



Nepean Football Association Inc

Small Sided Football (SSF) Training Plan.

SESSION NUMBER: 2

Fun Games:	Running Techniques	}	5 mins
	Tails		
Ball Games:	Dribble Freeze	}	5 mins
	Toe Taps moving forwards and backwards		
Dribbling:	Cutting	}	5 mins
	Double Cutting		
Passing/Receiving:	5 Toe Taps/Pass	-	10 mins
1V1:	1 v1 with 2 goals each end	-	10 mins
Small sided game:	3v3	-	10 mins
Warm Down		-	5 minutes



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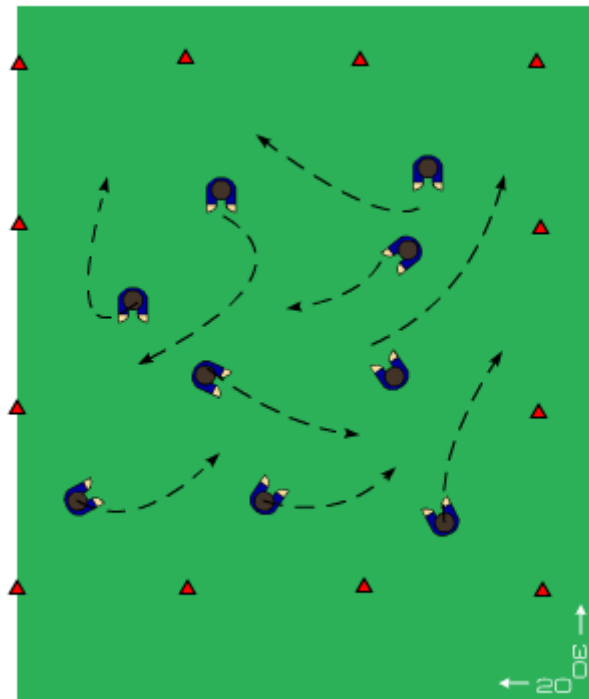
RUNNING TECHNIQUES

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, 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

Easier: Bigger area



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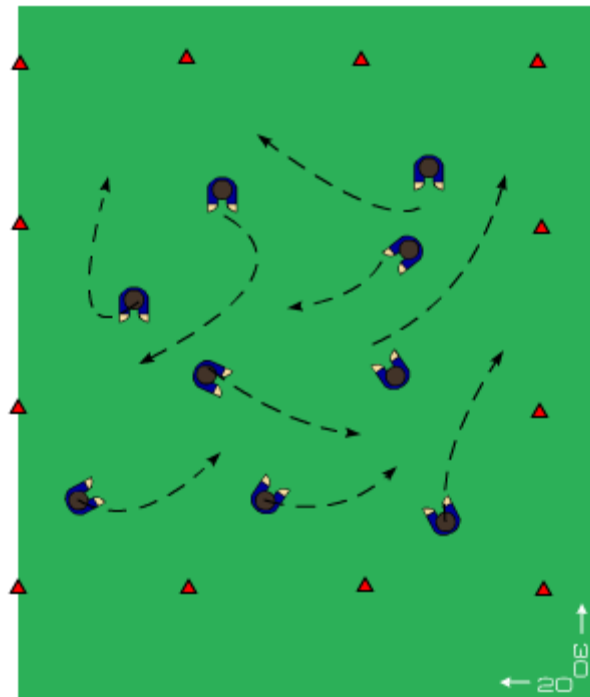
TAILS

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



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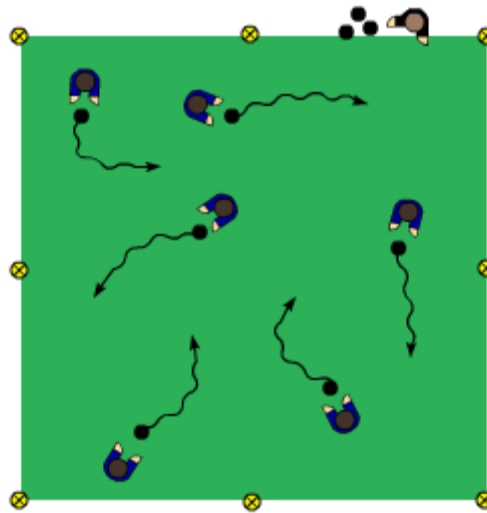
DRIBBLE FREEZE

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.

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

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

Easier: Make area bigger



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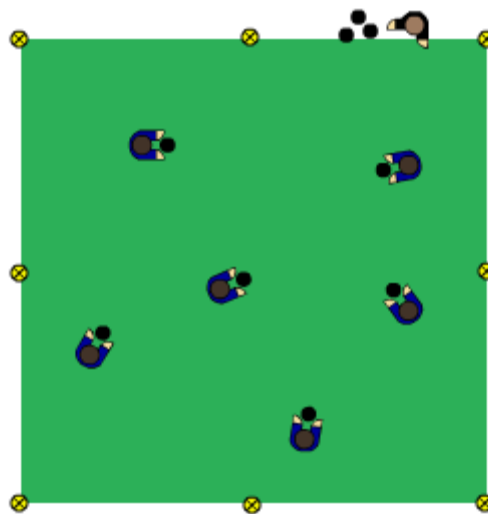
TOE TAPS - MOVING

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 the ball between their feet and knees bent. Players begin to jog on the spot and gradually tap the ball from one foot to the other using the inside of their foot.

LEARNING:

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

VARIATION:

General: Players are to make the toe taps move in the direction the coach calls, forwards, backwards, right, left.
Harder: keep players eye level up by asking players to call out the number of fingers you're holding up, make toe taps go faster
Easier: do toe taps slower



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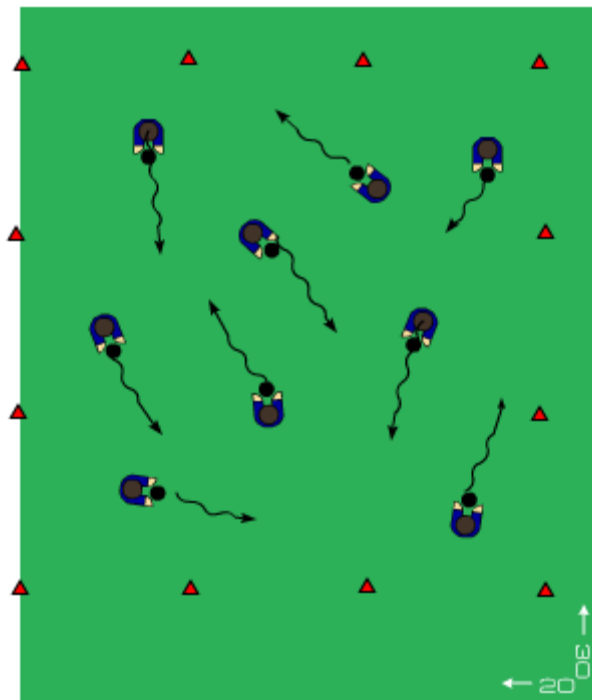
CUTTING

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 and outside of the foot, players 'cut' the ball from one side to the other whilst moving forward. This action makes the ball move in a 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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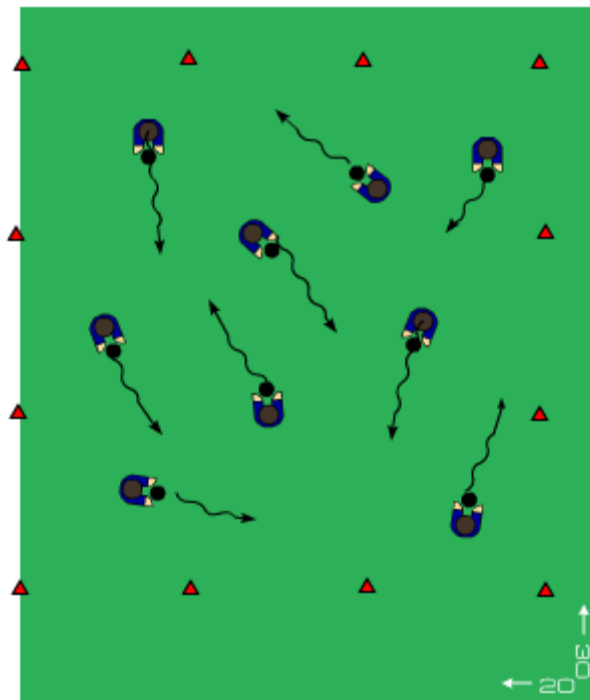
DOUBLE CUTTING

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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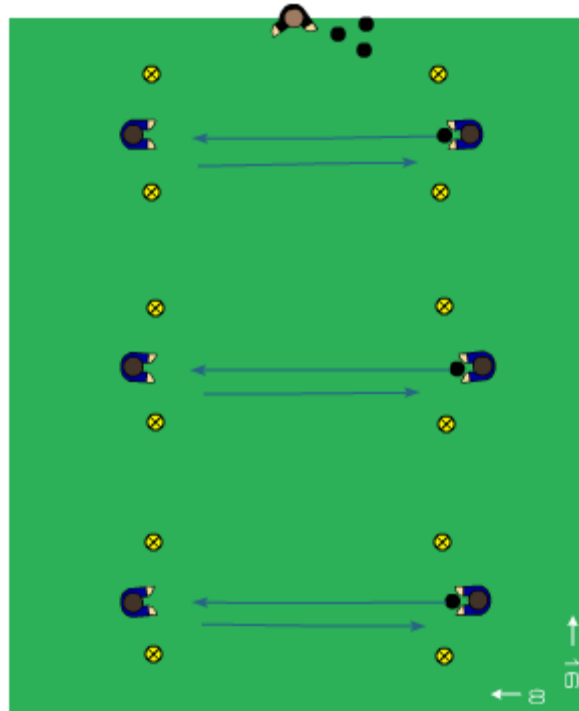
5 TOE TAPS AND PASS

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 1 player having a ball. Ensure each pair has ample room to work. Player 1 commences by completing 5 toe taps before passing the ball to their partner, player 2 then completes 5 toe taps and passes to partner who completes 4 toe taps, etc down to 1, then back up to 5 toe taps.

LEARNING:

Ball control, weight of pass, receiving, teamwork

VARIATION:

General: 1st receiving touch is the 1st toe tap as is the pass being the last toe tap.

Harder: 1st pair to complete the pattern wins – adding pressure, make pairs stand closer

Easier: pairs to stand further apart



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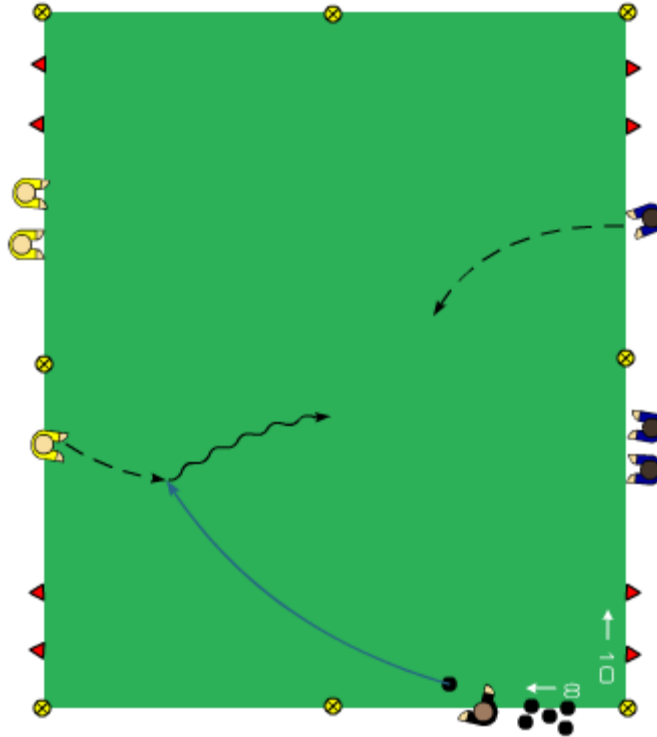
1 v 1, 2 GOALS EACH END

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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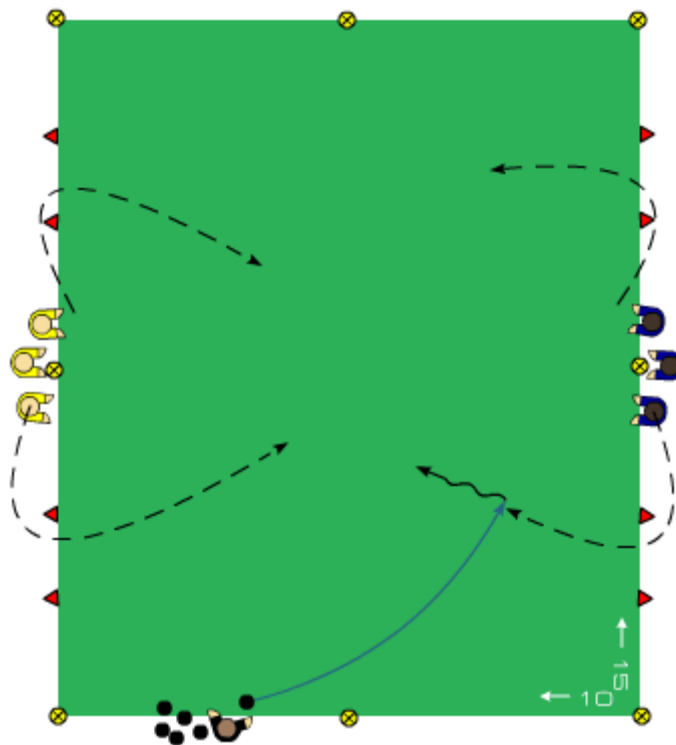
2 v 2 with 2 GOALS EACH END

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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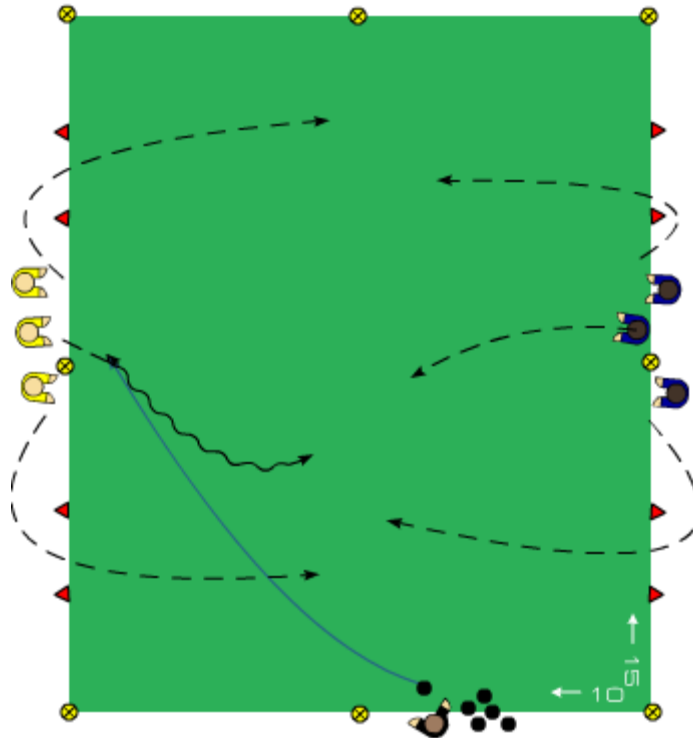
3 v 3 with 2 GOALS EACH END

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