



Nepean Football Association Inc

Small Sided Football (SSF) Training Plan.

SESSION NUMBER: 15

Fun Games: Blob - 5 mins

Ball Games: Slides }
Slides - moving } -5 mins

Dribbling: Double cutting - 5 mins

Passing/Receiving: Passing in numbers – 2 games -10 mins

1V1: 1 v 1 winner stays on -10 mins

Small Sided Game: 3 v 3 1 goal -10 mins

Warm Down - 5 mins



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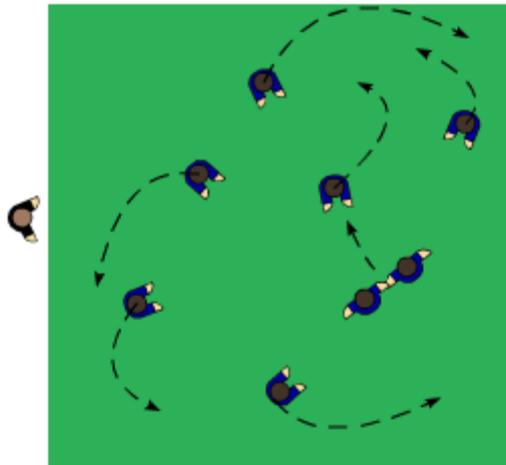
BLOB

KEY:

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



ORGANISATION:

Organise all players into a 15 x 15m square. 2 players join up and start as the blob. These players must stay joined and move around the square trying to tag another player. When they tag a player, they then join the blob and continue to try to tag another player. When the next player gets tagged, the blob then splits into 2 groups and they continue to try to tag other players.

LEARNING:

Team work, communication, movement

VARIATION:

General:

Harder: Make area bigger, make blob size larger, split players into 2 teams, can only tag own team

Easier: Make area smaller, restrict blob size to 3



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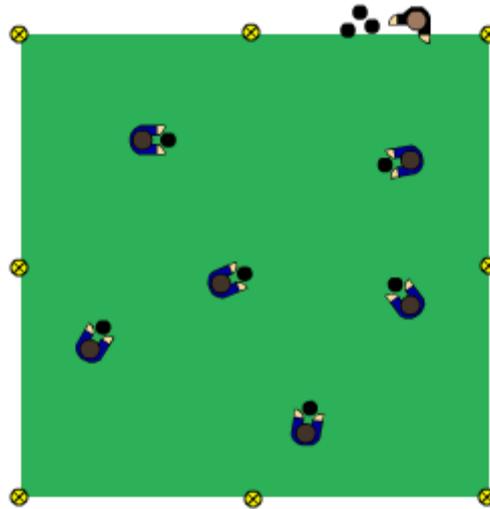
SLIDES

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 at their left foot and their right foot about shoulder width apart. Players then put their right foot on the ball and, using their studs, roll or slide the ball out to where their right foot was. Players then use the studs on their left foot to slide the ball back to the starting position and the activity continues.

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, players should release contact with the ball and let it slide to the other side

Harder: Keep players eye level up by asking players to call out the number of fingers you're holding up, make slides faster, place feet further apart and make slides bigger

Easier: Make slides slower



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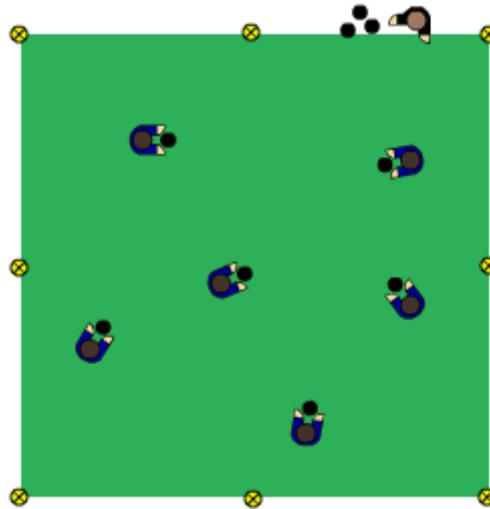
SLIDES - MOVING

KEY:

Unbroken Line = ball path

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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 at their left foot and their right foot about shoulder width apart. Players then put their right foot on the ball and, using their studs, roll or slide the ball out to where their right foot was. Players then use the studs on their left foot to slide the ball back to the starting position and the activity continues. Players then slide the ball slightly forwards and take a step and continue moving the ball in this way. Players can then make the ball move backwards, forwards, sideways and in other patterns.

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, players should release contact with the ball and let it slide to the other side

Harder: Keep players eye level up by asking players to call out the number of fingers you're holding up, make slides faster, place feet further apart and make slides bigger

Easier: Make slides slower



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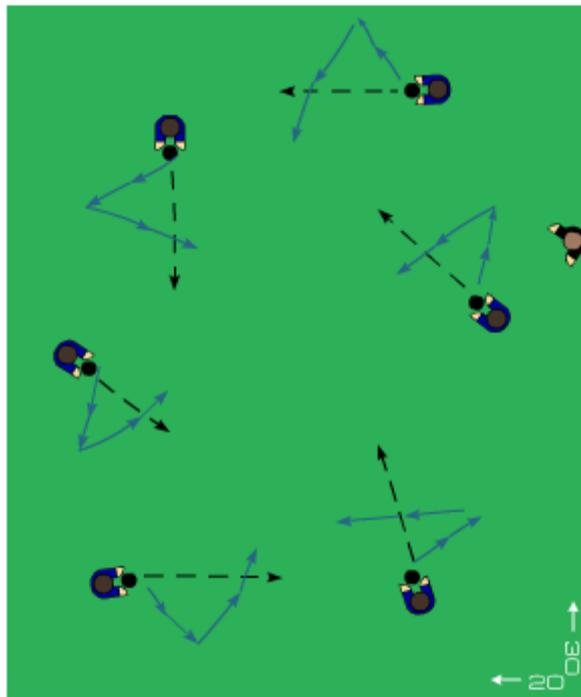
DOUBLE CUTTING

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 of foot, players 'cut' the ball across their body and then repeat the action. Players then use the front part of the outside of the foot to bring the ball back across their body and repeat whilst moving forward. The pattern goes: inside, inside, outside, outside, etc. This action makes the ball move in a bigger 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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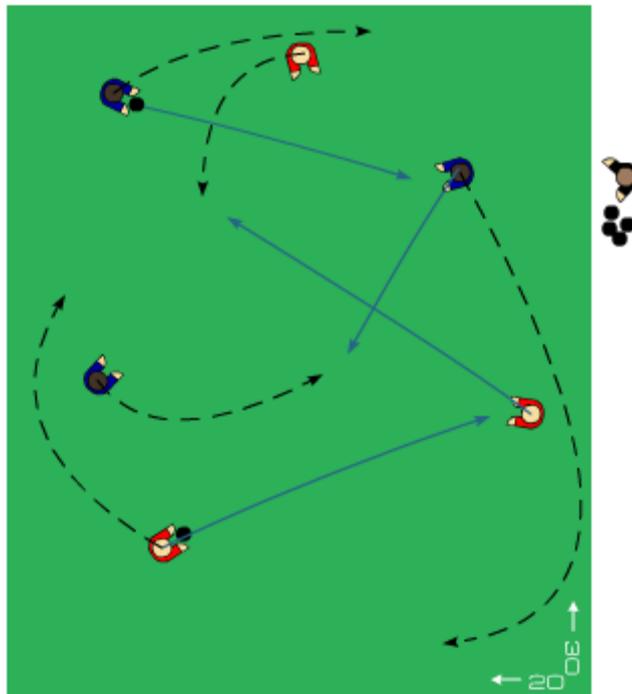
PASSING IN NUMBERS - 2 GROUPS

KEY:

Unbroken Line = ball path

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Squiggle Line = Player dribbling the ball



ORGANISATION:

Make an area 30 x 20m and divide players into 2 groups. Give each player from each group a number. (Have the 2 groups wearing different colour bibs if possible.)

Players then move around the area passing the ball to their group 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



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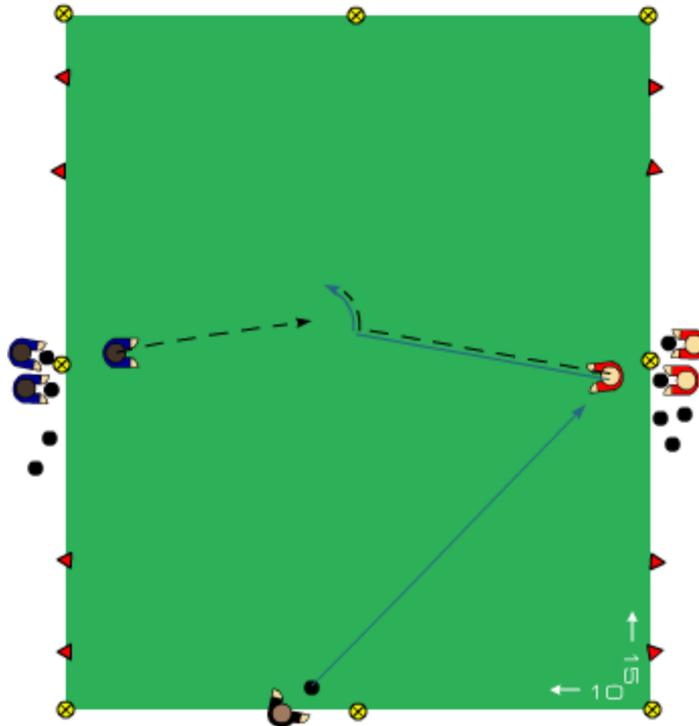
1 v 1 WINNER STAYS ON

KEY:

Unbroken Line = ball path

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ORGANISATION:

In an area approximately 10 x 15m set up 2 x 1 step goals approximately 1m in from each side line at each end. Divide players into 2 teams with the first player from each team preparing to play 1v1. The coach plays the ball to a player and the game continues until someone scores. When a player concedes a goal, they go off and a new player dribbles a ball onto the field and continues to play while the player that scored has to defend straight away. The game continues in this manner.

LEARNING:

Transition into defence, fast break attack, dribbling, 1v1

VARIATION:

General: Players pass the ball to opposition to start the game, must be in opponents half to score

Harder: make goals bigger, make area bigger, make a "scoring zone" 1 – 2m out from goals and player must be inside this area to score

Easier: make goals smaller, make area smaller, can score from anywhere



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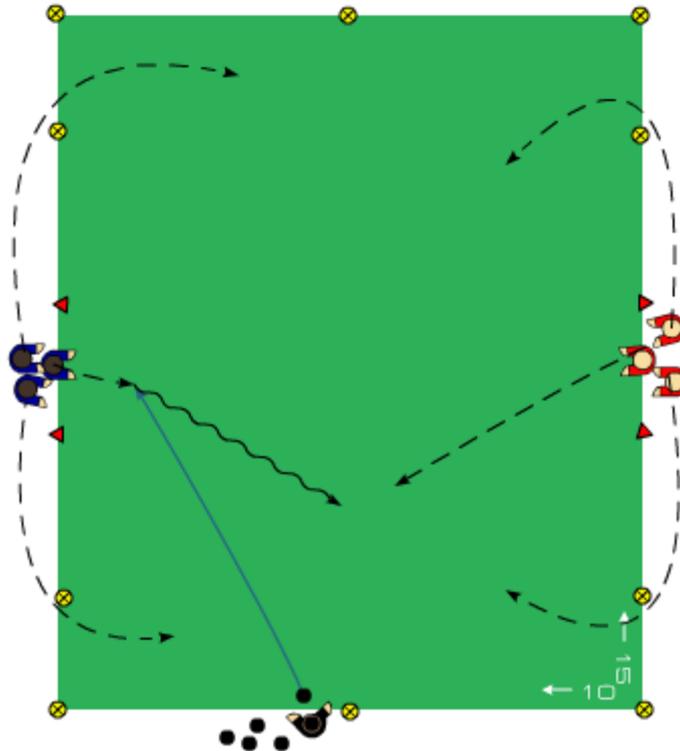
3 v 3 with 1 GOAL EACH END

KEY:

Unbroken Line = ball path

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Squiggle Line = Player dribbling the ball



ORGANISATION:

Divide players into 2 teams and place on opposite sides of a 10 x 15m grid with a 1 step goal at each end. Place a cone 2m in from the side line on each side. Coach has a supply of balls and feeds into 1 team. 2 players run around a side cone 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 the goal. 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: Move defender's cone closer to goals, make area smaller, play for a set time, make goals smaller

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