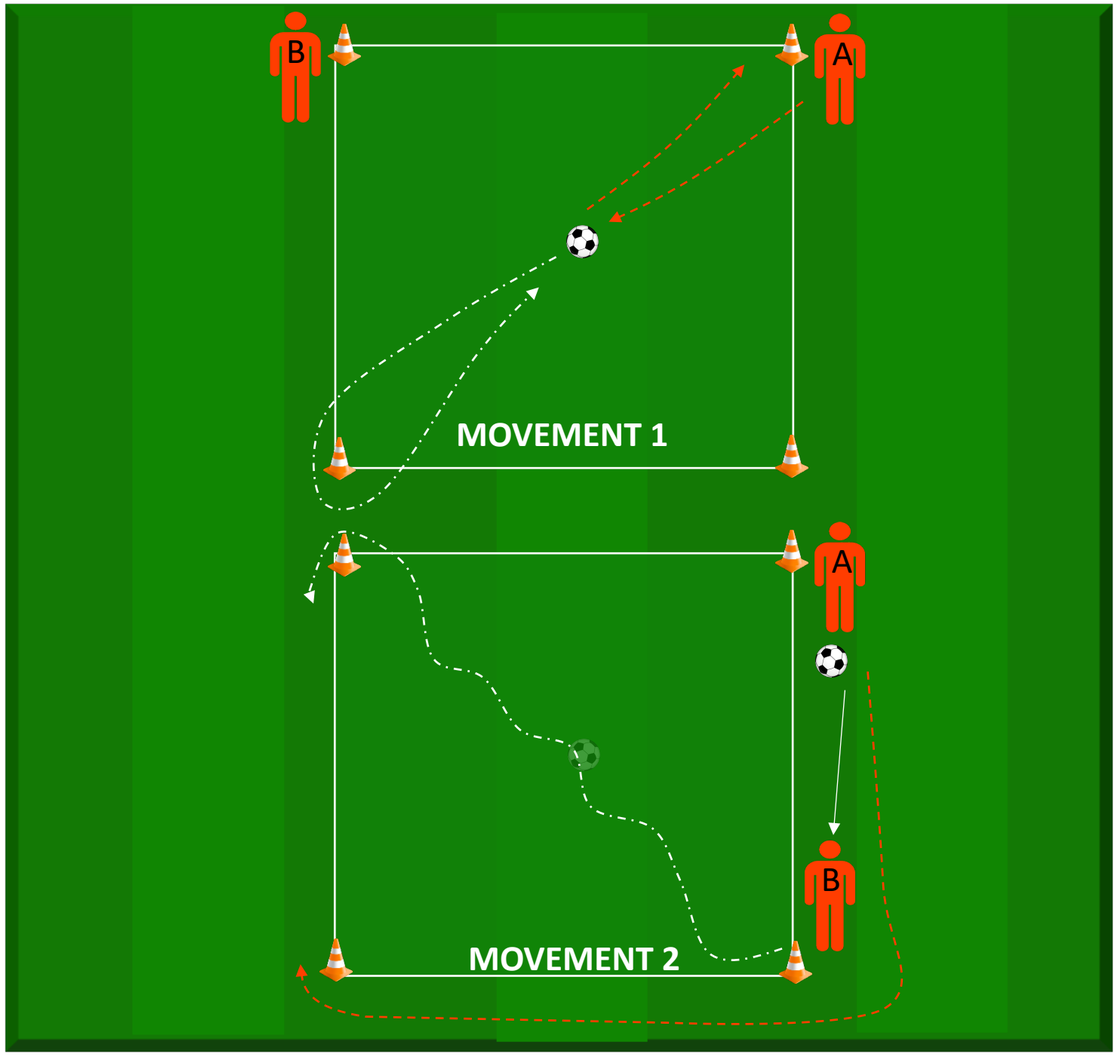
SKILL ACQUISITION PHASE: RETURN TO TRAINING - STEP 1

FOOTBALL SOUTH AUSTRALIA

Core Skill: Running with the ball



ORGANISATION

- Create 4-5 5x5 m working areas, and split 8- 10 players into working pairs, and allocate each pair a working area.
- The practice starts with movement 1, before changing to movement 2 after 4-5 minutes.

MOVEMENT 1

- The ball starts in the middle of the working area, player (A) runs into the area and collects the ball and dribbles around the opposite cone, before returning to the middle where they stop the ball and return to their start cone. Player (B) repeats the movement.

MOVEMENT 2

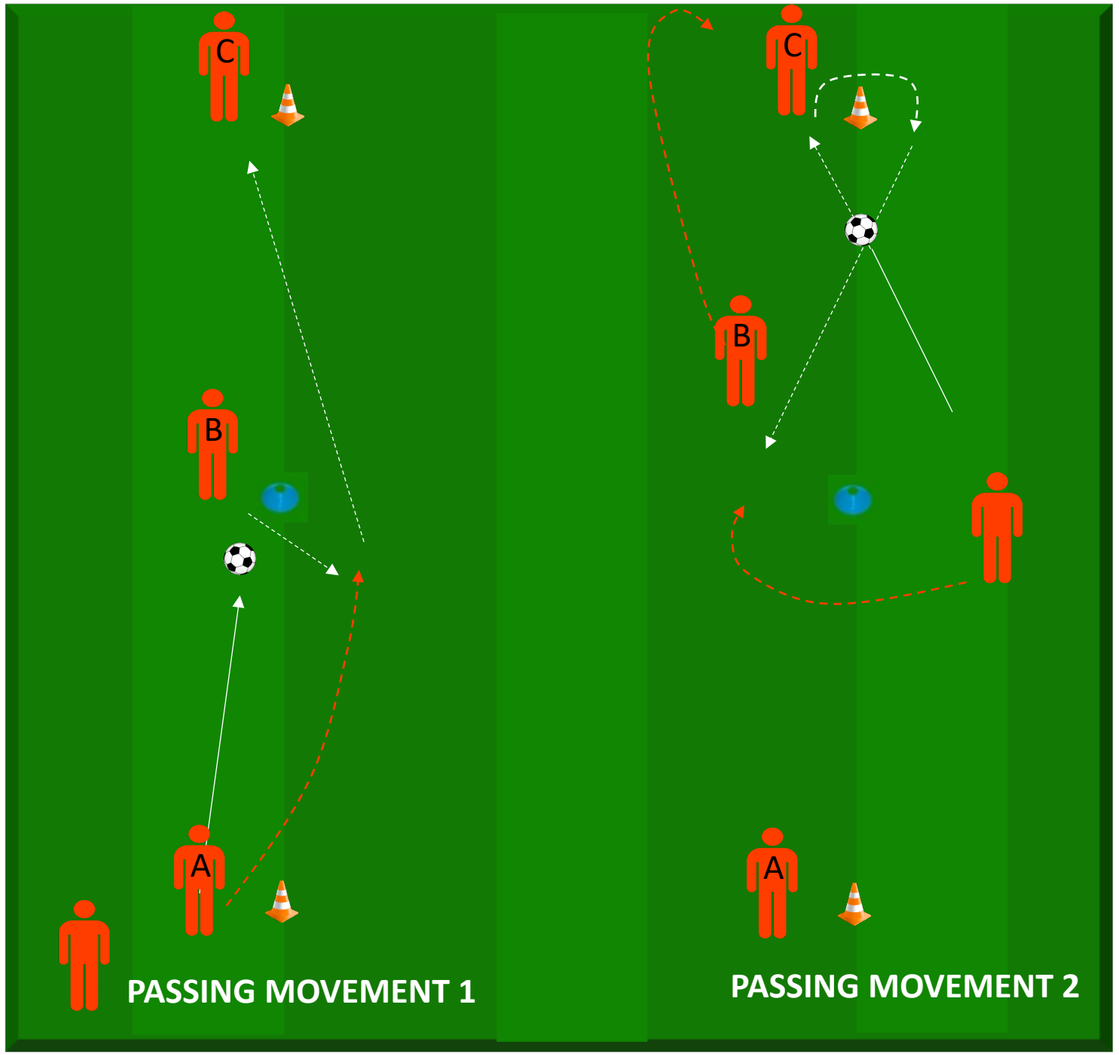
- This time the ball starts at Player (A) feet, who starts the movement by passing across to player (B).
- On receiving Player (B) take their 1st touch around the cone and dribbles across the working area to the opposite cone.
- After passing the ball Player (A) make an overlapping run to the far corner to receive a pass from Player (B). The practice now repeats in the opposite direction.

WATCH HERE

SKILL ACQUISITION PHASE: RETURN TO TRAINING - STEP 1

FOOTBALL SOUTH AUSTRALIA

Core Skill: Striking the ball



ORGANISATION

- 8-10 players split into 2 working groups.
- Passing area set up with 3 cones, 8-10m part.
- 1 ball per group, with additional balls placed at each end

PASSING MOVEMENT 1

- Player (A) passes into player (B), who lays the ball off (1st time if possible) into the path of Player (A) who is making a forward run.
- On receiving return pass Player (A) passes forward to Player (C) at the opposite end to finish the movement.
- Players move stations following the ball.

PASSING MOVEMENT 2

- Same movement to transfer the ball from end to end, but this time (Player C) takes their 1st touch around the cone to the other side, before passing into the middle.
- The middle player must adjust their position to offer a supporting angle on the opposite side from the ball.

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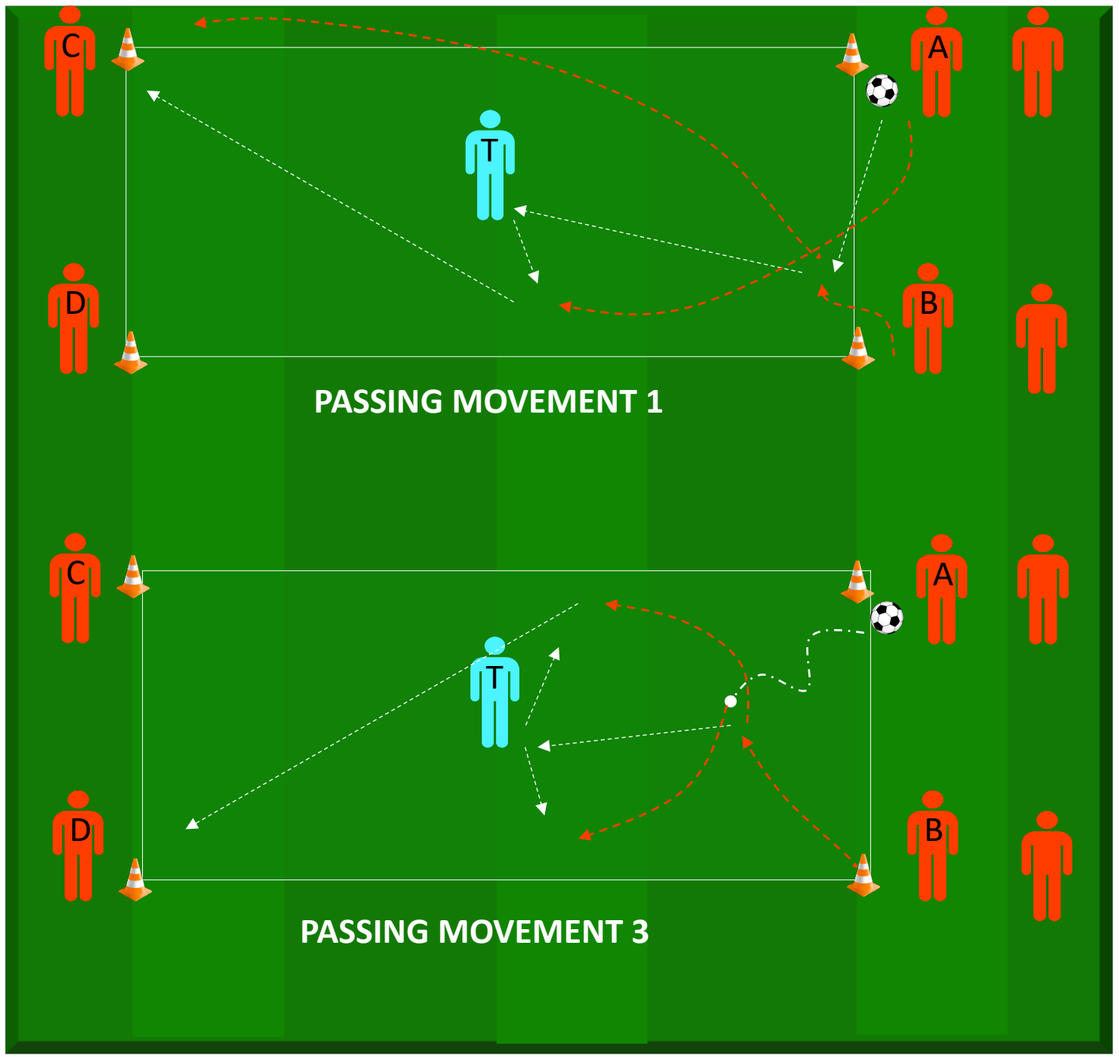
FOOTBALL SOUTH AUSTRALIA

Core Skill: Striking the ball



ORGANISATION

- Create a passing area 20-25 m x 10-12m, with 8-10 players.
- Nominate one player to working inside the middle as a ‘bounce’ player (T).
- The practice flows from one end to the other, before repeating back the other way.

PASSING MOVEMENT 1

- Player (A) starts the movement by passing across to Player (B), who on receiving passes into the ‘bounce’ player (T).
- After passing the ball Player (A) makes an overlapping run to receive a lay off from the ‘bounce’ player (T). Whist, Player (B) makes an overlapping run in the opposite direction.
- On receiving the ball, Player (A) finish the movement by passing the ball to the end player (Player C) who pass to Player (D) to restart the movement in the opposite direction. Players (A) & (B) join the back of the practice

PASSING MOVEMENT 2

- Same movement, but this time Player (C) and Player (B) complete a one-two to finish the movement.

PASSING MOVEMENT 3

- Player (A) starts the practice by dribbling the ball inside and completes a take-over with Player (B), Player (B) passes into the ‘bounce’ who can lay the ball off to either supporting player to finish the movement.

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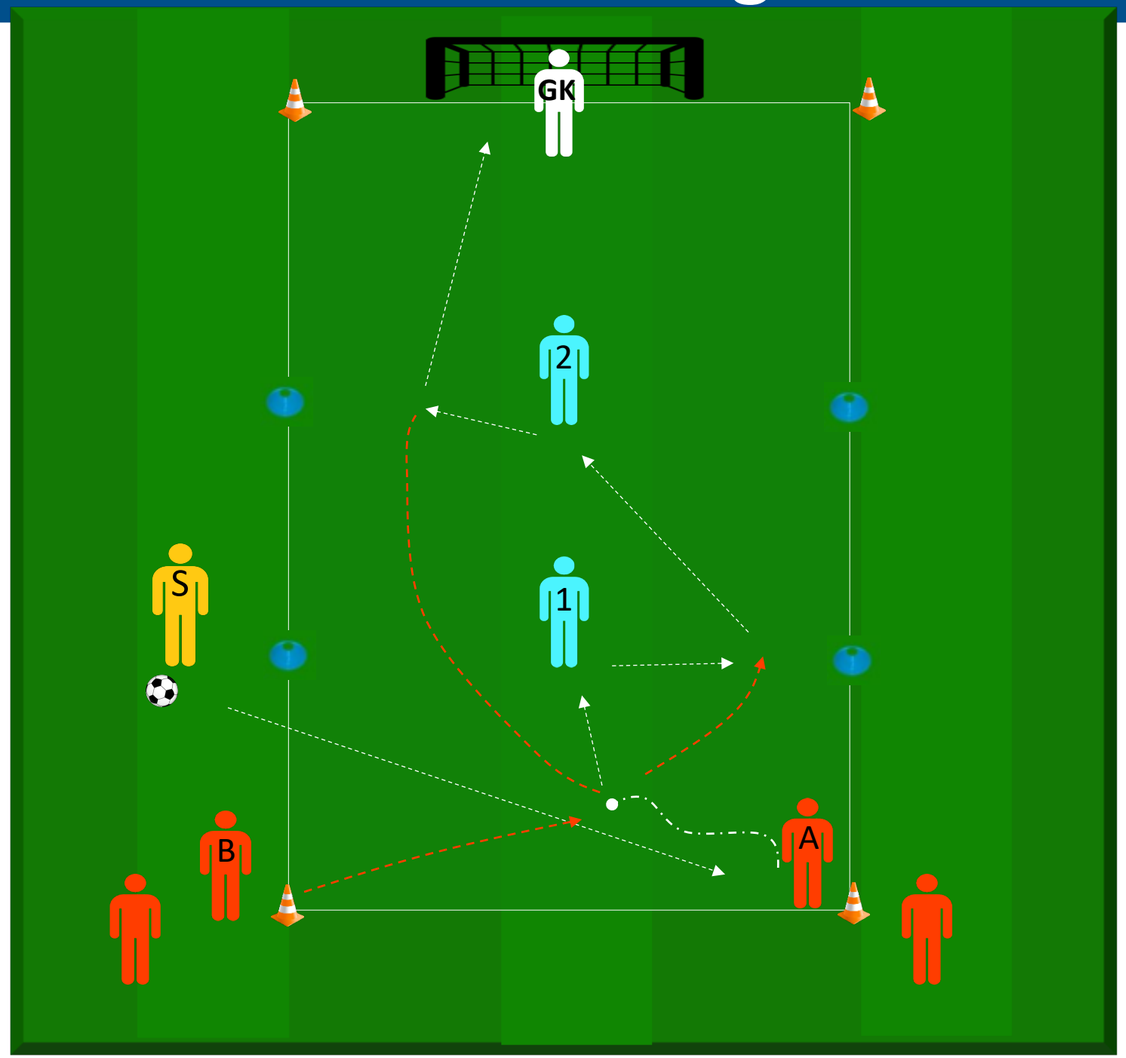
FOOTBALL SOUTH AUSTRALIA

Core Skill: Striking the ball



ORGANISATION

- Create a working are 30x20 split up into 3 even zones (marked with cones) with a goal at the end.
- 8-9 outfield players split up into working pairs and a GK.
- Two players act as ‘bounce’ players in between the cones
- Working players swap with ‘bounce’ players after each turn.

PASSING MOVEMENT

- The coach acts a ‘server’ (S) from outside the area and pass the ball into Player (A) to start the movement.
- On receiving Player (A) takes their 1st touch inside and dribbles forward to complete a take-over with Player (B).
- Player (B) passes into the first ‘bounce’ player (1) and makes a forward run to get a return pass, before passing into the 2nd ‘bounce’ player (2).
- At the same time Player (A) continues to make a 3rd man run to receive a lay off from ‘bounce’ player 2, and then shoots at goal.
- Player (A) and (B) replace the ‘bounce’ players, who return back to the start.

WATCH HERE

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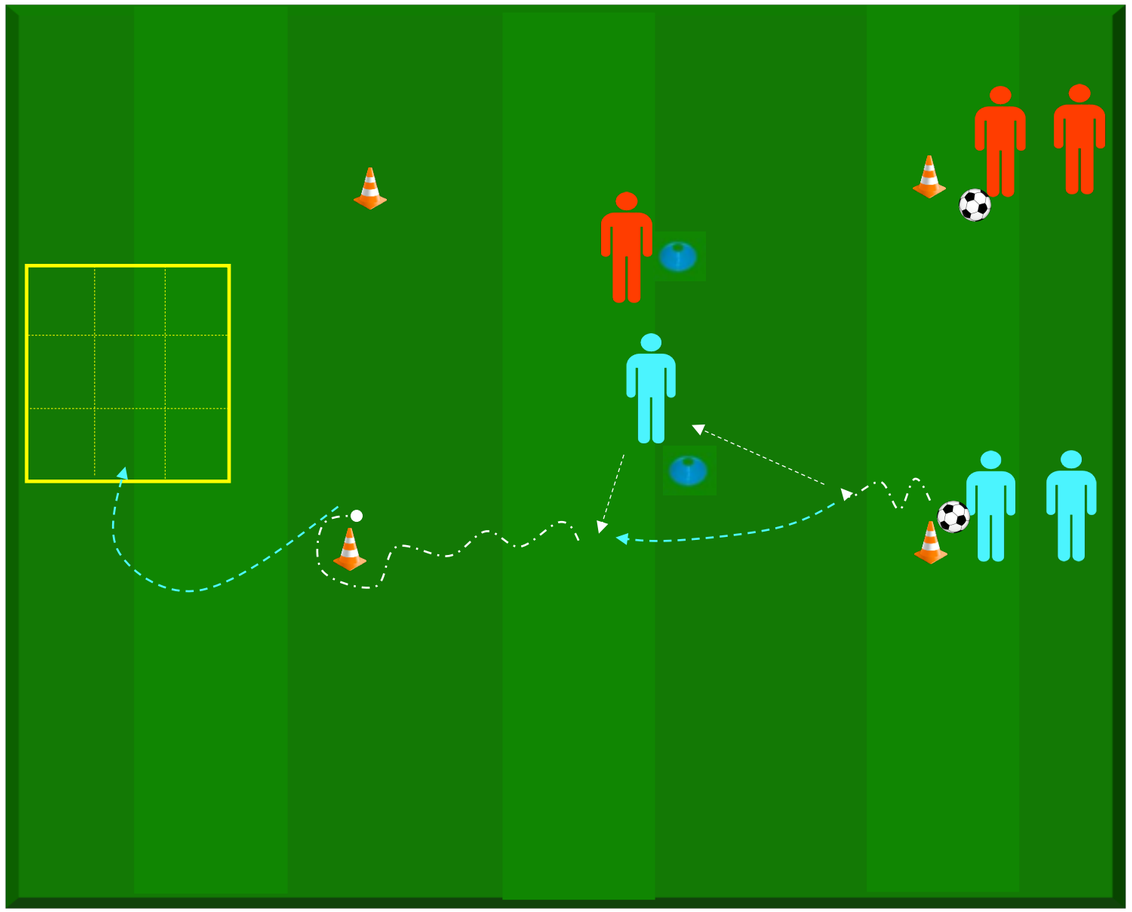
Core Skill: Running with the ball



ORGANISATION

- Spilt 8-10 players into 2 teams, with each team nominating a ‘bounce’ player who is positioned next to the middle cone.
- Place balls or bibs as markers at each side of the O’s & X’s playing area.
- Remaining players line up (social distancing) behind the start cone, with 1 ball per team.

HOW TO PLAY

- When the coach shouts ‘GO’ the first player in each team dribbles forward.
- They play a one-two with their ‘bounce’ play, before dribbling around the end cone, and stopping the ball.
- Leaving the ball behind they race in to grab a ‘marker’ and place it on the 0’s & X’s playing area.
- They return the ball back to the start, completing another one-two on their way home.
- The game continues until the 0)’s & X’s game is finished.

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