



## Nepean Football Association Inc

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

SESSION NUMBER: 9

Fun Games:	Netball	- 5 mins
Ball Games:	Pull Push	- 5 mins
Dribbling:	Kick the ball off the cone – dribbling	- 5 mins
Passing/Receiving:	2 touch passing – 1 ball	-10 mins
1V1:	1 v 1 – 8 goals	-10 mins
Small Sided Game:	2 v 2 continuous	-10 mins
Warm Down mins		- 5



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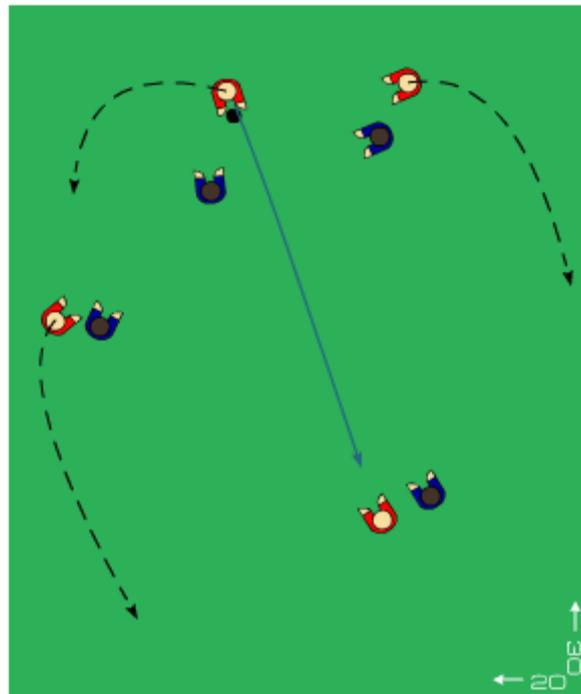
## NETBALL

### **KEY:**

**Unbroken Line = ball path**

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

**Squiggle Line = Player dribbling the ball**



### **ORGANISATION:**

In an area approximately 30 x 20m, divide your players into 2 teams, wearing different coloured bibs if possible. One team starts with the ball and must pass the ball with their hands to their team mates. Players are not allowed to run with the ball in their hands. If the ball touches the ground or goes out of play, the other team then get the ball. If the ball is intercepted, the game continues with the new team passing the ball. If a team successfully makes 5 passes in a row without dropping the ball or the other team touching it, they get 1 point and the game continues.

### **LEARNING:**

Teamwork, communication, positioning, body shape

### **VARIATION:**

General: 1 step goals can be added at each end and a goal can be scored by throwing the ball through them

Harder: Make the area smaller, more passes to get a point, make it throw then head

Easier: Make the area bigger, less passes to get a point



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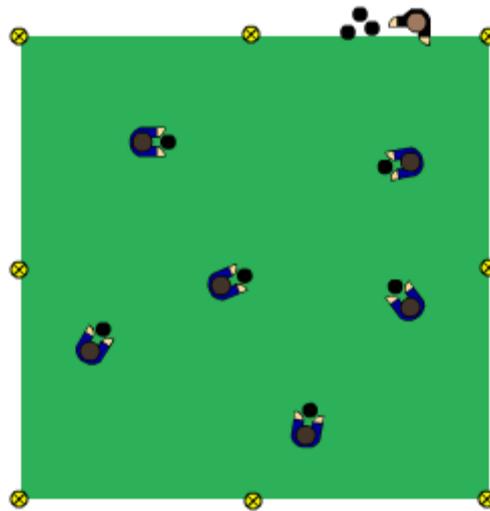
## PULL PUSH

### **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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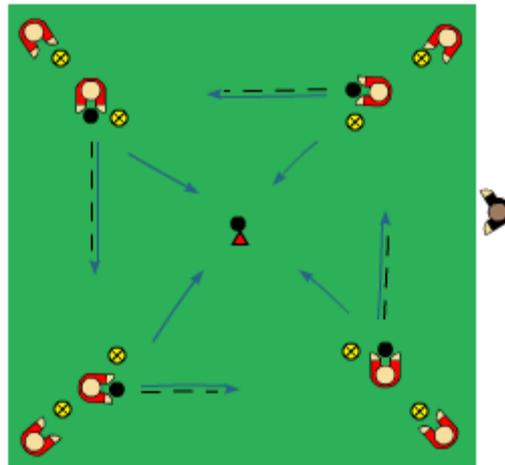
## KICK THE BALL OFF THE CONE - DRIBBLING

### **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 dribbles their ball 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:**

Dribbling, 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, players to use weaker foot or alternate feet at each corner, etc  
Easier: Players can dribble the ball to the centre to get closer



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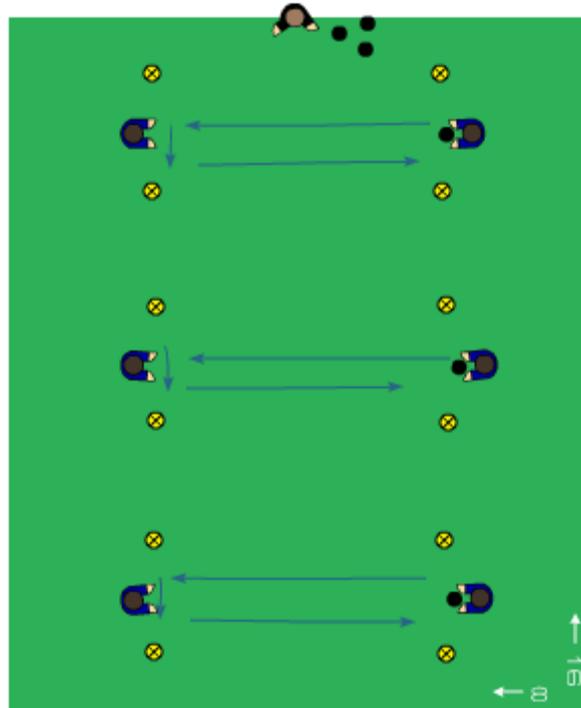
## PASSING: 2 TOUCH PASSING IN PAIRS

### **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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## 1 v 1 with 8 GOALS

### **KEY:**

**Unbroken Line = ball path**

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

**Squiggle Line = Player dribbling the ball**



### **ORGANISATION:**

In an area approximately 30 x 20m set up 8 x 1 step goals. Players to pair up and have 1 ball between each pair. On the coaches go, player with the ball has to try to dribble through as many sets of cones as they can in 30 seconds. The player without the ball has to follow their partner and try to win the ball. If they do, they then try to dribble through as many sets of goals as they can in the remaining time. After 30 secs, players swap roles and the game continues.

### **LEARNING:**

Dribbling, 1v1, creativity, player and space awareness

### **VARIATION:**

General: Players pass the ball between themselves through the cones until coach blows whistle and starts the game, rotate partners

Harder: Make goals smaller, extend time, have less goals

Easier: Make area bigger, make goals bigger, add more goals



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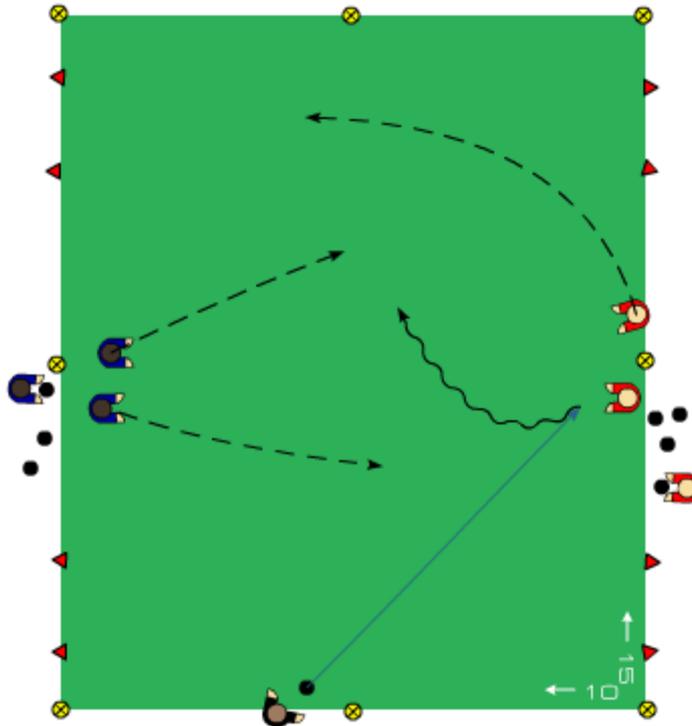
## 2 v 2 CONTINUOUS

### **KEY:**

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



### **ORGANISATION:**

In an area approximately 10 x 15m set up 2 x 1 step goals approximately 1m in from each side line at each end. Divide players into 2 teams with the first 2 players from each team preparing to play 2v2. The coach plays the ball to 1 team and the game continues until 1 team scores. When a team concedes a goal, 1 player goes off and the fresh player dribbles a new ball onto the field and continues to play with remaining player while the team that scored has to defend straight away. The game continues in this manner. If 1 team is dominating play and the spare player isn't get a game, swap players and/or teams around.

### **LEARNING:**

Transition into defence, fast break attack, dribbling, 1v1

### **VARIATION:**

General: Players pass the ball to opposition to start the game, if you have enough players make 4 teams and the team that concedes the goal goes off and a whole new team comes in.

Harder: make goals bigger, make area bigger

Easier: make goals smaller, make area smaller