to receive the ball with the inside of their foot, facing forward, on the move into the free space.

PART 4 – GAME PLAY

Organisation

- 40m x 20m pitch
- 5v5 including goalkeepers
- Pitch divided at halfway

Explanation

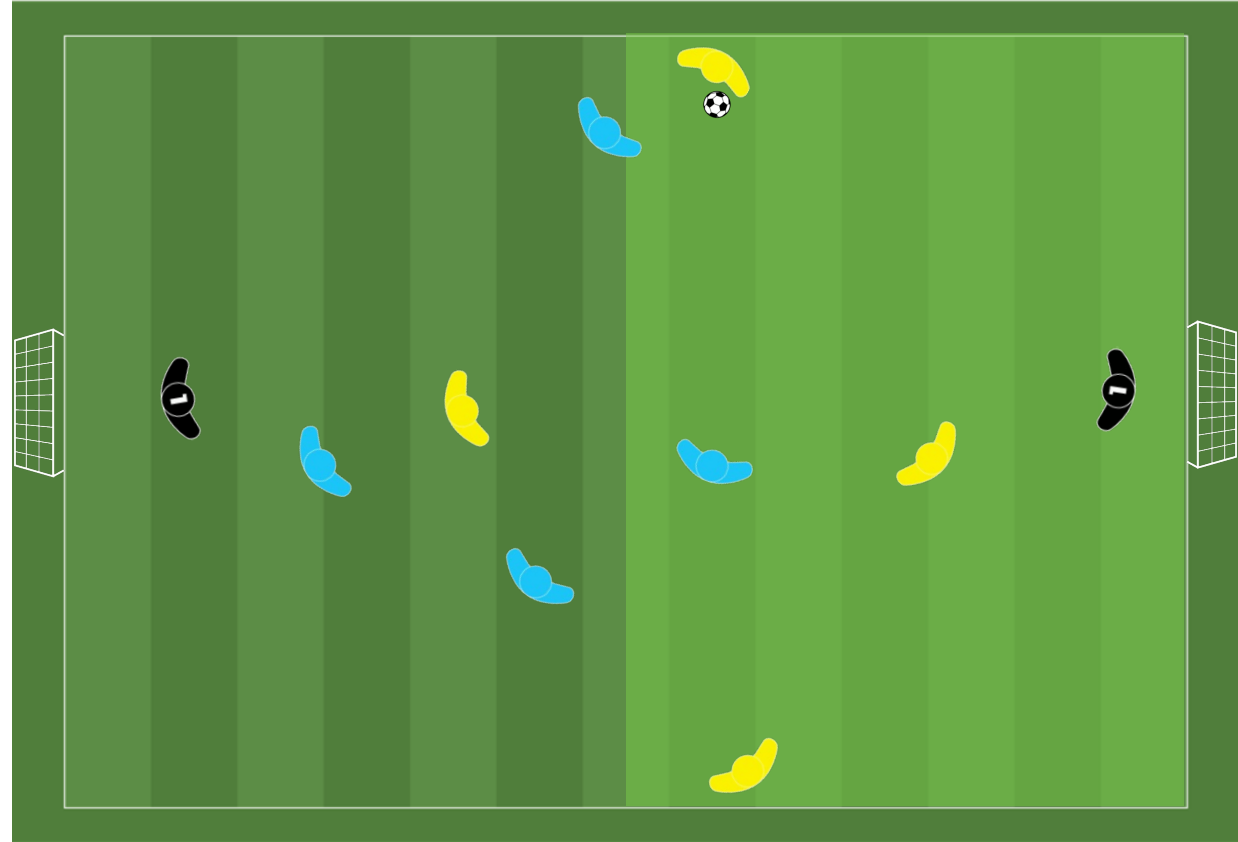
- Normal game only players must take only 2 touches in their own half

SO CHANGE IT

- If all players touch the ball before scoring the goal is worth 3

Coaching Points

- Get body behind the ball
- Prioritise receiving the inside of the foot
- Receive the ball facing forward on the move into the free space





**FOOTBALL
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PENETRATION – FINISHING

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PART 1 – 2V1 WAVE GAME

Organisation

- 20m x 30m
- Two teams lined up in pairs with a ball

Explanation

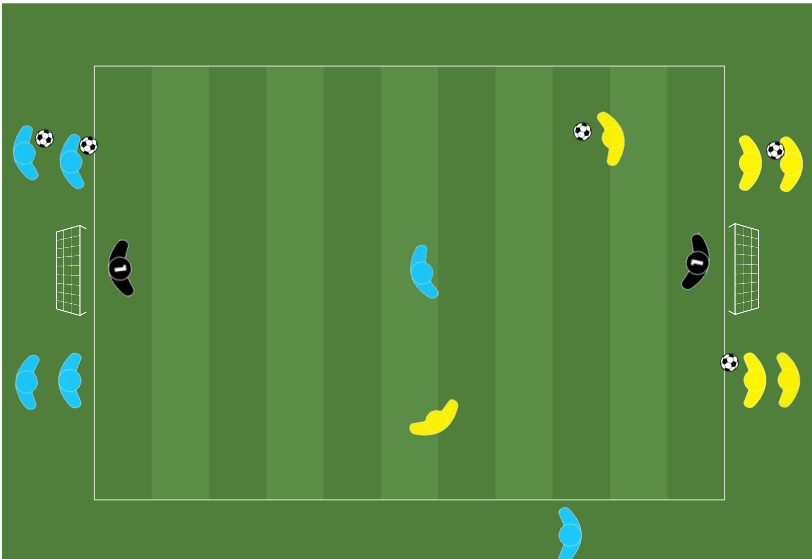
- Two players attack against one defender
- After attacking the player who takes the last touch on the attacking side steps off the pitch the other attacker defends
- When the attack is over two players from the opposite end attack against one defender

SO CHANGE IT

- The attacker who last touches the ball has to touch the post before returning to defend to try to make it 2v2

Coaching Points

- Supporting player on the shoulder of the defender
- Ball carrier should only pass if it takes a player out of the game
- Supporting player should adopt a body position to be able to finish with their first touch



PART 2 – GOAL FEST

Organisation

- 20m x 20m pitch with goals and goalkeepers
- Two players start in the middle, one attacker and one defender
- The rest of the players position in the corner with a ball each

Explanation

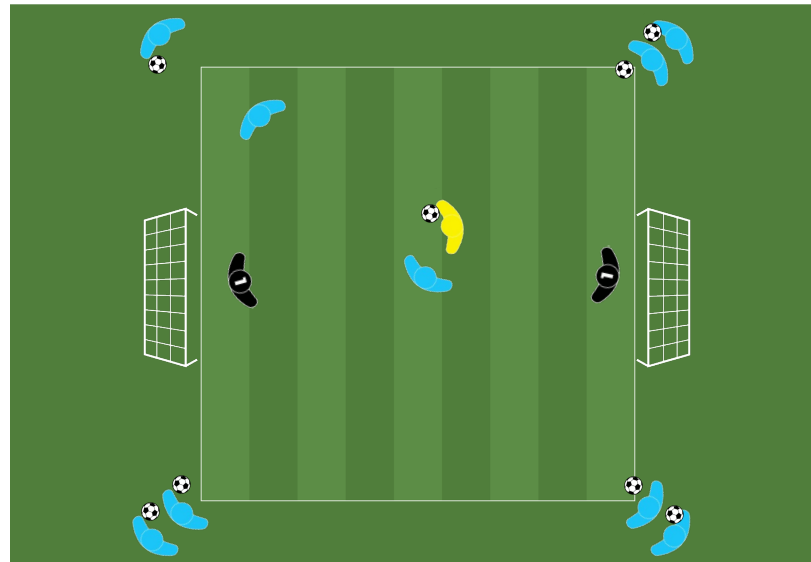
- The attacker can ask for a ball from any corner to score in either goal
- After passing the ball the passer enters to be the next defender
- If the attacker scores the defender is out
- If the attacker doesn't score the defender becomes the new attacker and can receive a pass from any corner again

SO CHANGE IT

- Attacker has 30 secs to score as many goals as possible

Coaching Points

- Use movement to create space to shoot from as central as possible



PART 3 – 1v1 + 1 + GK

Organisation

- 20m x 20m pitch
- 1v1 plus Joker plus goalkeepers

Explanation

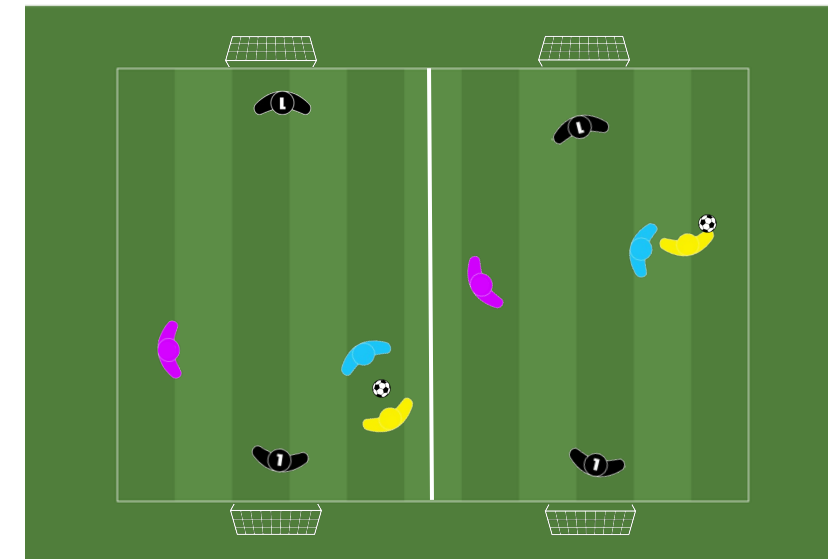
- Normal game with a Joker

SO CHANGE IT

- Must finish first time

Coaching Points

- Adopt a body position to be able to finish with their first touch
- Be aware of goalkeeper's position
- Inside 2-10m from keeper shoot, inside 2 meters from keeper dribble the keeper



PENETRATION – FINISHING

Session Objective

Players to learn to get to central areas with good body position so they are always ready to finish.

PART 4 – GAME PLAY

Organisation

- 40m x 20m pitch
- 5v5 including goalkeepers

Explanation

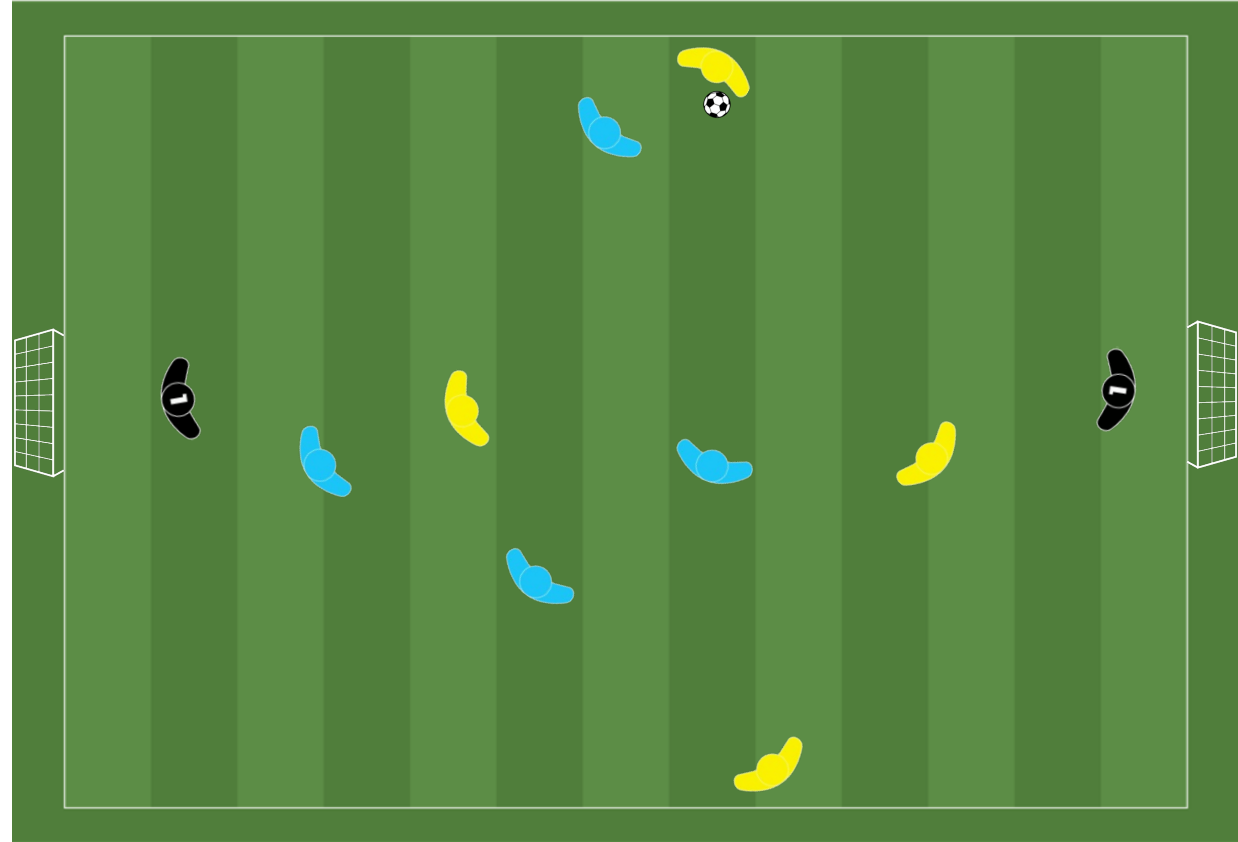
- Normal game, only after losing possession the player responsible must run around the back of the goal they are attacking
- Players encourage to take advantage of the advantage in numbers

SO CHANGE IT

- If a player dribbles an opponent and scores or sets up a goal it is worth three goals

Coaching Points

- Aim to shoot from as central as possible
- Aim to finish first time if possible
- Adopt a body position to be able to do this





**FOOTBALL
AUSTRALIA**

GOALKEEPING

GOALKEEPING – MIDDLE THIRD HANDLING

Session Objective

Develop the handling techniques required to deal with M3 shots at or close to the goalkeeper.

Isolated Handling Techniques

Organisation

- Goalkeepers stand in a 2m goal. (Safe diving space between goals)
- Servers face goalkeepers positioned approx. 6m away

Explanation

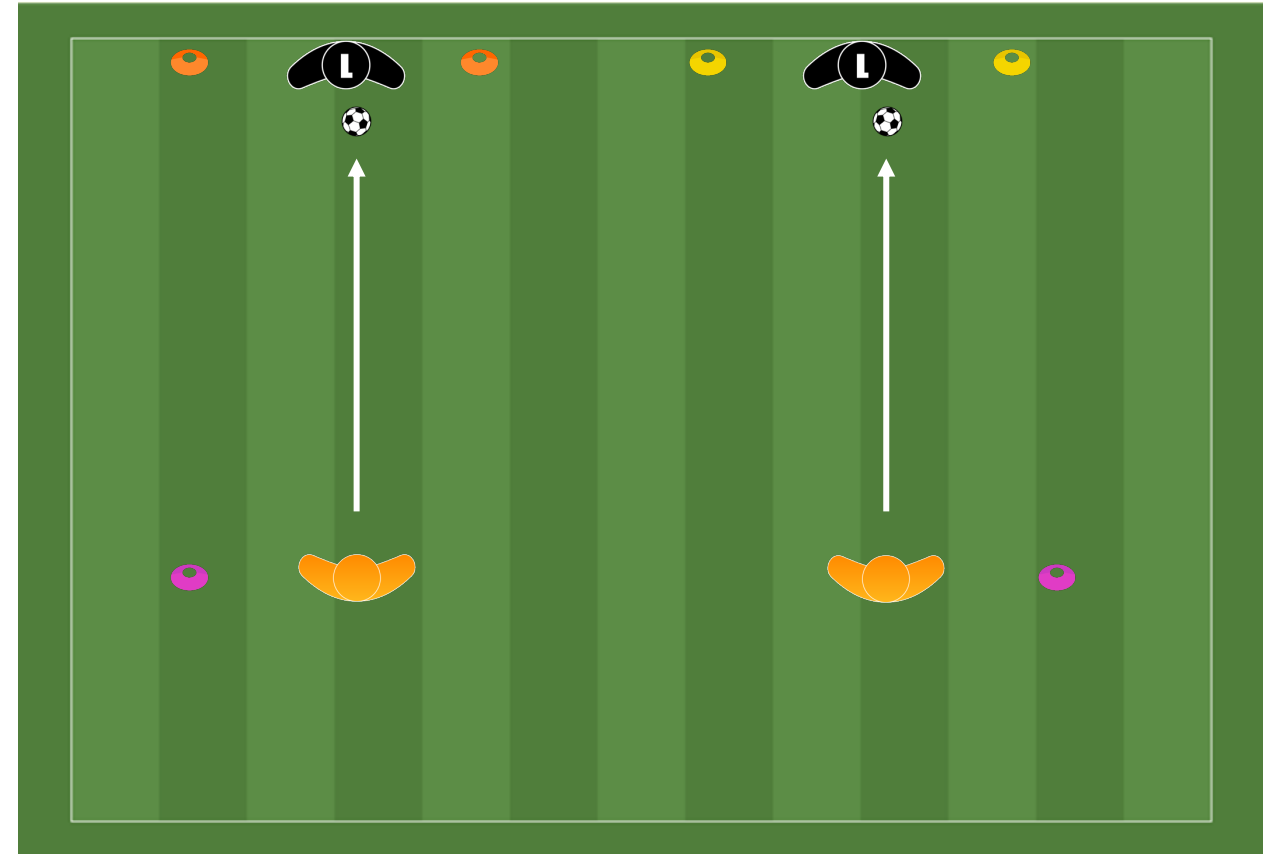
- Server throws the ball like a throw in towards the goalkeepers face
- The goalkeeper catches using the *W Technique* and returns the ball
- Repeat practice with required service for the following handling techniques:
 - *Cup* (underarm throw towards waist)
 - *Scoop* (roll towards feet)
 - *Collapse* (roll outside line of feet)
 - *Low diving save* (roll away from goalkeeper)

SO CHANGE IT

- Ball thrown outside the line of the goalkeeper
- GK starts on their knees
- Server closer or further away
- Server volleys the ball

Coaching points

- Fingers spread, elbows in acting as shock absorbers
- Catch ball in front of face (arms 90 degree)



GOALKEEPING – CENTRAL & ANGLED SHOT STOPPING

Session Objective

Develop goalkeepers ability to reposition and deal with shots from both central and wider areas.

3v1 LEADING TO A SHOT AT GOAL

Organisation

- 4 goalkeepers. 1 active, 3 acting as an attackers / servers
- Penalty area and appropriately sized goal required
- Central third of goal marked with discs

Explanation

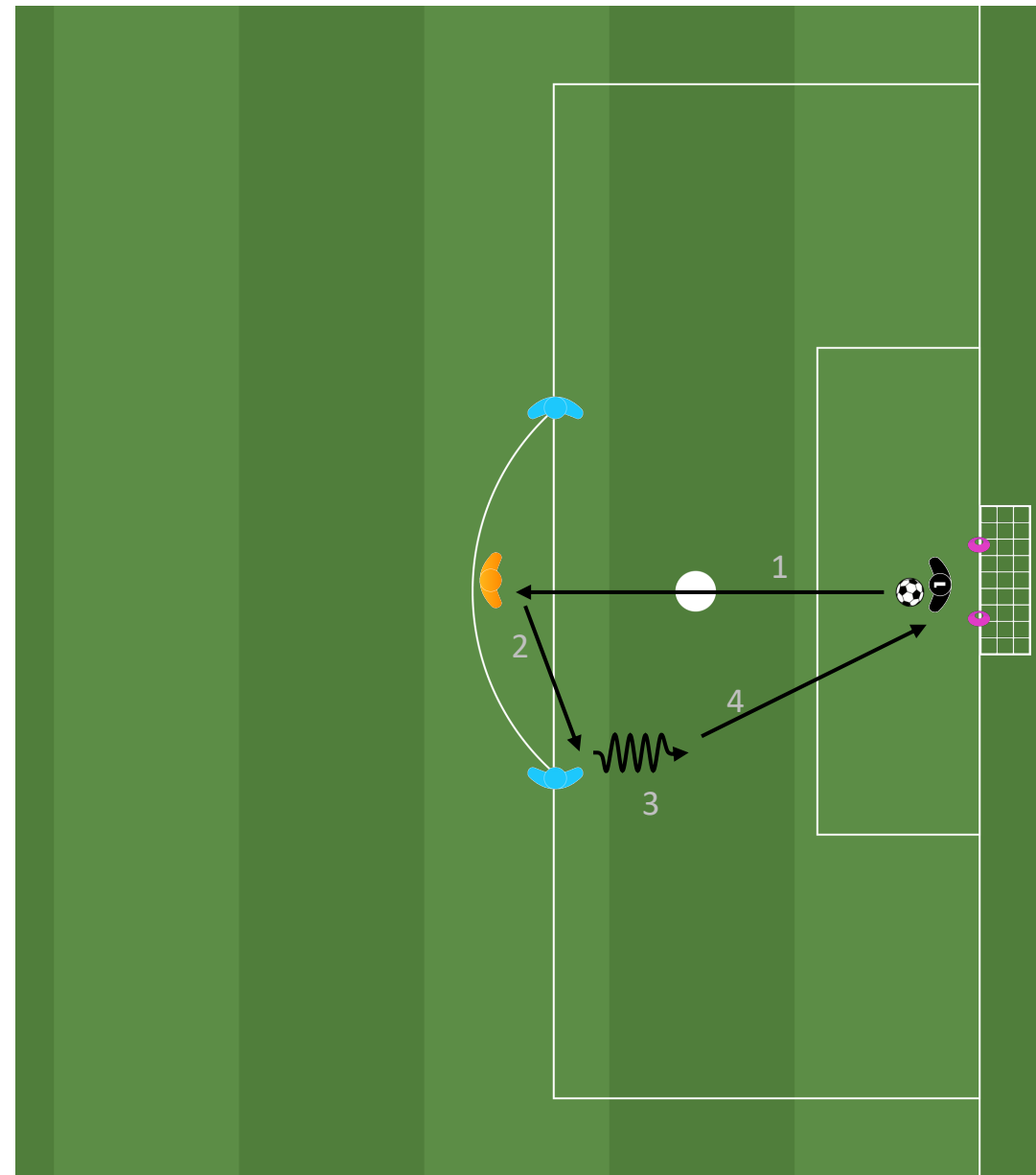
- Goalkeeper rolls the ball the central (orange) player
- The receiver takes a touch and passes the ball to either wide player
- The wide player takes a small touch forward and shoots into the central part of the goal (not beyond the penalty spot)

SO CHANGE IT

- Attackers start closer to goal and shoot from closer range
- Central receiver takes a touch and shoots
- Attackers shoot first time
- Wide attackers can pass the ball back to central attacker
- Non active attackers can follow up shot

Coaching Points

- Smooth, quick adjustment of position.
- Correct position (between ball and centre of goal)
- Balanced and set before shot is struck
- Decision on appropriate technique/execution of technique



GOALKEEPING – MIDDLE THIRD SHOT STOPPING

Session Objective

Improve a goalkeeper's shot stopping ability in the middle third in a game like scenario.

M3 Shot stopping in game like scenario

Organisation

- Two teams of two players each with a designated goalkeeper
- A spare player who plays for the team in possession
- Size of grid as shown in diagram
- Three quarter size goals if available

Description

- 2 Blue v 2 Oranges (Green plays for who ever has the ball). Team in possession attempt to create a shooting opportunity in their own half while opposition player passively tries to win the ball. If they win ball they pass back to their goalkeeper for practice to restart

SO CHANGE IT

- Defending player applies more pressure
- Time limit applied to shot
- If defending player wins the ball they can shoot for goal

Coaching points

- Adjust position with ball movement
- Decision and execution of handling technique
- Deflect into safe areas
- Recovery and reposition for 2nd save

