

# FFA Skill Trainer's Course (Talented Players)

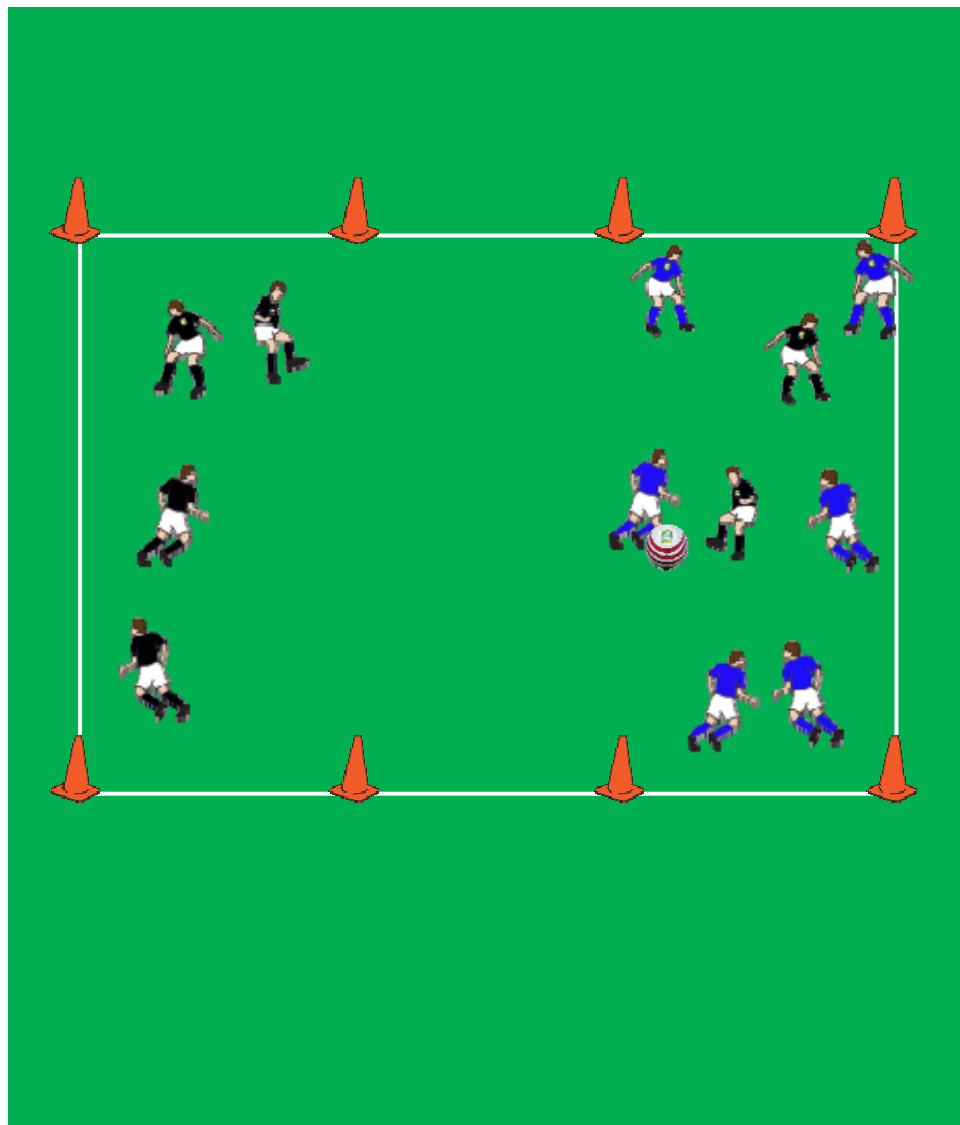
---



## Practical 1

*“ Striking the ball (a) ”*

Drill 1	The Game
Topic	Passing
Exercise Purpose	Improving possession play



### Set Up

- 2 end zones 30 x 15
- 6 players in each Zone

### Action:

- One team starts with ball
- On Coach signal 2 players from opposite team go and try and touch the ball.
- Coach keeps time ( How long can team keep possession till lose ball)
- Score is noted
- Now Same applies at opposite end
- Team with highest (time) score wins

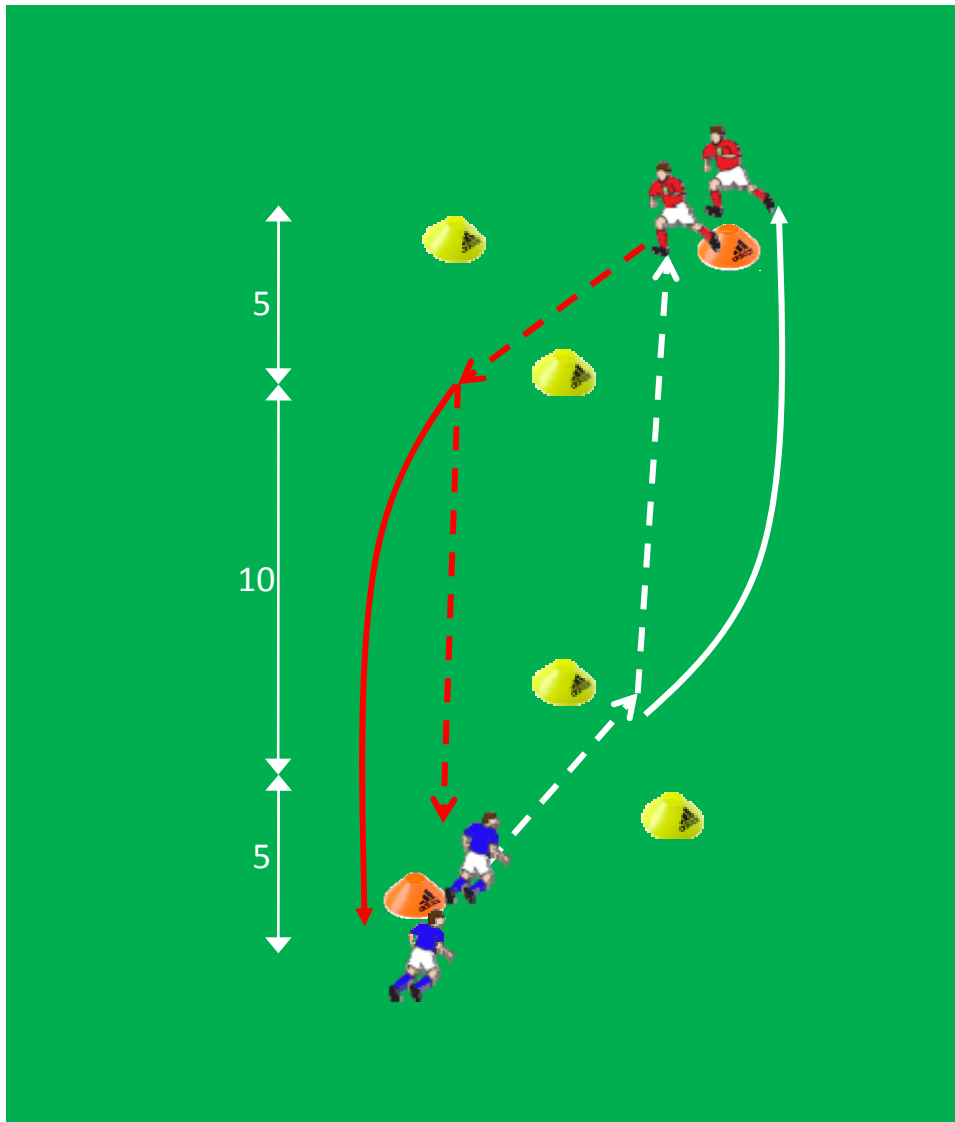
### **Coaches Tip**

### **Players Tip**

### **Make Harder**

### **Make Easier**

Drill 2	Improving the Core Skill
Topic	Pass & Receive
Exercise Purpose	Improve pass accuracy and pass speed



Set up

4 or 5 players opposite on Orange cones, One player starts with the ball

Action:

- Blue pushes ball through the blue yellow with 1<sup>st</sup> touch and passes to Red through yellow/orange gate with 2<sup>nd</sup> touch and follows pass to end of group
- Red takes 1<sup>st</sup> touch through yellow gate and passes to Blue through yellow/orange gate with 2<sup>nd</sup> touch and follows pass to end of group

V.1

Passer and receiver play ½ Pass

V.2

- Player who plays pass acts as a Limited Pressure Defender on Receiver

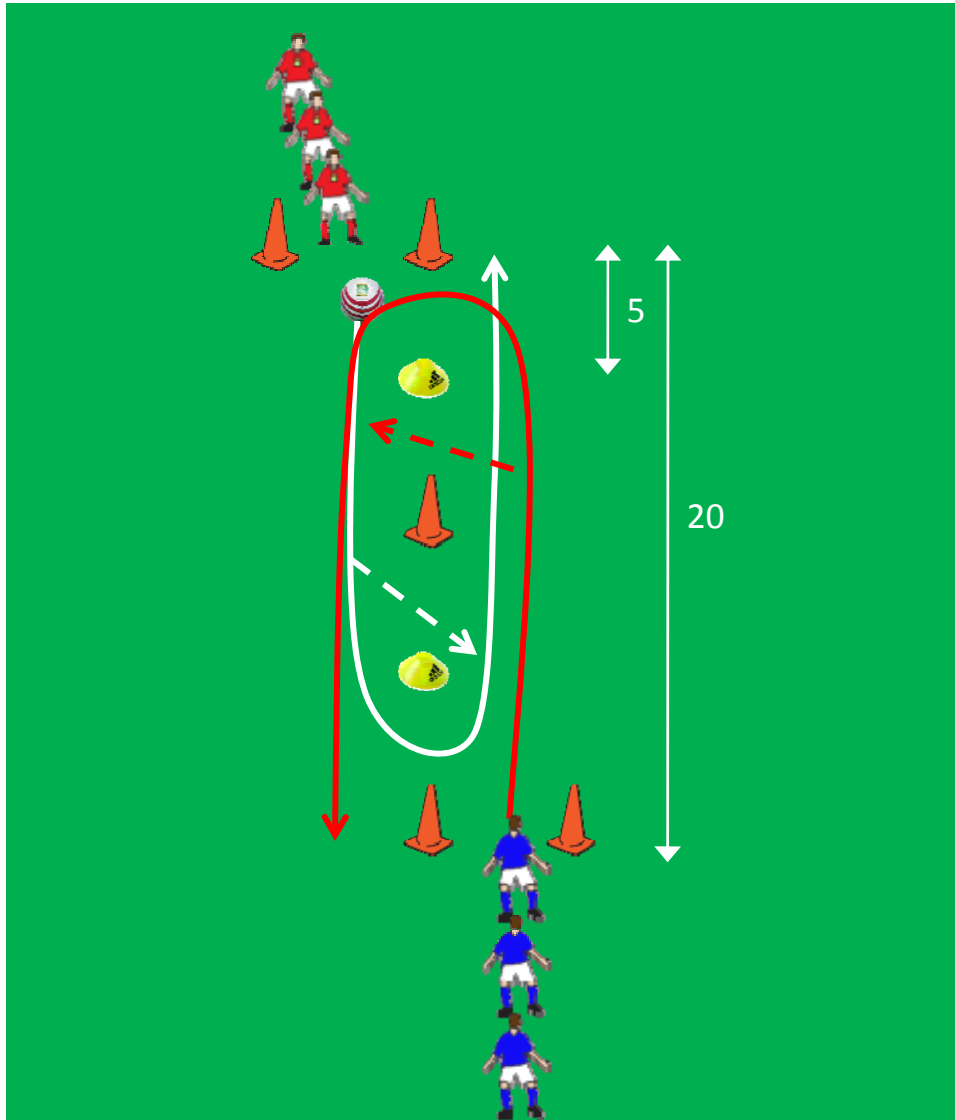
**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**

Drill 3	
Topic	Passing
Exercise Purpose	Passing on the Run



Set Up

4 or 5 Players at either end  
 First player of Red has a ball

Action:

- Red runs down the line of cones and passes the ball to Blue before the 3<sup>rd</sup> cone
- Blue performs the same run and pass in the opposite direction

V.1

- Passer becomes defender

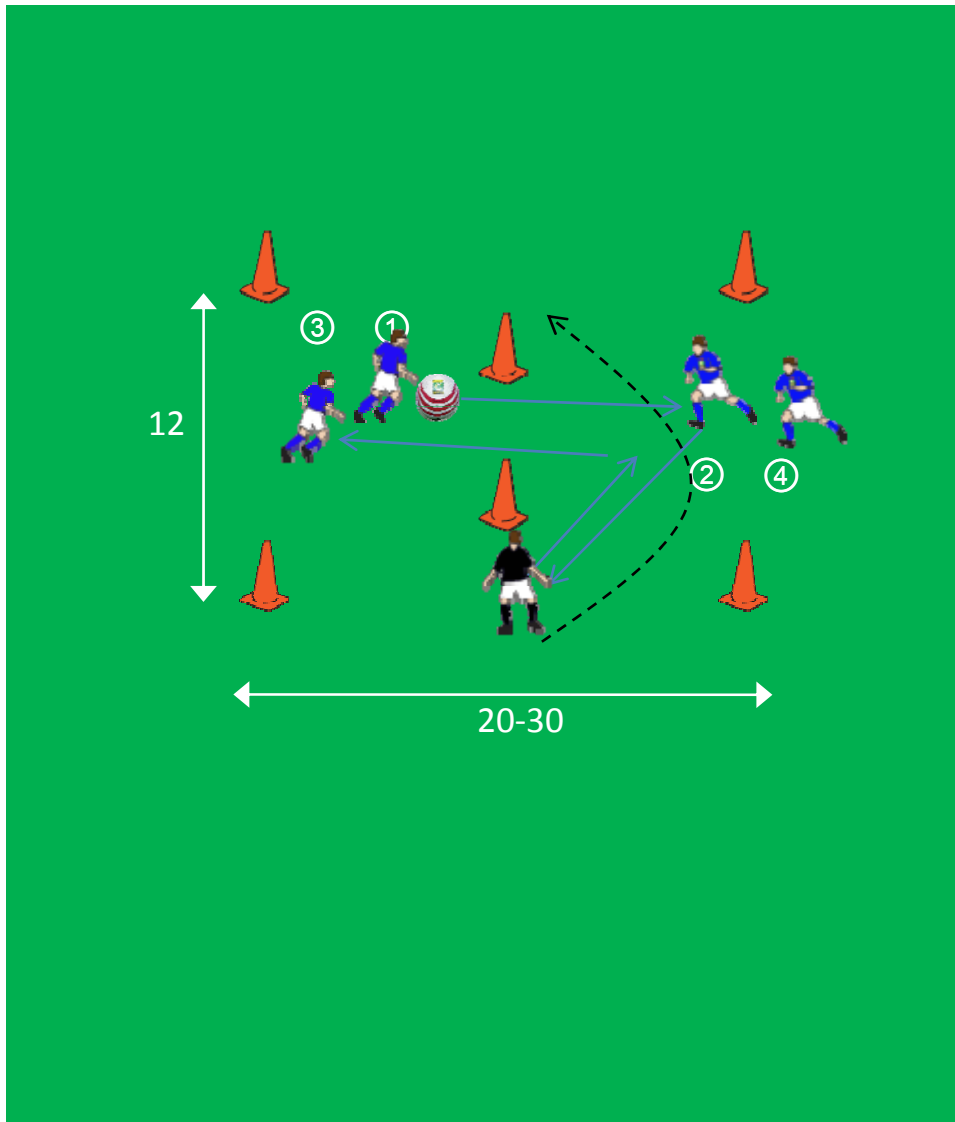
**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**

Drill 4	
Topic	Passing
Exercise Purpose	Perfecting time of pass and time of run



### Set Up

2 groups face each other.  
 First player of 1 group with a ball.  
 1 player acts as a wall passer.

### Action:

- Blue1 passes to Blue2 and follows pass
- Blue2 passes to Black
- Black plays wall pass back to Blue2
- Blue2 plays through middle gate to Blue3
- Blue3 passes to Black
- Black plays wall pass back to Blue3
- Blue3 plays through middle gate to Blue4
- Sequence is repeated
- Change Black after 45-60s
- Work Black on both sides

V.1

Black WP then overlap

V.2

Receiver dummies for ½ with player behind

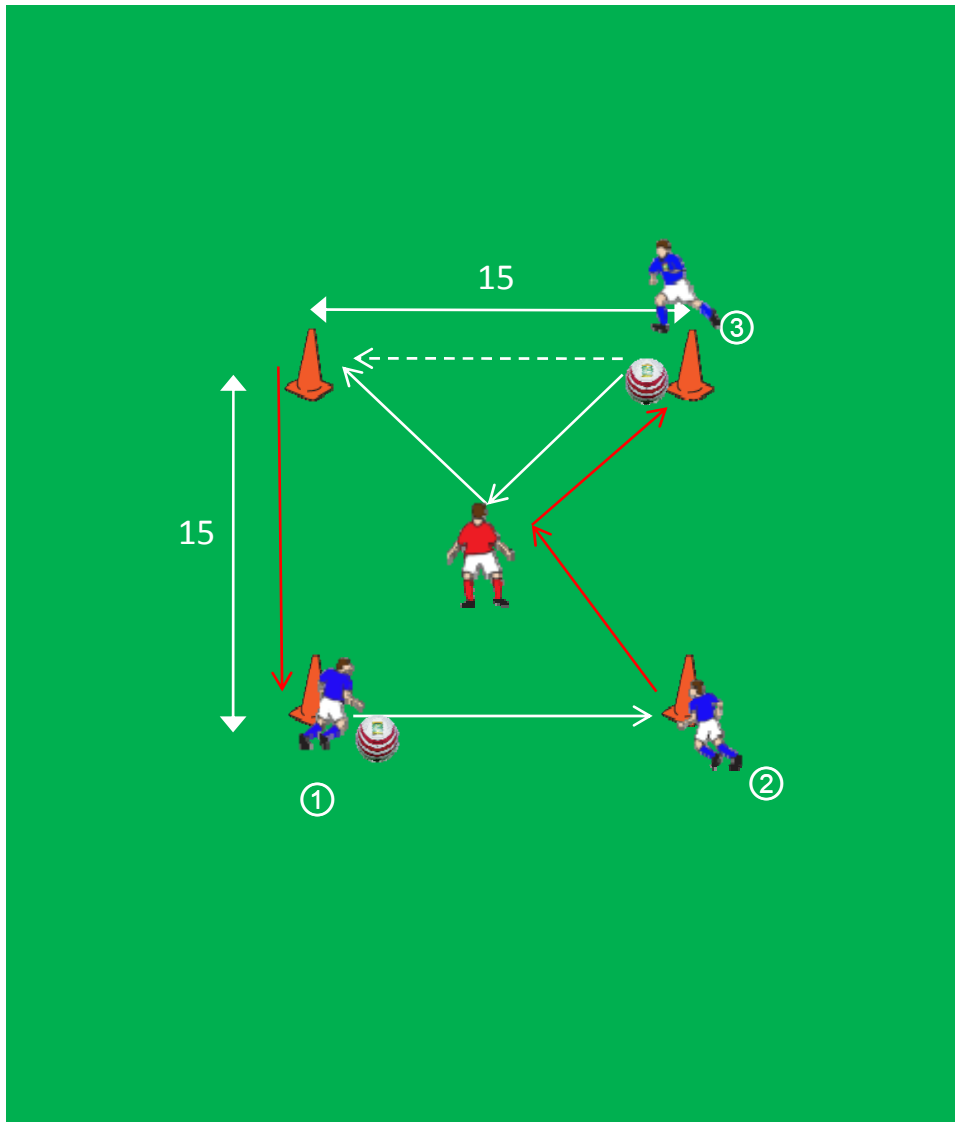
**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**

Drill 5	
Topic	Passing
Exercise Purpose	Improving time and accuracy of pass



Set Up

4 players, 2 start with the ball, middle player wall passer

Actions:

- 1 passes to 2, 2 passes to Red for wall pass moving to the next cone (Blue allows movements)
- 3 passes to 1, 2 passes to Red for wall pass moving to next cone (Red allows movements)
- Sequence is continuous
- Switch middle player every 45-60s depending on age/ability
- Also go other way to practice left foot

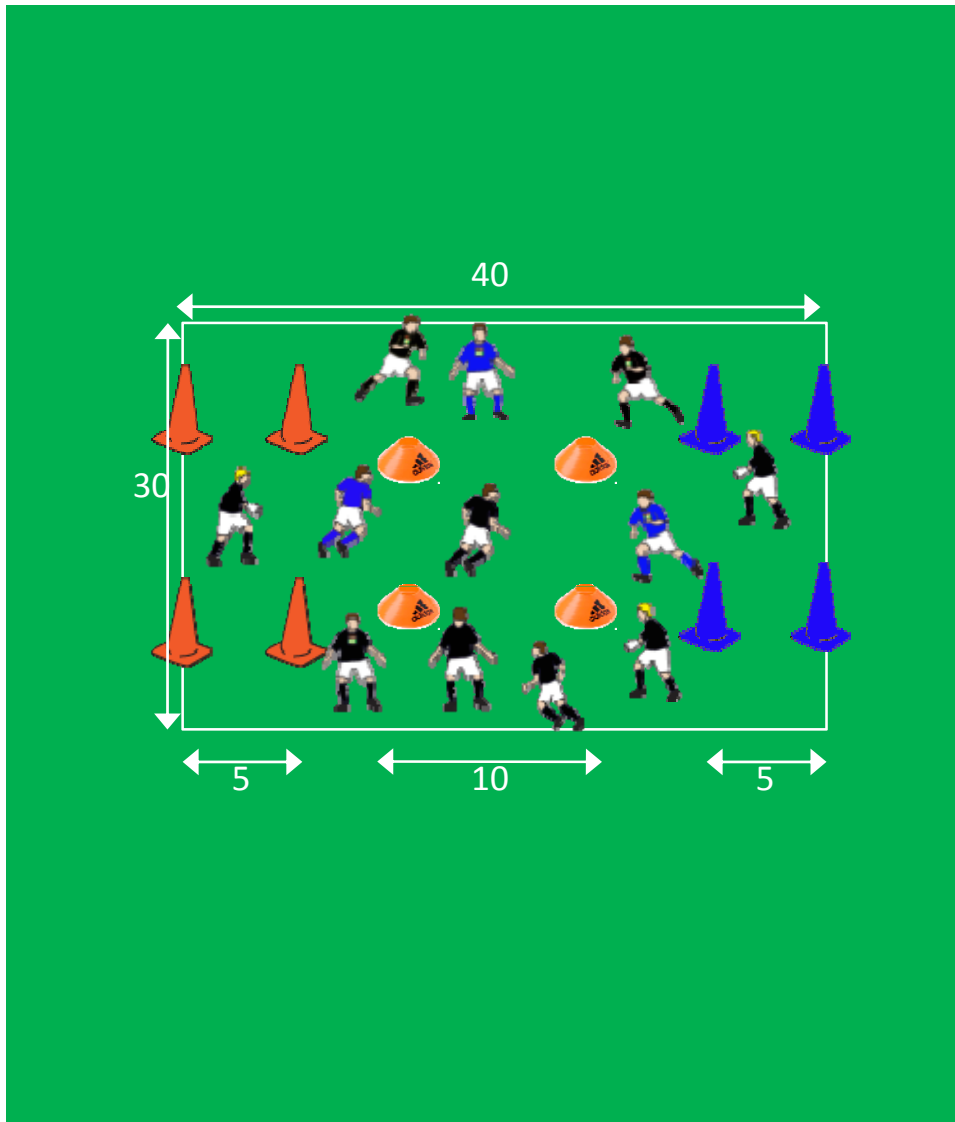
**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**

Drill 6	
Topic	Passing
Exercise Purpose	Keeping possession under limited pressure



### Set Up

- 9 Passers v 3 Defenders

### Action

- Blacks play on 2 touch
- Every time they play a pass into the End Zones or Centre Square they must exchange positions with the player already in there
- 5 passes = 1 goal
- Each Time Blue touches the ball they get one point
- Blues not allowed in End Zones or Centre Square
- 60s to score as many goals as possible and then change the Blues

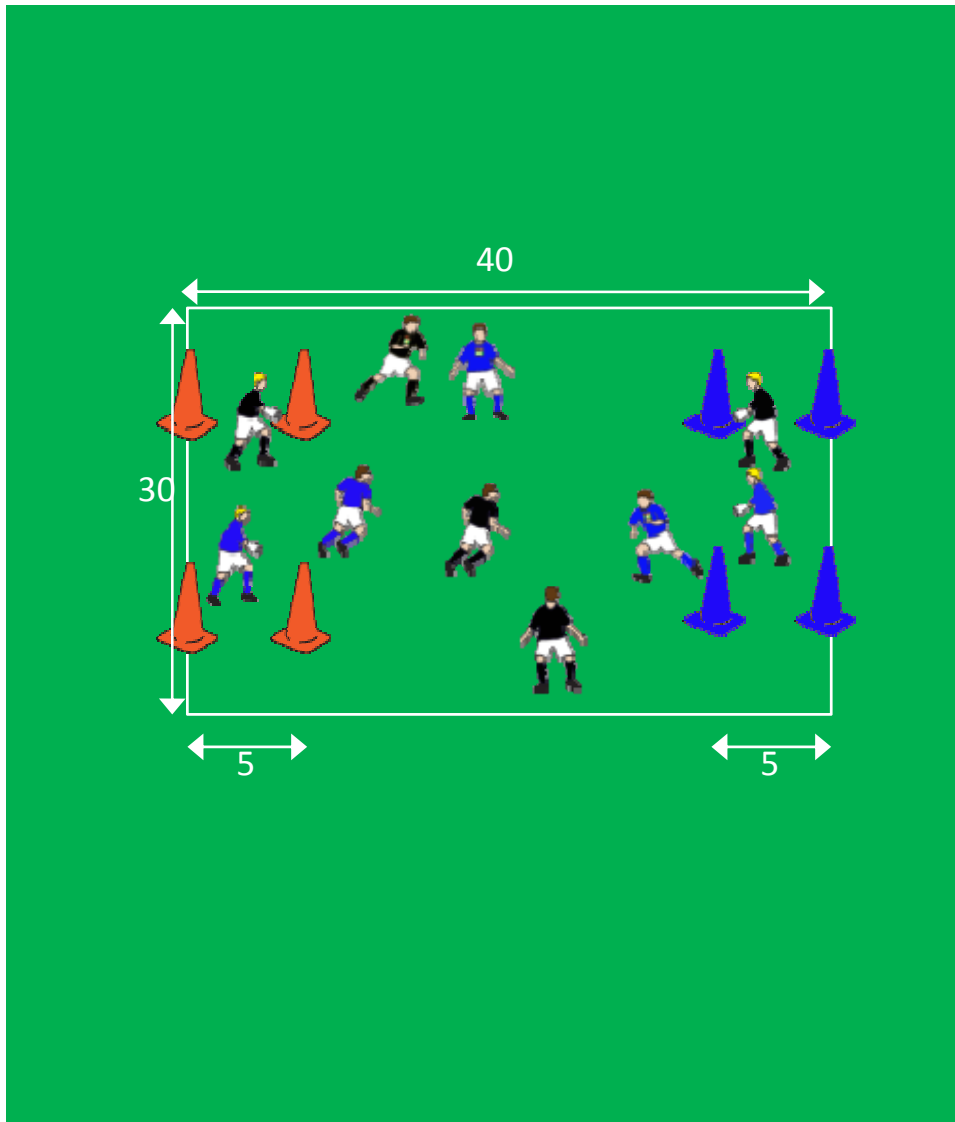
### **Coaches Tip**

### **Players Tip**

### **Make Harder**

### **Make Easier**

Drill 7	
Topic	Passing
Exercise Purpose	Effective Possession



Set Up

3 v 3 in middle zone with one player of each team in end Zones

Action:

- Pass into either End Zone and exchange places with receiver to score a goal

**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**



# FFA Skill Trainer's Course (Talented Players)

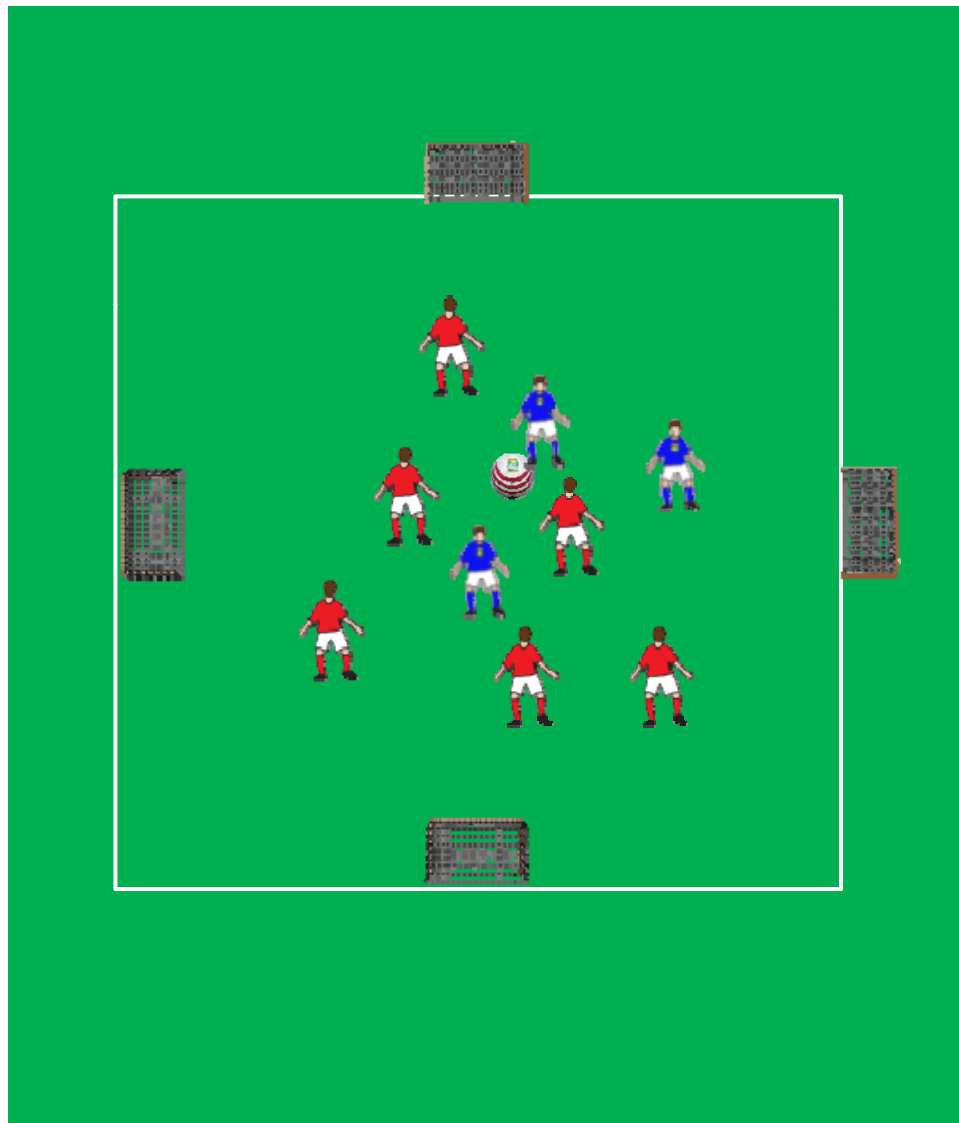
---



## Practical 2

*“Striking the ball (b)”*

Drill 1	
Topic	Shooting
Exercise Purpose	Reality of being out numbered



**Set up:**

6 Defenders and 3 Strikers  
4 Goals

**Action:**

Strikers can score in any Goal  
Defenders must win the ball and keep for 6 passes and they get a Goal

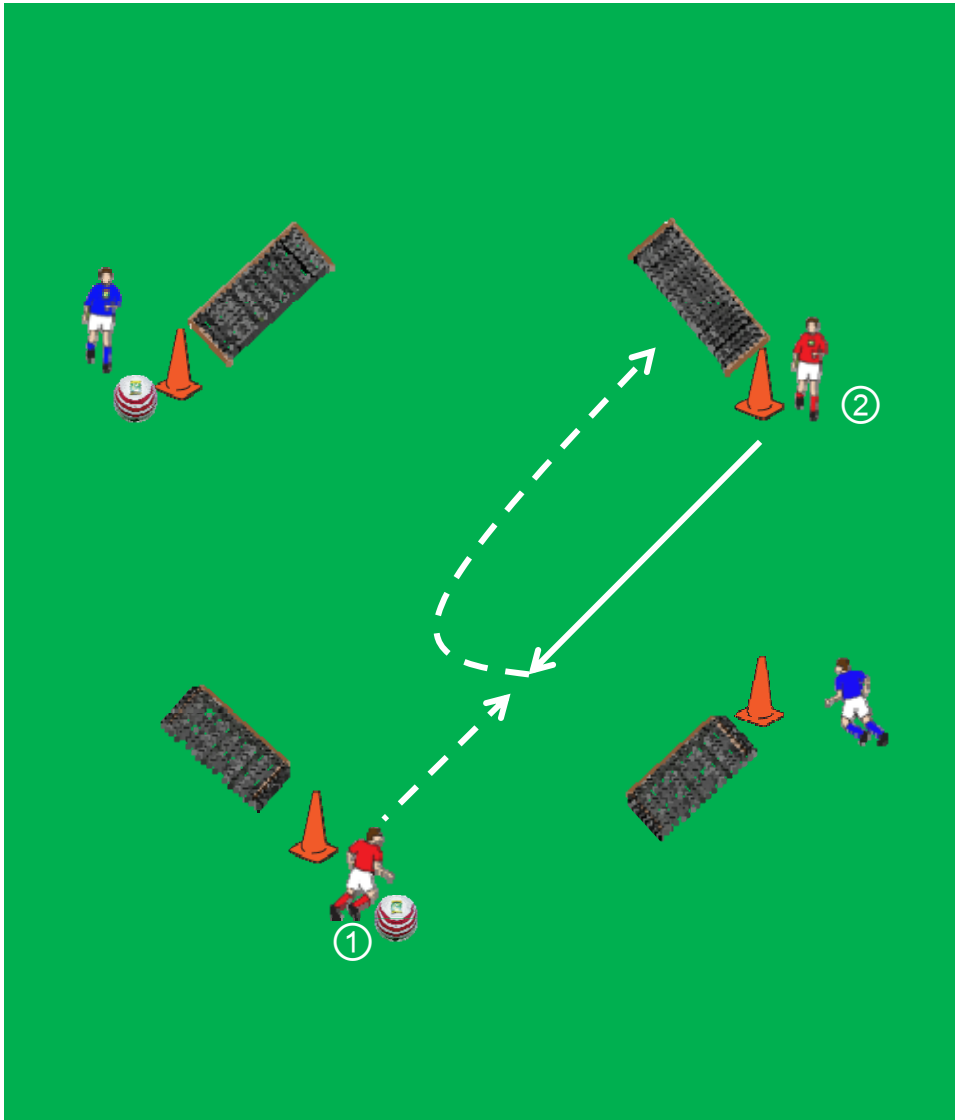
**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**

Drill 2	
Topic	Shooting on the Turn
Exercise Purpose	Accuracy on the turn



Set Up:

4 Goals

2 red teams facing two blue teams

First player of of group of red and blue start with the ball

Action:

- Red 1 passes to Red 2
- Red 2 receives the ball, turn and shoot.
- Then Blue does same
- Red and blue go alternatively

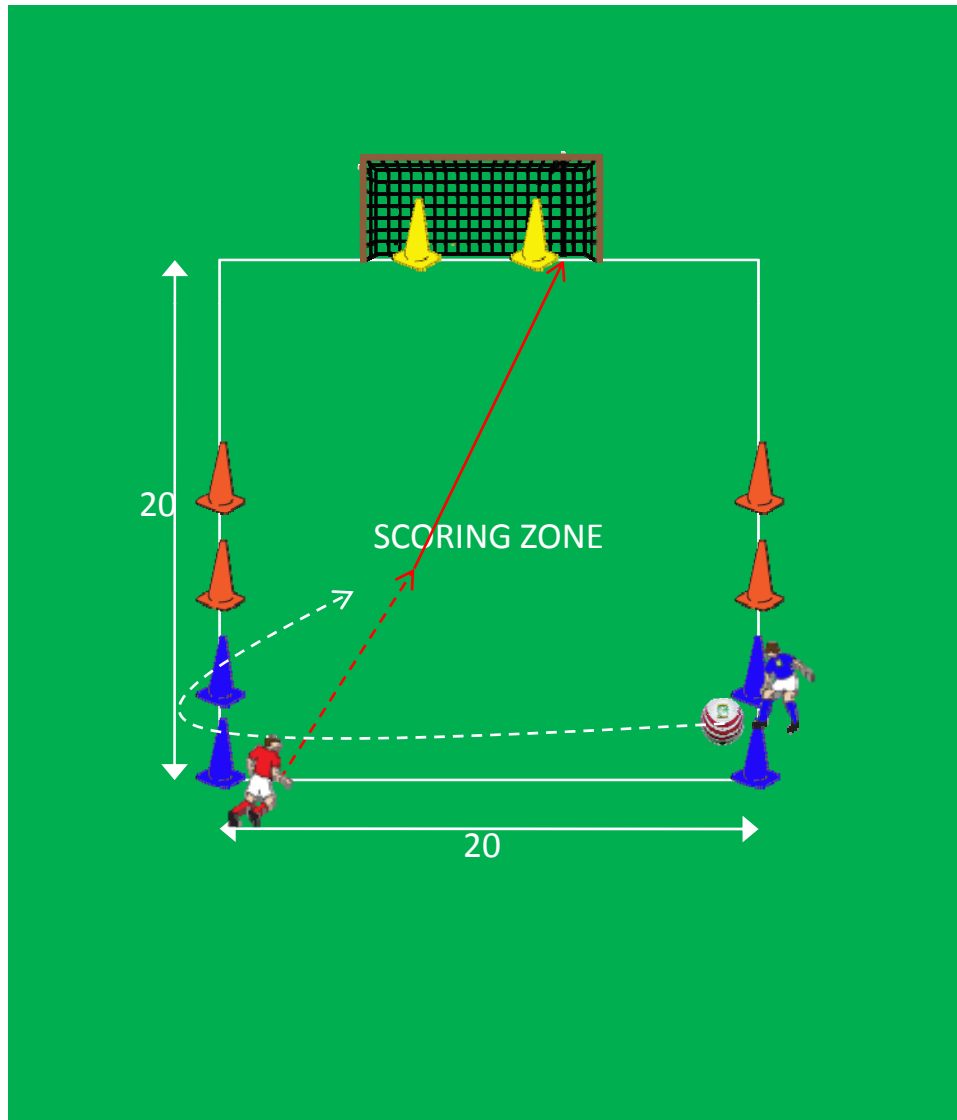
**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**

Drill 3	
Topic	Shooting
Exercise Purpose	Using 1 <sup>st</sup> touch to create time for accuracy



### Set Up

Blues start with ball as defenders  
 Reds Start as attackers

### Action

- Blue runs the ball across the area stopping the ball with the sole of the foot in front of Red
- Red must travel into the Scoring Zone before shooting at goal, trying to score in the target areas
- Blue continues through the gate and turns back to defend 1v1
- Players switch after each attack
- Progress to Red having only 1 touch to enter Scoring Zone and shooting on 2<sup>nd</sup> touch
- Change sides so both feet are worked
- Size of Scoring Zone can be manipulated to pressurise Red 1<sup>st</sup> touch

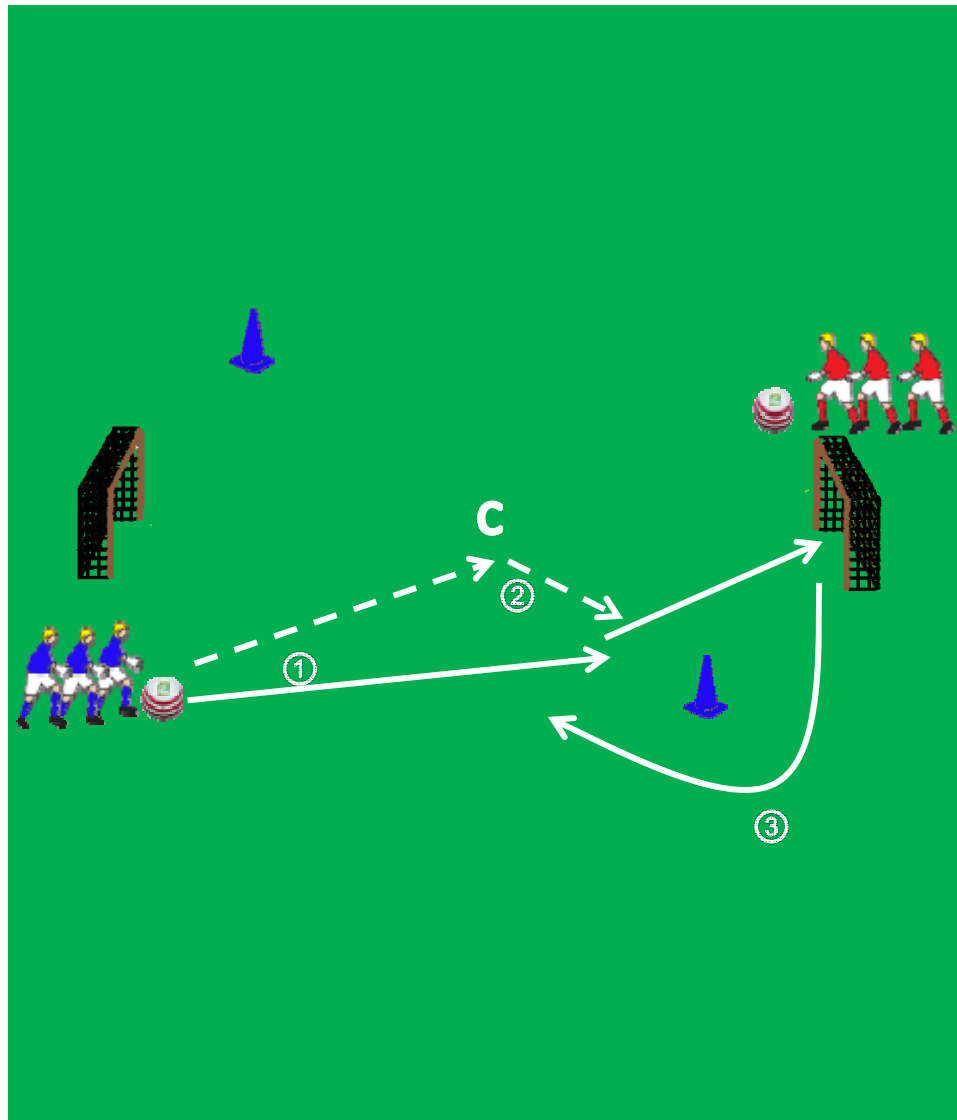
### **Coaches Tip**

### **Players Tip**

### **Make Harder**

### **Make Easier**

Drill 4	
Topic	Shooting
Exercise Purpose	To Improve shooting on the run



**Set Up:**

Two goals

Two teams opposite, each player with a ball

Coach or player as wall passer in the middle

**Action:**

Shooter must run around cone to defend

On Shot opposite player passes into wall passer and gets back to shoot

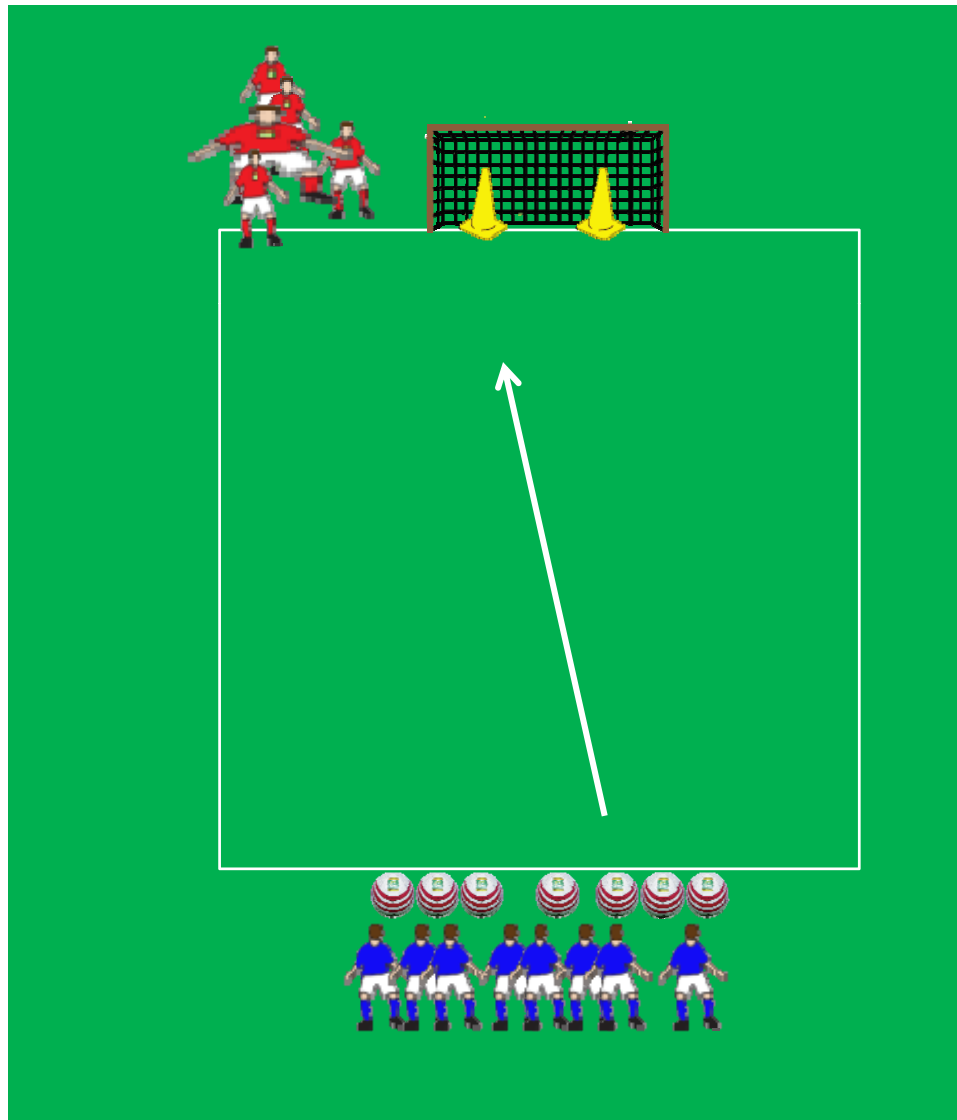
**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**

Drill 5	
Topic	Shooting
Exercise Purpose	Taking Responsibility



Set Up:

5 Red defenders 12 yards away from the goal  
 Rest of Players 20 to 30 Yards away are attackers

Action:

- Coach calls out a number for defenders, if say One one defender comes out
- Attackers always send out one more than number called for Defender
- If Score, Attackers can jog back
- But if GK saves or defender touches the ball or ball misses the Goal All the attackers playing in that game , have 3 seconds to sprint back over the line otherwise they do 3 push ups

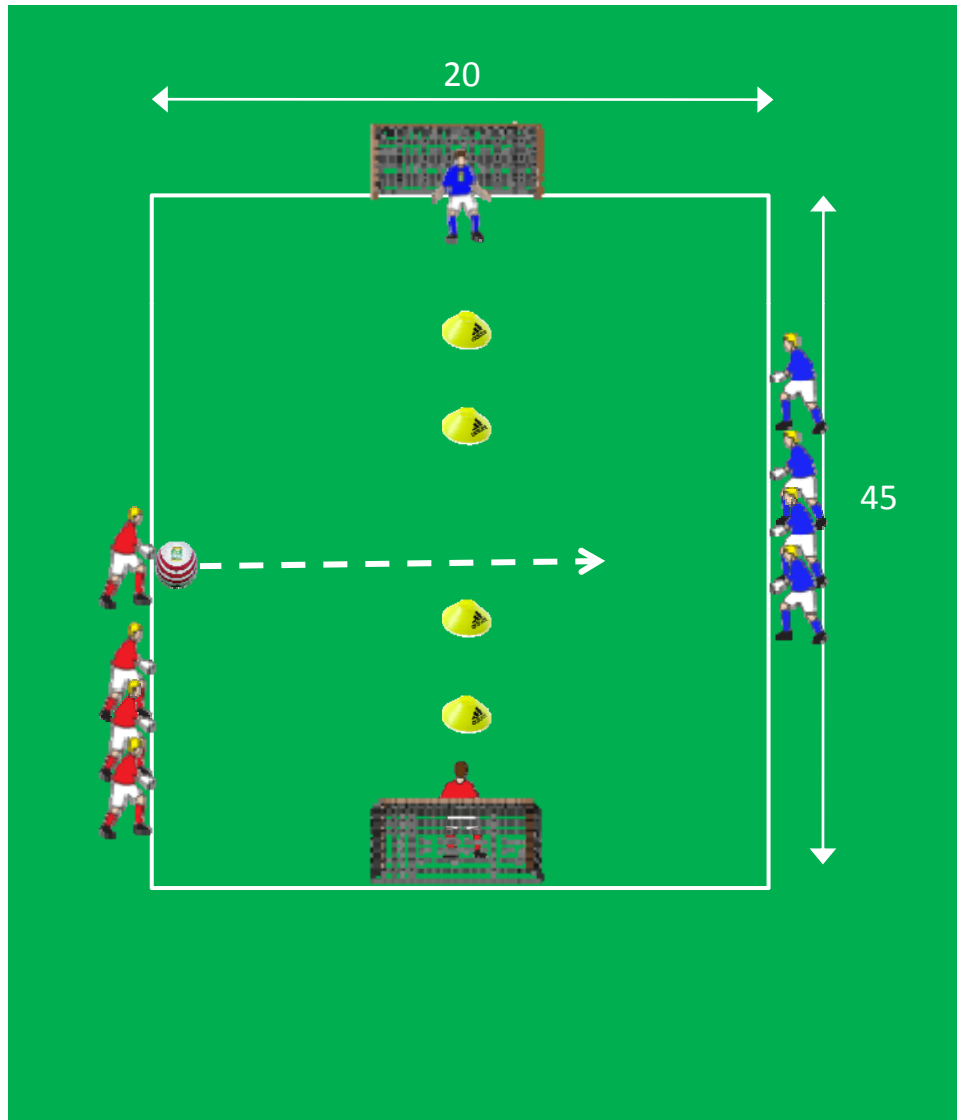
**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**

Drill 6	
Topic	Shooting
Exercise Purpose	Improving shooting with both feet



**Set Up:**

2 groups facing.

Red players start with the ball as defenders.

2 end goals and 1 gate in front of each goal.

**Actions:**

- Reds passes to Blue and defends against him.
- Blue dribbles thru one of the gates before shooting.
- The GK can only come off their line as player dribbles thru the gates.
- Count goals and change team roles after a set number of opportunities.

**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**

Drill 7	
Topic	Shooting
Exercise Purpose	Taking opportunity



Set Up:

Players in twos

Two side goals

Action:

- 2v2
- Scoring Team stays on. (Side Goals only)
- Player can only score from inside the scoring zone.
- If ball goes out, new ball will come out from coach.
- Next 2 immediately comes in after a goal so they will have to be ready.

**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**



# FFA Skill Trainer's Course (Talented Players)

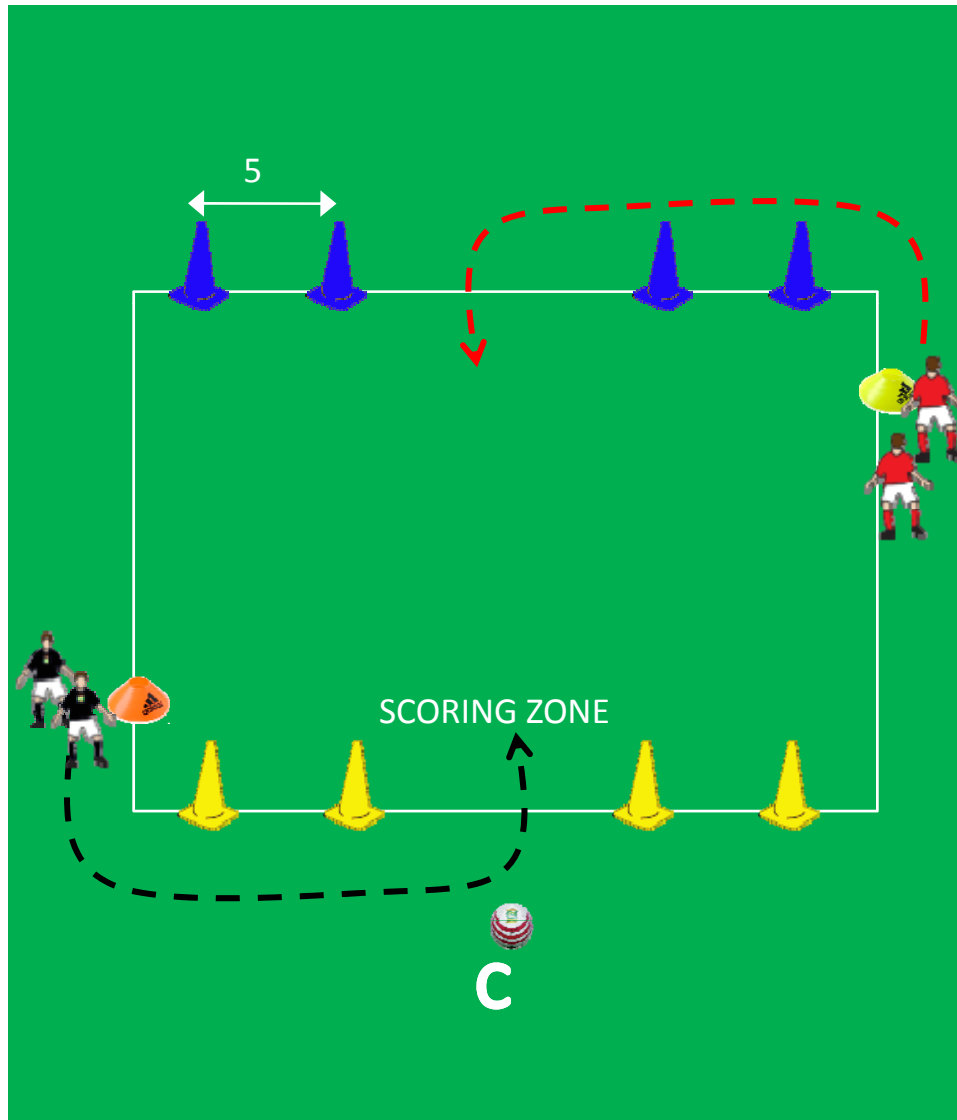
---



## Practical 3

*“ 1v1 (a) ”*

Drill 1	
Topic	1 v 1 (A)
Exercise Purpose	Full Pressure



**Set Up:**

Reds Attackers  
Blacks Defenders  
Coach with balls  
Two goals each end

**Action:**

On signal the 1<sup>st</sup> players from each team sprint around and into the field between the two opposite end goals. The Coach passes to the designated Red attacker who takes on black and tries to score by penetrating the shooting zone and shooting into one of the small goals. If Reds wins the ball he can score at the opposite end

**Coaches Tip**

**Players Tip**  
**Make Harder**  
**Make Easier.**

Drill 2	
Topic	1 v 1
Exercise Purpose	Learning the Movements



**Set Up:**

Players in 4's each with a ball  
Pairs face each other

**Action:**

- Players facing each other, in pairs two yards apart, jogging on the spot
- On coaches command players perform 1v1 move and finish up opposite on opposite side of cone

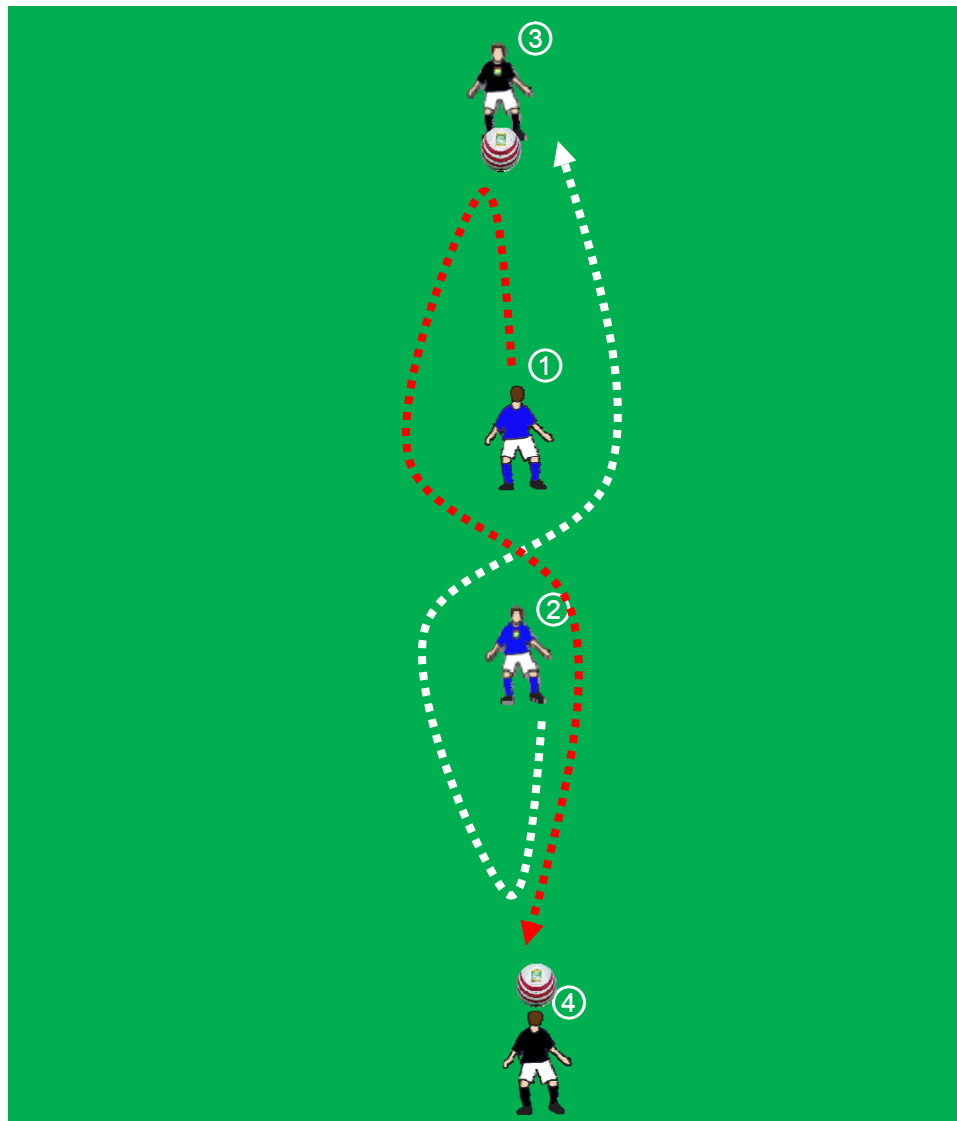
**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**

Drill 3	
Topic	1 v 1
Exercise Purpose	On the move



**Set Up:**

4 Players 10 yards apart  
End Players start with the ball

**Action:**

3 and 4 pass to 1 and at the same time.  
1 and 2 control towards 3 and 4 and then makes a COD in front of 3 and 4.  
1 and 2 crosses each other whilst doing a move.  
3 and 4 immediately goes forward as a limited pressure DF towards 1 and 2. 1 and 2 to do moves to go past 3 and 4.

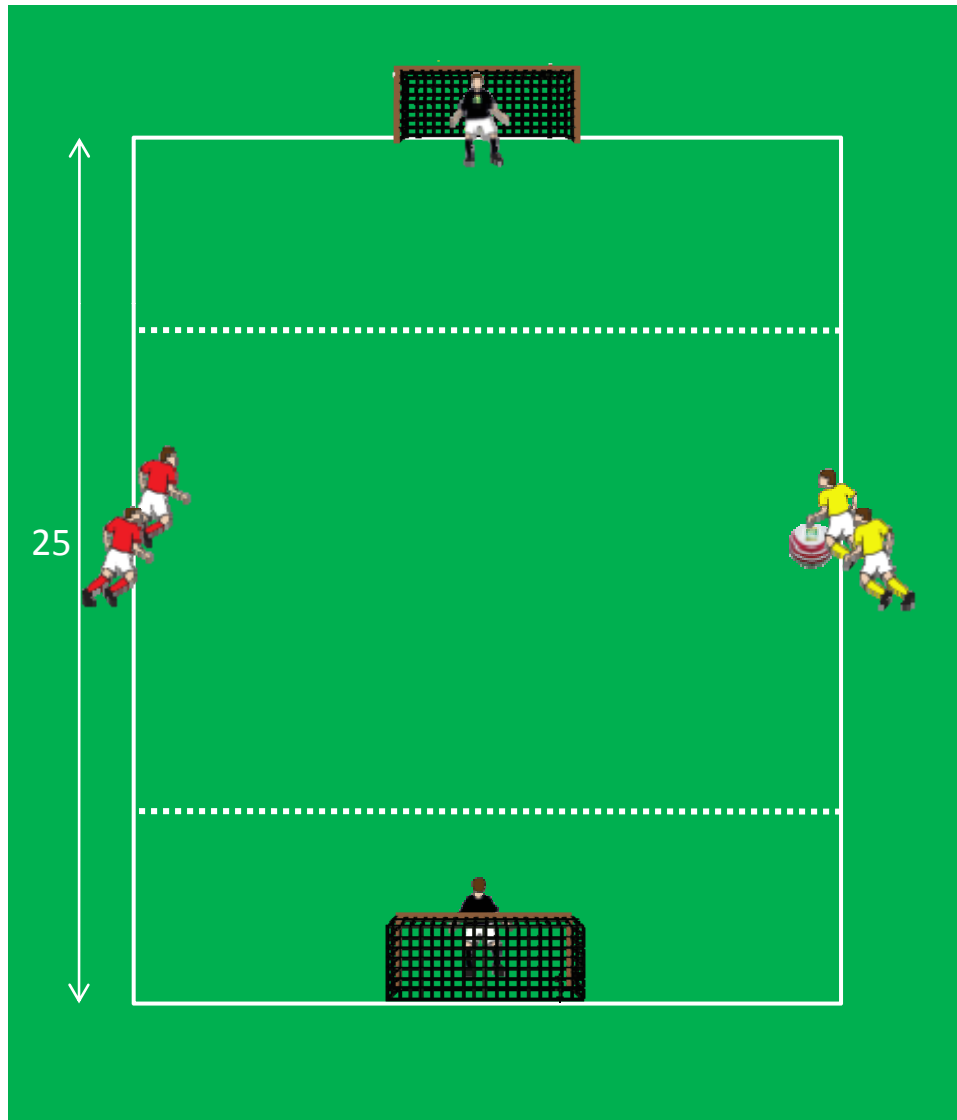
**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**

Drill 4	
Topic	1 v 1
Exercise Purpose	Combination Option



**Set Up:**

Players in pairs 15 yards apart  
Two Goals each end with GK

**Action:**

Reds start as defenders  
Pass to Yellows  
Receiving player one touch lay off then overlap  
Team mate option pass or go it alone  
Can score in either Goal after entering shooting zone

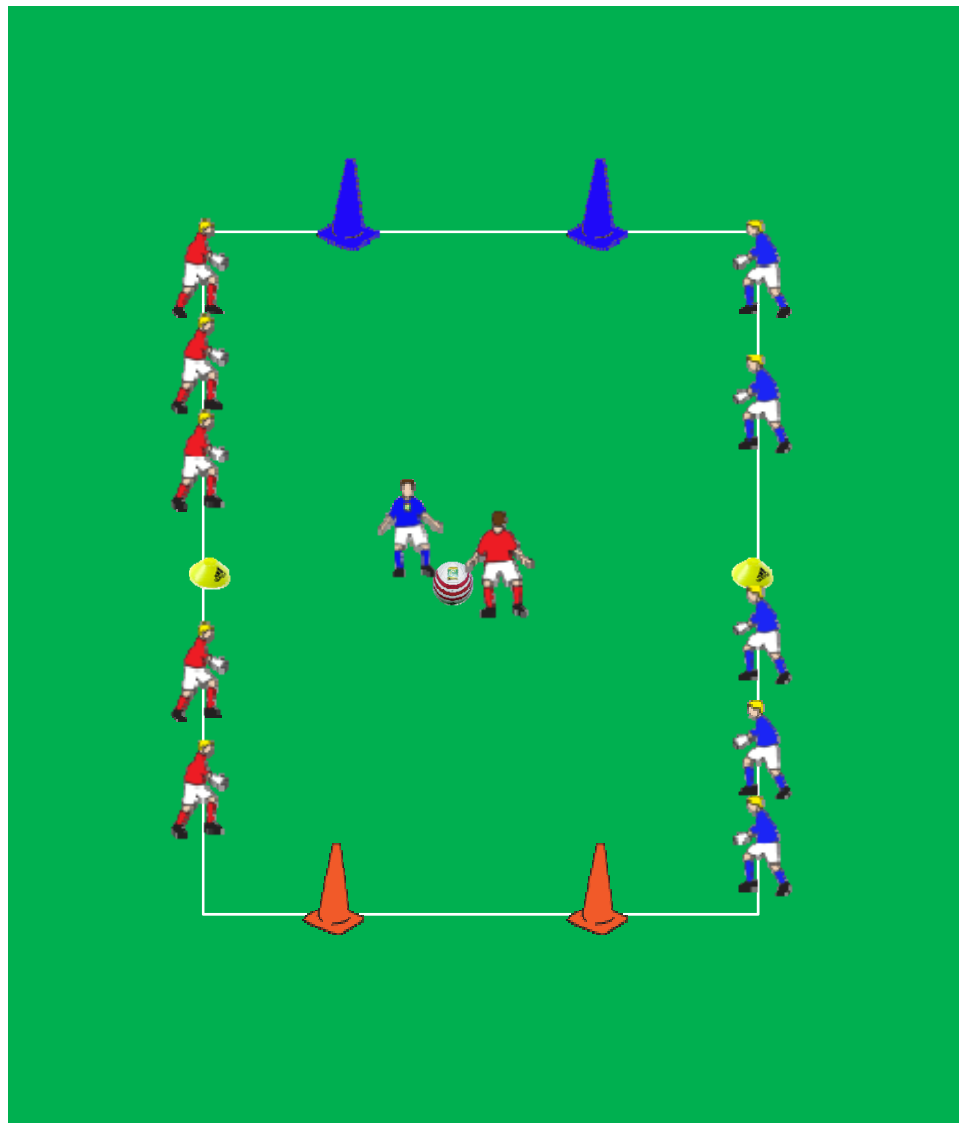
**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**

Drill 5	
Topic	1 v 1
Exercise Purpose	When and Where



**Set Up:**

Two teams either side of Field  
1 v 1 in middle

**Action:**

Start by both players touching the ball with the inside of their right foot.

Start on coach's call.

If player scores, the scorer has to run back and touch his own goal before they can start to defend.

If a goal is scored, the coach will give out new ball for the non-scorer to attack before the scorer can start to defend.

Can only shoot after the half way line.

The resting players stands around the grid and act as a wall kicking back any balls which are likely to go out of the grid.

**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**

# FFA Skill Trainer's Course (Talented Players)

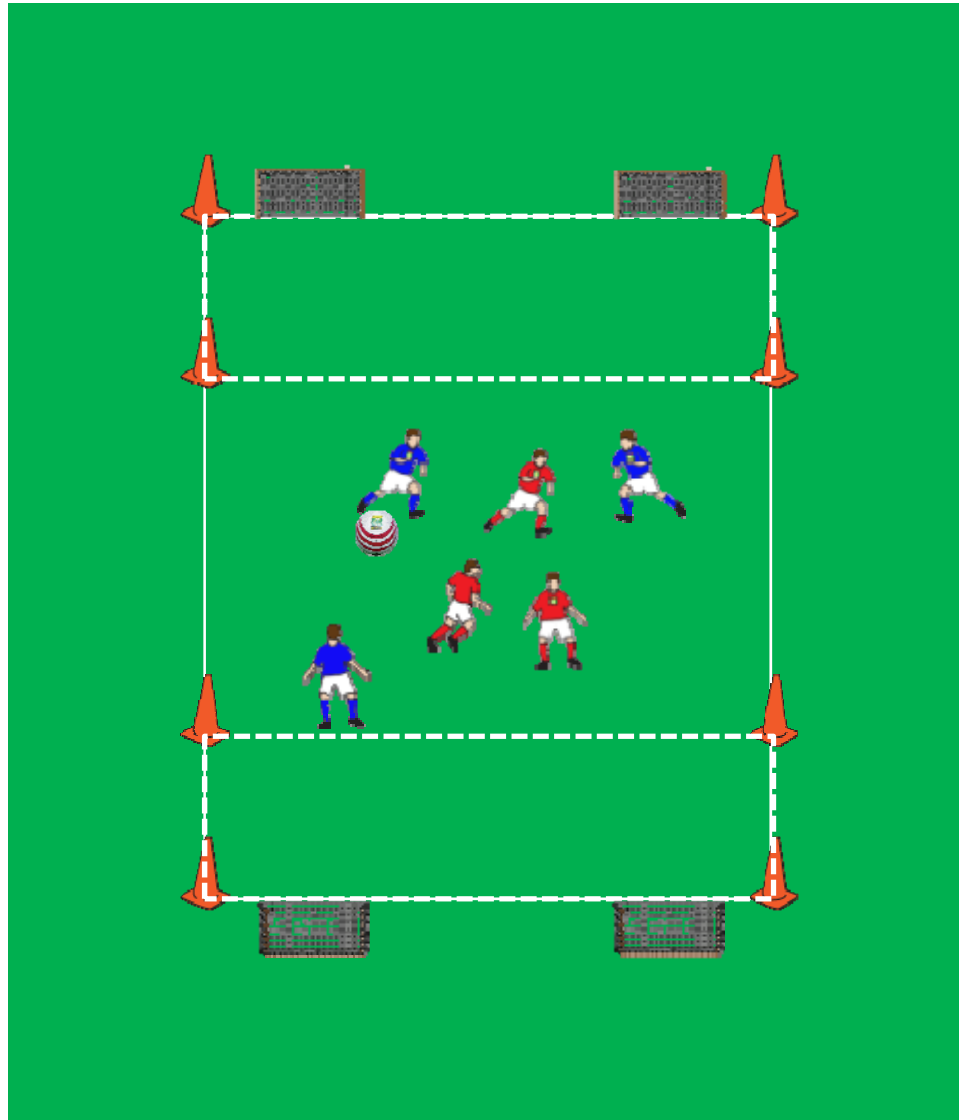
---



## Practical 4

*“1v1 b”*

Drill 1	
Topic	1 v 1 COD
Exercise Purpose	Full Pressure



Set Up:

3 v 3

Action:

Player can score in either end Goals

**Coaches Tip**

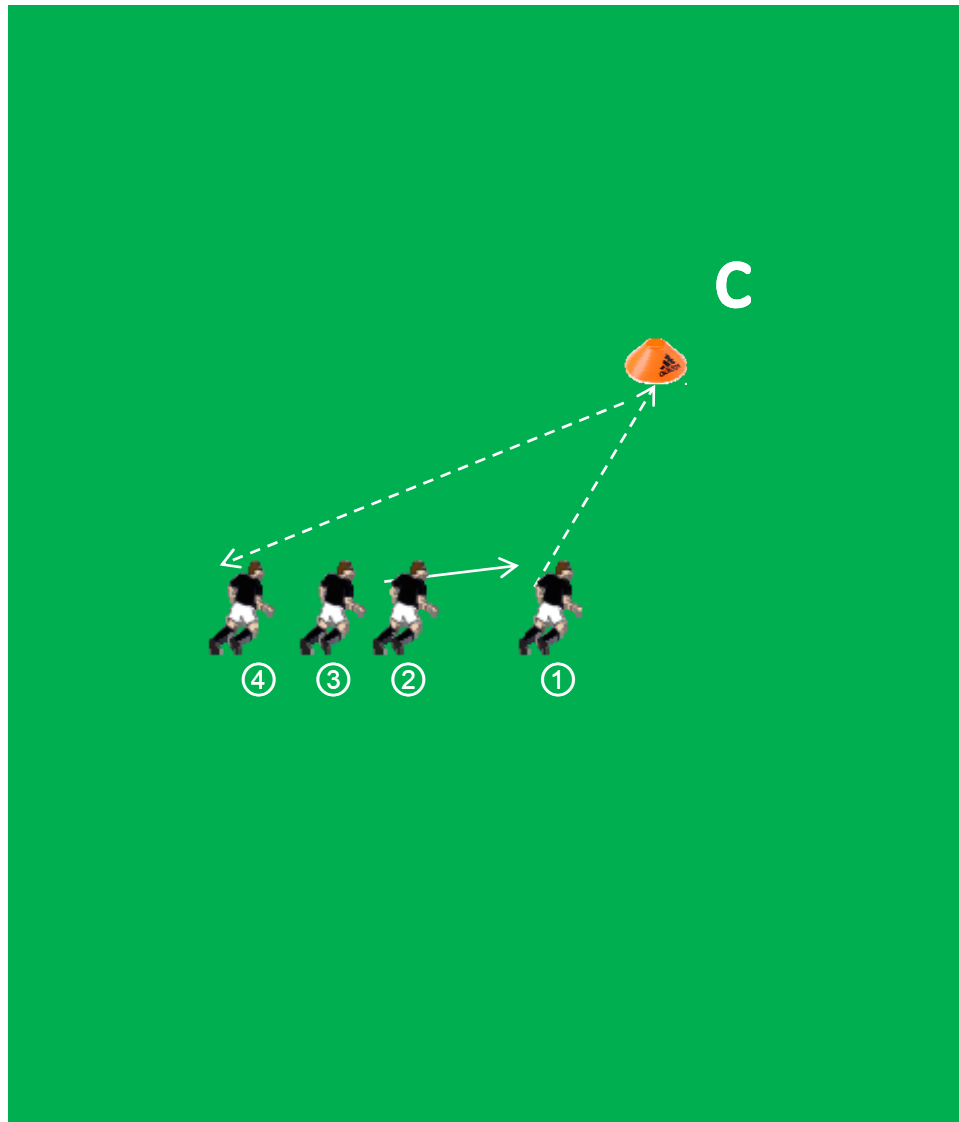
**Players Tip**

**Make Harder**

**Make Easier**



Drill 2	
Topic	1 v 1 COD
Exercise Purpose	Perfect Move



Set Up:

4 Players, 3 with a ball, side to side

Action:

- Black2 passes to Black1
- Black1 takes first touch towards the cone
- Black1 uses the cone as a defender and turns away with the ball, accelerating to the back of the line
- Black3 passes to Black2
- Black2 uses the cone as a defender and turns away with the ball, accelerating to the back of the line
- Players continue to rotate as above

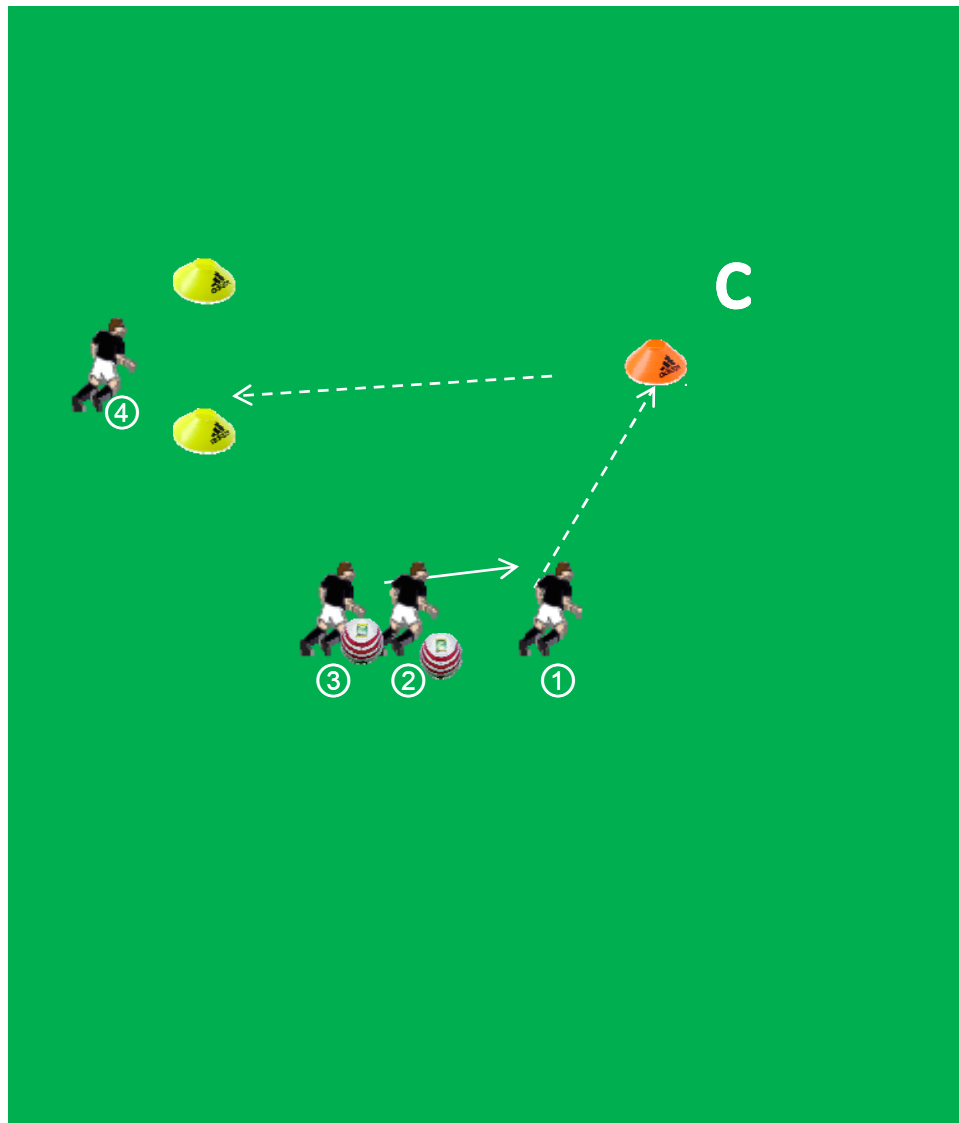
**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**

Drill 3	
Topic	1v 1
Exercise Purpose	Using 1 v 1 to shoot



Set Up:

- 4 Players
- 2 with ball
- One player stands behind mini goal

Actions:

- Black2 passes to Black1
- Black1 takes first touch towards the cone
- Black1 uses the cone as a defender and turns and tries to shoot through the mini goal, then takes his position behind mini goal
- Black4 collects the shot and goes to line to start as attacker

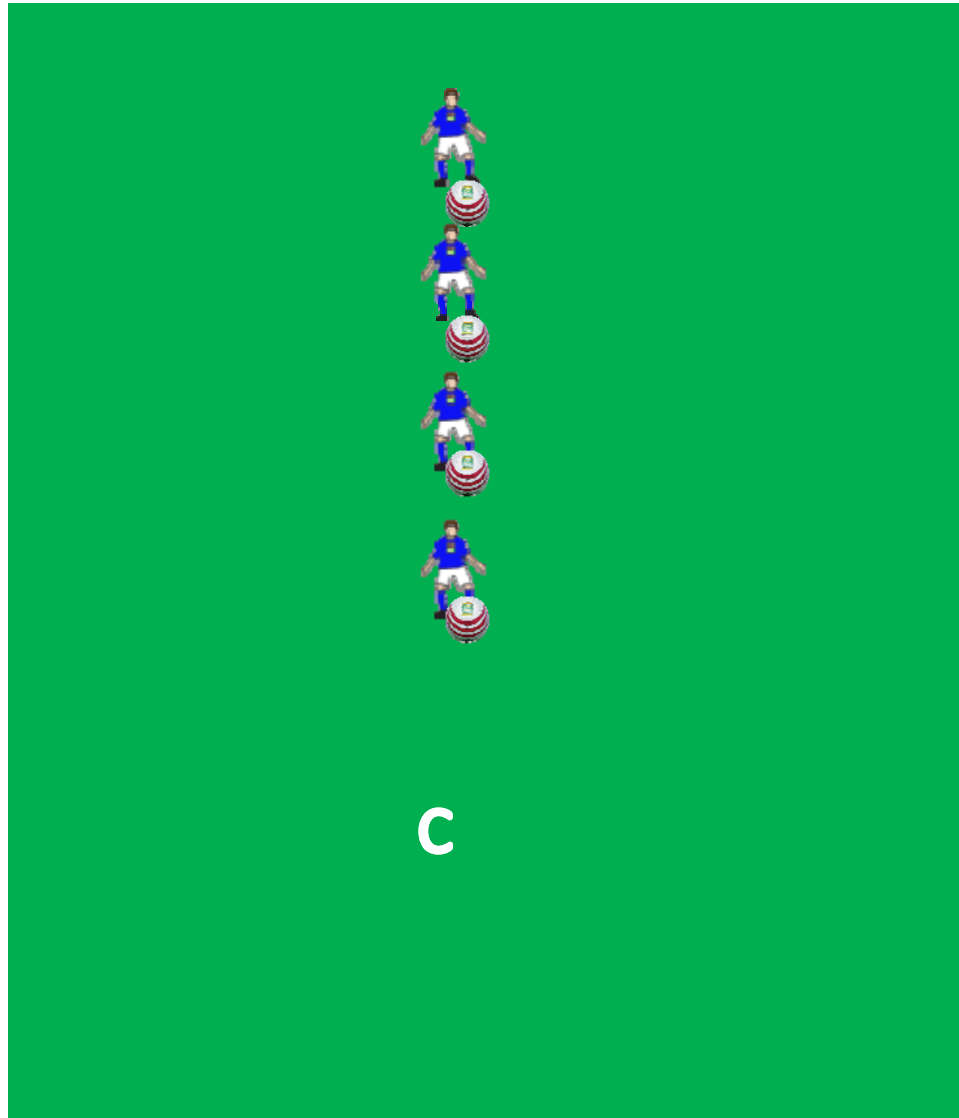
**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**

Drill 4	
Topic	1 v 1
Exercise Purpose	Teaching the option



Set Up:

4 players in a line ,each with the ball, facing the coach

Action:

On Coaches Signal players go one by one and make the “option” 1 v 1 in the middle then sprint to back of line

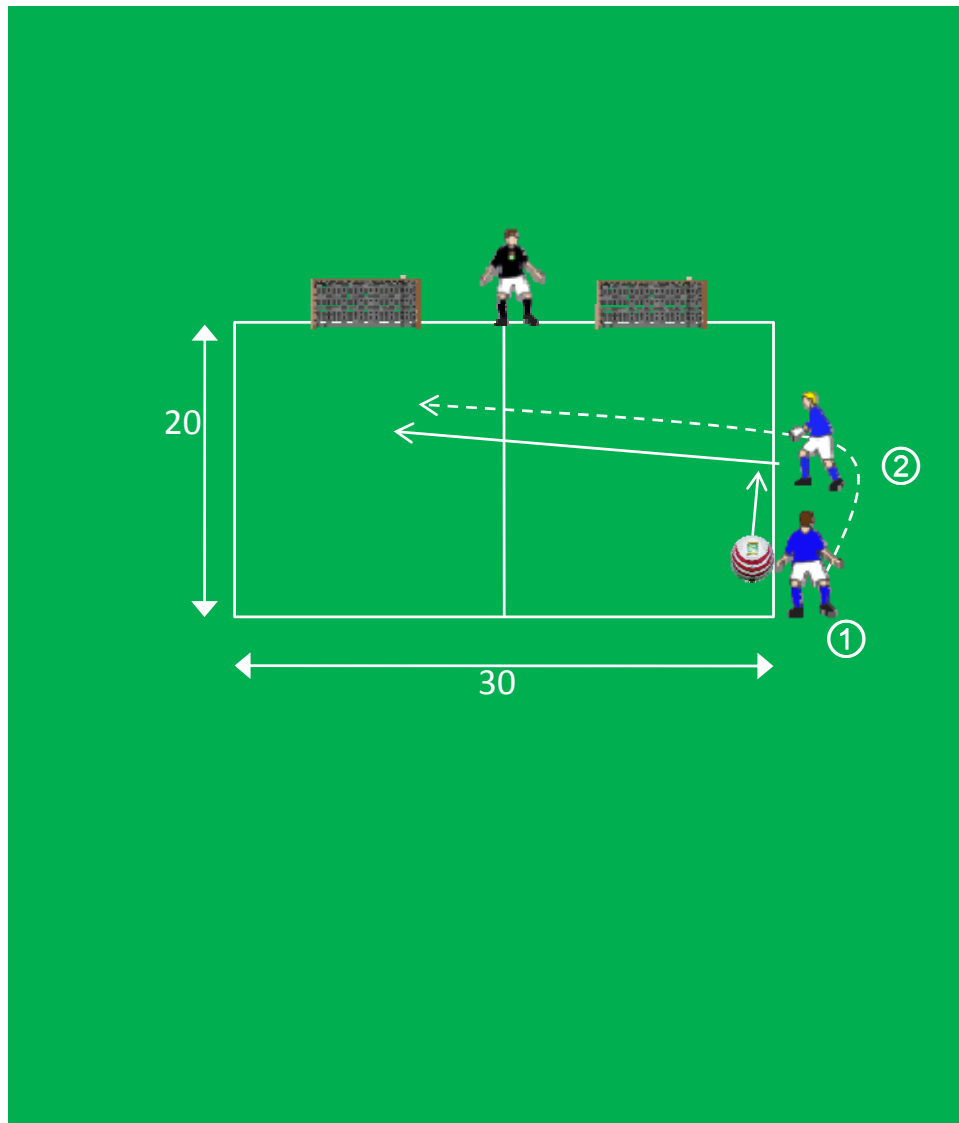
**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**

Drill 5	
Topic	1 v 1
Exercise Purpose	Using either option to create a scoring opportunity



Set Up:

Players in pairs  
Defenders with ball

Action:

- Blue1 passes to Blue2 and overlaps Blue2 to defend the 2 goals
- Blue2 must cross the centre line in 2 touches and then can score in either goal
- Blue1 defends with full pressure
- Players swap positions after each attack
- Introduce a GK who can protect both goals

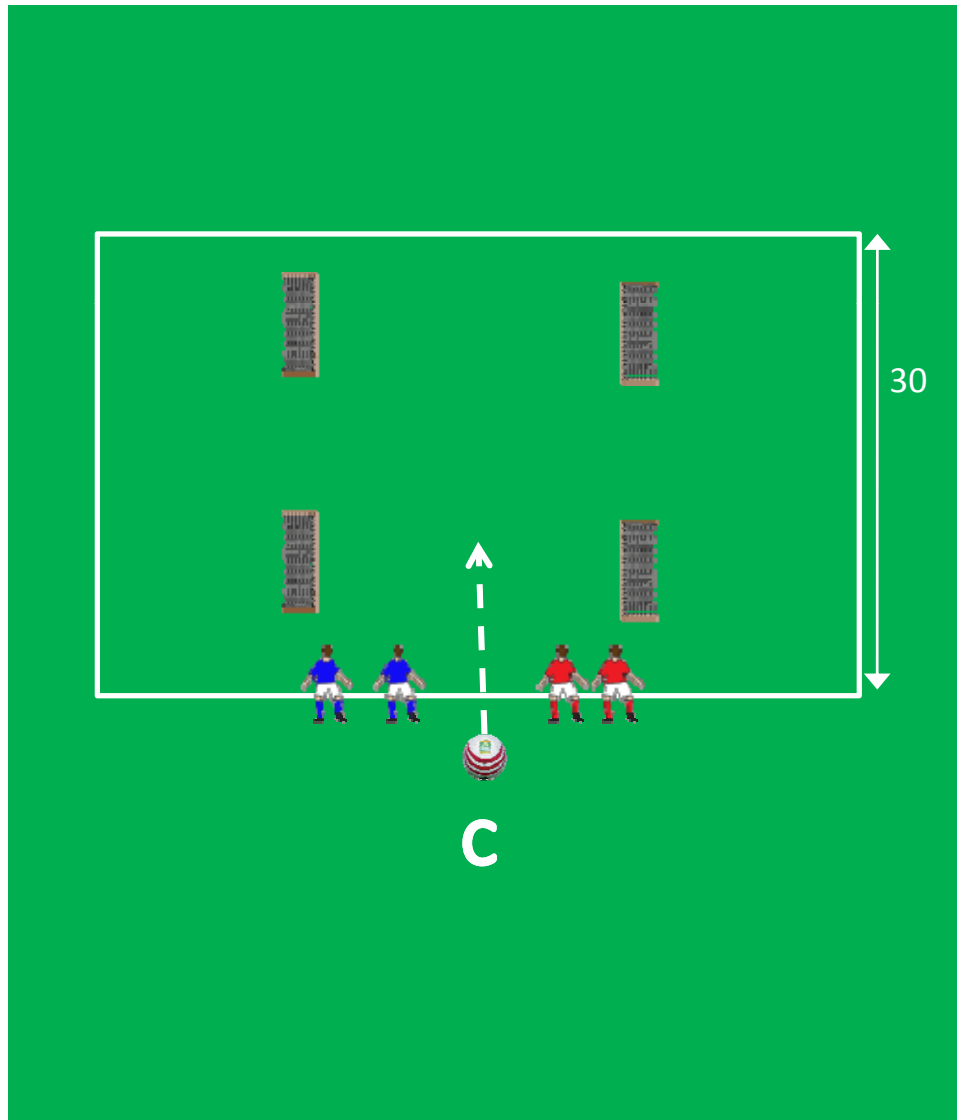
**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**

Drill 6	
Topic	1 v 1
Exercise Purpose	Options, speed, 1 v 1 Pass: player decision making



Set Up:

4 Goals

Two teams either side of the Coach

Action:

Coach calls number for players, 2,3 or 4 of each team to play to score in any goal.

**Coaches Tip**

**Players Tip**

**Make Harder**

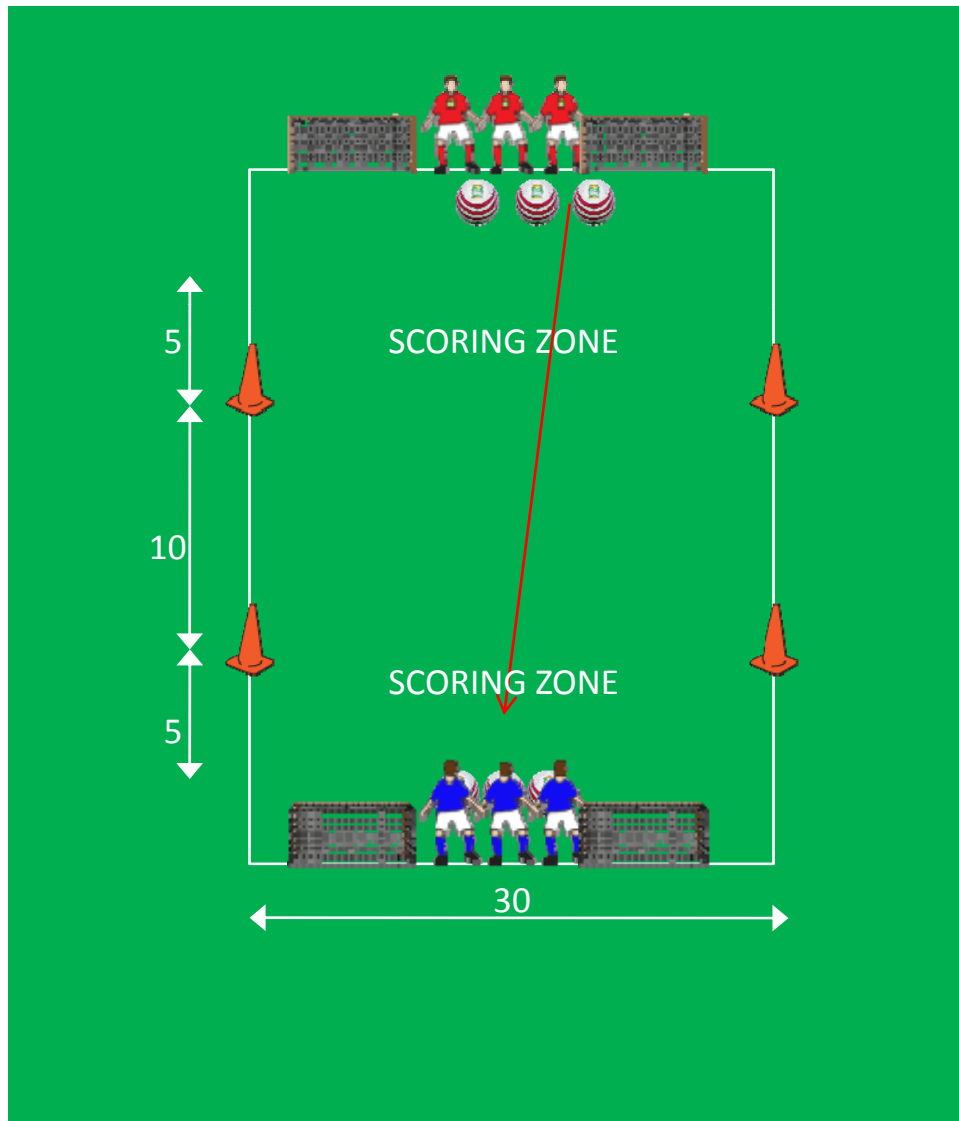
**Make Easier**



## Practical 5

*“Running with the ball (a)”*

Drill 1	
Topic	Running with the ball
Exercise Purpose	Improve running speed with the ball



Set Up:

2 goals either end.

2 teams facing, each player with a ball.

Action:

- Red runs ball and scores in Red's goal then Red becomes defender, Blue attacker sequence continue

Variations:

- 1v1, 2v2, 3v3
- 2v2, 3v3 Shooter runs around goal then enters game

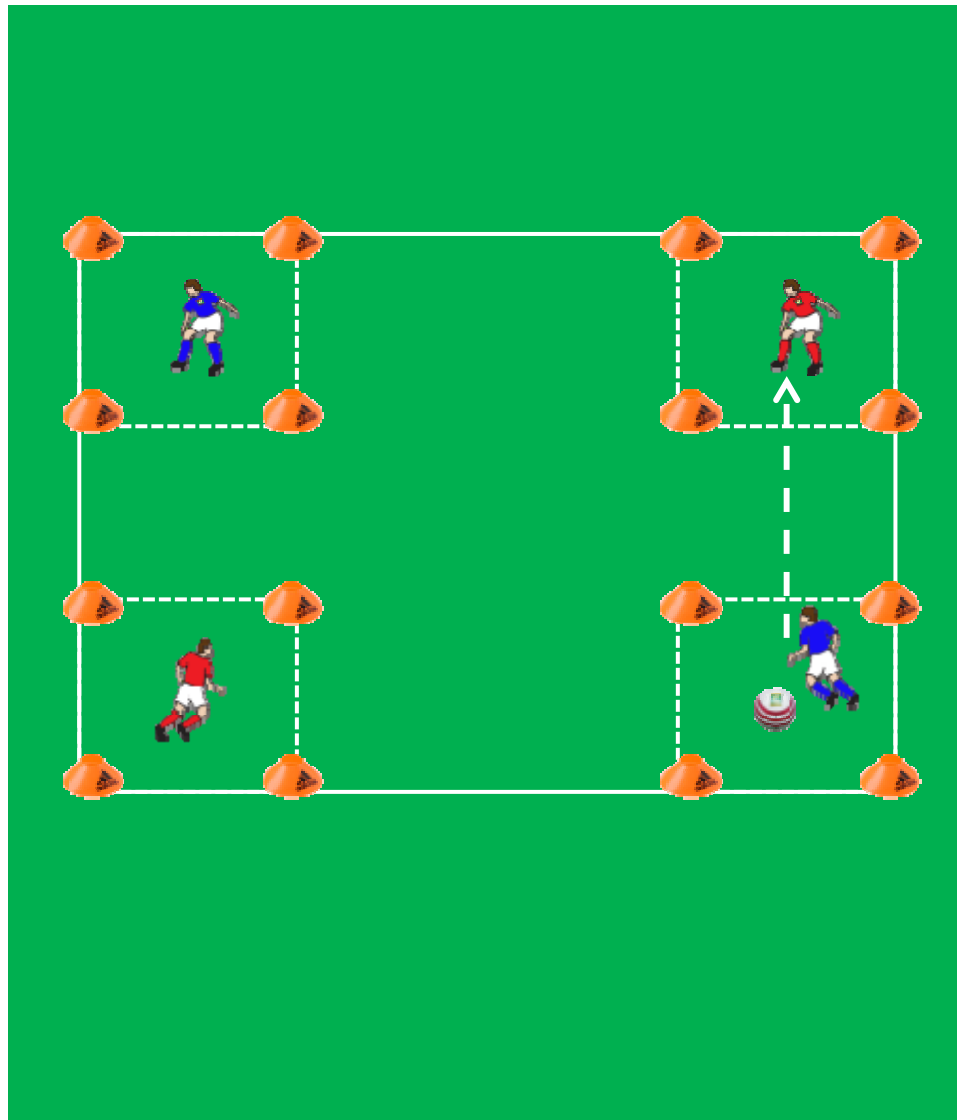
**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**

Drill 2	
Topic	Running with the ball
Exercise Purpose	Improving speed with and without the ball



Set Up:

- 4-5 yard squares in the corner.
- 1 group of players in each corner.

Variations:

- V1: Sprint and tag.
- V2: Race with the tagger
- V3: Step on
- V4: Race
- V5: Stop and start in the middle

**Coaches Tip**

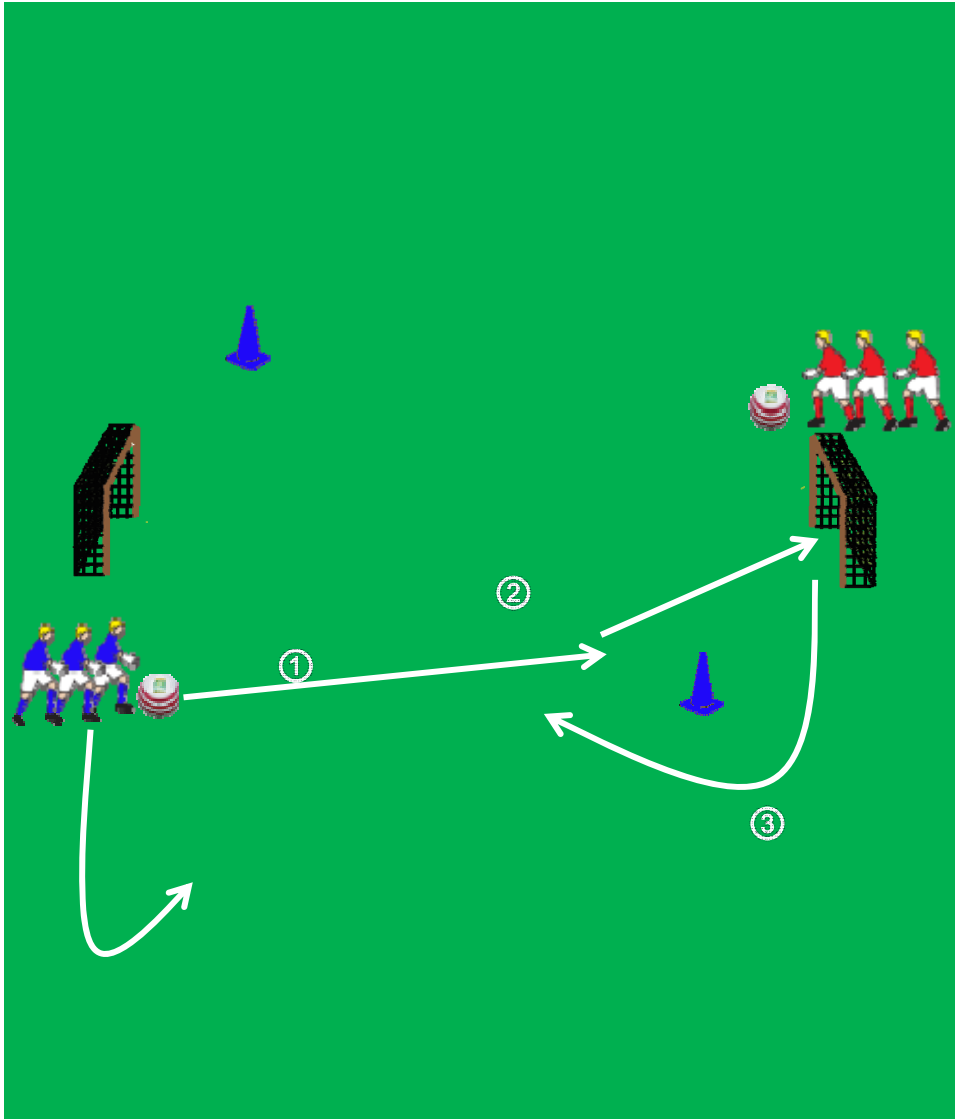
**Players Tip**

**Make Harder**

**Make Easier**



Drill 3	
Topic	Running with the ball
Exercise Purpose	Deciding the option



**Set Up:**

2 goals opposite  
2 teams facing  
Players in pairs  
Each pair has a ball

**Actions:**

2v2. Start from an overlap.  
Shooter to go around the cone before defending.  
Next pair start after the shot.

**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**



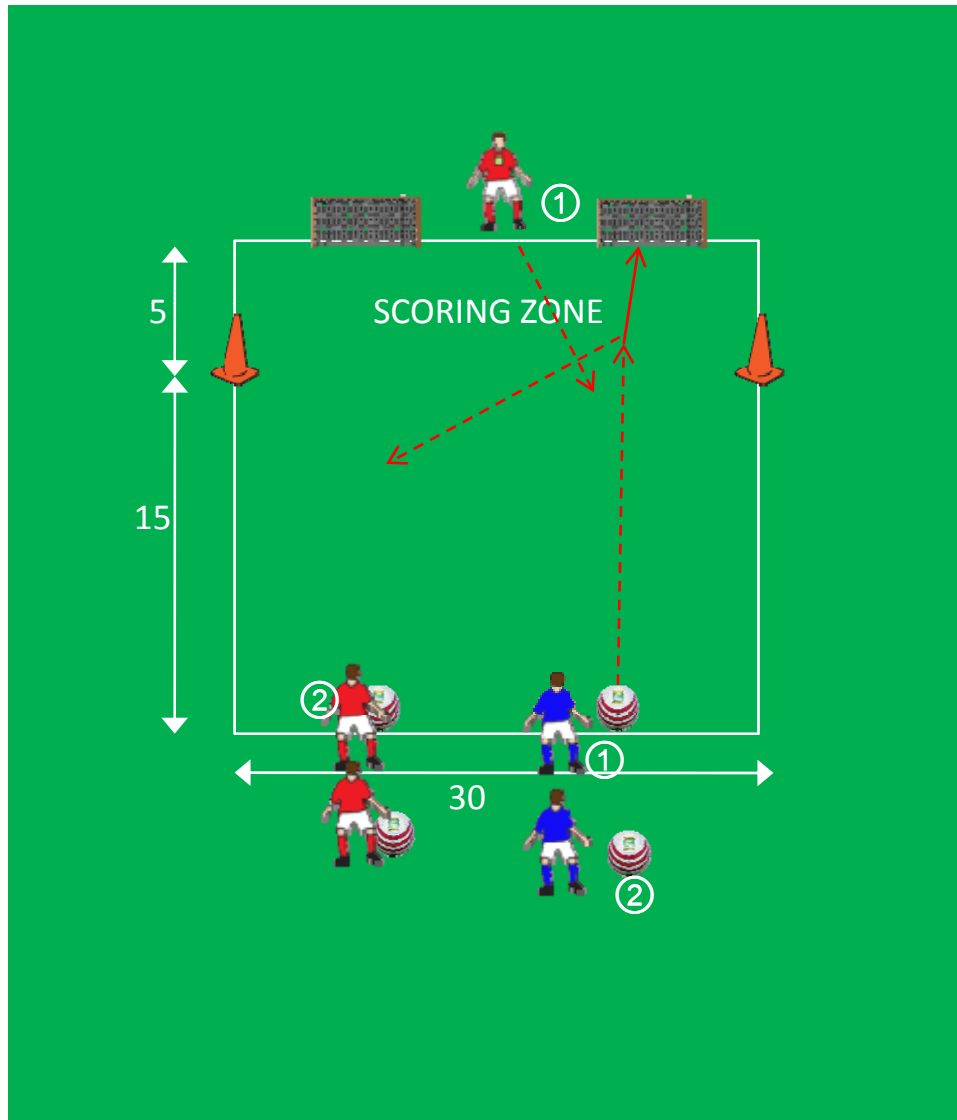
## Practical 6

### *“Running the Ball (b)”*

©2009

All rights reserved. The reproduction or utilization of this material in any form or by way electrical, mechanical or other means is forbidden without the written permission of Football Federation of Australia and Alfred Galustian

Drill 1	
Topic	Running with the ball
Exercise Purpose	When to use speed and 1v1



**Set Up:**

2 teams facing 2 goals.  
Each player with the ball.

**Actions:**

- Red1 defends 1v1 against Blue2
- As soon as Blue 1 shoots, misses the target or is tackled Shooter defends and Red 2 attacks.
- So on

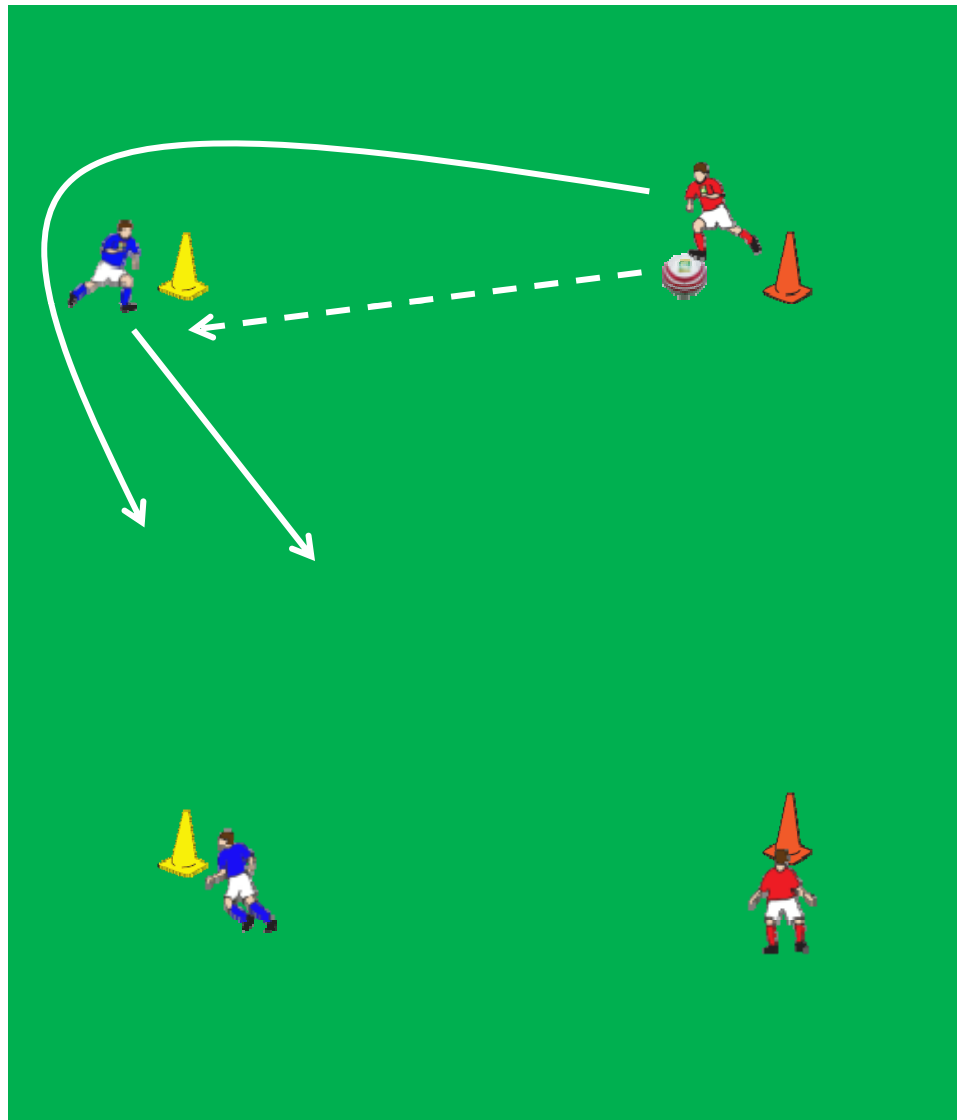
**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**

Drill 2	
Topic	Running with the ball
Exercise Purpose	Option of stops and starts



Set Up:

1 group on each corner.

First player of red and first player of blue opposite start with the ball.

Actions:

- Red runs across blue and steps on the ball.
- Blue passes to the opposite blue.
- Red sprints around to the back of the opposite red line.
- Blue player goes to the opposite blue line.

Variation:

V1: Player with the ball use a stop and start.

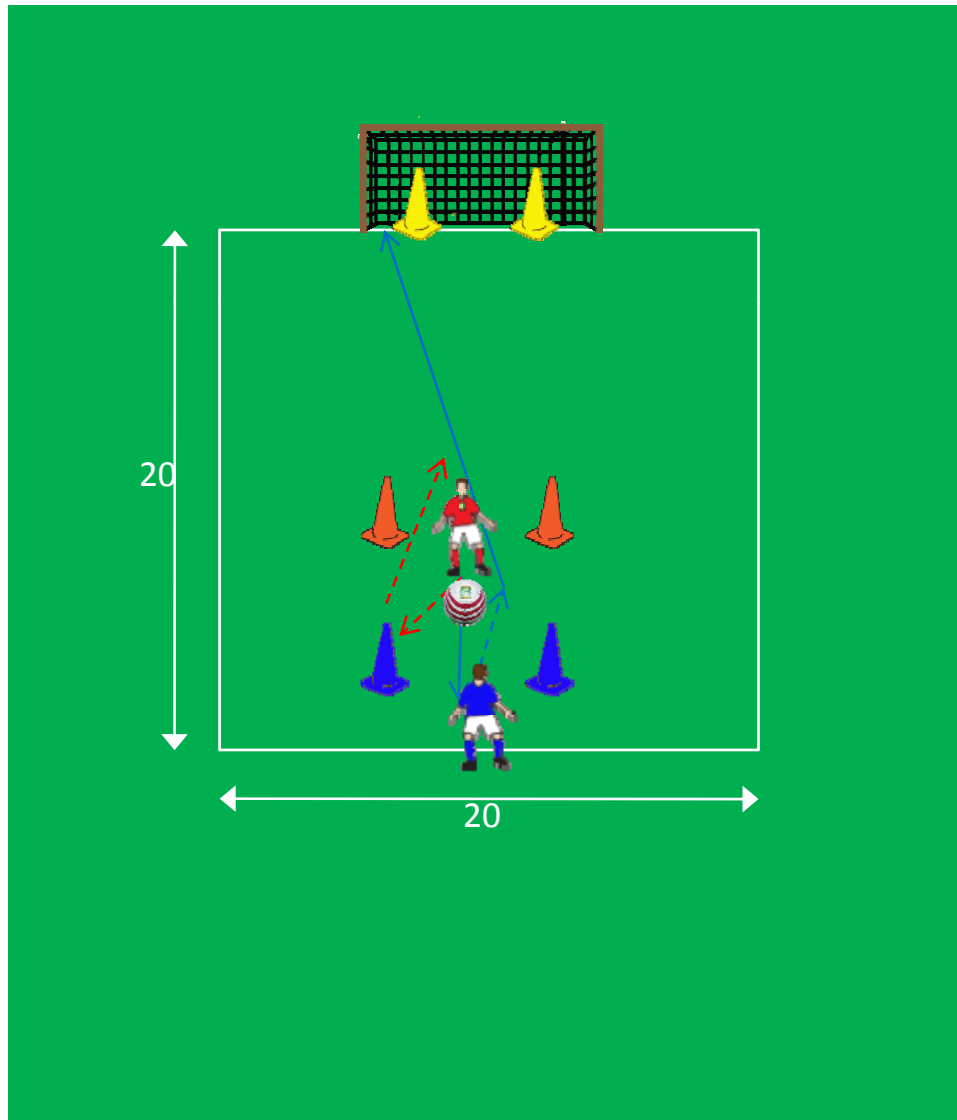
**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**

Drill 3	
Topic	Running with the ball
Exercise Purpose	Accelerating with the ball



**Set Up:**

Red defenders blue attackers.

**Actions:**

- Red and blue pass together.
- After a minimum of 3 touches, red has to touch one of the red cones.
- At that time blue has to sprint past red with the ball and score in the side goals.

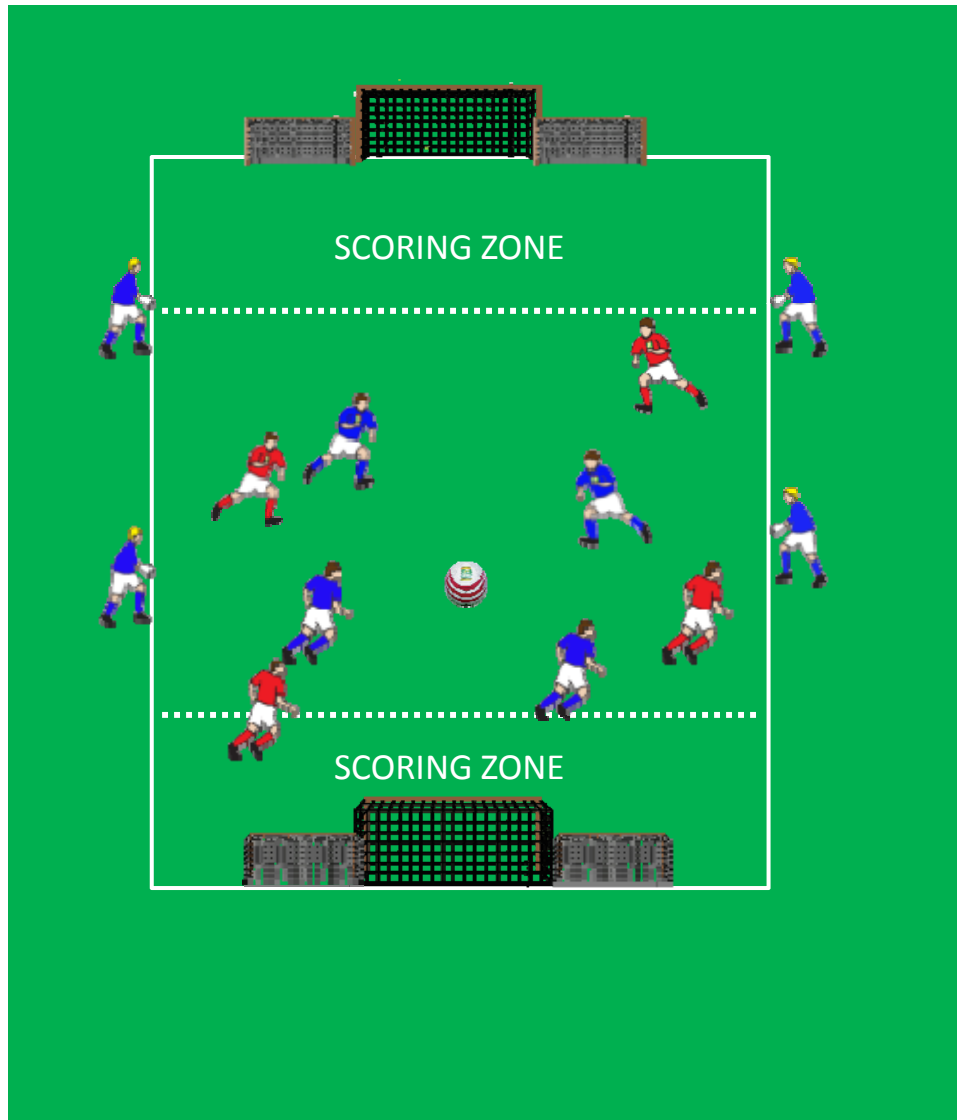
**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**

Drill 4	
Topic	Running with the ball
Exercise Purpose	Exploiting space to run with the ball



Set Up:

4v4 in the middle.

1 blue player on each half of both sides.

Actions:

4v4 +4 on the outside

Blue are the defenders trying to pass and keep the ball.

Red tries to get the ball and score on either side goals.

If blues passes to the players on the line, they have to swap place.

**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**

# FFA Skill Trainer's Course (Talented Players)

---



## Practical 7

*“First touch (a)”*

Drill 1	
Topic	First Touch
Exercise Purpose	Improving First touch



Set Up:

5v5

Action:

First team to pass 15.

**Coaches Tip**  
**Players Tip**  
**Make Harder**  
**Make Easier**



Drill 2	
Topic	First Touch
Exercise Purpose	Improving body shape when receiving



**Set Up:**

3 players starting in the square.  
Other players around in a circle each with a ball.

**Action:**

On coach's signal, middle players run to perimeter players and change places with them. The perimeter players must bend their run through the middle zone. As the players get warmed up they're encouraged to make bigger and stronger cuts in the middle zone.

**Variation:**

- Perimeter players with a ball each. Middle zone players now sprint to perimeter and call for the ball. Perimeter players are encouraged to wait for the call and not just pass when they see the middle player move towards them.
- Middle player play a 1-2 pass to the perimeter then sprints through the middle zone and players must count the passes they compete.
- Coach times the action for 45 seconds.

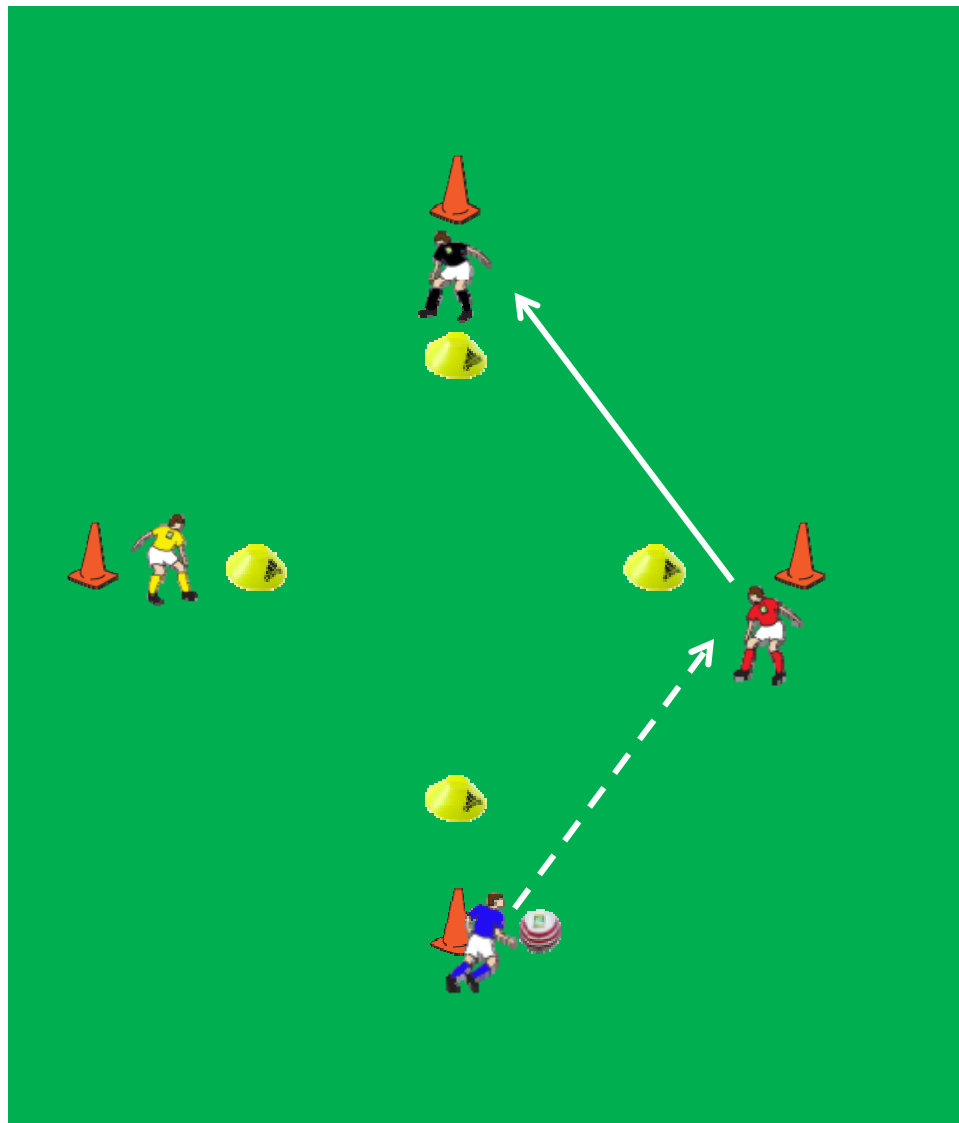
**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**

Drill 3	
Topic	First Touch
Exercise Purpose	Improving touch direction.



Set Up:

4 groups.

1 group on each cone of the diamond.

Start with 1 ball.

Actions:

Blue pass to Red and follows the pass.

Red touches the ball around blue and then passes to the next player.

So on.

Variation:

Introduce 2,3 and 4 balls.

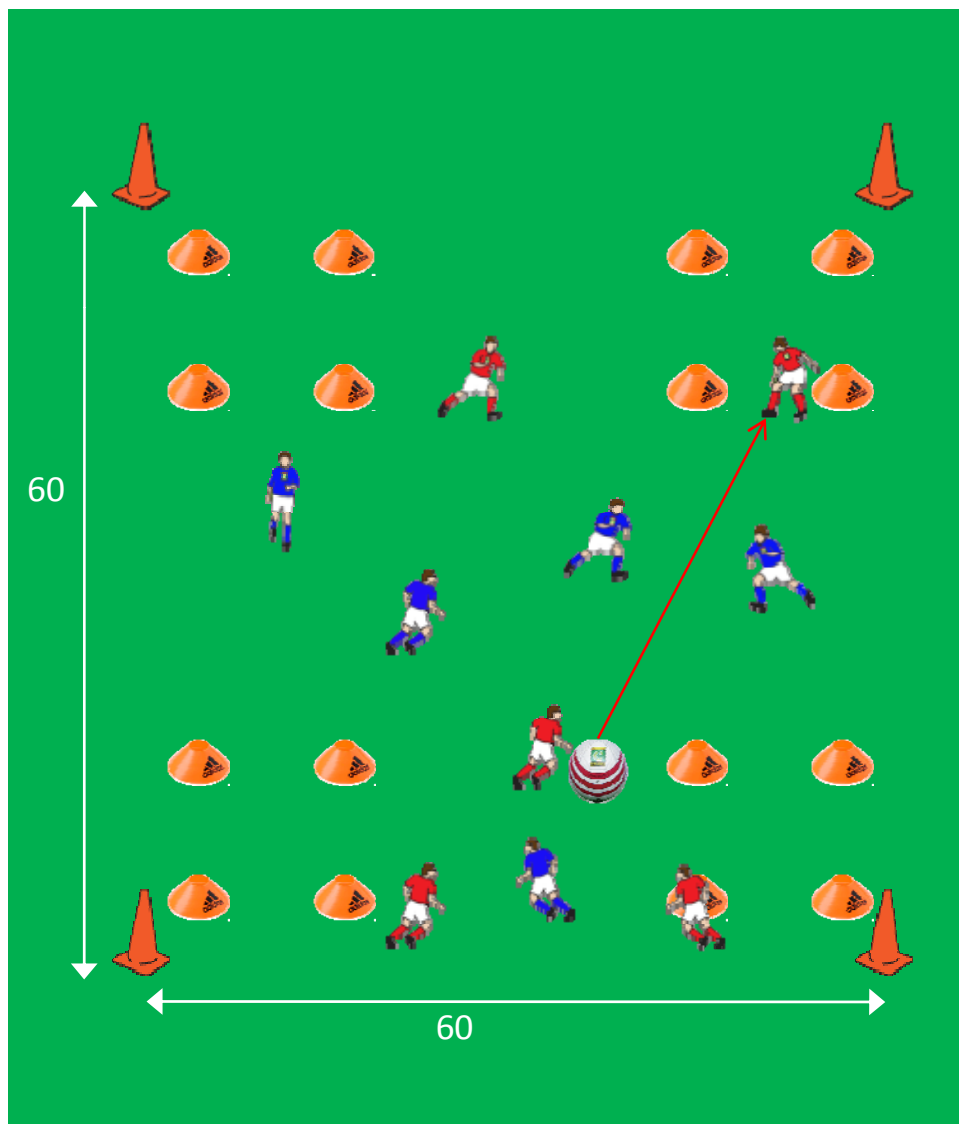
**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**

Drill 4	
Topic	First Touch
Exercise Purpose	Improving Speed of receiving and passing



**Set Up:**

Play 4v4.

4 squares in each corner.

**Actions:**

- Score points by passing and receiving the ball in one of the orange squares
- Defenders are not allowed in squares

**Variation:**

V1: Pass to team mate running into an box.

V2: Receiver must play the ball immediately to another team mate outside the box.

**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**

# FFA Skill Trainer's Course (Talented Players)

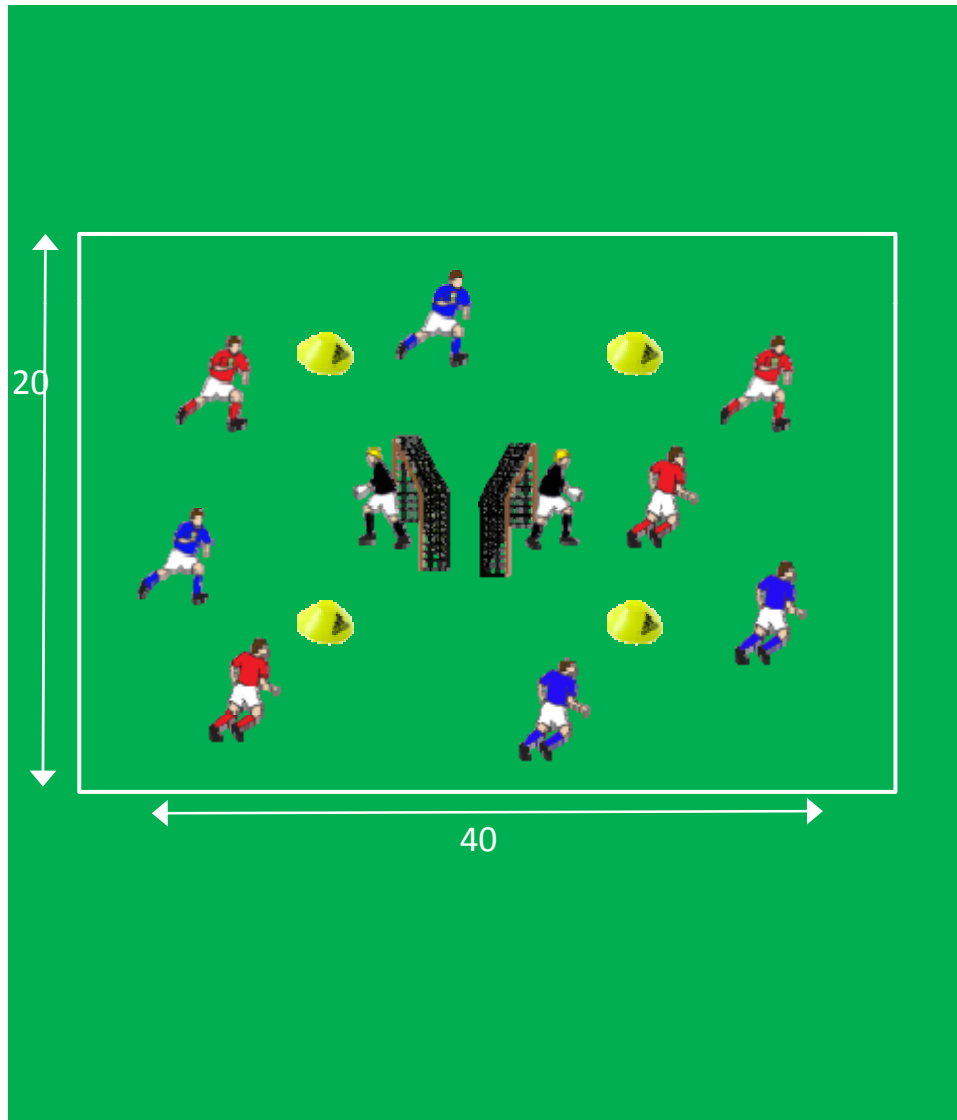
---



## Practical 8

*“First touch (b)”*

Drill 1	
Topic	First Touch
Exercise Purpose	Importance in scoring



Set Up:

Set up 2 goals back to back.  
15 yard square around the goals.  
5v5 (Start with 2 goalkeepers)

Actions:

Only one touch allowed in the yellow zone.  
Other area = free play

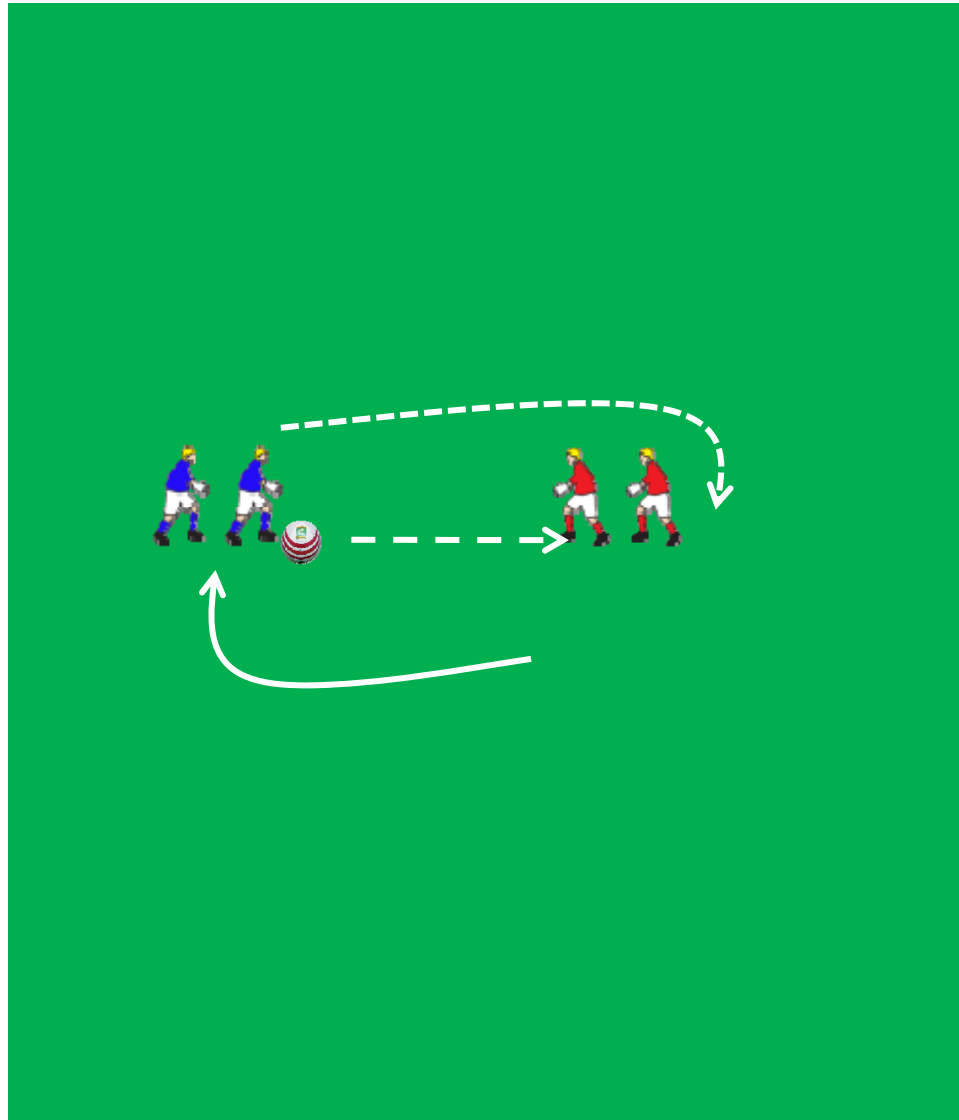
**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**

Drill 2	
Topic	First Touch
Exercise Purpose	Improving touch direction and touch speed.



Set Up:

Groups of 3 - 4 facing each other.

First player of 1 group starts with the ball.

Action:

- Receiving on the ground.
- Receiving in the air.

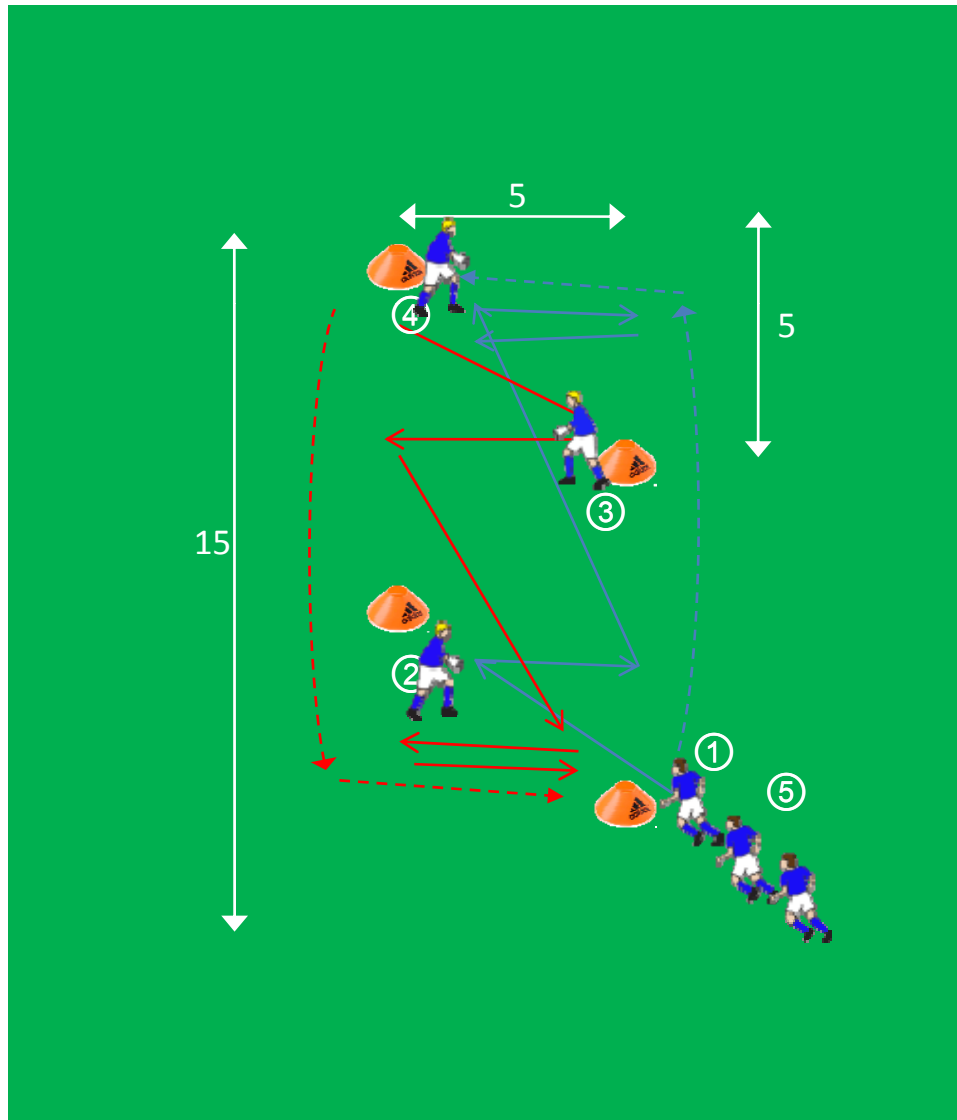
**Coaches Tip**

**Players Tip**

**Make Harder**

**Make Easier**

Drill 3	
Topic	First Touch
Exercise Purpose	Improving touch direction and touch speed.



### Set Up:

Up to 5 players on the end cone first player with the ball, with one player on each of the other cones.

### Actions:

- Blue1 passes square to X2
- Blue2 passes to Blue1 on the move
- Blue1 passes to Blue4 and overlaps Blue3
- Blue4 passes square to Blue1
- Blue1 passes to Blue4 and takes Blue4's place on cone
- X4 passes to X3
- X3 passes to X4 on the move
- X4 passes to X5 and overlaps X2
- X5 passes to X4
- X4 passes to X5 and takes X5's place on the cone
- Sequence is continuous

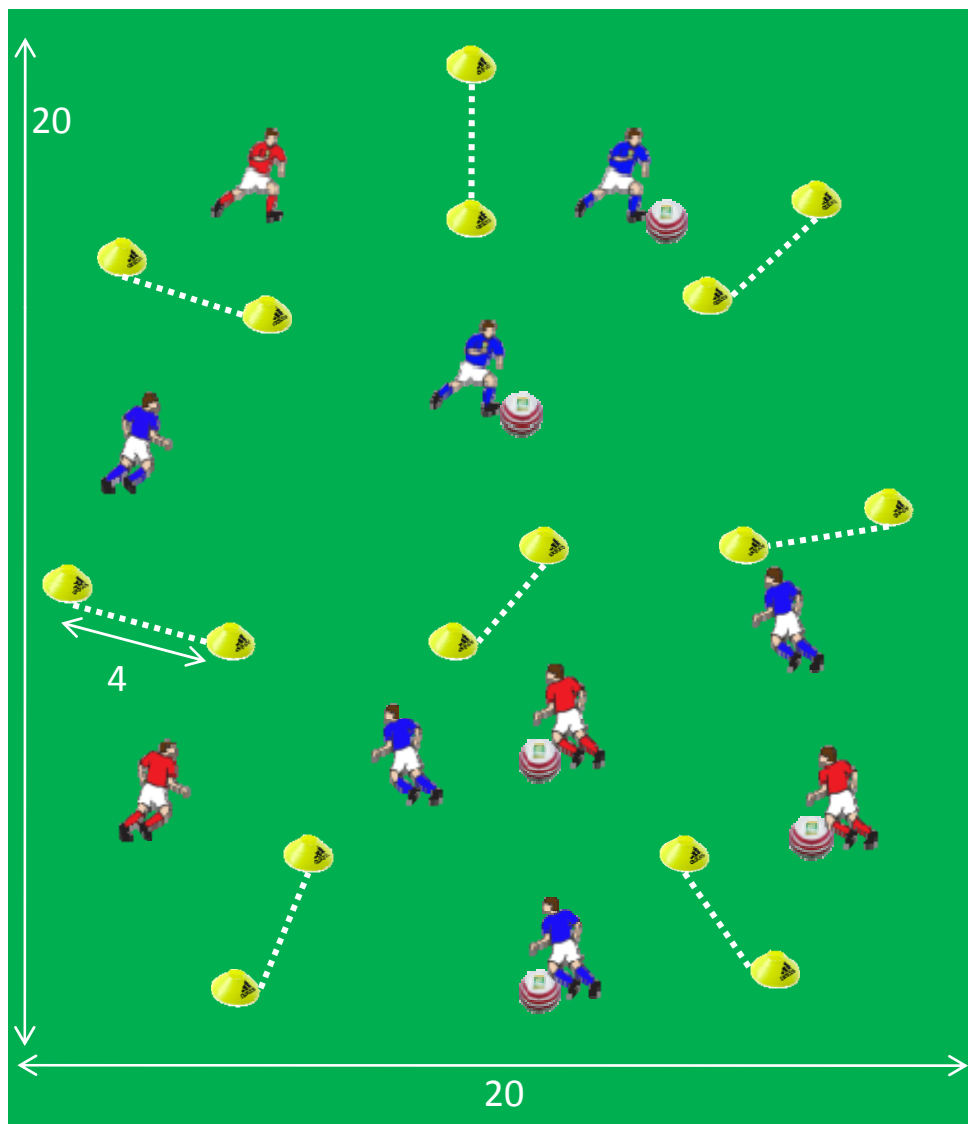
### **Coaches Tip**

### **Players Tip**

### **Make Harder**

### **Make Easier**

Drill 4	
Topic	Passing, Receiving & Support
Exercise Purpose	Improving touch direction and touch speed.



### Actions:

Players in pairs with a ball between them.  
 Pairs interpass with teammate in a set time period to score as many goals as they can by passing through a gate to teammate then moving to another goal.  
 Each pair counts their total.

### Variations:

1) Pairs interpass still.

But now the receiver must dribble thru two goals then pass to his mate.

The teammate must anticipate the dribblers runs and position for an easy transition and his own two goal before passing to his teammate again.

Play for a set time period to keep scores.

Winner is pair with most goals.

2) Pairs with a ball.

One player as the support player, the teammate as passer.

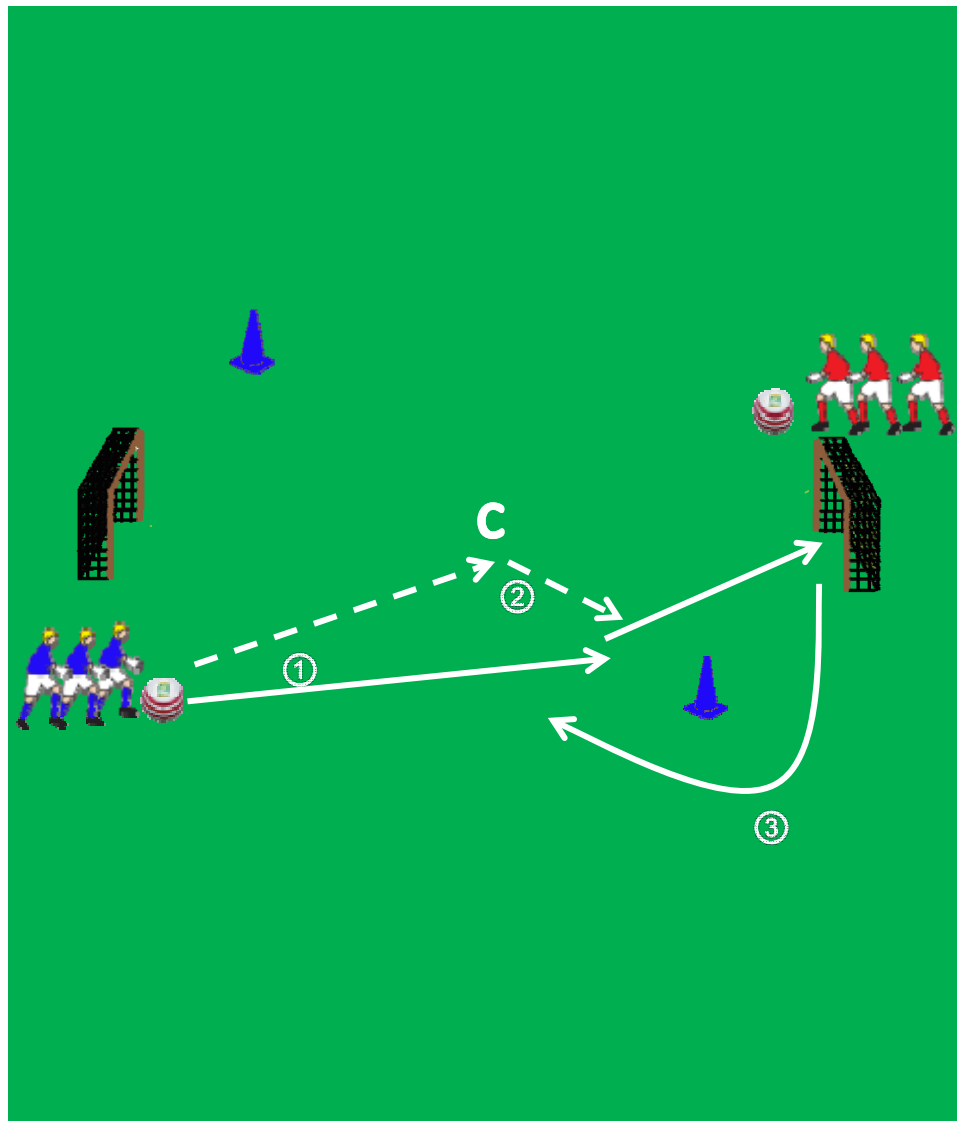
One player dribbles in the grid while the teammate supports him to enable a 1-2 pass thru a different goal each time to score.

Play for a set time.

Highest goals scored wins.



Drill 5	
Topic	First Touch
Exercise Purpose	To Improve First touch: Direction and Speed



Set Up:

2 goals opposite each other.  
2 teams facing. Each player with the ball.

Actions:

Player starts by passing the ball to the coach and receiving with 1 touch then shooting.  
Shooter goes round the cone and then defends.  
On shot, opposite player passes to the coach in the middle.  
And sequence continues.

**Coaches Tip**  
**Players Tip**  
**Make Harder**  
**Make Easier**

# COURSE SUMMARY

---

