



Nepean Football Association Inc

Small Sided Football (SSF) Training Plan.

SESSION NUMBER: 13

Fun Games:	Numbers Balancing	}	- 5 mins
Ball Games:	Sole taps Sole taps – moving	}	- 5 mins
Dribbling:	Dribble around the block		- 5 mins
Passing/Receiving:	Passing in numbers – 1 game		-10 mins
1V1:	1 v 1 2 goals each end		-10 mins
Small Sided Game:	3 v 3 2 goals each end		-10 mins
Warm Down			- 5 mins



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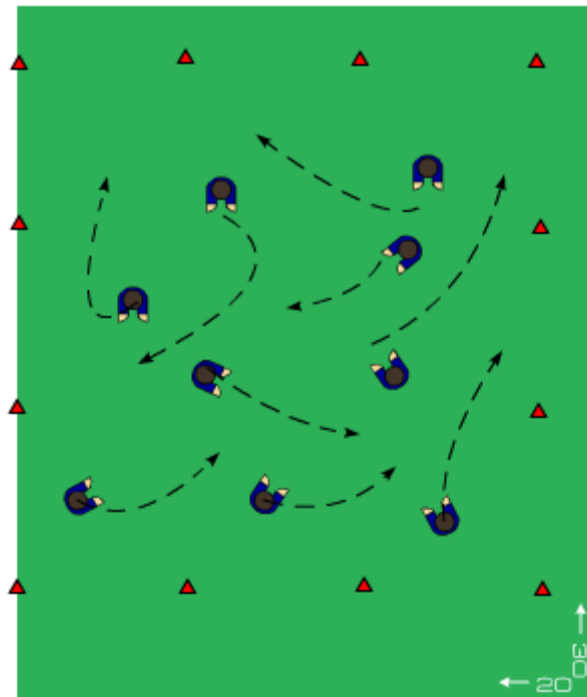
NUMBERS GAME

KEY:

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



ORGANISATION:

Players move around in a 15m x 10m area. Coach calls instructions; forwards, backwards, sideways, circles. Coach then calls out a number and the players need to get into a group of that amount. Include dynamic stretching patterns, knees up, arms up, etc. Hopping, skipping

LEARNING:

Co-ordination, basic running techniques, balance, eyes up, listening

VARIATION:

General: Make movements/actions sharp.

Harder: More instructions, quicker, make area smaller, call numbers that will leave players out.

Easier: Bigger area, call numbers that will make even groups.



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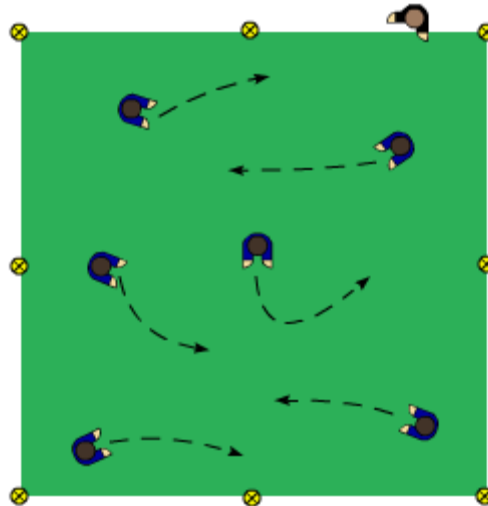
BALANCING

KEY:

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



ORGANISATION:

Players move around a 10m x 10m area to the coach's instructions, forwards, backwards, etc. Coach then gives the players a balancing activity, stand on left foot with right foot out front of body/behind body/tucked under bottom, etc

LEARNING:

Warming up / movement, listening, balance,

VARIATION:

General: Specify which foot to balance on, add a specific arm or hand movement

Harder: Close eyes when balancing, hold balances for longer, make area smaller/tighter, add a squat or other movement.

Easier: Hold balance for less time



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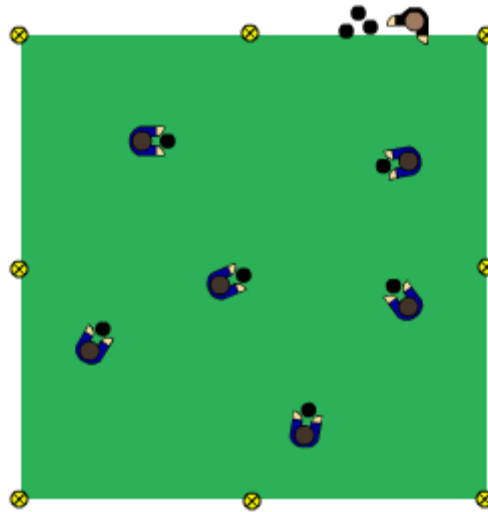
SOLE TAPS

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 their left foot on the ground and their right foot on the ball. Players then take their right foot off the ball, put it on the ground and tap the ball with the sole of their left foot and then continue.

LEARNING:

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

VARIATION:

General: Ensure players don't try standing or balancing on the ball.

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

Easier: do sole taps slower



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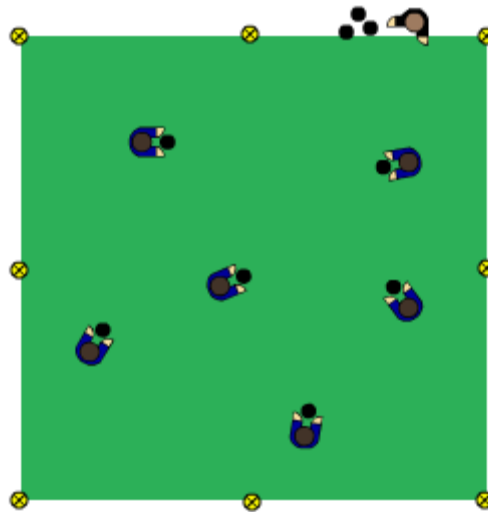
SOLE TAPS - MOVING

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 their left foot on the ground and their right foot on the ball. Players then take their right foot off the ball, put it on the ground and tap the ball with the sole of their left foot and then continue the pattern. Players then move the ball with the soles of their boots as per direction of the coach; forwards, backwards, left, right, etc

LEARNING:

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

VARIATION:

General: Ensure players don't try standing or balancing on the ball.

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

Easier: do sole taps slower



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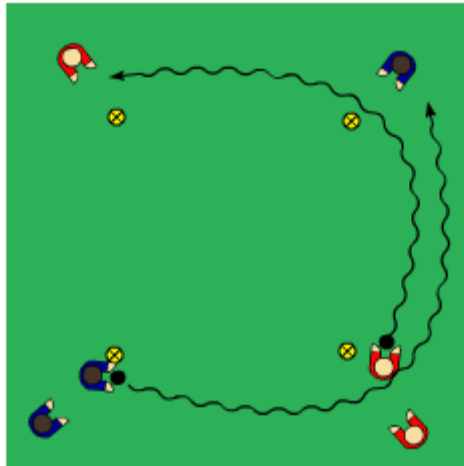
DRIBBLE AROUND THE BLOCK

KEY:

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



ORGANISATION:

Set up a square approximately 10 x 10m with a cone or pole on each corner. Divide players into 2 teams and place players from the same team on diagonal corners. The group with the extra players starts with the ball. When coach calls go, the first player from each team dribbles the ball around the square to their team mate on the opposite corner. When they get there, they must stop the ball and the new player then dribbles the ball around the outside to the opposite corner for the next player to continue. The first team to get all their players back to their starting point is the winner.

Ensure players go in both directions.

LEARNING:

Dribbling, ball control, eyes up

VARIATION:

General: Players to do a move at the corner to get around cone/pole

Harder: Limit touches

Easier: Game over when ball gets back to starting player



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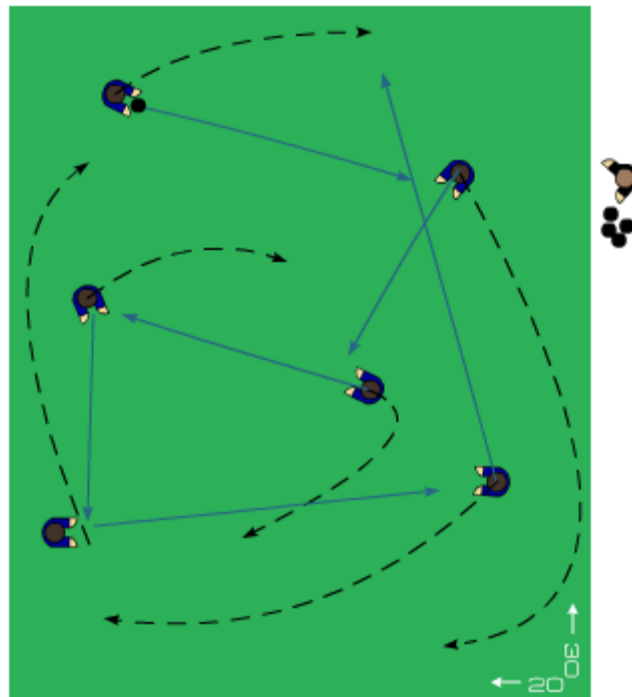
PASSING IN NUMBERS - ALL

KEY:

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



ORGANISATION:

Make an area 30 x 20m. Give each player a number. Players then move around the area passing the ball in number order. Players should be encouraged to move into space once they have passed the ball to their players

LEARNING:

Passing, body shape, eyes up, communication, problem solving

VARIATION:

General: Get players preparing to receive the ball by getting into appropriate space before it's their turn

Harder: Change number patterns; odds then evens, make area smaller, limit the number of touches each player can have, pass in reverse order

Easier: Make area bigger



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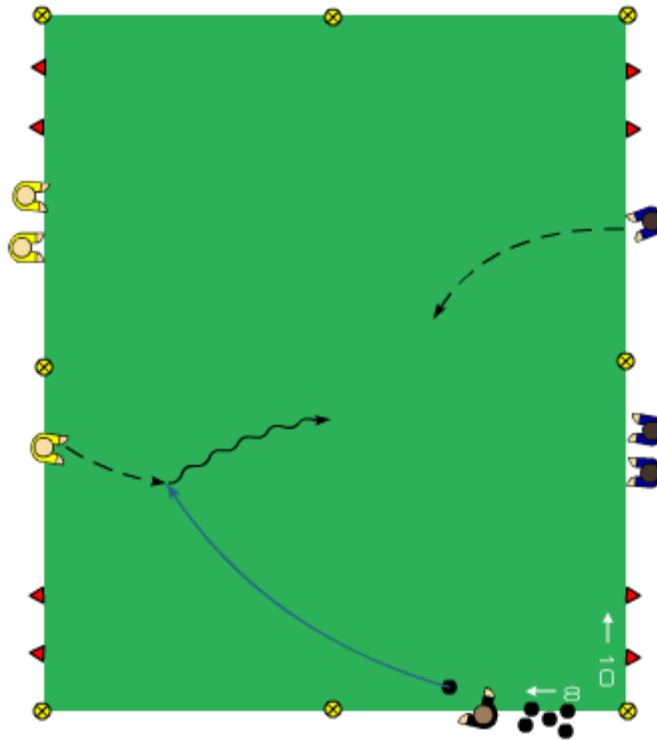
1 v 1, 2 GOALS EACH END

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 an 8 x 10m grid with 2 x 1 step goals at each end. Coach has a supply of balls and feeds into 1 team. Player receives ball and tries to beat opponent and score in either of the 2 goals. Defenders can't move until attacker takes 1st touch. 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, receiving, dribbling, defending

VARIATION:

General: Both players have to run from the middle starting cone through their far goal, first player through receives the ball

Harder: Players pass the ball to their opponent. Play continues for a set time-30secs. Make area bigger

Easier: Coach plays ball further out in front of attacker, defender can only walk



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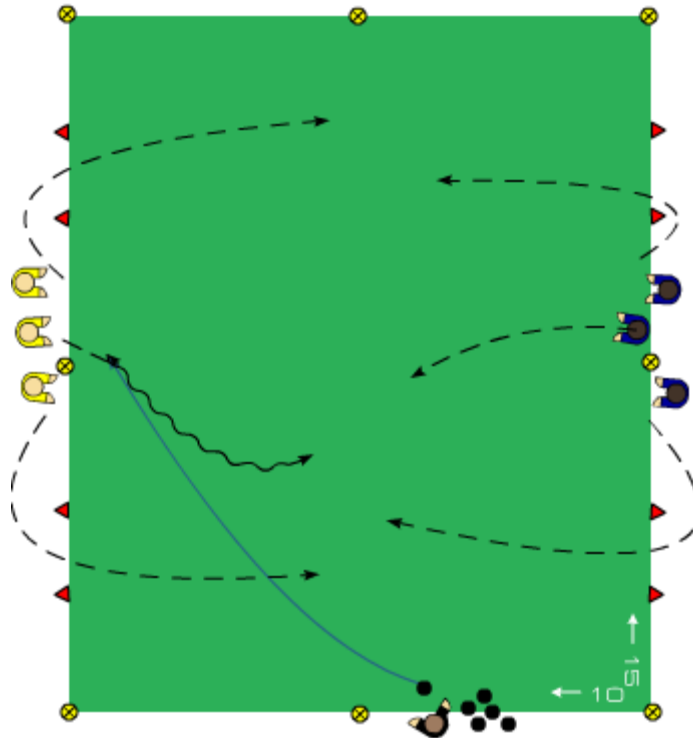
3 v 3 with 2 GOALS EACH END

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