



## Nepean Football Association Inc

### Small Sided Football (SSF) Training Plan.

SESSION NUMBER: 11

Fun Games:	Ball Tag	- 5 mins
Ball Games:	Toe taps	} - 5 mins
	Toe taps - moving	
Dribbling:	Sharks	- 5 mins
Passing/Receiving:	5 toe taps and pass	-10 mins
1V1:	Mirrors – with ball	-10 mins
Small Sided Game:	3 v 3 with 3 goals	-10 mins
Warm Down		- 5 mins



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## BALL TAG

### **KEY:**

**Unbroken Line = ball path**

**Broken Line = Players' run without the ball**

**Squiggle Line = Player dribbling the ball**



### **ORGANISATION:**

In an area approximately 15 x 10m 2 players have a ball. Whilst all players move freely around the area, players throw the ball amongst the whole group. Whichever players are holding the balls when the coach blows their whistle must then try to tag another player with the ball. A tag must be between shoulder and hip height and players must hold onto the ball – no throwing. When a player is tagged they must take the ball and try to tag someone else.

### **LEARNING:**

1 v 1 actions, co-ordination, fast feet, balance, eyes up, game and positional awareness

### **VARIATION:**

General: When players are tagged they are out – which team can get everyone out the quickest? Play for a set time (30 secs) and count how many players they can tag.

Harder: Have more taggers, smaller area, longer time



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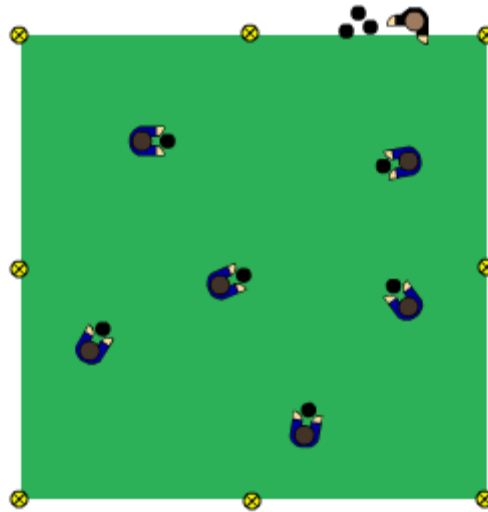
## TOE TAPS

### **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 the ball between their feet and knees bent. Players begin to jog on the spot and gradually tap the ball from one foot to the other using the inside of their foot.

### **LEARNING:**

Ball control, balance, co-ordination, being comfortable with the ball, playing with eyes up

### **VARIATION:**

General: Keep knees bent

Harder: keep players eye level up by asking players to call out the number of fingers you're holding up, make toe taps go faster

Easier: do toe taps slower



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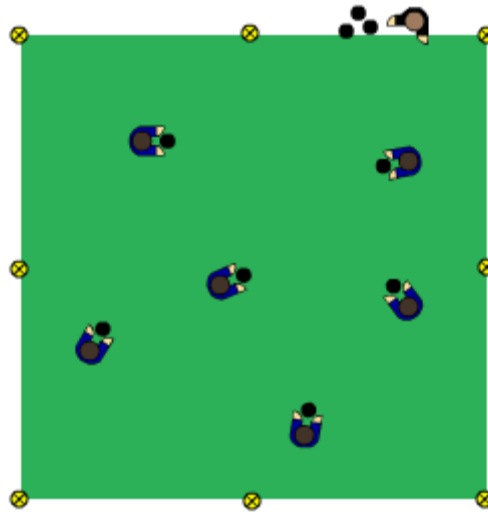
## TOE TAPS - MOVING

### **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 the ball between their feet and knees bent. Players begin to jog on the spot and gradually tap the ball from one foot to the other using the inside of their foot.

### **LEARNING:**

Ball control, balance, co-ordination, being comfortable with the ball, playing with eyes up

### **VARIATION:**

General: Players are to make the toe taps move in the direction the coach calls, forwards, backwards, right, left.  
Harder: keep players eye level up by asking players to call out the number of fingers you're holding up, make toe taps go faster  
Easier: do toe taps slower



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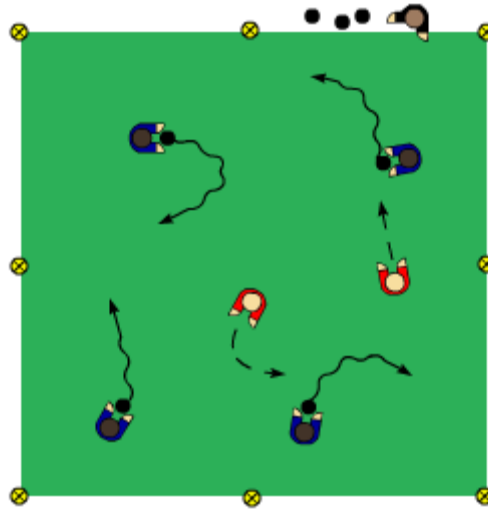
## SHARKS

### **KEY:**

**Unbroken Line = ball path**

**Broken Line = Players' run without the ball**

**Squiggle Line = Player dribbling the ball**



### **ORGANISATION:**

In an area approximately 10 x 15m organise 2 players to be sharks without a ball and the remaining players all have a ball. When the coach says go the players start to dribble their ball inside the area and the sharks are trying to kick the balls outside of the area. When a player's ball is kicked out of the area, they are out of the game. Last one left in is the winner. Play again until all players have been a shark.

### **LEARNING:**

Dribbling, ball protection, tackling, game awareness

### **VARIATION:**

General: All players start with a ball and all players are trying to kick everyone else's ball out of the area

Harder: When your ball is kicked out stay and be a support player, make area smaller, have more sharks

Easier: When your ball is kicked out, you go and get it and return to the game, make area bigger, have less sharks



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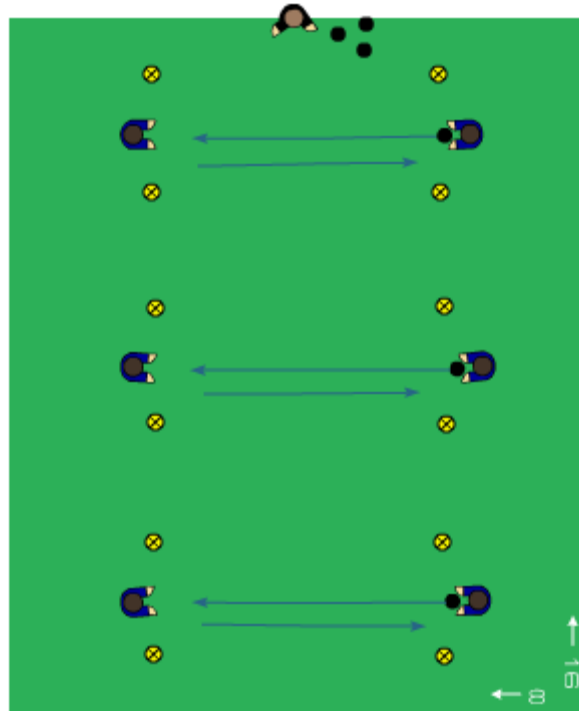
## 5 TOE TAPS AND PASS

### **KEY:**

**Unbroken Line = ball path**

**Broken Line = Players' run without the ball**

**Squiggle Line = Player dribbling the ball**



### **ORGANISATION:**

Organise players into pairs standing from 2m to 6m apart with 1 player having a ball. Ensure each pair has ample room to work. Player 1 commences by completing 5 toe taps before passing the ball to their partner, player 2 then completes 5 toe taps and passes to partner who completes 4 toe taps, etc down to 1, then back up to 5 toe taps.

### **LEARNING:**

Ball control, weight of pass, receiving, teamwork

### **VARIATION:**

General: 1<sup>st</sup> receiving touch is the 1<sup>st</sup> toe tap as is the pass being the last toe tap.

Harder: 1<sup>st</sup> pair to complete the pattern wins – adding pressure, make pairs stand closer

Easier: pairs to stand further apart



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## MIRROR GAME WITH BALL

### **KEY:**

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



### **ORGANISATION:**

In a 30 x 20m area set out enough grids for all players to work in pairs, 1 ball each pair. Each grid is 5m long and 2m wide. Inside each grid, place 2 markers 1m apart in the centre.

Players take turns being the leader or the reflection.

The leader is allowed to move along the line of the 1m central markers and the reflection has to try to keep up. When the leader is ready, they break the line of the central markers and dribble with ball to the side line. The reflection tries to beat them there without a ball. Once the leader has left the central cones, they can't go back through them.

### **LEARNING:**

Movement, speed, dribbling, creativity, watching body shape

### **VARIATION:**

General: Rotate partners, nominate a move the leader must do before going to side line, step over, scissor, etc

Harder: Make central cones further apart, make mirror do opposite movement, once ball is touched leader must go to outside line

Easier: Limit the number of direction changes



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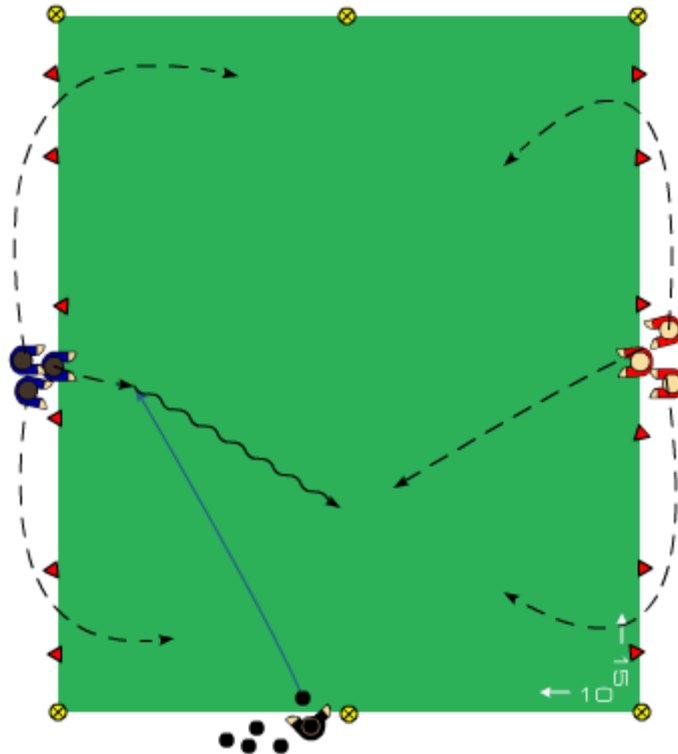
## 3 v 3 with 3 GOALS

### **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 3 x 1 step goals on 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 3<sup>rd</sup> player. Player receives ball and tries to work with partners to beat opponents and score in any of the 3 goals. Defenders can't move until attacker takes 1<sup>st</sup> 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