



Nepean Football Association Inc

Small Sided Football (SSF) Training Plan.

SESSION NUMBER: 10

Fun Games:	Tails – fox & chickens in 6's	- 5 mins
Ball Games:	Kick catch	- 5 mins
Dribbling:	Cutting	- 5 mins
Passing/Receiving:	4 v 2	-10 mins
1V1:	1 v 1 – 8 goals	-10 mins
Small Sided Game:	3 v 3 2 goals each end	-10 mins
Warm Down		- 5 mins



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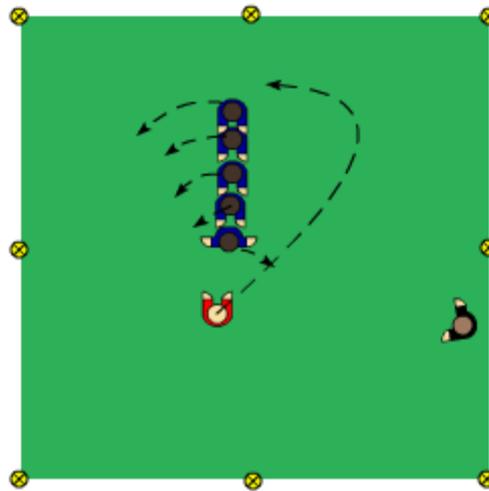
TAILS IN 6's

KEY:

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



ORGANISATION:

Organise players into groups of 6 with each player having a bib tucked into the back of their shorts. Number each player in the group 1 to 6. Player 1 is the fox, player 2 is the mother hen and remaining players are baby chickens. The fox has to try to get the tail of the last baby chicken, while the mother hen has to protect the chickens from the fox and all the baby chickens have to stay holding on to each other. Players can not use their hands to protect their bibs. At the end of 30 seconds, players swap roles by moving 1 spot back down the line, fox becomes mother, mother becomes 1st baby, etc and last baby becomes the fox.

LEARNING:

1 v 1 actions, teamwork, co-ordination, fast feet, balance, eyes up

VARIATION:

General: ensure players have enough tail showing and stay inside the area, foxes cannot go over the top of the hen to get the chicken, or under or through!

Harder: smaller area, longer time period

Easier: Bigger area, shorter time period



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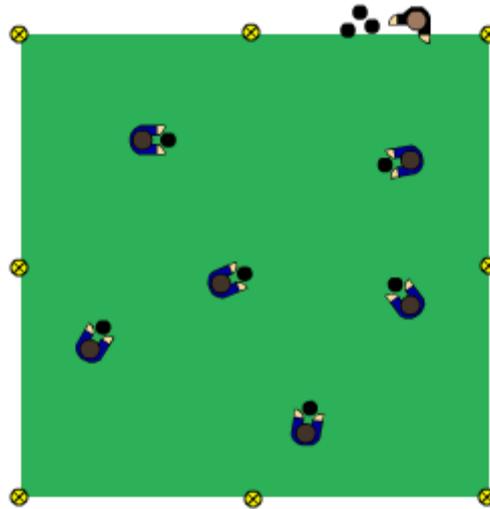
KICK CATCH

KEY:

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



ORGANISATION:

Players have a ball each and work in a 15 x 10m area. Players start with a ball in their hands and drop it onto their foot. They then try to kick the ball back up and catch it. This activity continues. Encourage use of both feet. Encourage players to keep the ball below head height and to also have minimal spin on the ball when they kick it.

LEARNING:

Ball control, balance, co-ordination, being comfortable with the ball. This is the start of juggling.

VARIATION:

General: Players are asked to reach a target; eg 5 before moving onto other foot, when ball is dropped count restarts from 1

Harder: Kicking floor is to be kept off the ground, make patterns eg, left foot then right foot then catch, extend to thighs, head.

Easier: Players start by bouncing the ball on the ground, then kicking and catching.



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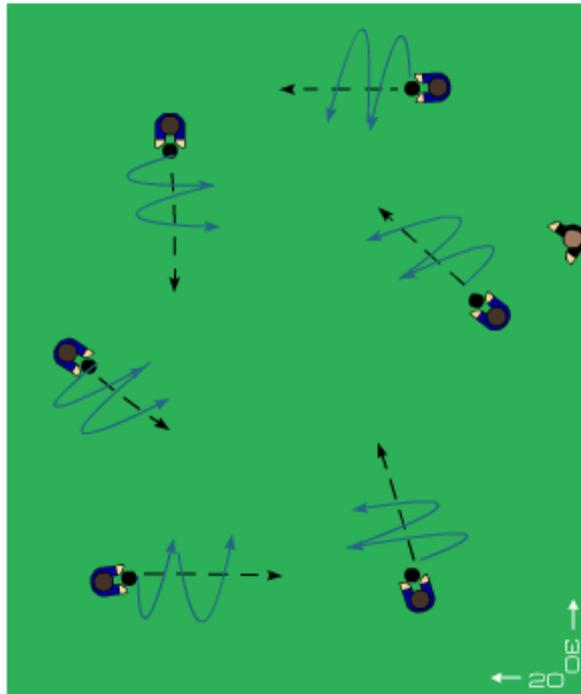
CUTTING

KEY:

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



ORGANISATION:

Each player has a ball and moves around a 20 x 30m area. Using the front part of the inside and outside of the foot, players 'cut' the ball from one side to the other whilst moving forward. This action makes the ball move in a zigzag pattern.

LEARNING:

Technique, ball mastery, balance, weight of touch, playing with eyes up, spatial awareness

VARIATION:

General: Ensure both feet are used, players play ball into space

Harder: make area smaller, encourage players to move faster, 1 touch per step

Easier: make area bigger, ask players to walk only



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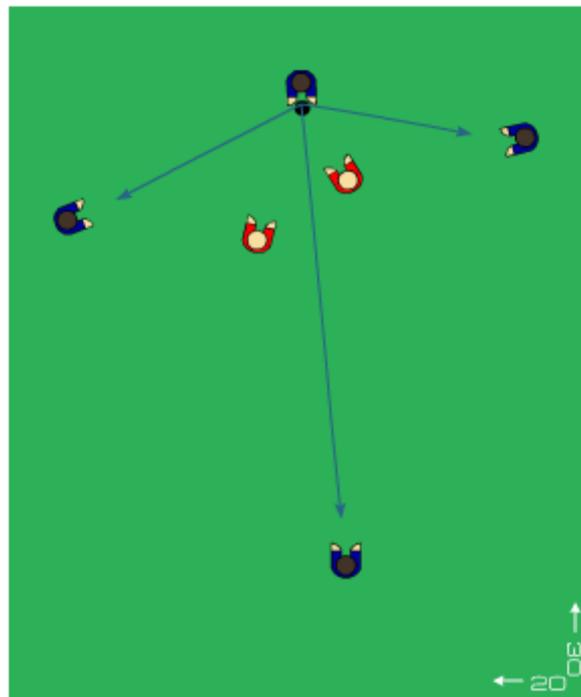
4 v 2

KEY:

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



ORGANISATION:

Set up an area approximately 30 x 20m and have a supply of balls next to you. Give 2 players bibs and they start as defenders and the other 4 players pass the ball between themselves and try to keep it away from the defenders. The defenders try to gain possession of the ball then keep it for as long as they can against the 4. When the ball goes out of play, the coach feeds a new ball in. Encourage attackers to maintain diamond shape and to move into new space after passing the ball

LEARNING:

Teamwork, passing, body shape, angles, diamond shape, defending, movement

VARIATION:

General: Attacking team gain a point if they can get 3 passes in a row without the ball being touched by a defender or the ball going out of play. The defending team gets a point each time they touch the ball or the ball goes out of play

Harder: Make area smaller, add another defender (3v3), more passes to get a point, limit touches, gain a point after every player touches the ball, feed ball into player under pressure



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1 v 1 with 8 GOALS

KEY:

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Squiggle Line = Player dribbling the ball



ORGANISATION:

In an area approximately 30 x 20m set up 8 x 1 step goals. Players to pair up and have 1 ball between each pair. On the coaches go, player with the ball has to try to dribble through as many sets of cones as they can in 30 seconds. The player without the ball has to follow their partner and try to win the ball. If they do, they then try to dribble through as many sets of goals as they can in the remaining time. After 30 secs, players swap roles and the game continues.

LEARNING:

Dribbling, 1v1, creativity, player and space awareness

VARIATION:

General: Players pass the ball between themselves through the cones until coach blows whistle and starts the game, rotate partners

Harder: Make goals smaller, extend time, have less goals

Easier: Make area bigger, make goals bigger, add more goals



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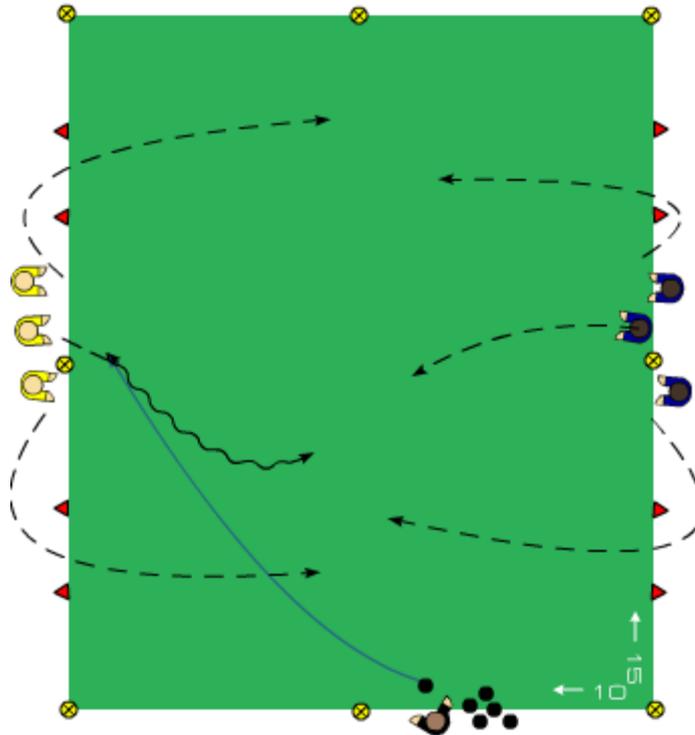
3 v 3 with 2 GOALS EACH END

KEY:

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



ORGANISATION:

Divide players into 2 teams and place on opposite sides of a 10 x 15m grid with 2 x 1 step goals at each end. Coach has a supply of balls and feeds into 1 team. 2 players run through a goal each and the coach passes a ball into 3rd player. Player receives ball and tries to work with partners to beat opponents and score in either of the 2 goals. Defenders can't move until attacker takes 1st touch and must also run through a goal each. Play continues until goal is scored, ball goes out of play or defender touches the ball. Must be in opponents half to score. Rotate teams.

LEARNING:

1 v 1 skills, creativity, teamwork, receiving, dribbling, defending

VARIATION:

General: First team through receives the ball. Players to pass the ball themselves to start game.

Harder: Defenders start closer to goals, make area smaller, play for a set time

Easier: Attackers start closer to goals, make area smaller, defenders can only walk