



Nepean Football Association Inc

Small Sided Football (SSF) Training Plan.

SESSION NUMBER: 3

Fun Games:	Tails	}	5 mins
	Tails in pairs		
Ball Games:	Dribble freeze with body part	}	5 mins
	Sole taps		
Dribbling:	Double cutting	}	5 mins
	Write your name with the ball		
Passing/Receiving:	2 touch passing	}	10 mins
	5 Toe taps and pass (5-1-5)		
1V1:	1 v1 with diamond end lines	-	10 mins
Small Sided Game:	2 v 2 + 2	}	10 mins
	3 v 3		
Warm Down		-	5 mins



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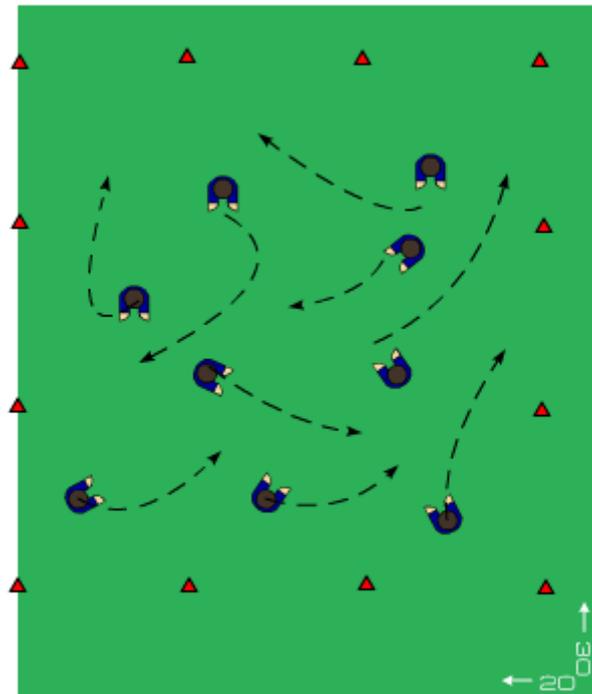
TAILS

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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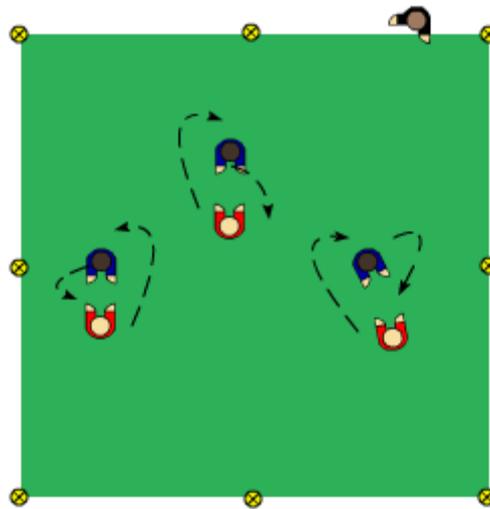
TAILS IN PAIRS

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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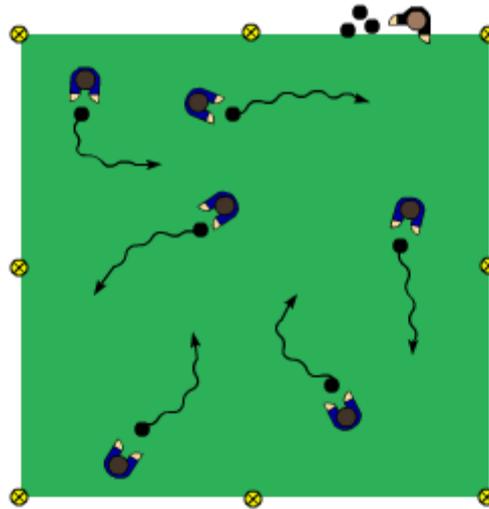
DRIBBLE FREEZE WITH BODY PART

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 with the nominated body part on the ball; right foot, shin, knee, bottom, head, elbow, etc.

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, last player frozen is out

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

Easier: Make area bigger



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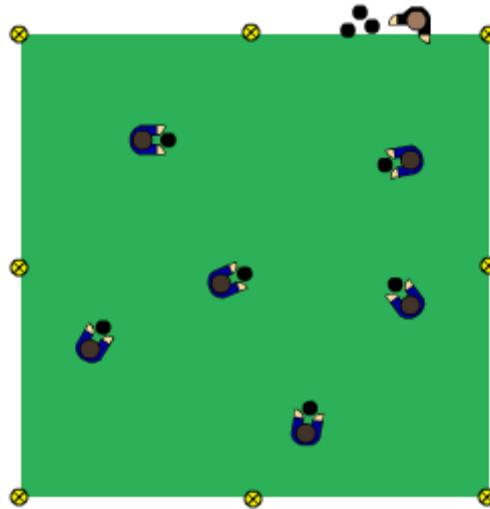
SOLE TAPS

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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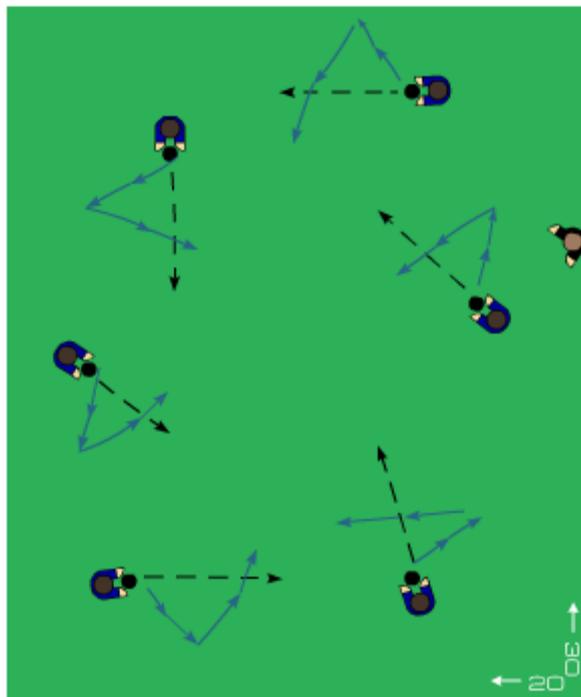
DOUBLE CUTTING

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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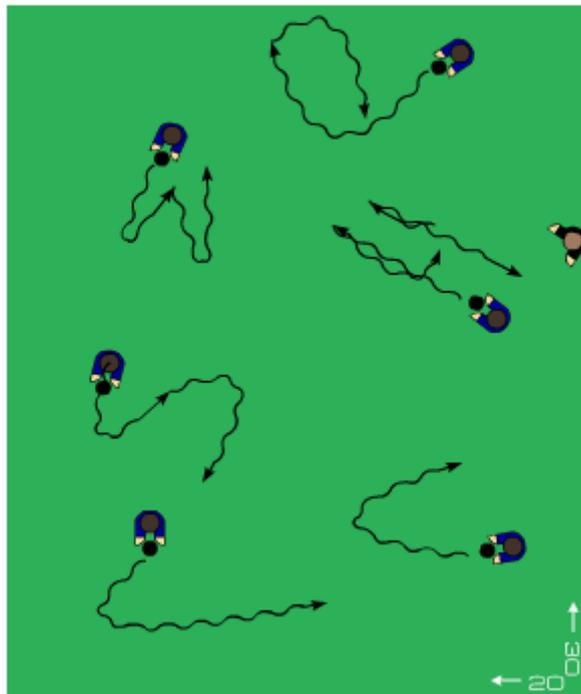
WRITING YOUR NAME WITH THE BALL

KEY:

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



ORGANISATION:

In an area 20 x 30m each player has a ball. Players are then asked to dribble their ball around the area spelling their name as they move.

LEARNING:

Ball control, spatial awareness, eyes up

VARIATION:

General: Encourage players to plan where they're going so they don't collide with other players

Harder: Use other foot, use both feet, make area smaller, make writing smaller, players move faster

Easier: make area bigger, make writing bigger, players can walk while they dribble



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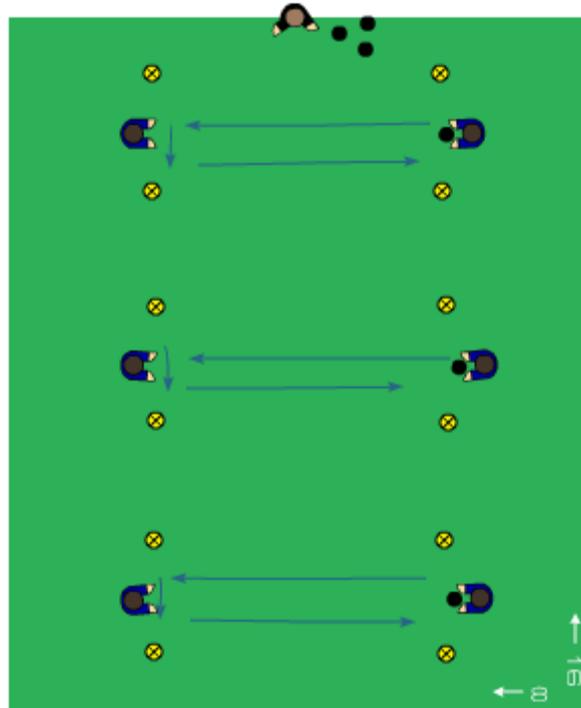
PASSING: 2 TOUCH PASSING IN PAIRS

KEY:

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



ORGANISATION:

Organise players into pairs standing from 2m to 6m apart with 1 player having a ball. Ensure each pair has ample room to work. Players pass the ball to each other using their right foot, other player 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

VARIATION:

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

Harder: Make passes longer, ball can't stop moving

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



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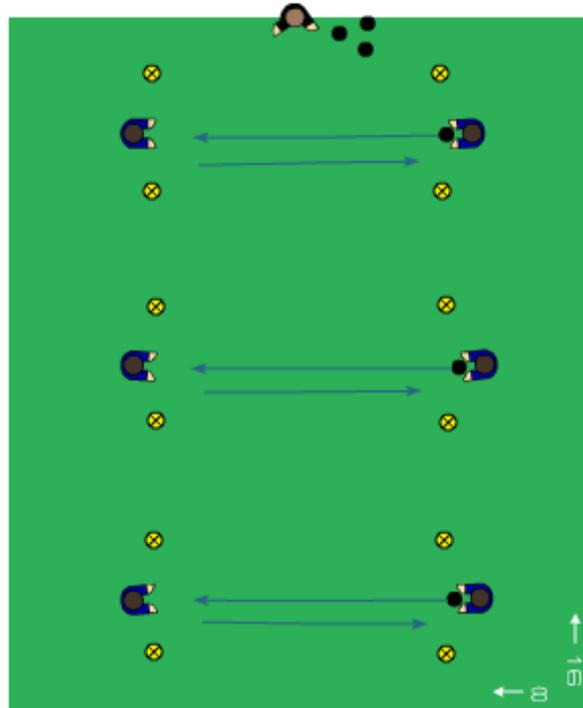
5 TOE TAPS AND PASS

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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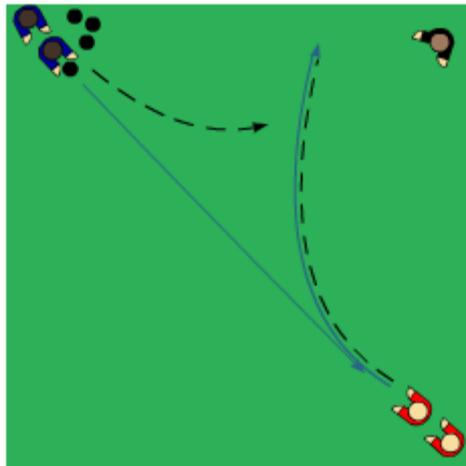
1 v 1 DIAMOND END LINES

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 corners of a 10 x 10m grid. Player receives ball and tries to beat opponent and score by dribbling over either opposite end line. 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. Rotate teams.

LEARNING:

1 v 1 skills, creativity, receiving, dribbling, defending

VARIATION:

General: Encourage players to take on the defender

Harder Play continues for a set time-30secs, either player can score, make area bigger

Easier: Coach plays ball to start game, defender can only walk



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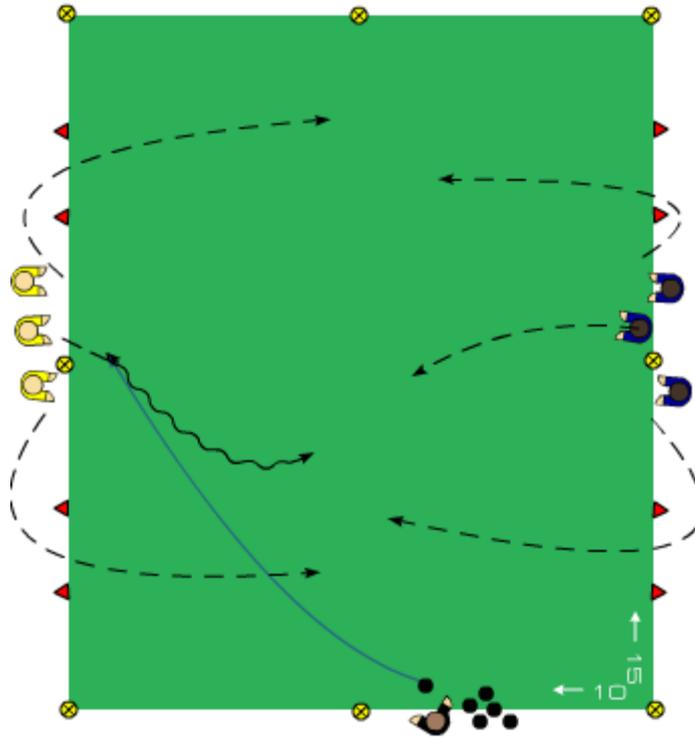
3 v 3 with 2 GOALS EACH END

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