



Nepean Football Association Inc

Small Sided Football (SSF) Training Plan.

SESSION NUMBER: 16

Fun Games:	Tails in pairs	- 5 mins
Ball Games:	Rob the nest	-5 mins
Dribbling:	Crabs & fishes	- 5 mins
Passing/Receiving:	2 touch passing – 2 balls	-10 mins
1V1:	1 v 1 from back line	-10 mins
Small Sided Game:	2 v 2 2 goals each end	} -10 mins
	3 v 3 2 goals each end	
Warm Down		- 5 mins



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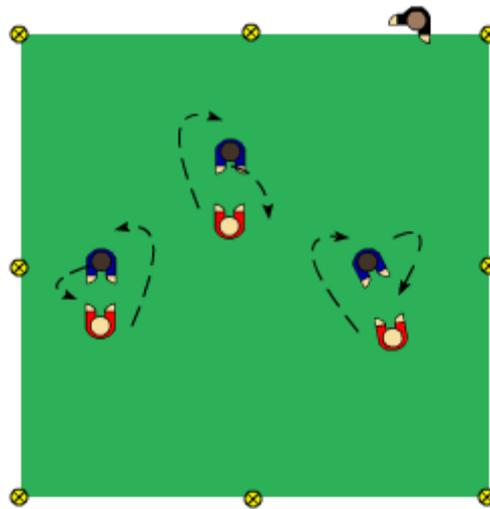
TAILS IN PAIRS

KEY:

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



ORGANISATION:

Organise players into pairs with each player having a bib each, tucked into the back of their shorts. Number each player in the pair 1 or 2. Player 1 needs to try to get player 2's tail as many times as they can in 30 seconds. Each time the tail is taken, it is to be replaced as quickly as possible. Player 2 has to stay within a 2m radius of player 1; ie not just turn and run away. Players can not use their hands to protect their bibs. At the end of 30 seconds, players swap roles.

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,

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, longer time period, winners play off

Easier: Bigger area, shorter time period



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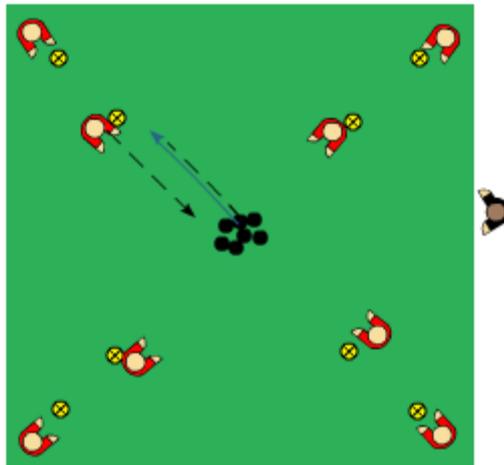
ROB THE NEST

KEY:

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



ORGANISATION:

Set up a 10 x 10m square with cones on the corners and place 7 balls in the centre of the square.

Divide players into 4 groups and place at corners of square (nest).

Coach says play and the first player from each team runs to the centre and dribbles a ball back to their nest.

Players then choose to either return to the centre to collect another ball or rob someone else's nest. The game is over when someone has 3 balls in their nest.

Players can not stop other players from stealing balls from their nest and they are not allowed to tackle other players either.

LEARNING:

Problem solving, movement, creativity, dribbling

VARIATION:

General: Players do an activity with the ball on way back, toe taps, sole taps, etc, make a relay type game – 1 player goes at a time from each cone, then next player goes when they return and continue until one team has 3 balls in their nest.

Harder: Make area bigger, use less balls

Easier: Make area smaller, use more balls, players can carry the ball back to nest.



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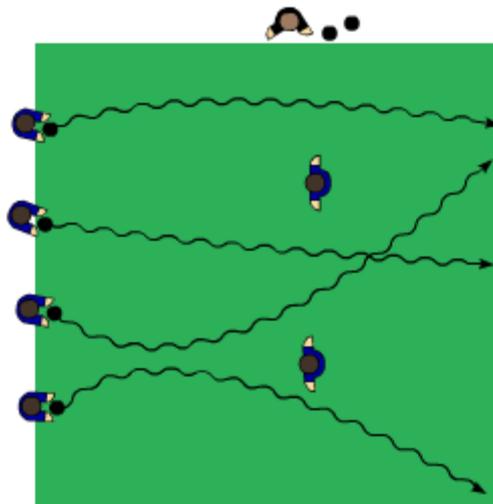
CRABS AND FISHES

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 15m, nominate 2 players as crabs and the other players become fish and will need a ball each. The crabs start in the middle of the square and must keep their hands and feet on the ground and can only move in this position – can not stand up. (have crabs sit on the ground, put their hands on the ground behind them and then push their bottoms up) The fish all start on one side of the square and on the coaches command, try to dribble the ball to the other side without one of the crabs touching their ball or their ball going outside the square. Once a player's ball is touched by a crab or goes outside the square, that player joins the crabs. When the successful fish are on the other side, give the crabs some time to get organised and then call the remaining fish to try to get to the other side again. Game continues until all fish have become crabs. Nominate new crabs and play again.

LEARNING:

Dribbling, eyes up, problem solving, creativity

VARIATION:

General: Ensure crabs are being safe with their tackles, ensure ball stays on the ground, nominate a move the fish must do before they get to the other side

Harder: More crabs to start, smaller area, players to only use 1 foot to dribble, ball can't stop moving

Easier: Make area bigger, have less crabs to start (may be too hard to actually get anyone)



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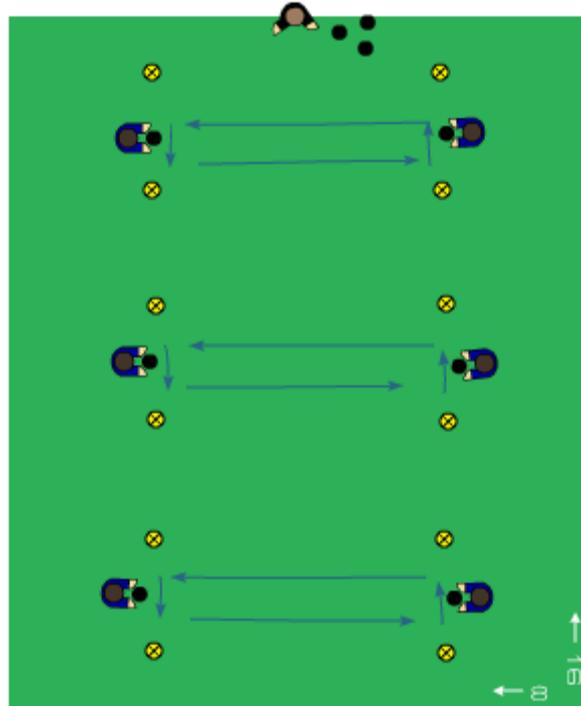
2 TOUCH PASSING IN PAIRS, 2 BALLS

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 each player having a ball. Ensure each pair has ample room to work. Players pass the ball to each other at the same time using their right foot, partner receives the ball with their left foot and makes a small touch across their body so that they can play a right foot pass to their partner who continues the activity.

LEARNING:

Ball control, weight of pass, teamwork, technique-lock ankle, aim with non kicking foot, side of foot, receiving touch, eyes up, communication

VARIATION:

General: Rotate pattern of pass to encourage the use of both feet

Harder: Make passes longer, ball can't stop moving, use outside of foot to control, use outside of foot to pass

Easier: Ball can be trapped before making the small touch across the body



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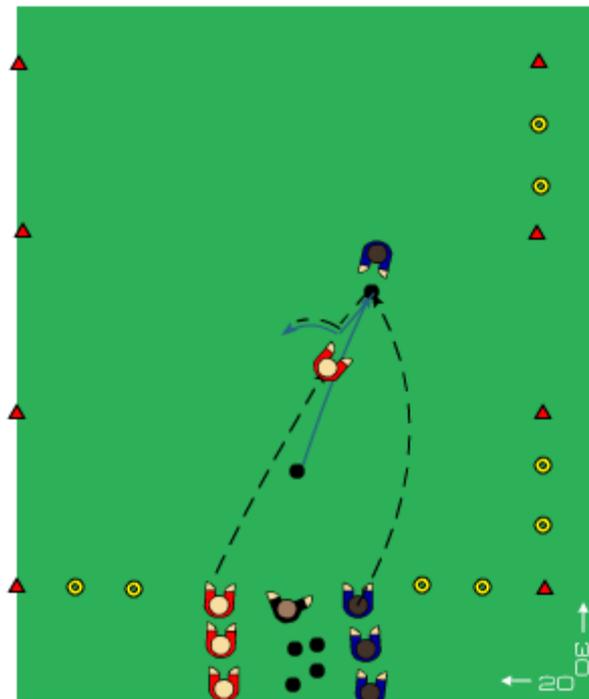
1 v 1 FROM BACK LINE

KEY:

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



ORGANISATION:

Divide players into 2 groups and make an area 20 x 30m with 2 x 1 step goals on the goal line, 1m in from sideline. Coach has a supply of balls at the ready and 1 team on each side of them.

The coach plays the ball into the field of play and the 1st player from each team tries to get to the ball first to then play 1 v 1, trying to score in either of the 2 goals on the end line. Once the defender touches the ball, the ball goes out of play or a goal is scored, the game is over and the players leave the field as quickly as they can so that the next game can start.

LEARNING:

1v1 skills, creativity, speed

VARIATION:

General: Coach can play the ball longer for sprint related activity

Harder: Play continues for set time; 30secs, so that either player can score, make goals smaller

Easier: Make goals bigger



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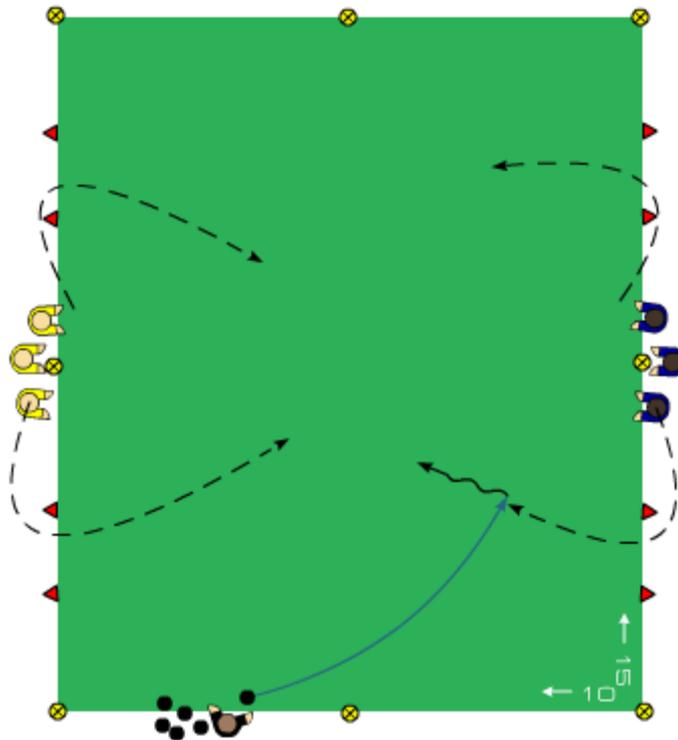
2 v 2 with 2 GOALS EACH END

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. Players run through their goal before coach passes a ball into play. Player receives ball and tries to work with partner to beat opponents 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, teamwork, receiving, dribbling, defending

VARIATION:

General: Both players have to run from the middle starting cone through their far goal, first team through receives the ball. Players to pass the ball themselves to start game.

Harder: only 1 attacker to run through goals, other is receiver – 1v2, make area bigger, play for a set time

Easier: Defenders can only walk



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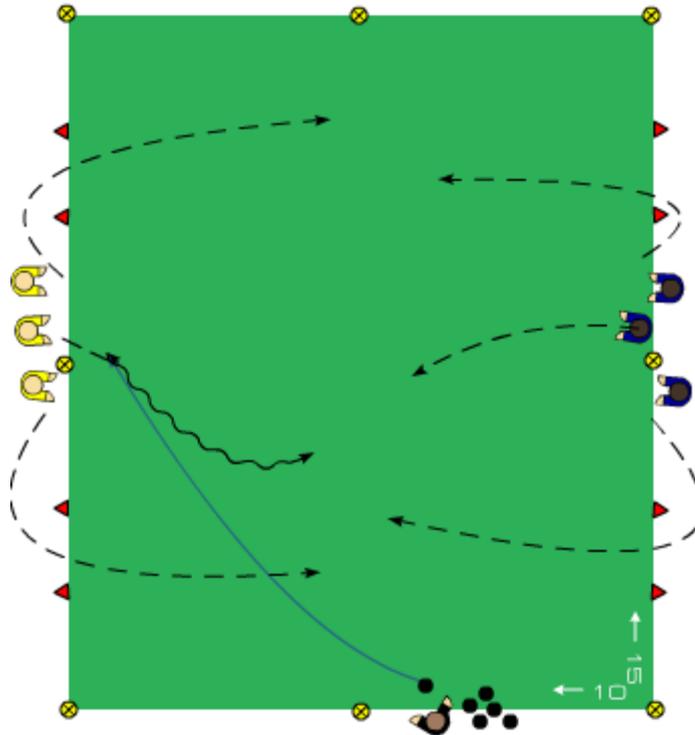
3 v 3 with 2 GOALS EACH END

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