

Return To Train Community Football Assistance

Level B AIS Recommendation





Overview

- This document gives coaches a training guide of activities that coaches can utilise that are aligned to the Football SA requirement for a return to training.
- Football activities that can be conducted in small groups (not more than 11 athletes and/or other personnel in total) and focus on the Attacking CORE SKILLS.
- All activities have been developed to be delivered in a non-contact environment.
- The exercises shown in this session plan are just examples of an activity structure to illustrate the practice concept.
- Coaches will need to adapt/redesign these activities to ensure they are appropriate for the players (age group/phase of development) they are working with.





Session Structure- Carousel Practice

This coaching method includes dividing your squad numbers, being no more than 11 (including the coach), and then setting up stations or activities around a specific theme.

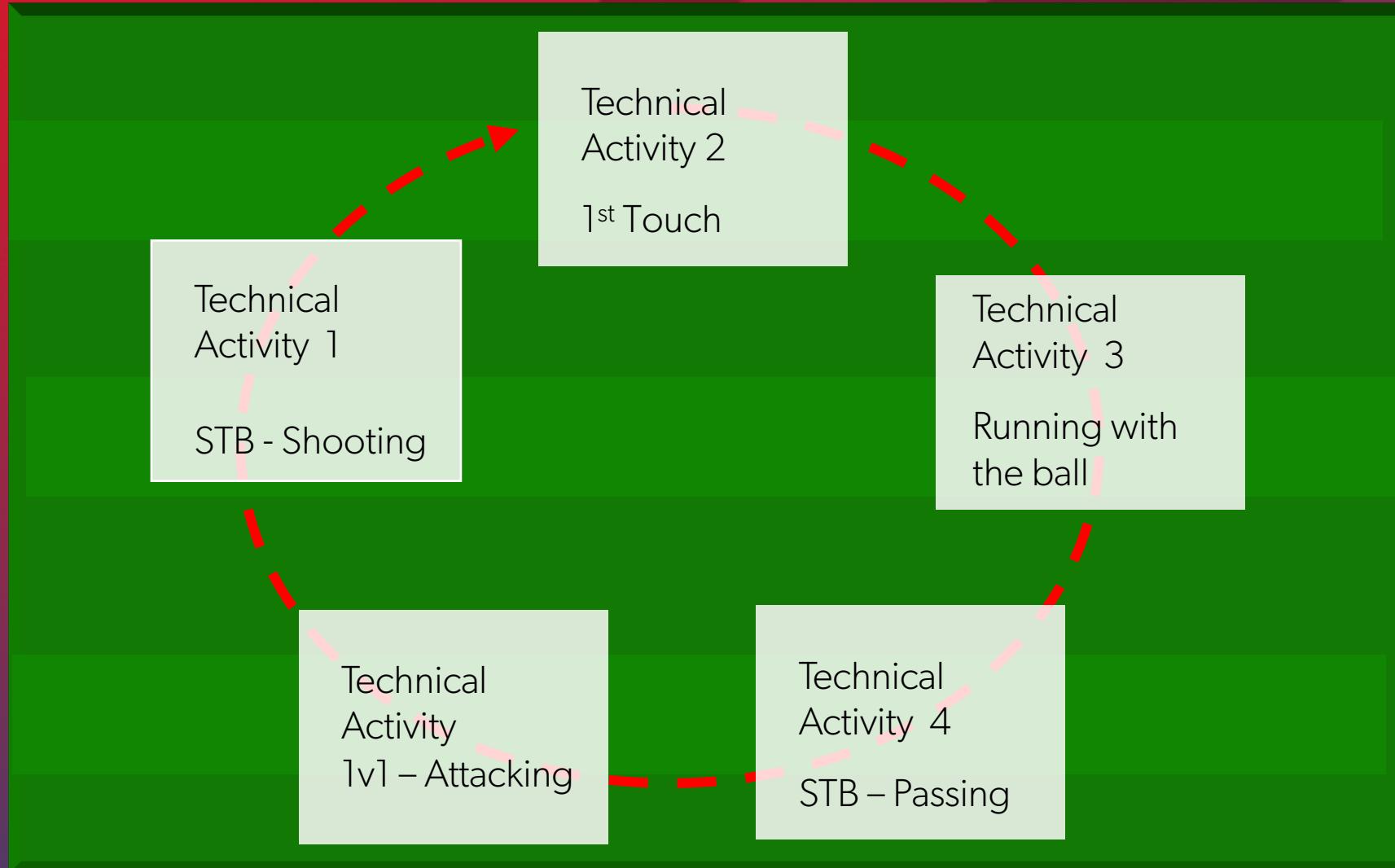
NB: The next activities need to be set-up before the previous one finished - thus not wasting valuable session time.

CAROUSEL – Team divided into sub-groups or units





Session Structure- Practice Set Up



SET UP OVERVIEW

- Players working in groups of 3-4 players*
- Activities delivered 10-15 mins per station
- Each station activity designed around a different CORE SKILL
- Warm Up & Cool Down completed either side of the station rotation

***NO MORE THAN 11 PEOPLE PER GROUP ALLOWED AT ALL TIMES IN 3 AREAS OF THE PITCH**

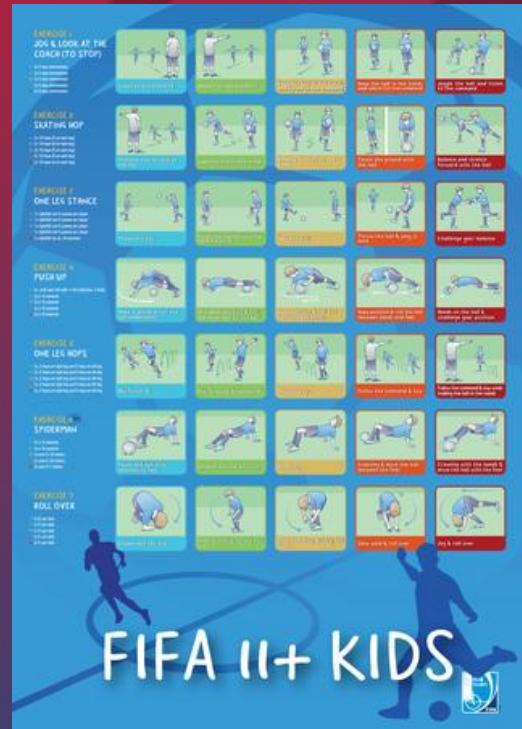


Warm Up – Adapted FIFA 11+

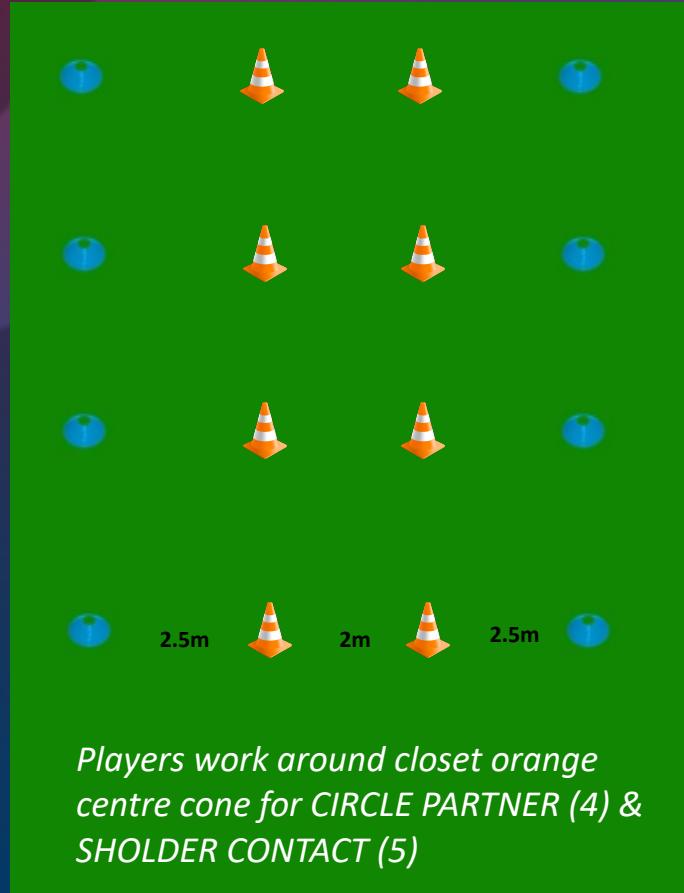
- Adapt either Warm Up to ensure that players remain 1.5m away from each other at all times and modify any activities that involve player contact.



FIFA 11+ Manual
CLICK TO ACCESS



FIFA 11+ Kids Manual
CLICK TO ACCESS

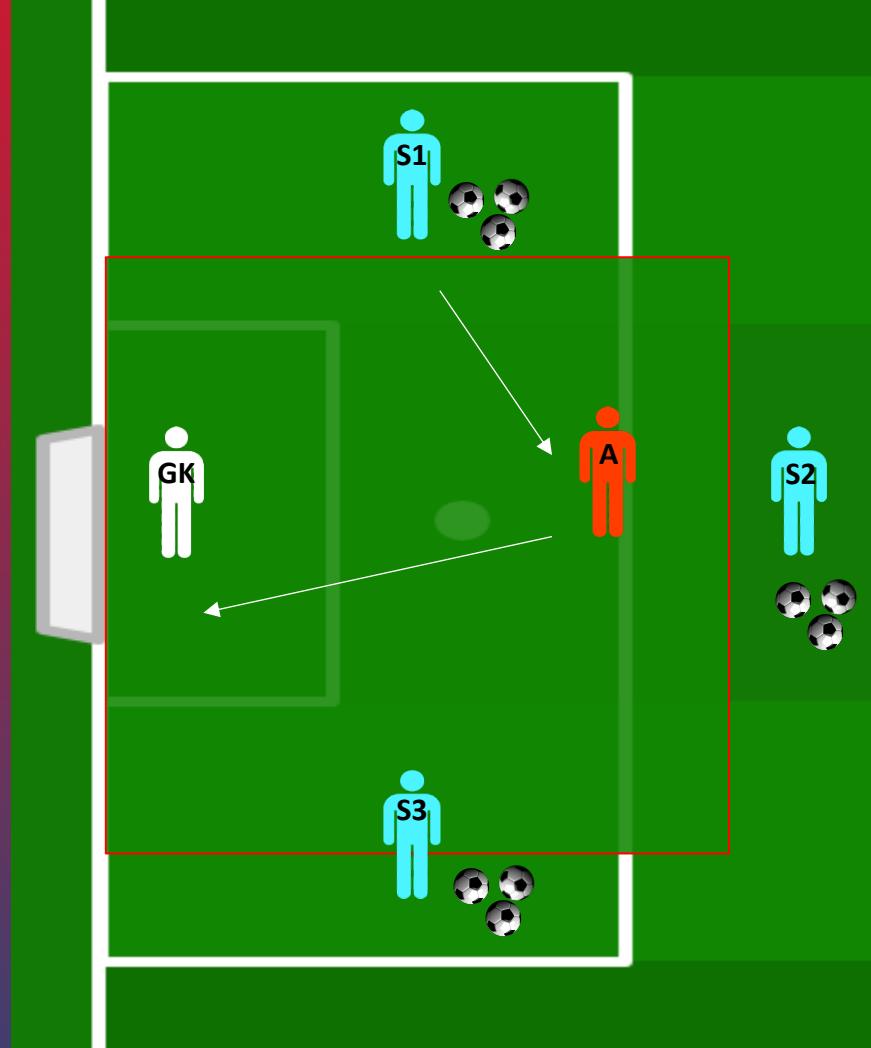


Players work around closest orange centre cone for CIRCLE PARTNER (4) & SHOLDER CONTACT (5)



Session Example #1

Striking The Ball (Shooting)



SET UP

Set up a 15 x 15 m box in front of the goal, with the GK on the line as their starting position, an ATTACKER in the box who shoots on goal after receiving the ball, and 3 SERVERS on the outside of the area with 3-4 footballs each.

The exercise starts with SERVER 1 by passing the ball into the ATTACKER, who takes their 1st touch and then shoots on goal. The ball stays alive until its either in the back of the net, out of play or secured by the GK. The activity is then repeated in order (SERVER 2 – SERVER 3 – SERVER 1) until all balls have been used.

Players then swap roles so all 4 players (excluding the GK) experience a turn at being the ATTACKER.

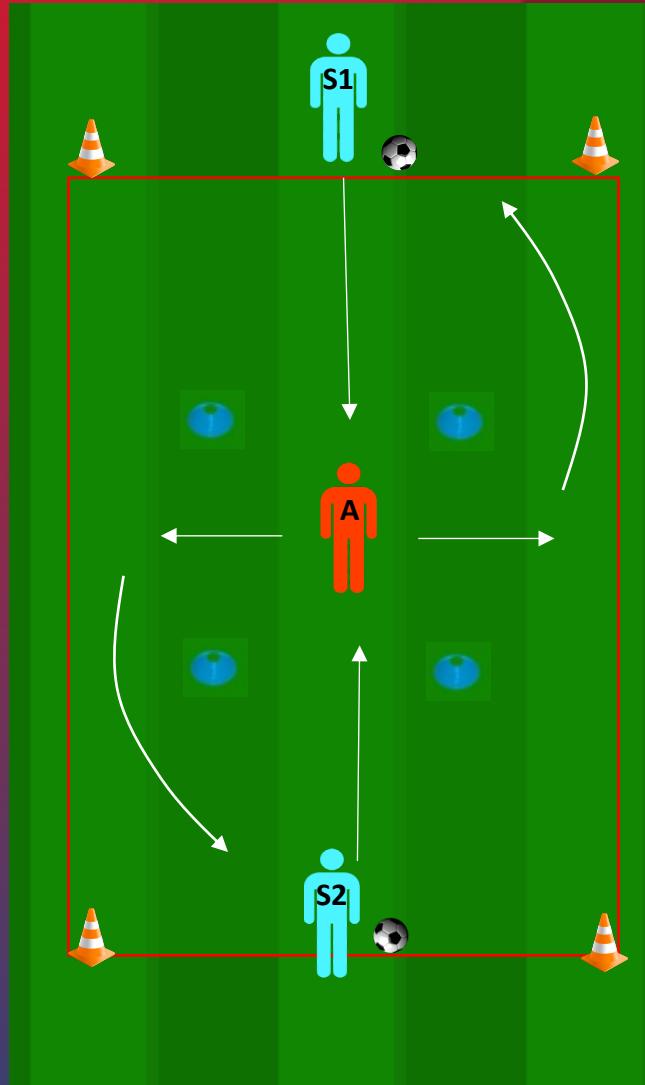
Variation 1. The SERVERS pass the ball in RANDOM order, so the ATTACKER has to continually adjust their positioning inside the box.

Variation 2. The SERVER varies the type of pass used to play the ball into the attacker (e.g. chip or driven pass) or varies the direction of the pass (e.g. in-front or behind the attacker), so the ATTACKER has to adjust their body position each time and uses a variety of receiving and shooting techniques.



Session Example #2

First Touch



SET UP

Players in threes, positioned as shown. Both players at the sides with a ball; the player in the middle stands in a 2m x 2m grid without ball.

Variation 1. The exercise starts with a player on one side passing the ball to the player in the grid. They must move the ball with their first touch side-ways out of the grid and pass it back with their second touch.

Then they receive the next ball from the player at the opposite side, etc. (see variation 1) Rotate positions after 10 repetitions. Use various techniques i.e. right/left foot only; inside/outside foot only.

Variation 2. The central player receives the ball, turns in the grid (one touch) and passes to the player at the opposite side with their 2nd touch. This player receives the ball and passes it back again to the player in the grid, etc. (so here we temporarily use one ball only!).

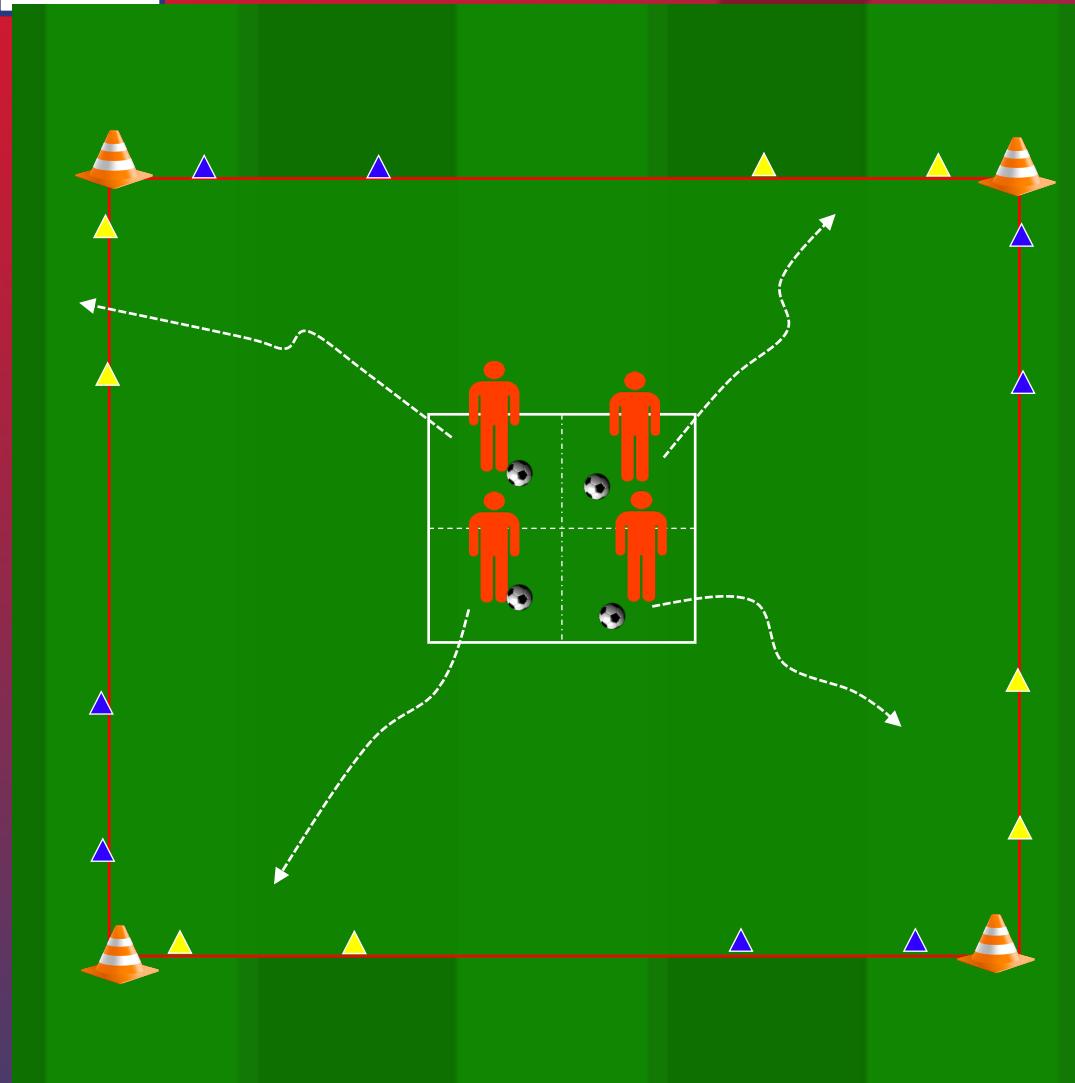
Again: left and right; inside and outside foot.

Variation 3. The outside players follows their pass, sprinting to the left or right cone of the grid. The player in the middle must now move the ball out of the grid in the opposite direction with their 1st touch and dribble the ball to the empty cone. The new middle player now receives the ball from the other end and the pattern is repeated.



Session Example #3

Running With The Ball



SET UP

Create a grid $30 \times 30\text{ m}$ with a $4 \times 4\text{m}$ square in the middle which is divided up into quarters ($2 \times 2\text{m}$). Use two different coloured cones (e.g. Blue & Yellow) to create 2 m wide gates on the outside of the square.

Players start in their own middle square with a ball each, completing ball manipulation activities (e.g. toe taps, side shuffle)

When the coach shouts out BLUE or YELLOW its a race to get through the correct gate the fastest as they can with the ball still under control. Players return back to the middle square after the end of each race.

3 Point – 1st

2 points – 2nd

1 point – 3rd

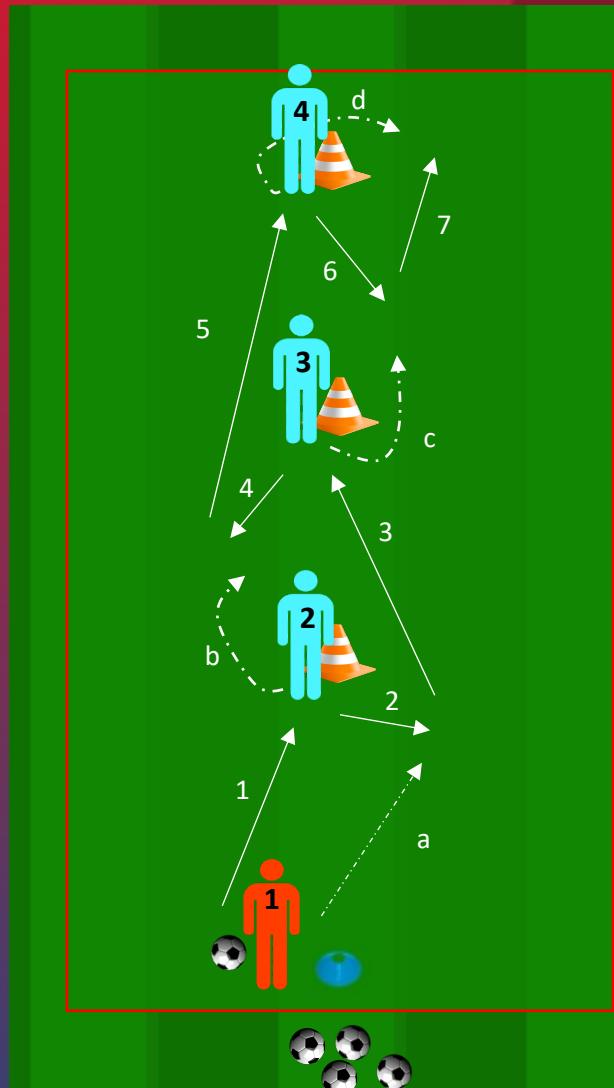
Variation 1. Same activity, but the coach can change the gate when players are attacking by SHOUTING the other colour at any stage.

Variation 2. Same activity, but instead of shouting a color the coach holds up a matching coloured BIB to signal the start of the race.



Session Example #4

Striking The Ball (Passing)



SET UP

Set up a 30 x 15 m grid with cones or mannequins (representing defenders) 6-8 m apart from the start cone. Have one player start at each cone/mannequin.

- The START PLAYER (ORANGE 1) starts the practice by passing the ball into PLAYER 2.
- Before receiving, PLAYER 2 moves away behind the cone/mannequin (defender) and then quick drops back in-front to receive.
- On receiving, BLUE 2 drops the ball off for PLAYER 1 who has made a forward run (movement a).
- PLAYER 1 now passes into PLAYER 3 (who has moved away before showing for the ball).
- PLAYER 2 spins (movement b) to receive the ball, then passes forward. The passing movement repeats until PLAYER 3 & 4 complete a one-two pass around the top cone/mannequin.

PLAYER 4 now dribbles back to the START and all players move up one station to repeat the sequence.

Variation 1. - Vary the number of touch players must have (e.g. only 1 touch or must have 2). Vary the type of pass used to transfer the ball (inside/outside, chip etc.)



Session Example #5

1v1 Attacking



SET UP

Create a grid 10 x 15m with a wall of cones in the middle. Players work in pairs, one as an ATTACKER and the other as a DEFENDER.

- Play starts with both PLAYERS travelling with the ball towards middle cones (at the same time).
- When the ATTACKER reaches the middle, he/she uses a fake or faint to try and lose the DEFENDER and get through a side gate first (blue cones).
- First player through the gate with the ball under control gets one point. Players swap roles after 3 turns.

Variation 1. Same activity, but neither player has a ball and it's more of a running race (STEP DOWN)

Variation 2. Same activity, but only the attacker has the ball and the DEFENDER only has to run through the gate. (STEP UP)

NB: Players Can work in 2 pair, one pair working and one pair recovering back into position