



Nepean District Soccer Football Association Inc

Small Sided Football (SSF) Training Plan.

SESSION NUMBER: 1

Fun Games:	Trophy Freeze	}	10 minutes
Ball Games:	Dribble freeze Toe taps		
Dribbling:	Cutting Stuck in the mud	}	5 minutes
Passing/Receiving:	1 touch in pairs	-	10 minutes
1V1:	2 goals each end	}	20 minutes
2v2:	2 goals each end		
3v3:	2 goals each end		
Warm Down		-	5 minutes



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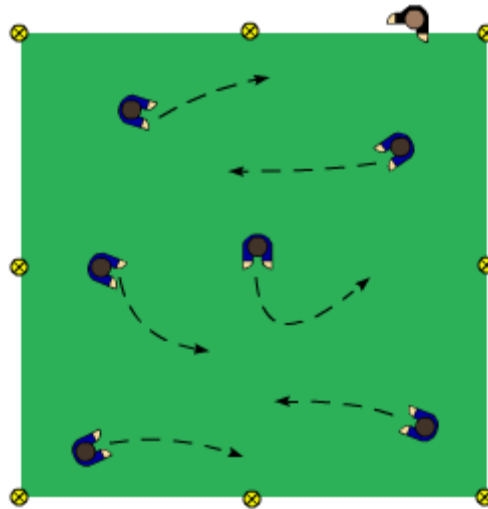
TROPHY FREEZE

KEY:

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



ORGANISATION:

Players move around a 10m x 10m area to the coach's instructions, forwards, backwards, etc. When coach calls "freeze" players must adopt their best football trophy pose and hold it.

LEARNING:

Warming up / movement, listening, balance, creativity

VARIATION:

General: Specify which foot to balance on, add a specific arm or hand movement

Harder: Ask players to move quicker between poses, hold freezes for longer, make area smaller/tighter

Easier: Give players' poses so they don't need to think about them, hold freeze for less time



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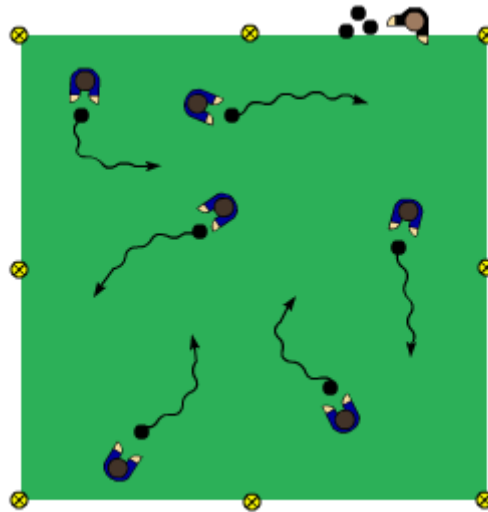
DRIBBLE FREEZE

KEY:

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



ORGANISATION:

Players each have a ball and dribble freely around a 15 x 10m area. When coach calls "freeze" players must stop the ball and freeze.

LEARNING:

Warming up/movement, listening, dribbling, spatial awareness, playing with eyes up

VARIATION:

General: Specify which foot to move and/or stop the ball with

Harder: Ask players to move quicker through the area, make area smaller/tighter, freeze more often

Easier: Make area bigger



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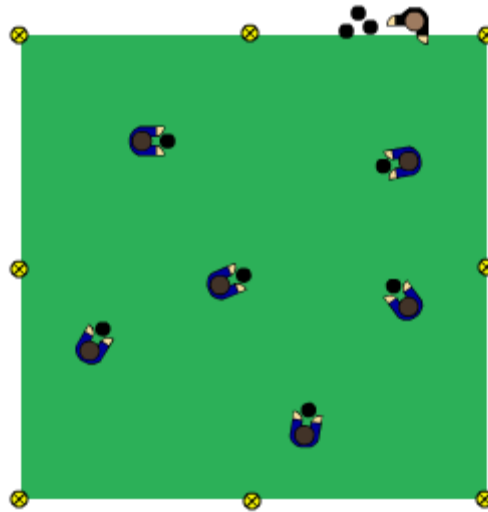
TOE TAPS

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 the ball between their feet and knees bent. Players begin to jog on the spot and gradually tap the ball from one foot to the other using the inside of their foot.

LEARNING:

Ball control, balance, co-ordination, being comfortable with the ball, playing with eyes up

VARIATION:

General: Keep knees bent

Harder: keep players eye level up by asking players to call out the number of fingers you're holding up, make toe taps go faster

Easier: do toe taps slower



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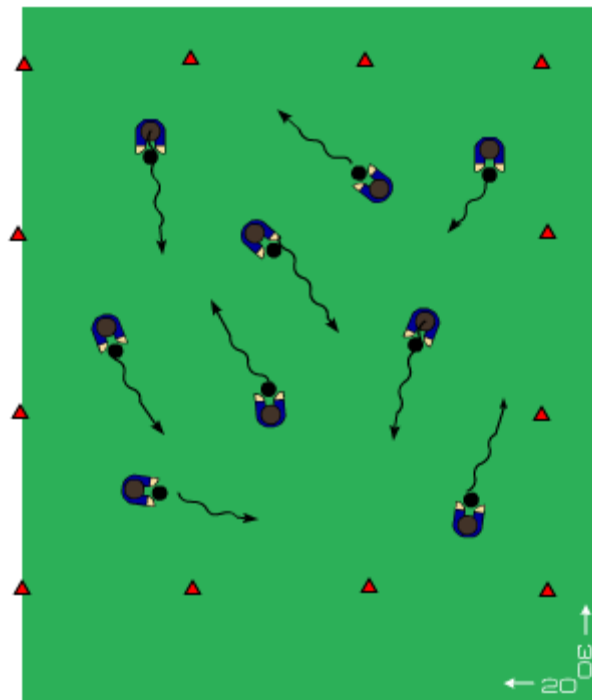
CUTTING

KEY:

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



ORGANISATION:

Each player has a ball and moves around a 20 x 30m area. Using the front part of the inside and outside of the foot, players 'cut' the ball from one side to the other whilst moving forward. This action makes the ball move in a zigzag pattern.

LEARNING:

Technique, ball mastery, balance, weight of touch, playing with eyes up, spatial awareness

VARIATION:

General: Ensure both feet are used, players play ball into space

Harder: make area smaller, encourage players to move faster, 1 touch per step

Easier: make area bigger, ask players to walk only



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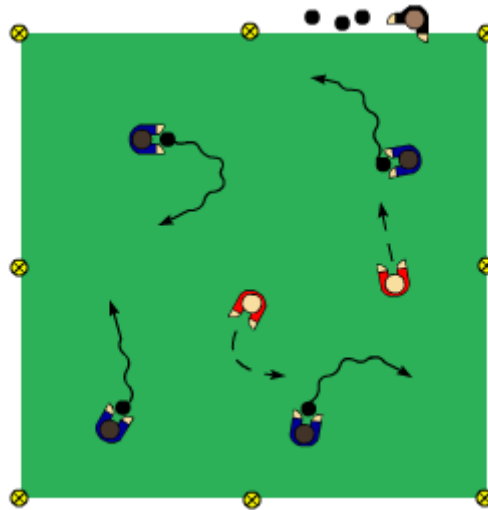
STUCK IN THE MUD

KEY:

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



ORGANISATION:

4 players have a ball each and another 2 players wear a coloured bib. In an area 30 x 20m the players with a ball dribble freely around the area. The players with a bib need to touch the ball of the dribbler to make them 'stuck in the mud'. When a player is stuck, they must stand with their legs apart and hold their ball above their head. To become unstuck, they must have a player pass a ball between their legs.

LEARNING:

Dribbling, communication, eyes up, teamwork, passing, tackling, spatial awareness

VARIATION:

General: Can 'stickers' get all players stuck?

Harder: Make area bigger, have less stickers, make stickers get control of the ball not just touch it, take away a ball.

Easier: add more stickers, make area smaller



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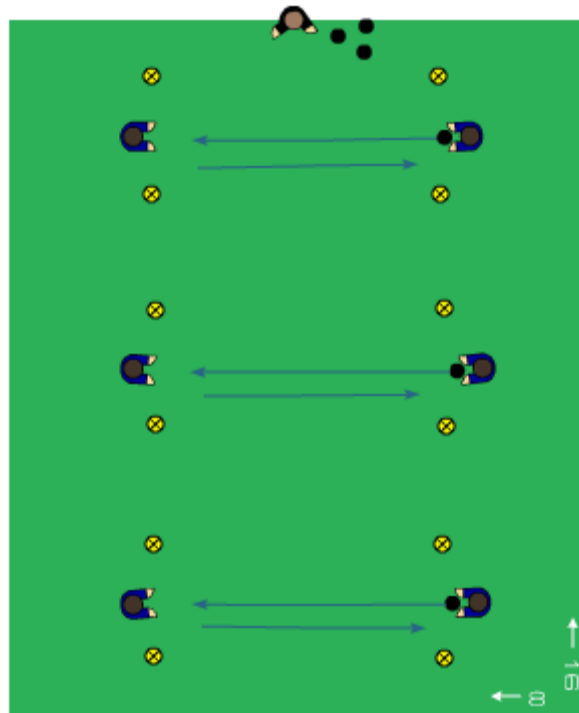
PASSING: 1 TOUCH IN PAIRS

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 either foot but must be a first time pass – no trapping or controlling.

LEARNING:

Ball control, weight of pass, teamwork, technique-lock ankle, aim with non kicking foot, side of foot

VARIATION:

General: encourage use of both feet

Harder: create patterns; l,l,r,r, make passes longer, ball can't stop moving, players to move from side to side across area

Easier: partner opens legs to give target (stop ball before going through)



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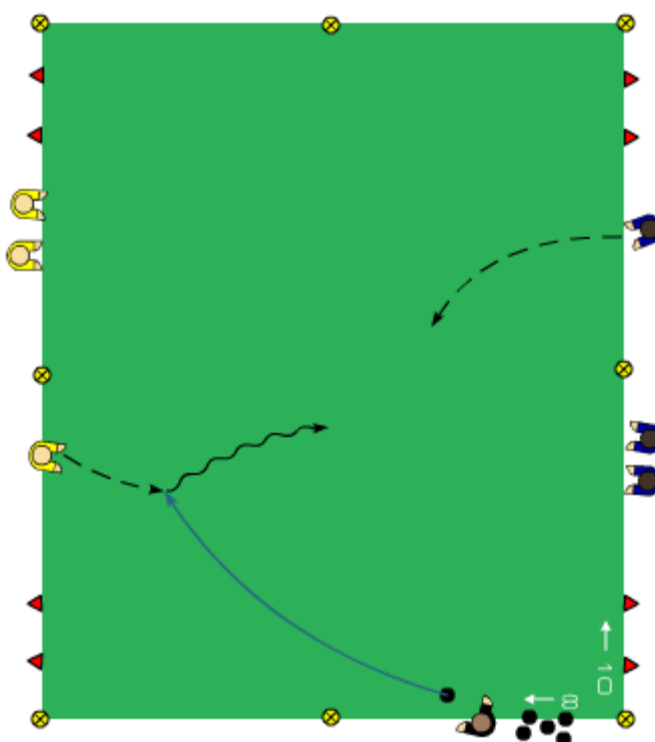
1 v 1, 2 GOALS EACH END

KEY:

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



ORGANISATION:

Divide players into 2 teams and place on opposite sides of an 8 x 10m grid with 2 x 1 step goals at each end. Coach has a supply of balls and feeds into 1 team. Player receives ball and tries to beat opponent and score in either of the 2 goals. Defenders can't move until attacker takes 1st touch. Play continues until goal is scored, ball goes out of play or defender touches the ball. Must be in opponents half to score. Rotate teams.

LEARNING:

1 v 1 skills, creativity, receiving, dribbling, defending

VARIATION:

General: Both players have to run from the middle starting cone through their far goal, first player through receives the ball

Harder: Players pass the ball to their opponent. Play continues for a set time-30secs. Make area bigger

Easier: Coach plays ball further out in front of attacker, defender can only walk



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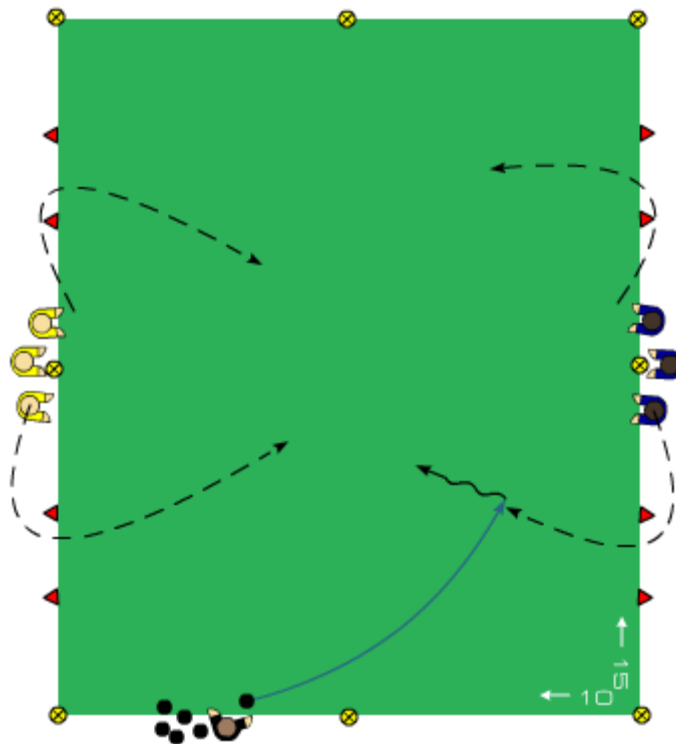
2 v 2 with 2 GOALS EACH END

KEY:

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



ORGANISATION:

Divide players into 2 teams and place on opposite sides of a 10 x 15m grid with 2 x 1 step goals at each end. Coach has a supply of balls and feeds into 1 team. Players run through their goal before coach passes a ball into play. Player receives ball and tries to work with partner to beat opponents and score in either of the 2 goals. Defenders can't move until attacker takes 1st touch. Play continues until goal is scored, ball goes out of play or defender touches the ball. Must be in opponents half to score. Rotate teams.

LEARNING:

1 v 1 skills, creativity, teamwork, receiving, dribbling, defending

VARIATION:

General: Both players have to run from the middle starting cone through their far goal, first team through receives the ball. Players to pass the ball themselves to start game.

Harder: only 1 attacker to run through goals, other is receiver – 1v2, make area bigger, play for a set time

Easier: Defenders can only walk



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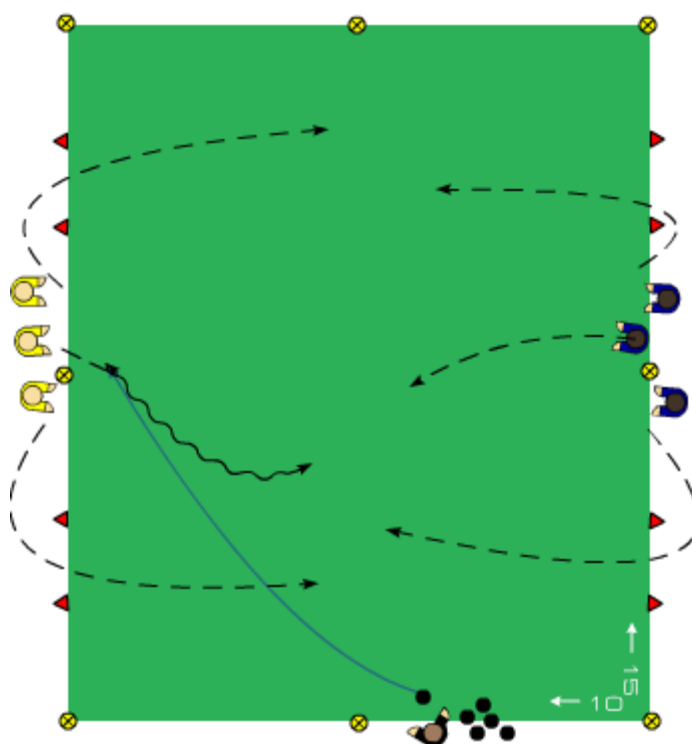
3 v 3 with 2 GOALS EACH END

KEY:

Unbroken Line = ball path

Broken Line = Players' run without the ball

Squiggle Line = Player dribbling the ball



ORGANISATION:

Divide players into 2 teams and place on opposite sides of a 10 x 15m grid with 2 x 1 step goals at each end. Coach has a supply of balls and feeds into 1 team. 2 players run through a goal each and the coach passes a ball into 3rd player. Player receives ball and tries to work with partners to beat opponents and score in either of the 2 goals. Defenders can't move until attacker takes 1st touch and must also run through a goal each. Play continues until goal is scored, ball goes out of play or defender touches the ball. Must be in opponents half to score. Rotate teams.

LEARNING:

1 v 1 skills, creativity, teamwork, receiving, dribbling, defending

VARIATION:

General: First team through receives the ball. Players to pass the ball themselves to start game.

Harder: Defenders start closer to goals, make area smaller, play for a set time

Easier: Attackers start closer to goals, make area smaller, defenders can only walk

