



Nepean Football Association Inc

Small Sided Football (SSF) Training Plan.

SESSION NUMBER: 14

Fun Games:	Traffic lights	- 5 mins
Ball Games:	Kick catch	-5 mins
Dribbling:	Dribble through the cones	- 5 mins
Passing/Receiving:	2 touch finishing – in front	-10 mins
1V1:	1 v 1 2 balls on cones as goals	-10 mins
Small Sided Game:	3 v 3 2 balls on cones as goals	-10 mins
Warm Down		- 5 mins



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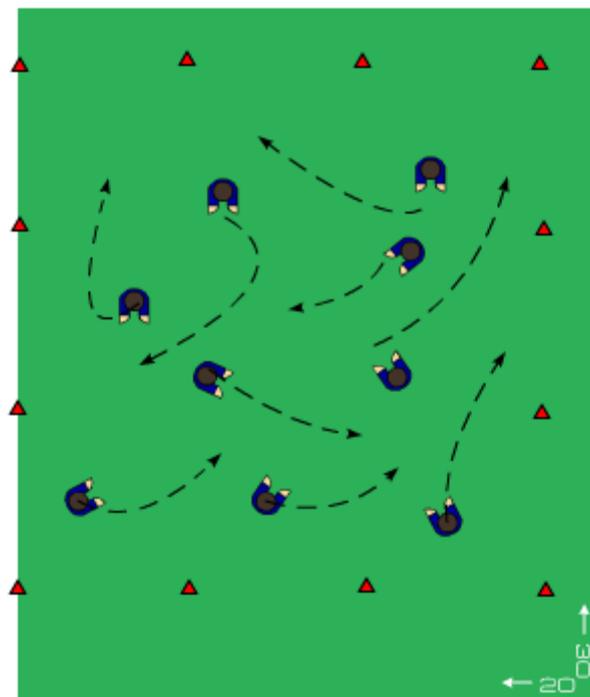
TRAFFIC LIGHTS

KEY:

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



ORGANISATION:

Players move around in a 30 x 20m area. Coach calls instructions; forwards, backwards, up, down, etc and then uses traffic lights to direct player movements: GREEN = go fast, ORANGE = go slowly, RED = stop. Can also include right turn, left turn, roundabouts. 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, add a ball per player

Easier: Bigger area



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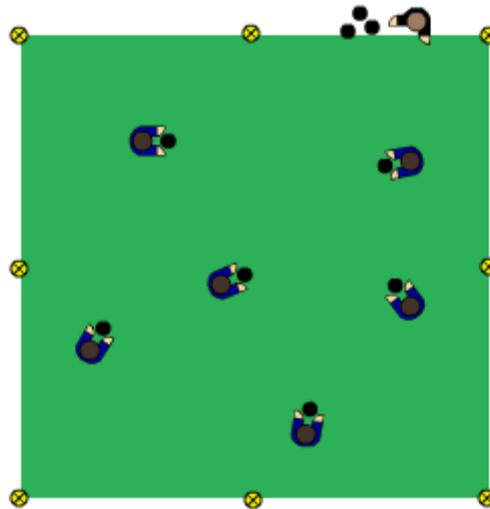
KICK CATCH

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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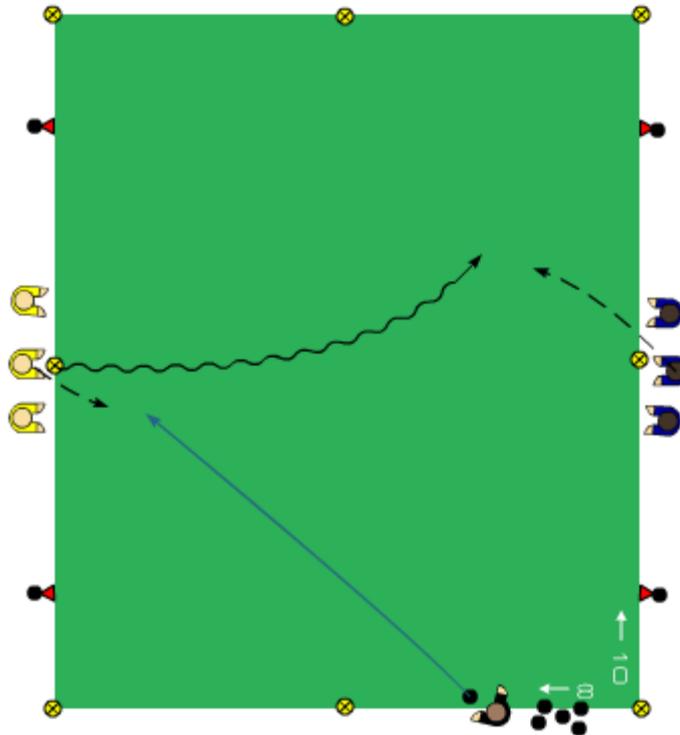
1 v 1, 2 BALLS ON CONES AS GOALS

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 an 8 x 10m grid with 2 balls on top of cones as goals at each end, approximately 1m in from side line. Coach has a supply of balls and feeds into 1 team. Player receives ball and tries to beat opponent and score by knocking off one of the balls on the cone. 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 the 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 around their 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, play continues until both balls have been knocked off

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



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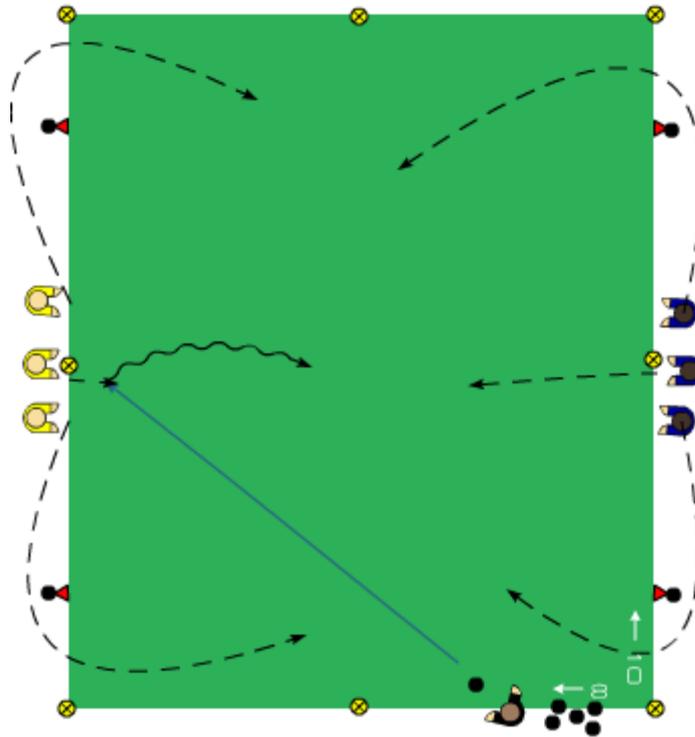
3 v 3 with BALLS ON CONES AS GOALS

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 2 cones with balls on as 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 by kicking the ball off one of the cones. 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, need to kick both balls off the cones before game is over

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