



FOOTBALL  
AUSTRALIA

**FOUNDATION OF FOOTBALL**



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**DRIBBLING**

# GAME PLAY - DRIBBLING

## Session Objective

Players get to practice dribbling the ball with both feet and maintain control of the ball under pressure

## GAME

### Organisation

- 30m x 20m area marked out with cones
- Divide the area into two 15m x 20m pitches with goals at either end

### Explanation

- Start with a game, as players arrive from a 1v1, 2v1 up to 3v3 game
- Two teams, each team are trying to score in opposing goals

### SO CHANGE IT

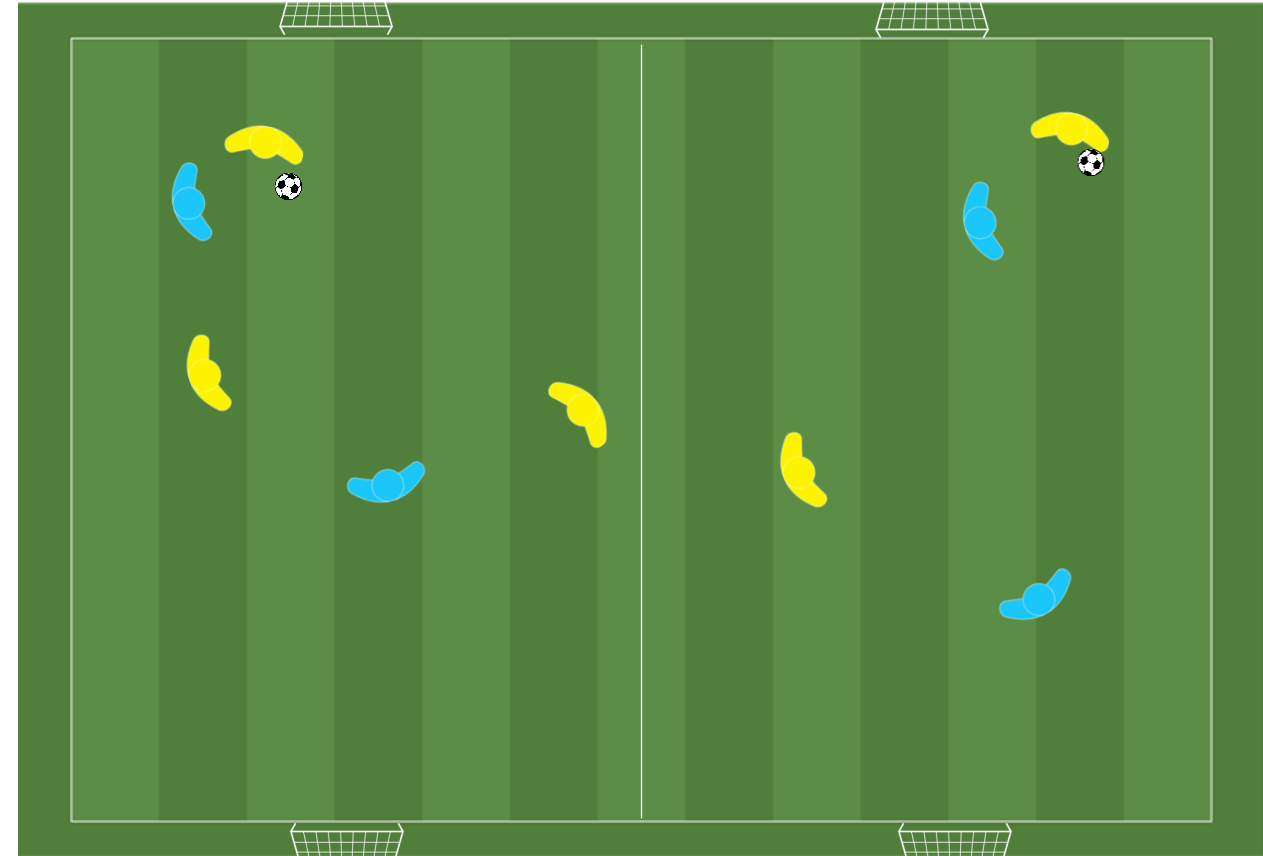
- Players can only score within a 2m scoring zone at either end
- If a player dribbles an opponent and scores the goal is worth two
- Bring in the rule that a player can't pass forward

### Coaching Points

- Keep the ball close
- Keep the ball out of tackling range

### REPEAT GAME PLAY AT END

- Encourage players to dribble with the ball
- Always end with a game, uneven numbers are fine



# PRACTICE PLAY - DRIBBLING

## PRACTICE 1 – SHARK

### Organisation

- 15m x 20m area

### Explanation

- All players dribble a ball around the area without bumping into each other
- Coach/Player is a shark and comes to put players balls out of the area
- If a players ball goes out, they can get their ball and join in

### SO CHANGE IT

- Players who have their ball kicked out, collect their balls and place on the edge of the grid. Then try to steal someone else's ball, last player left wins

### Coaching Points

- Keep the ball close
- Keep the ball out of tackling range

## PRACTICE 2 – ROBBERS & DRIBBLERS

### Organisation

- 15m x 20m area

### Explanation

- Half the players are robbers and will start without a ball
- All other players are dribblers with a ball each
- On coaches signal, robbers attempt to win possession of a dribblers ball
- When a robber wins possession of a ball, they become a dribbler and try to keep the ball and the former dribbler becomes a robber
- Players with the ball when coach says "Time" are the winners

### SO CHANGE IT

- Reduce or increase number of robbers or dribblers
- Players to use non dominant foot

### Coaching Points

- Keep the ball close
- Keep the ball out of tackling range

## PRACTICE 3 – BULL RUSH

### Organisation

- 30m x 20m area

### Explanation

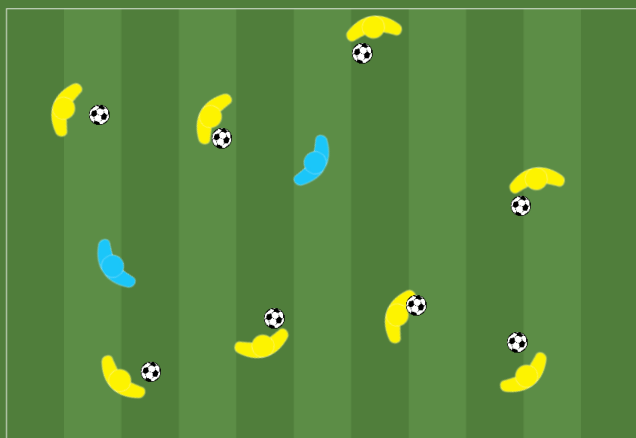
- On the coaches' signal, players attempt to cross the pitch by running with their ball and avoid having their ball taken.
- Players who lose their ball become extra defenders
- The last player to successfully cross the pitch without losing the ball wins

### SO CHANGE IT

- Dominant players to use non-dominant foot
- Counterattack, defenders must win the ball and score in small goals at the other end
- Defenders can have a ball at their feet but only need to tag the others to get them in

### Coaching Points

- Keep the ball close
- Keep the ball out of tackling range





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# **PASSING & RECEIVING**

# GAME PLAY – PASSING & RECEIVING

## Session Objective

Players get to practice receiving the ball into free space away from the opponent and passing to teammates.

## GAME

### Organisation

- 30m x 20m area marked out with cones
- Divide the area into two 15m x 20m pitches with goals at either end

### Explanation

- Start with a game, as players arrive from a 1v1, 2v1 up to 3v3 game
- Two teams, each team are trying to score in opposing goals

### SO CHANGE IT

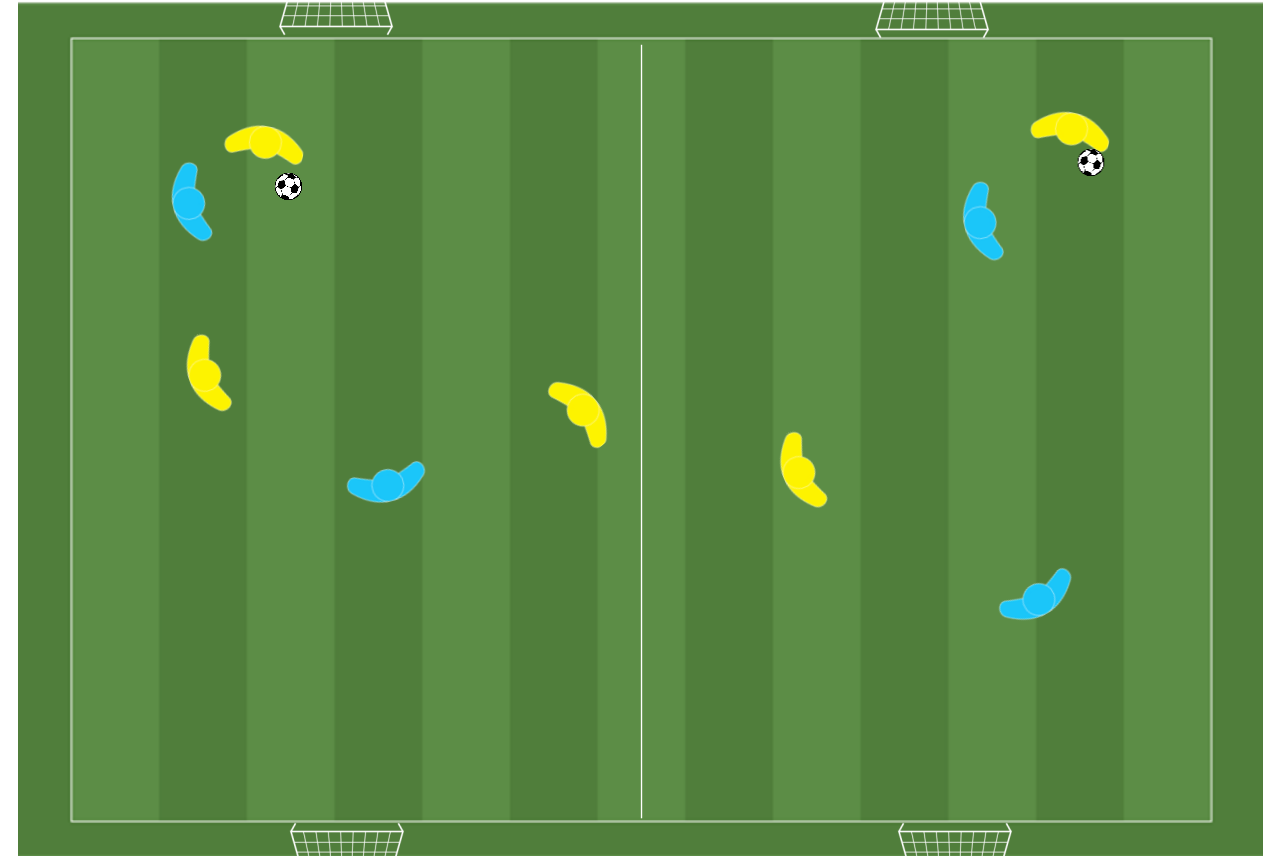
- Players can only score with one touch
- Make it a four-goal game use two goals at each end
- Players must have a minimum of two touches before releasing the ball
- Players must take their first touch on the move or with the inside of their foot

### Coaching Points

- Body position facing forward or to be able to see as much of the pitch as possible
- First touch on the move into the free space
- Make sure there is always a line of pass

### REPEAT GAME PLAY AT END

- Always end with a game, uneven numbers are fine



# PRACTICE PLAY – PASSING & RECEIVING

## PRACTICE 1 – PIGGY IN THE MIDDLE

### Organisation

- 15m x 20m area divide into quarters
- Players get in groups of 3 or 4

### Explanation

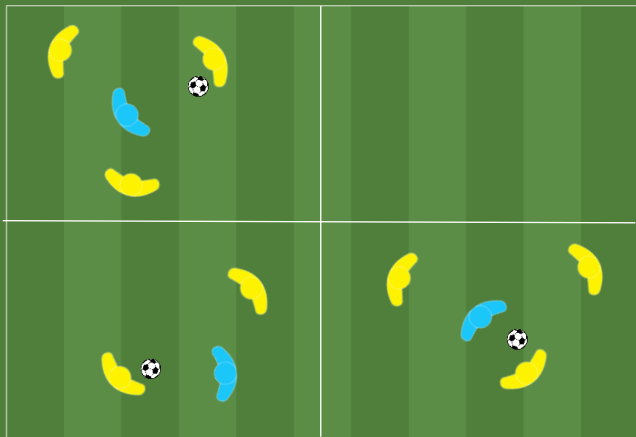
- One player is the piggy and players to try complete as many passes as possible without the piggy winning the ball
- If the piggy wins the ball, they get a point and give the ball back, passers also start their count again
- Play for one minute and see how many successful passes can be made

### SO CHANGE IT

- When the piggy wins the ball swaps with the passer
- Restrict the playing area
- Change the type of pass (chip, short or loft)

### Coaching Points

- Body position to be able to pass to either side
- Make sure there is always a line of pass



## PRACTICE 2 – SPACE INVADERS

### Organisation

- 15m x 20m area
- Ball between two

### Explanation

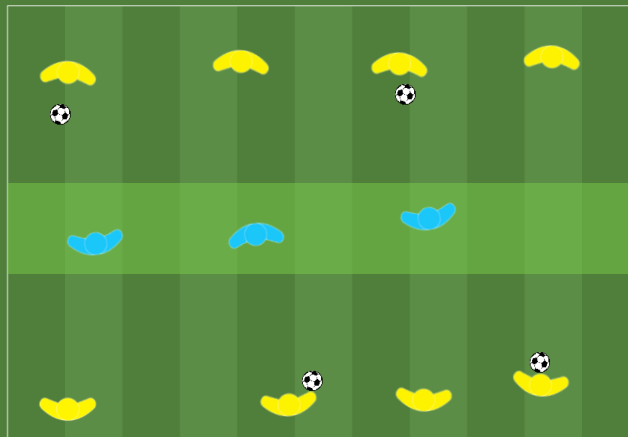
- Place two to four Space Invaders in the middle zone
- Space invaders move side to side inside their zone
- Astronauts can only move behind or along their boundary line to pass and receive their ball
- Set a time limit for players to score points, then rotate space invaders.
- Astronaut score a point for each successful pass and space invaders for each interception

### SO CHANGE IT

- Increase or decrease number of space invaders
- Players can pass to anyone on the other side, work as a team

### Coaching Points

- Make sure there is always a line of pass



## PRACTICE 3 – GATE GAME

### Organisation

- 30m x 20m area
- Set up gates 1m wide around the playing area
- Ball between two

### Explanation

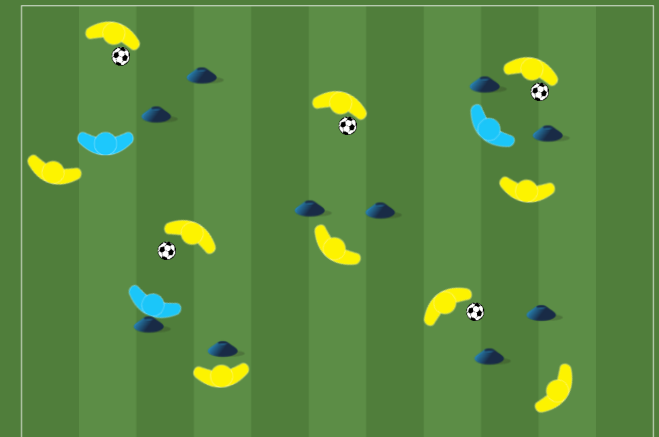
- Players try to pass the ball between as many gates as possible
- Pairs count out loud how many goals they scored
- Make 2 or 3 players as defenders then rotate each turn
- Defenders just need to touch the ball to reset the count
- Defenders cannot intercept the same pair twice in a row

### SO CHANGE IT

- Use non-dominant foot
- More defenders
- Two teams play a game with gates as goals

### Coaching Points

- First touch on the move into the free space
- Make sure there is always a line of pass





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**FINISHING**



## Session Objective

Players get to practice finishing getting their body over the ball and non-striking foot next to the ball

## GAME

### Organisation

- 30m x 20m area marked out with cones
- Divide the area into two 15m x 20m pitches with goals at either end

### Explanation

- Start with a game, as players arrive from a 1v1, 2v1 up to 3v3 game
- Two teams, each team are trying to score in opposing goals

### SO CHANGE IT

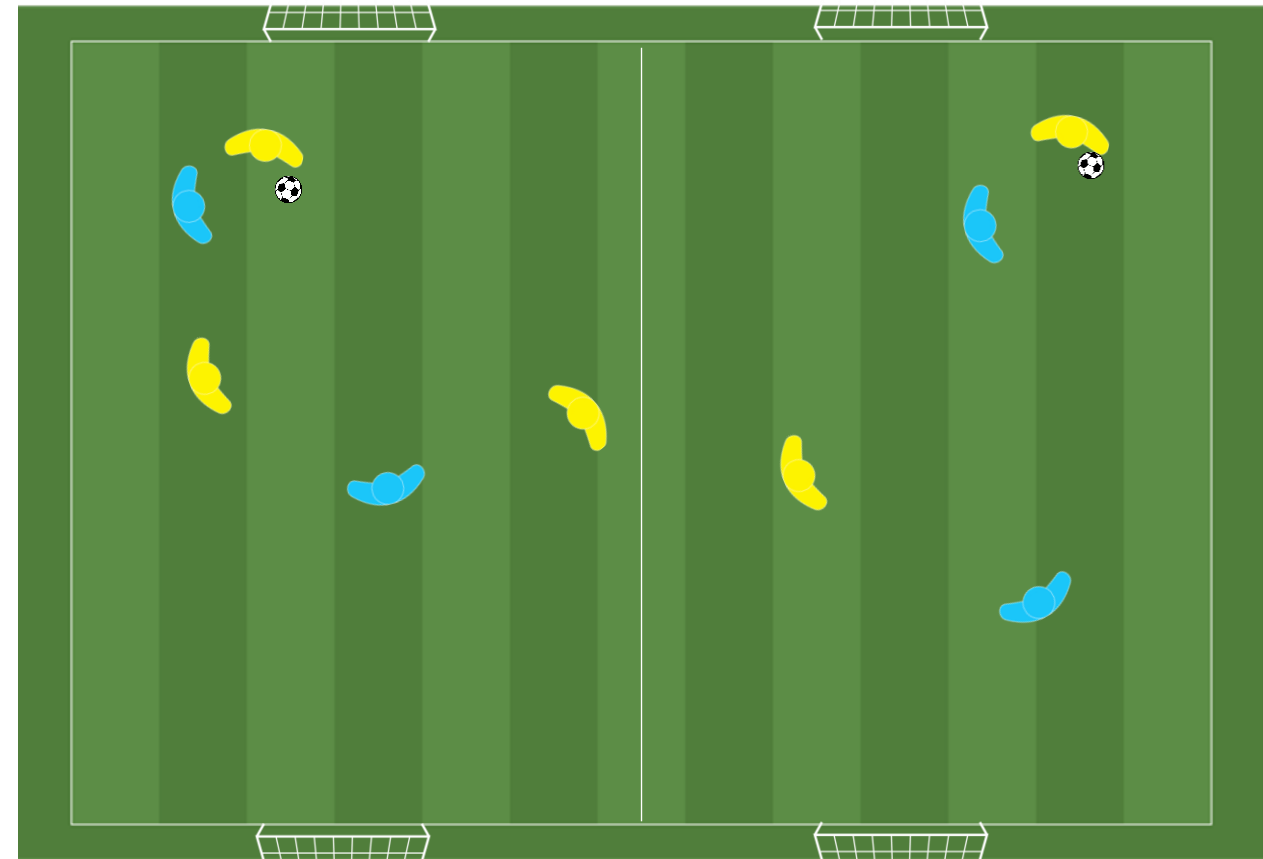
- Put Goalkeepers in with bigger goals when games become 3v3
- Getting a shot on target is worth one point a goal is worth three points

### Coaching Points

- Body over the ball
- Non-striking foot next to the ball

### REPEAT GAME PLAY AT END

- Always end with a game, uneven numbers are fine



# PRACTICE PLAY - FINISHING

## PRACTICE 1 – GOALS GALOUR

### Organisation

- 15m x 20m area with four goals one on each side
- Two teams of players

### Explanation

- Each team has one or two defenders who try to stop the other team from scoring
- Players try and score as many goals as possible in 60 seconds, going in any direction
- Players can not score in the same goal twice in a row

### SO CHANGE IT

- Every second player gets a ball, players without a ball try to win the ball and then score goals
- Players cannot collect their own ball from the goals, so must win a ball off someone else or collect a ball from another goal

### Coaching Points

- Body over the ball
- Non-striking foot next to the ball

## PRACTICE 2 – 2V2 RUSH GOALKEEPER

### Organisation

- 15m x 20m area with 3m goals

### Explanation

- 2v2 Games, with one defending player playing as Goalkeeper.
- Goalkeeper transitions to an outfield player when team is in possession.
- Player brings ball back in play by dribbling or a pass to teammate
- Opponents to be 3m away from ball until it is in play

### SO CHANGE IT

- Restrict area in which shots can be taken (own half or attacking half)
- Goals worth extra points if different body parts are used

### Coaching Points

- Body positioned to see ball and passer
- Non-striking foot next to the ball

## PRACTICE 3 – NUMBERS GAME

### Organisation

- 30m x 20m area

### Explanation

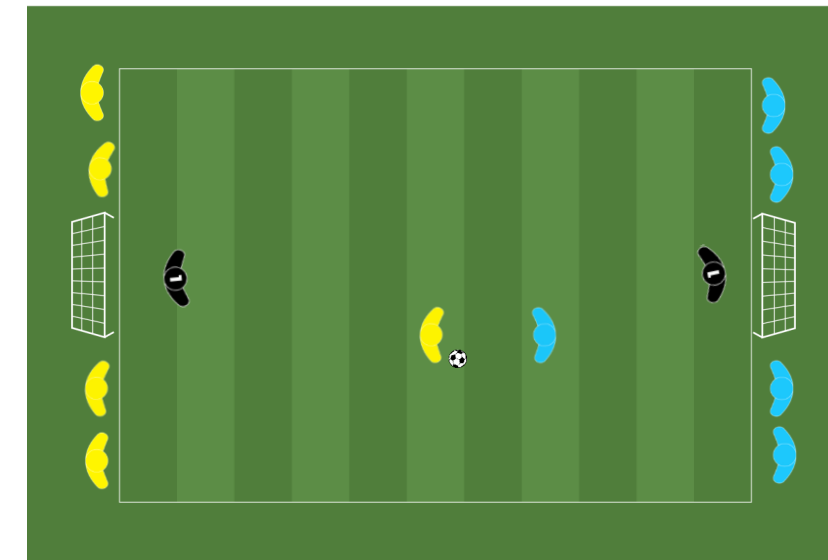
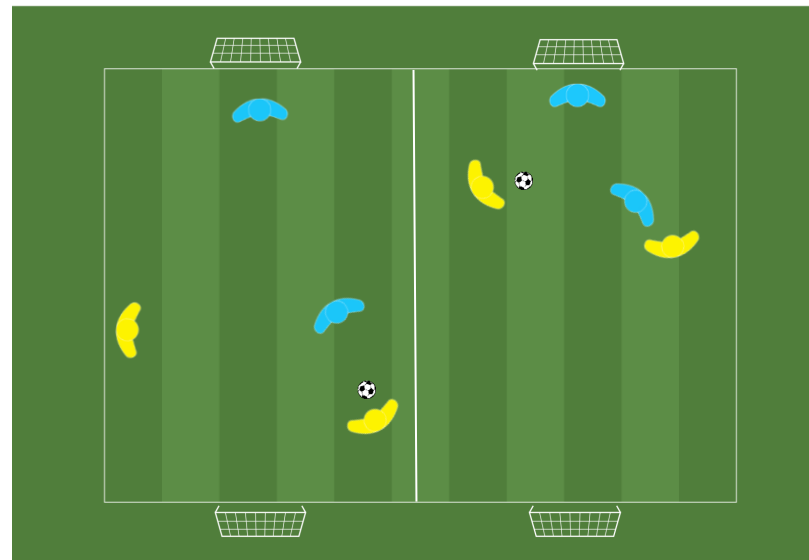
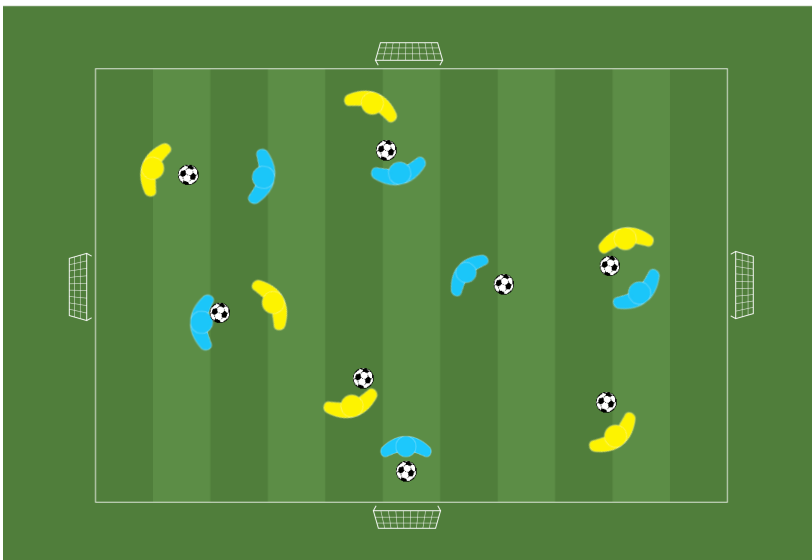
- Divide players into two teams to stand behind the goal line at either end of the pitch
- Players are numbered and when the coach calls a number that player enters the game
- Ball is rolled n by the coach
- After 20 secs, if no goal is scored, call, 'Change.' Players who were on the pitch must leave immediately and new numbers to be called

### SO CHANGE IT

- Call multiple numbers
- Give all players different numbers so players can play different opponents

### Coaching Points

- Non-striking foot next to the ball





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**DEFENDING TV1**

# GAME PLAY – DEFENDING 1V1

## Session Objective

Players get to practice defending 1v1 learning to move laterally and how to tackle with the correct foot

## GAME

### Organisation

- 30m x 20m area marked out with cones
- Divide the area into two 15m x 20m pitches with goals at either end

### Explanation

- Start with a game, as players arrive from a 1v1, 2v1 up to 3v3 game
- Two teams, each team are trying to score in opposing goals

### SO CHANGE IT

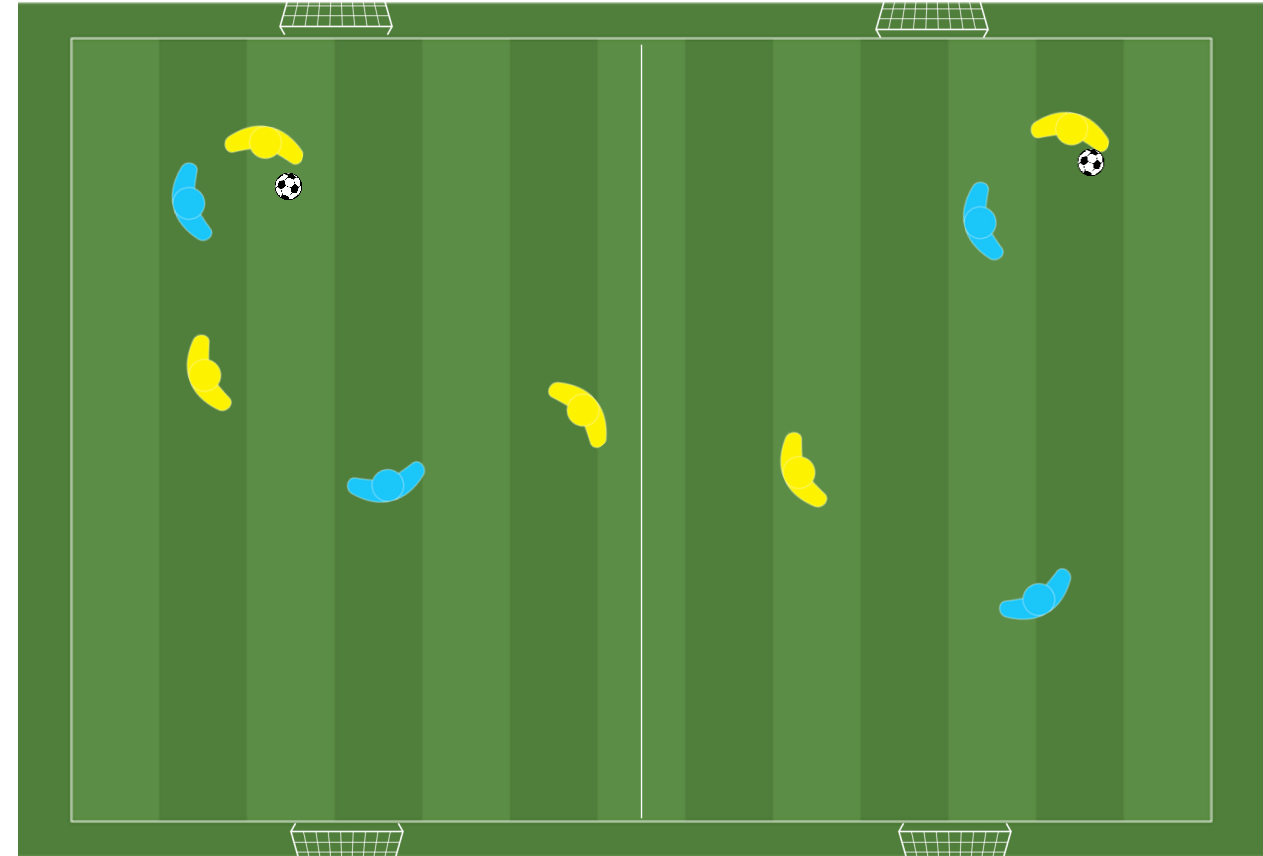
- Players can only score within a 2m scoring zone at either end
- If a player wins the ball off an opponent and scores, the goal is worth two

### Coaching Points

- Keep your opponent in front of you
- Move laterally and tackle with foot on same side as ball
- If the ball goes past step across and get your hips in front

### REPEAT GAME PLAY AT END

- Always end with a game, uneven numbers are fine



# PRACTICE PLAY – DEFENDING 1V1

## PRACTICE 1 – TAIL TAG

### Organisation

- Each player places a bib into the back of their shorts to make a tail.

### Explanation

- Players pair up and play 1v1 trying to steal each other's tail.

### SO CHANGE IT

- Catch a group doing well and get them to demonstrate
- Play king of the hill – Winners move right, losers move left

### Coaching Points

- Get low, feet apart, knees bent
- Weight forward on balls of feet & move laterally
- This is our “defensive posture”

## PRACTICE 2 – EVERYONE 1V1

### Organisation

- 15m x 20m area
- Four Goals two on each side

### Explanation

- All players play simultaneous games of 1v1
- Players can score in either goal at the end they are attacking
- After 1 minute, change partners

### SO CHANGE IT

- Change the orientation of the pitch
- If you win the ball and score it is worth two goals

### Coaching Points

- Get in your defensive posture
- Move laterally and tackle with foot on same side as ball
- If the ball goes past step across and get your hips in front

## PRACTICE 3 – CROSS THE TROLL BRIDGE

### Organisation

- 15m x 20m area
- With a 3m zone across the middle the “troll bridge”

### Explanation

- Three or four players start as the trolls,
- All other players start with a ball along the sideline and try to cross the bridge on the Troll's signal
- The troll attempts to gain possession of a player's ball, before they reach the opposite sideline
- Player who loses possession of the ball changes place with the troll

### SO CHANGE IT

- Trolls can not cross their legs only side shuffle
- Increase number of trolls

### Coaching Points

- Move laterally and tackle with foot on same side as ball
- Troll's get in your defensive posture

