



## Nepean Football Association Inc

### Small Sided Football (SSF) Training Plan.

SESSION NUMBER: 6

Fun Games:	Numbers with body part Balancing	} - 5 mins
Ball Games:	Toe taps Slide – moving	} - 5 mins
Dribbling:	Rob the nest – dribbling	- 5 mins
Passing/Receiving:	Passing in numbers (2 groups)	- 10 mins
1V1:	1 v 1 from back line	- 10 mins
Small Sided Game:	3 v 3 with 3 goals	- 10 mins
Warm Down:		- 5 mins



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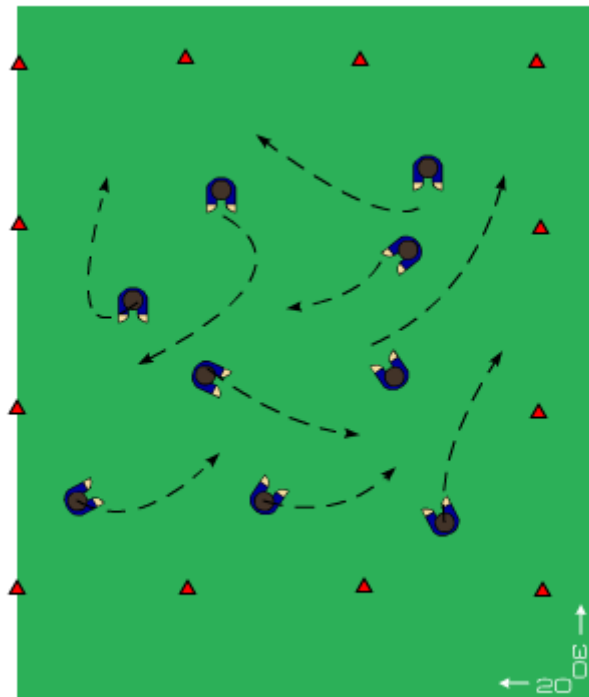
## NUMBERS GAME WITH BODY PART

### **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. Coach then calls out a number and a body part. The players then need to get into a group with that amount of joined body parts, eg 3 left feet.

Include dynamic stretching patterns, knees up, arms up, etc. Hopping, skipping

### **LEARNING:**

Decision making, co-ordination, basic running techniques, balance, eyes up, listening

### **VARIATION:**

General: Make movements/actions sharp.

Harder: More instructions, quicker, make area smaller, call numbers that will leave players out.

Easier: Bigger area, call numbers that will make even groups.



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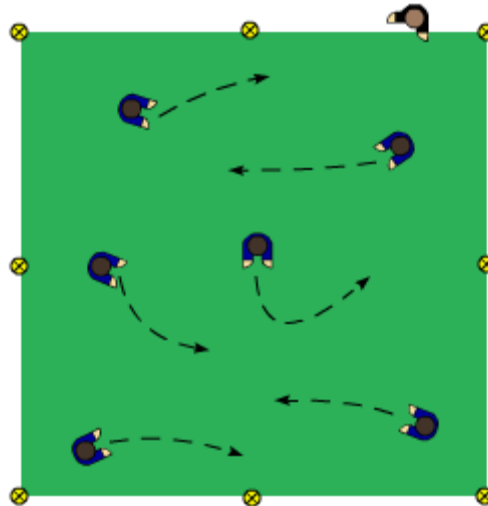
## BALANCING

### **KEY:**

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



### **ORGANISATION:**

Players move around a 10m x 10m area to the coach's instructions, forwards, backwards, etc. Coach then gives the players a balancing activity, stand on left foot with right foot out front of body/behind body/tucked under bottom, etc

### **LEARNING:**

Warming up / movement, listening, balance,

### **VARIATION:**

General: Specify which foot to balance on, add a specific arm or hand movement

Harder: Close eyes when balancing, hold balances for longer, make area smaller/tighter, add a squat or other movement.

Easier: Hold balance for less time



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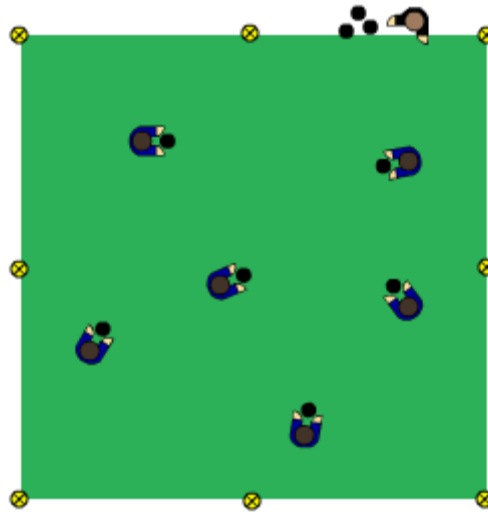
## TOE TAPS

### **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 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: Keep knees bent

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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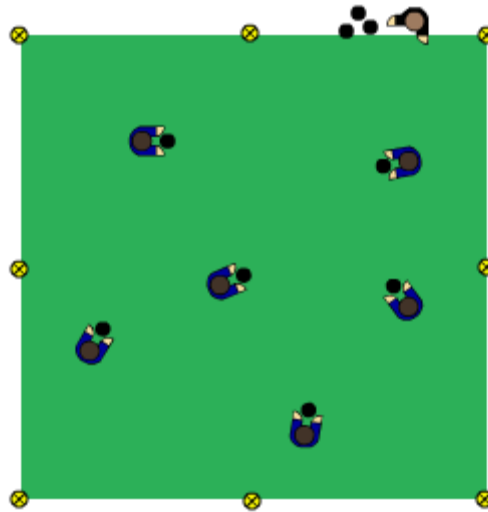
## SLIDES - MOVING

### **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 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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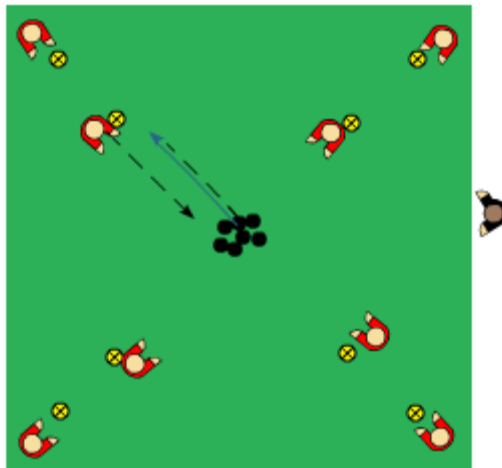
## ROB THE NEST

### **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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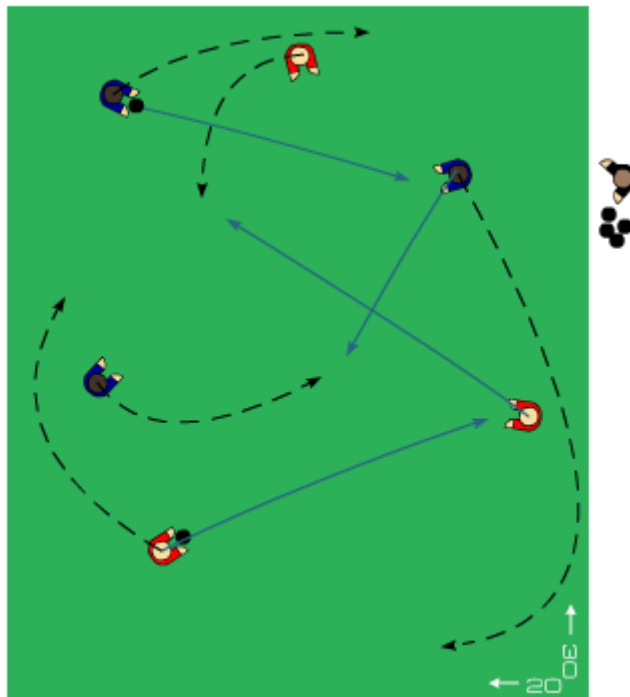
## PASSING IN NUMBERS - 2 GROUPS

### **KEY:**

Unbroken Line = ball path

Broken Line = Players' run without the ball

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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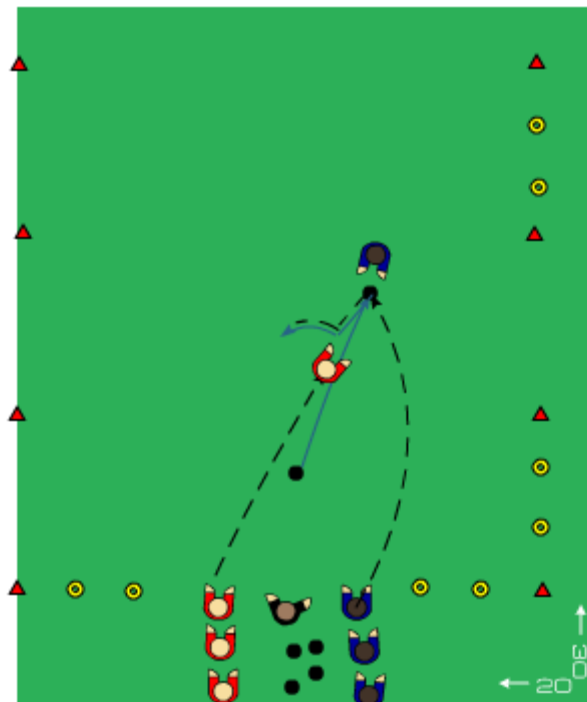
## 1 v 1 FROM BACK LINE

### **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 1<sup>st</sup> 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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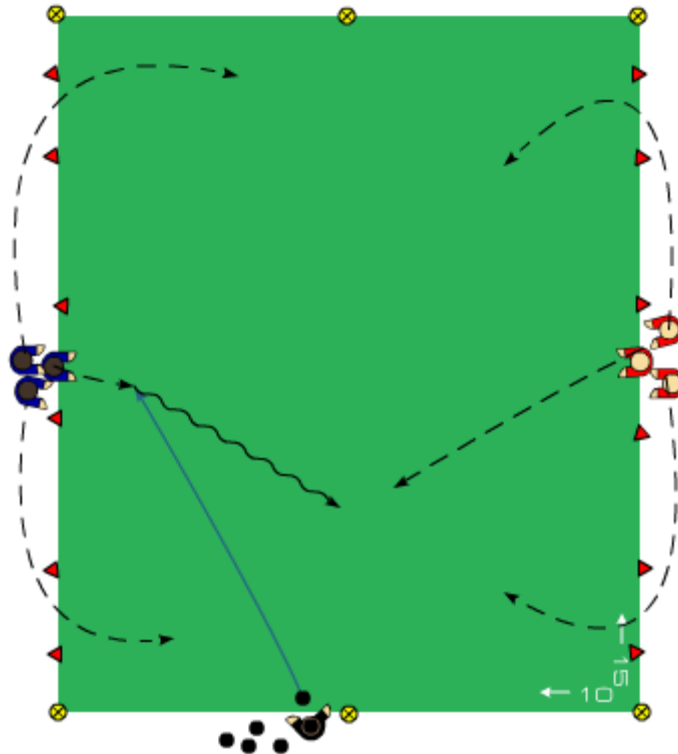
## 3 v 3 with 3 GOALS

### **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 3 x 1 step goals on 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 in any of the 3 goals. 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,

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