



Nepean Football Association Inc

Small Sided Football (SSF) Training Plan.

SESSION NUMBER: 8

Fun Games: Tails – in groups of 3 - 5 mins

Ball Games: Toe taps
Sole taps
Slides } - 5 mins

Dribbling: Stuck in the mud - 5 mins

Passing/Receiving: 4 v 2 - 10 mins

1V1: Mirror – with the ball - 10 mins

Small Sided Game: 3 v 3 with 2 goals - 10 mins

Warm Down - 5 mins



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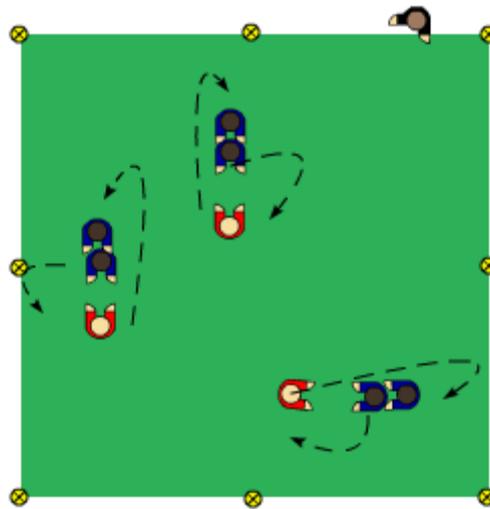
TAILS IN 3's

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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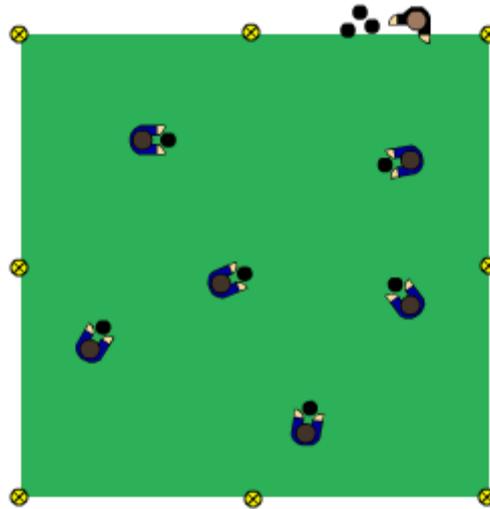
TOE TAPS

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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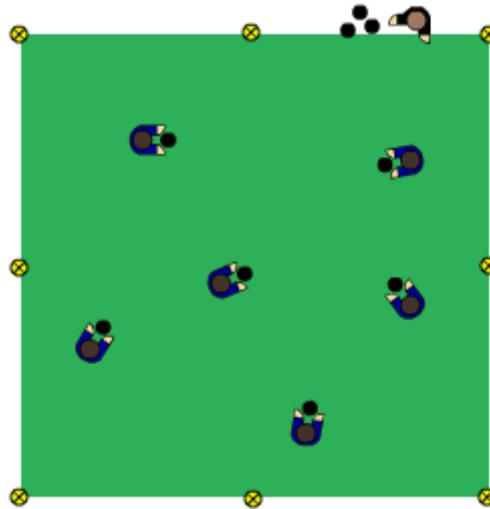
SOLE TAPS

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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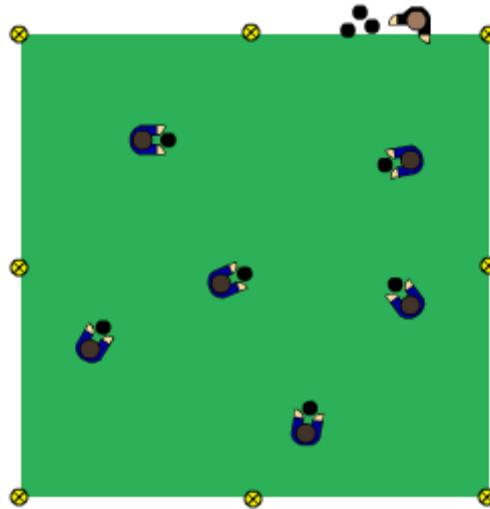
SLIDES

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.

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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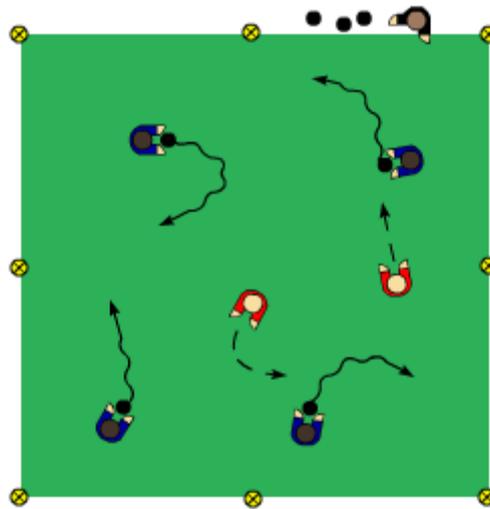
STUCK IN THE MUD

KEY:

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



ORGANISATION:

4 players have a ball each and another 2 players wear a coloured bib. In an area 30 x 20m the players with a ball dribble freely around the area. The players with a bib need to touch the ball of the dribbler to make them 'stuck in the mud'. When a player is stuck, they must stand with their legs apart and hold their ball above their head. To become unstuck, they must have a player pass a ball between their legs.

LEARNING:

Dribbling, communication, eyes up, teamwork, passing, tackling, spatial awareness

VARIATION:

General: Can 'stickers' get all players stuck?

Harder: Make area bigger, have less stickers, make stickers get control of the ball not just touch it, take away a ball.

Easier: add more stickers, make area smaller



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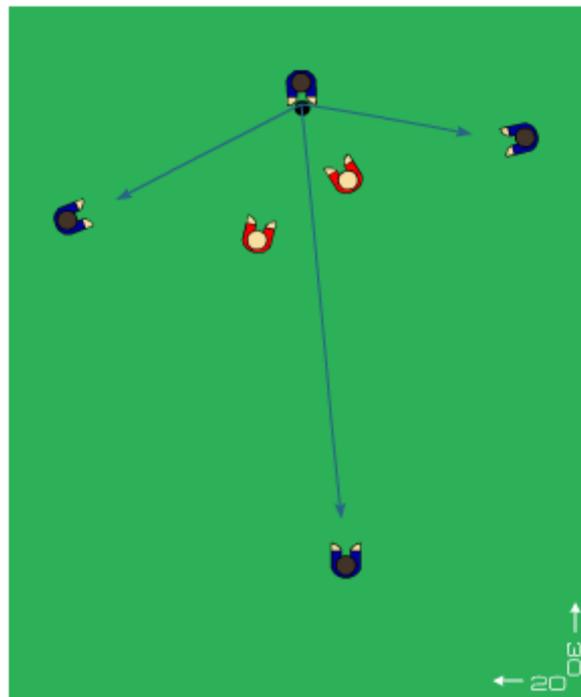
4 v 2

KEY:

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



ORGANISATION:

Set up an area approximately 30 x 20m and have a supply of balls next to you. Give 2 players bibs and they start as defenders and the other 4 players pass the ball between themselves and try to keep it away from the defenders. The defenders try to gain possession of the ball then keep it for as long as they can against the 4. When the ball goes out of play, the coach feeds a new ball in. Encourage attackers to maintain diamond shape and to move into new space after passing the ball

LEARNING:

Teamwork, passing, body shape, angles, diamond shape, defending, movement

VARIATION:

General: Attacking team gain a point if they can get 3 passes in a row without the ball being touched by a defender or the ball going out of play. The defending team gets a point each time they touch the ball or the ball goes out of play

Harder: Make area smaller, add another defender (3v3), more passes to get a point, limit touches, gain a point after every player touches the ball, feed ball into player under pressure



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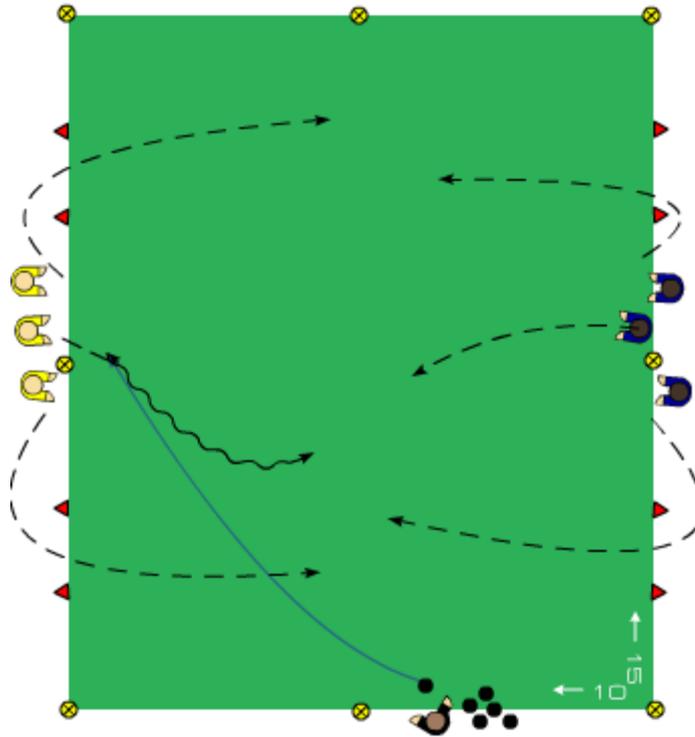
3 v 3 with 2 GOALS EACH END

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