



Nepean Football Association Inc

Small Sided Football (SSF) Training Plan.

SESSION NUMBER: 7

Fun Games:	Traffic lights	- 5 mins
Ball Games:	Circle rolls	- 5 mins
Dribbling:	Crabs & fishes	- 5 mins
Passing/Receiving:	2 touch passing	} - 10 mins
	Passing in numbers – all	
1V1:	Mirror game – no ball	- 10 mins
Small Sided Game:	3 v 3 - 1 goal each end	- 10 mins
Warm Down		- 5 mins



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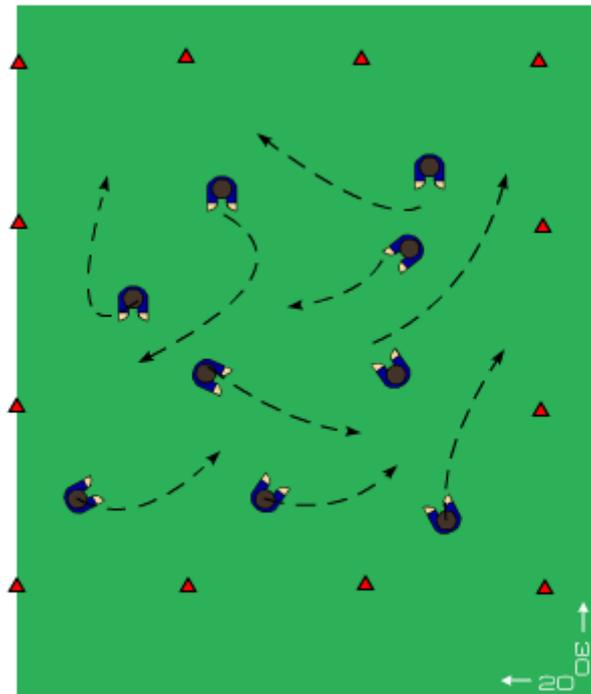
TRAFFIC LIGHTS

KEY:

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



ORGANISATION:

Players move around in a 30 x 20m area. Coach calls instructions; forwards, backwards, up, down, etc and then uses traffic lights to direct player movements: GREEN = go fast, ORANGE = go slowly, RED = stop. Can also include right turn, left turn, roundabouts. 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, add a ball per player

Easier: Bigger area



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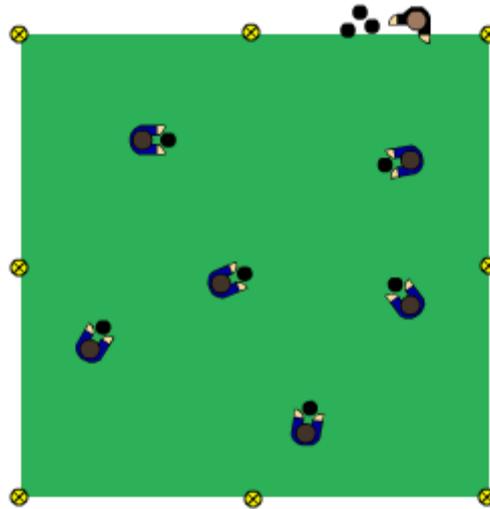
CIRCLE ROLLS

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 use the studs on their right foot to move the ball around to make big circles on the ground. Player's feet should remain in contact with the ball all times during this activity. Continue, using other foot.

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, players to make circles go in the other direction

Easier: Do circle rolls slowly



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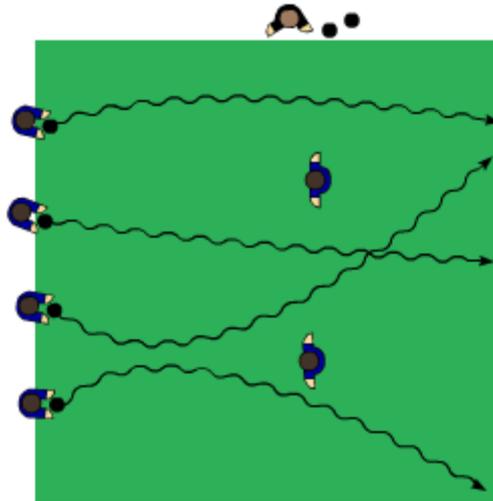
CRABS AND FISHES

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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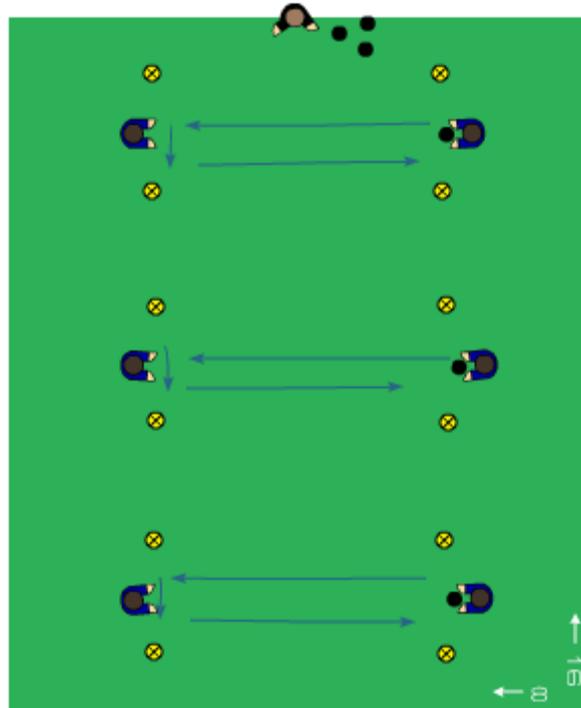
PASSING: 2 TOUCH PASSING IN PAIRS

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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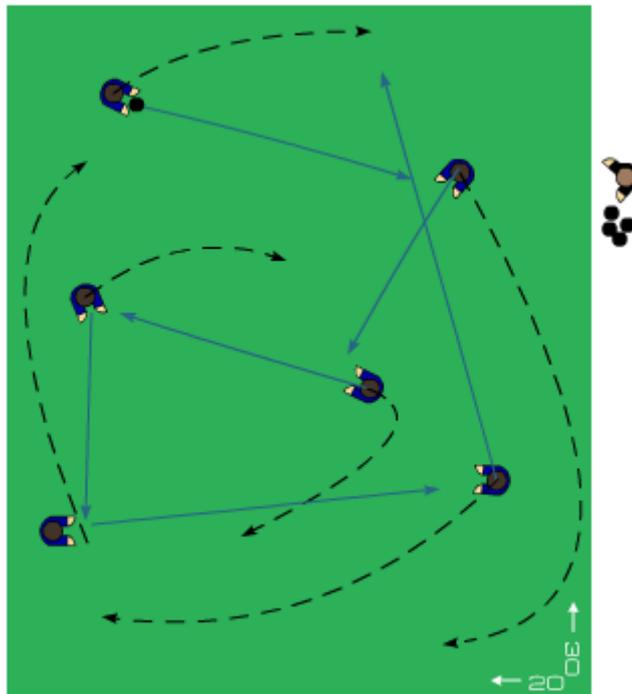
PASSING IN NUMBERS - ALL

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. Give each player a number. Players then move around the area passing the ball 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

Harder: Change number patterns; odds then evens, make area smaller, limit the number of touches each player can have, pass in reverse order

Easier: Make area bigger



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MIRROR GAME

KEY:

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



ORGANISATION:

In a 30 x 20m area set out enough grids for all players to work in pairs. Each grid is 5m long and 2m wide. Inside each grid, place 2 markers 1m apart in the centre.

Players take turns being the leader or the reflection.

The leader is allowed to move along the line of the 1m central markers and the reflection has to try to keep up. When the leader is ready, they break the line of the central markers and sprint to the side line. Once the leader has left the central cones, they can't go back through them.

LEARNING:

Movement, speed, watching body shape

VARIATION:

General: Rotate partners

Harder: Make central cones further apart, make mirror do opposite movement

Easier: Limit the number of direction changes



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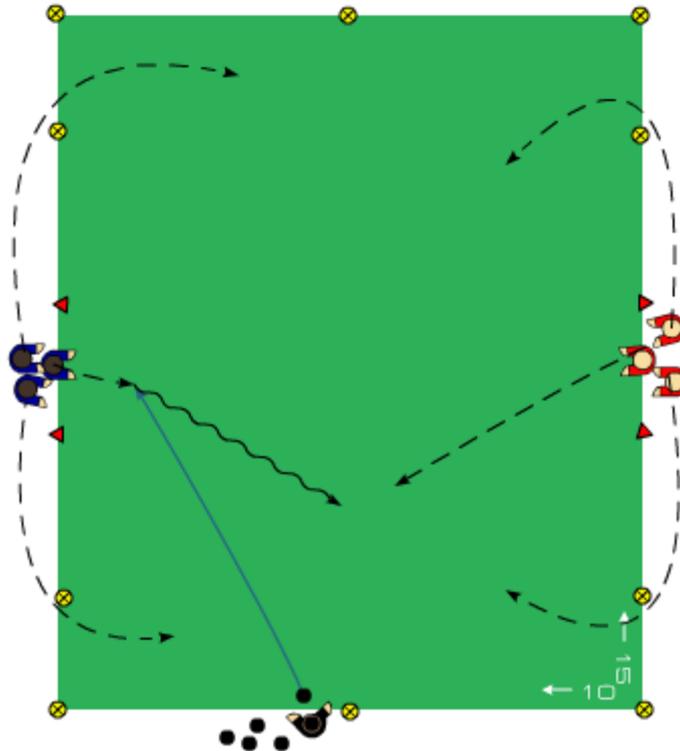
3 v 3 with 1 GOAL EACH END

KEY:

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ORGANISATION:

Divide players into 2 teams and place on opposite sides of a 10 x 15m grid with a 1 step goal at each end. Place a cone 2m in from the side line on each side. Coach has a supply of balls and feeds into 1 team. 2 players run around a side cone 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 the goal. 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: Move defender's cone closer to goals, make area smaller, play for a set time, make goals smaller

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