



# Nepean Football Association Inc

## Small Sided Football (SSF) Training Plan.

SESSION NUMBER: 4

Fun Games:	Running techniques Tails – Fox & chickens groups of 3	} - 5 mins
Ball Games:	Pull / push Sole taps – moving	} - 5 mins
Dribbling:	Dribbling through the cones	- 5mins
Passing/Receiving:	2 touch passing – 2 balls Kick the ball off the cone – running	} - 10 mins
1V1:	1 v 1 diamond end lines	- 10 mins
Small Sided Game:	3 v 3 with balls on cones as goals	- 10 mins
Warm Down		- 5 mins



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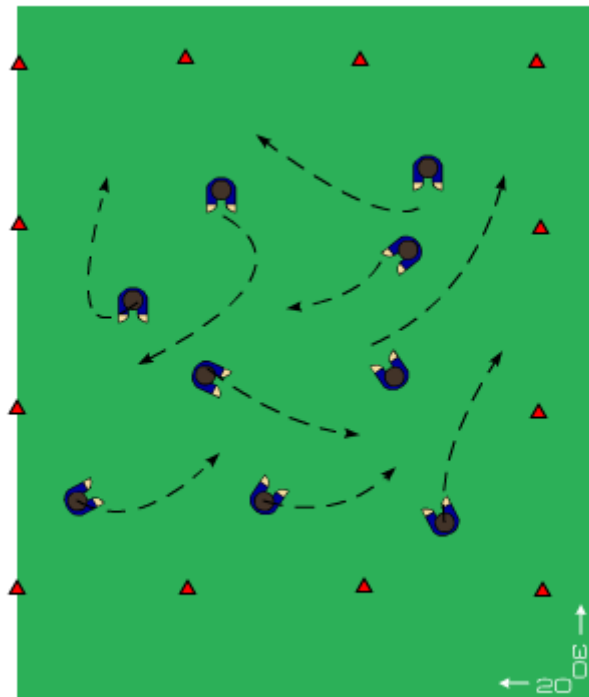
## RUNNING TECHNIQUES

### **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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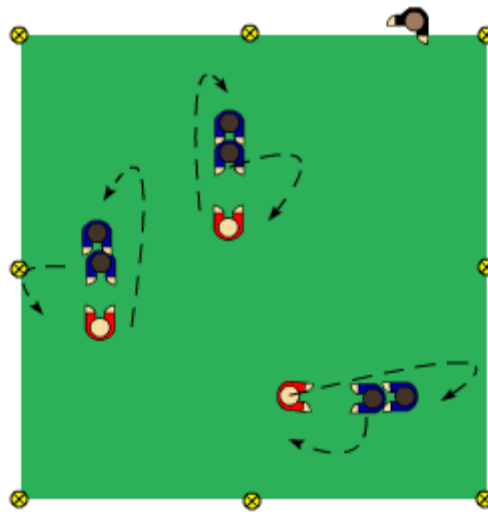
## TAILS IN 3's

### **KEY:**

**Unbroken Line = ball path**

**Broken Line = Players' run without the ball**

**Squiggle Line = Player dribbling the ball**



### **ORGANISATION:**

Organise players into groups of 3 with each player having a bib tucked into the back of their shorts. Number each player in the group 1, 2 or 3. Player 1 is the fox, player 2 is the hen and player 3 is the chicken. The fox has to try to get the tail of the chicken, while the hen has to protect the chicken from the fox and the chicken has to stay holding on to the hen. Players can not use their hands to protect their bibs. At the end of 30 seconds, players swap roles.

### **LEARNING:**

1 v 1 actions, teamwork, co-ordination, fast feet, balance, eyes up

### **VARIATION:**

General: ensure players have enough tail showing and stay inside the area, foxes cannot go over the top of the hen to get the chicken

Harder: smaller area, longer time period

Easier: Bigger area, shorter time period



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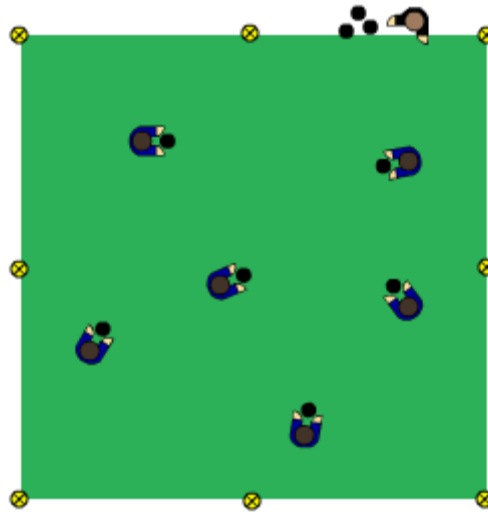
## PULL PUSH

### **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 about a step behind the ball and their right foot on the ball. Players then pull the ball back towards themselves with their studs and then push the ball back out with their laces or instep. Do 5 then change feet.

### **LEARNING:**

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

### **VARIATION:**

General: Ensure players release contact with the ball between each stage. Use the inside and outside of the foot to push the ball back out.

Harder: Use alternate feet, keep players eye level up by asking players to call out the number of fingers you're holding up, ask players to do pull push faster. Do a combination of instep, inside, outside pull pushes.

Easier: do pull push slower



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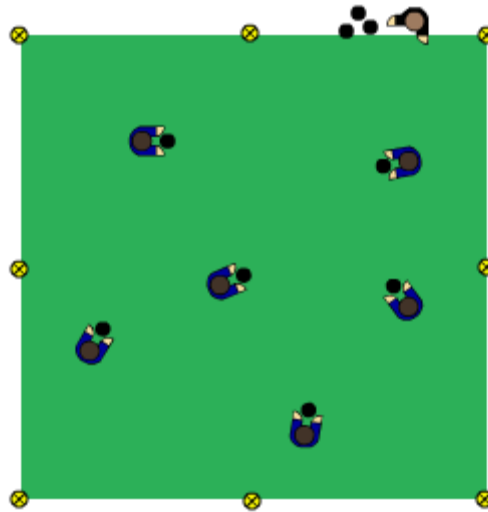
## SOLE TAPS - MOVING

### **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 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 the pattern. Players then move the ball with the soles of their boots as per direction of the coach; forwards, backwards, left, right, etc

### **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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## DRIBBLING THROUGH THE CONES

### **KEY:**

**Unbroken Line = ball path**

**Broken Line = Players' run without the ball**

**Squiggle Line = Player dribbling the ball**



### **ORGANISATION:**

In a 20 x 30m area, set up 6 sets of 1 step goals with soft cones in a random manner. Organise players into pairs, with 1 ball per pair. 1 player from each pair has to dribble through as many different sets of goals as they can in 30 seconds. Partner then has a turn. Repeat.

### **LEARNING:**

Dribbling, ball control, eyes up, problem solving

### **VARIATION:**

General: Encourage use of both feet, nominate right or left foot only, alternate feet

Harder: Make area smaller, use less goals, make goals smaller, have more players at once, go for longer time

Easier: Have less players in area at same time, make goals bigger, add more goals, make area bigger



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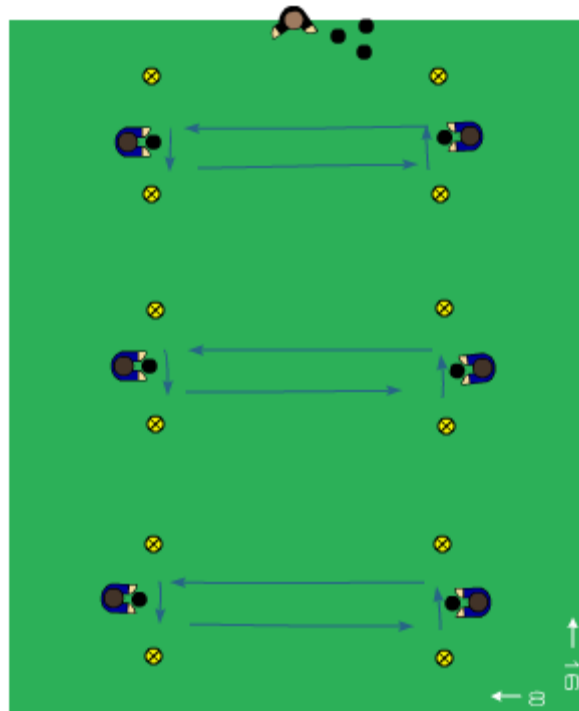
## 2 TOUCH PASSING IN PAIRS, 2 BALLS

### **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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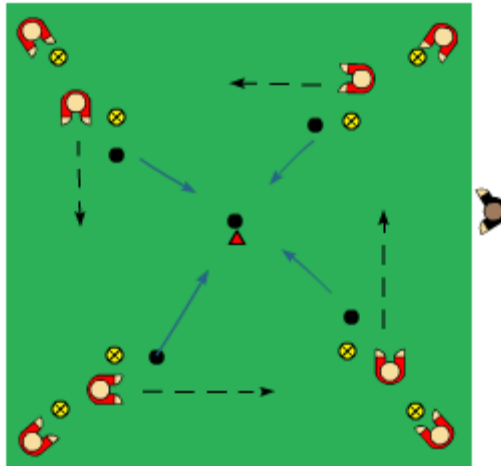
## KICK THE BALL OFF THE CONE

### **KEY:**

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



### **ORGANISATION:**

Set up a 10m square with a cone and a ball at each corner. Place another cone 1-2m behind it to use as a safety marker. Place another cone in the middle of the square and place a ball on top of it. Divide your players into 4 teams and have them stand behind end marker. When the coach says go, the 1<sup>st</sup> player from each line runs all the way around the outside of the square (between the 2 corner markers) until they get back to their starting cone. They then use their ball to try to kick the ball off the centre cone. Each player only has one attempt per turn to kick the ball off. Get balls back and next players get ready for their turn.

### **LEARNING:**

Speed, change of direction, passing

### **VARIATION:**

General: Players to run in the opposite direction to use other foot, make a relay race, last runner kicks the ball off

Harder: Make square bigger

Easier: Players can dribble the ball to the centre to get closer





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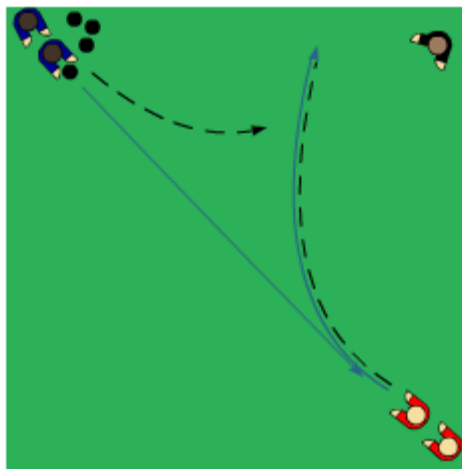
## 1 v 1 DIAMOND END LINES

### **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 1<sup>st</sup> 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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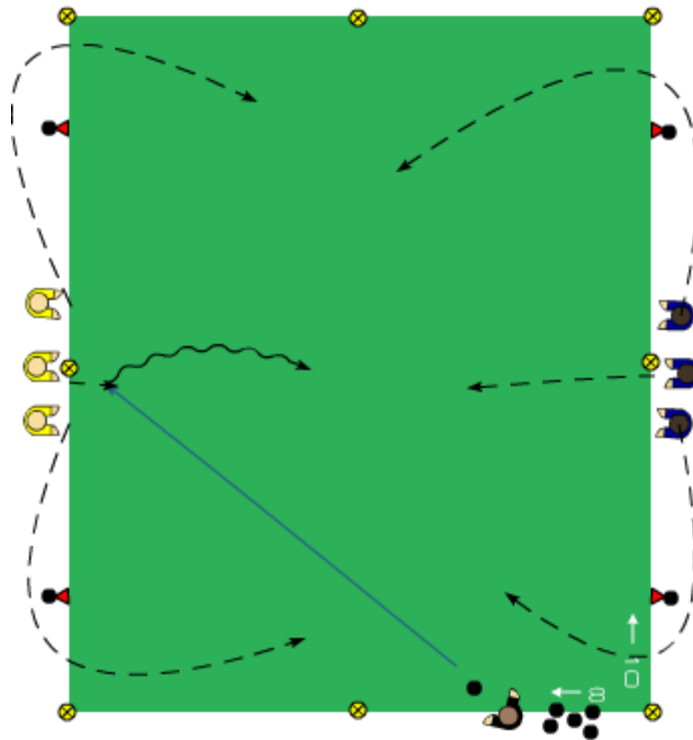
## 3 v 3 with BALLS ON CONES AS GOALS

### **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 3<sup>rd</sup> 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 1<sup>st</sup> 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