



## Nepean Football Association Inc

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

SESSION NUMBER: 12

Fun Games: Tails - 5 mins

Ball Games: Dribble freeze with body part - 5 mins

Dribbling: Stuck in the mud - 5 mins

Passing/Receiving: 2 touch finishing - behind -10 mins

1V1: 1 v 1 diamond end lines -10 mins

Small Sided Game: 2 v 2 + 2 -10 mins

Warm Down - 5 mins



# Nepean Football Association Inc

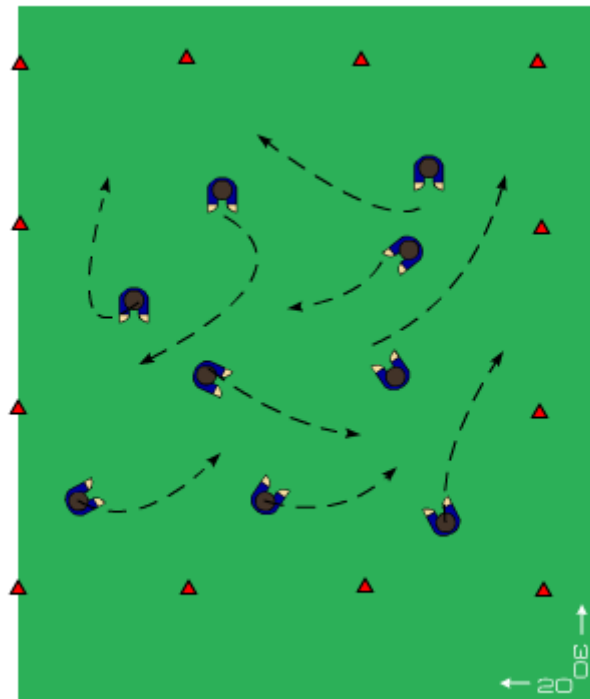
## TAILS

### **KEY:**

**Unbroken Line = ball path**

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

**Squiggle Line = Player dribbling the ball**



### **ORGANISATION:**

Players have a bib each, tucked into the back of their shorts. They move around in a 20 x 30m area. Coach calls go and each player has to try to get as many other players bibs as they can without losing their own. Players can not use their hands to protect their bibs

### **LEARNING:**

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

### **VARIATION:**

General: ensure players have enough tail showing and stay inside the area, assign teams

Harder: smaller area, player may choose to sacrifice bib in hand to make own tail to continue playing, tuck bib into sock to ensure footwork – only with older players

Easier: Bigger area



# Nepean Football Association Inc

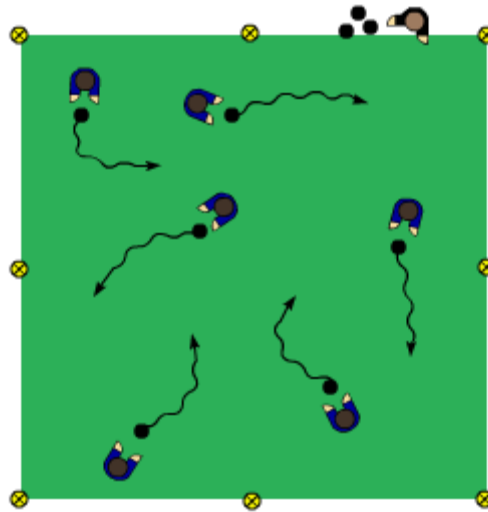
## DRIBBLE FREEZE WITH BODY PART

### **KEY:**

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



### **ORGANISATION:**

Players each have a ball and dribble freely around a 15 x 10m area. When coach calls "freeze" players must stop the ball and freeze with the nominated body part on the ball; right foot, shin, knee, bottom, head, elbow, etc.

### **LEARNING:**

Warming up/movement, listening, dribbling, spatial awareness, playing with eyes up

### **VARIATION:**

General: Specify which foot to move and/or stop the ball with, last player frozen is out

Harder: Ask players to move quicker through the area, make area smaller/tighter, freeze more often,

Easier: Make area bigger



# Nepean Football Association Inc

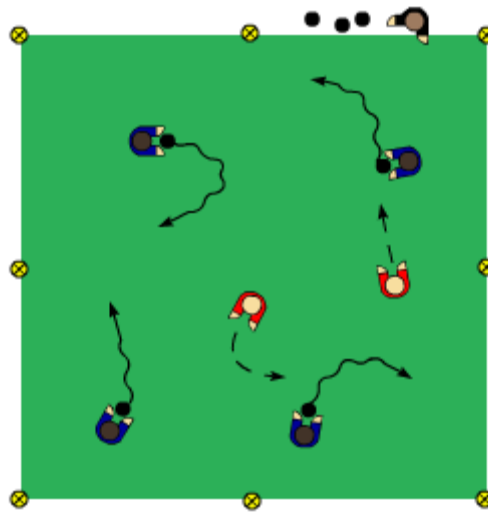
## STUCK IN THE MUD

### **KEY:**

**Unbroken Line = ball path**

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

**Squiggle Line = Player dribbling the ball**



### **ORGANISATION:**

4 players have a ball each and another 2 players wear a coloured bib. In an area 30 x 20m the players with a ball dribble freely around the area. The players with a bib need to touch the ball of the dribbler to make them 'stuck in the mud'. When a player is stuck, they must stand with their legs apart and hold their ball above their head. To become unstuck, they must have a player pass a ball between their legs.

### **LEARNING:**

Dribbling, communication, eyes up, teamwork, passing, tackling, spatial awareness

### **VARIATION:**

General: Can 'stickers' get all players stuck?

Harder: Make area bigger, have less stickers, make stickers get control of the ball not just touch it, take away a ball.

Easier: add more stickers, make area smaller



# Nepean Football Association Inc

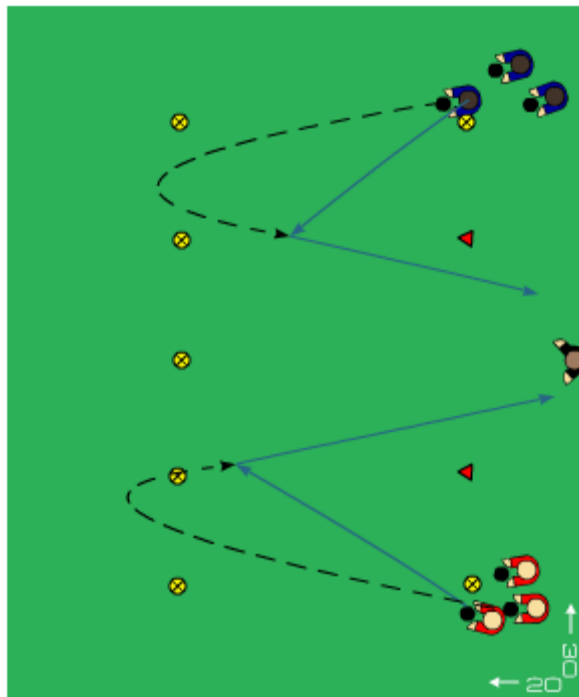
## 2 TOUCH FINISHING - BEHIND

### **KEY:**

**Unbroken Line = ball path**

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

**Squiggle Line = Player dribbling the ball**



### **ORGANISATION:**

Mark out an area approximately 20 x 15m. Make a 10m goal and place another cone 5m each side of the goal. Mark a line 15m out from the goals with cones and organise players into 2 groups with each player having a ball, one group of players on each side.

Players use their first touch to pass the ball out towards the cones and then must run to the cone line and using their second touch, pass the ball through the goal. When all players have had a turn, swap sides and continue.

### **LEARNING:**

Passing, finishing, weight of pass, using both feet

### **VARIATION:**

General: Players on the right side, use their right foot/ left side, left foot.

Harder: Add a point score for each goal scored and keep tally for both feet, make goals smaller and/or add a smaller goal inside (worth 5 points) to encourage aiming for the corners, make cone line further out, if the ball stops rolling the player cannot have a second touch



# Nepean Football Association Inc

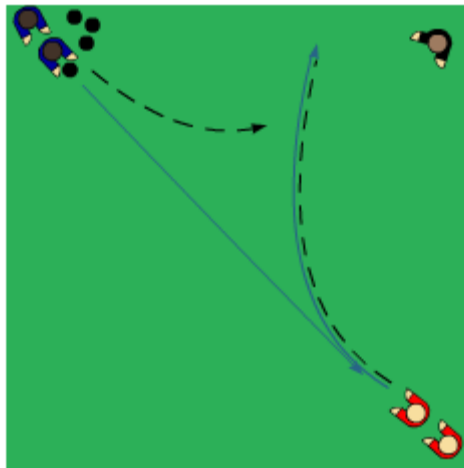
## 1 v 1 DIAMOND END LINES

### **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 corners of a 10 x 10m grid. Player receives ball and tries to beat opponent and score by dribbling over either opposite end line. Defenders can't move until attacker takes 1<sup>st</sup> touch. Play continues until goal is scored, ball goes out of play or defender touches the ball. Rotate teams.

### **LEARNING:**

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

### **VARIATION:**

General: Encourage players to take on the defender

Harder Play continues for a set time-30secs, either player can score, make area bigger

Easier: Coach plays ball to start game, defender can only walk



# Nepean Football Association Inc

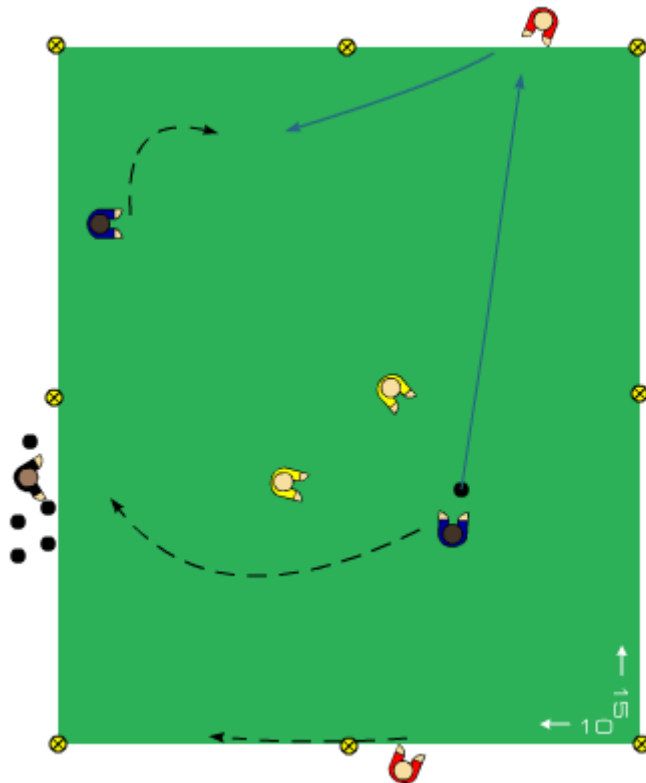
2 v 2 + 2

**KEY:**

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



**ORGANISATION:**

Divide players into 3 teams. Players play 2 v 2 positional game inside the area. 2 players act as neutral players on each end of area and must play the ball back to the team that passes it to them. Coach has a supply of balls and feeds into 1 team whenever the ball goes out of play. Encourage attacking players to keep a diamond shape, left right, forward and back.

**LEARNING:**

Support play, receiving, dribbling, passing, defending, angles, space, communication

**VARIATION:**

General: Encourage outside players to only use 2 touches, outside players need to move along line.

Harder: Make area smaller, play for a set time, outside players limited to 1 touch

Easier: Make area bigger, defenders can only walk