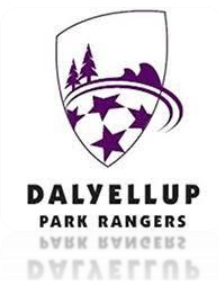




Country Coastal Junior Soccer Association Incorporated



Country Coastal Junior Soccer Association ABN: 26 204 224 043

PO Box 219, Bunbury WA 6231 | [✉ devmng@ccjsasoccer.com.au](mailto:devmng@ccjsasoccer.com.au) | [🌐 www.ccjsasoccer.com.au](http://www.ccjsasoccer.com.au)

[f www.facebook.com.au/ccjsa](https://www.facebook.com.au/ccjsa) | [📞 0431 010 421](tel:0431010421)

Season Program – Game Training

Ages 13+

Finally your teams are playing full field, 11v11, so this part of their development training is based around positions and getting them ready for senior football.

Purpose of the coach

- Teach the positions on the field in more detail with roles.
- Get the players ready to play senior football.
- **Encourage and focus on development and it's not about winning at all costs.**
- Install fundamentals of tactics and positions.
- Build up confidence in players to play football, mistakes will be made.

What changes from Skills Training to Game Training?

Hopefully your players have gone through a few years of skills training and have the 4 key core skills. These being: Running with the ball, First touch, Striking the ball and 1 v 1 skills.

If you have new players or players that haven't mastered the 4 core skills yet, you may need to do some skill training sessions to hone their skills before getting into game training. If they cannot get the basics right, there is no point in moving on ahead of their ability.

You will have access to the skills training section and I recommend using some sessions from that area too.

What is Game Training?

Game training is training to prepare for the game of 11v11. It works on the 4 main components of a game;

1. When you have the ball (Ball Possession BP)
2. When the opponent has the ball (Ball Possession Opponent BPO)
3. When you lose the ball (Transition BP>BPO)
4. When you win possession from the opponent (Transition BPO>BP).

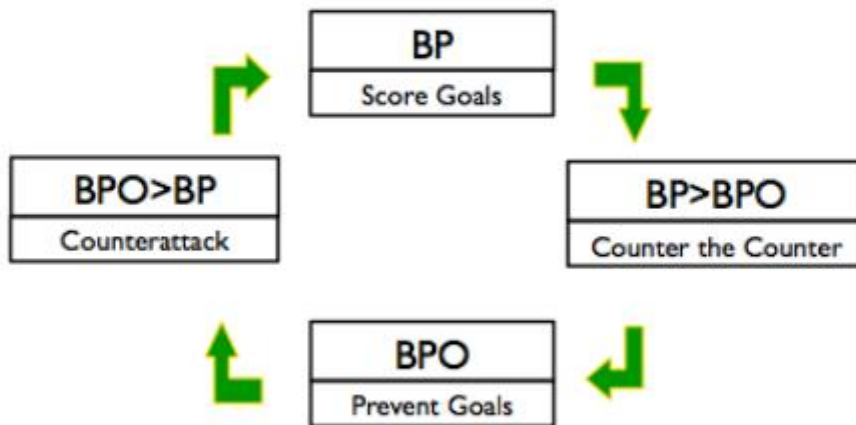
Country Coastal Junior Soccer Association ABN: 26 204 224 043

PO Box 219, Bunbury WA 6231 | ✉ devmgr@ccjsasoccer.com.au | 🌐 www.ccjsasoccer.com.au

📺 www.facebook.com.au/ccjsa | 📞 0431 010 421



The Four Main Moments



Following pictures taken from the FFA Curriculum found at: <https://s3-ap-southeast-2.amazonaws.com/store.ffa.football/Play+Football+PDF+Documents+DEC+2017/FFA+National+Curriculum.pdf>

You will come up with sessions based on these components. When you design a session on these components, I implore you to focus on that component and only that message. It is easy to lose focus and try to fix a lot of things in training, but you need to keep your message clear and focus on 1 or 2 outcomes, so players are not overloaded.

Got your topic, what next?

After you have your main moment of the game you are working on, you need to work out what you want to work on in that moment.

There are many principles of these moments and below we have broken them down into sections.

Country Coastal Junior Soccer Association ABN: 26 204 224 043

PO Box 219, Bunbury WA 6231 | devmgr@ccjsasoccer.com.au | www.ccjsasoccer.com.au

www.facebook.com.au/ccjsa | 0431 010 421

Main Moments and Key Principles

Now the stated playing style, within the chosen formation, can be expressed in a series of **KEY PRINCIPLES** that explain how the team will function in each of the four main moments.

MAIN MOMENTS	BPO>BP	BP	BP>BPO	BPO
KEY PRINCIPLES	Immediate transition into BP positions	Effective Possession 1. Structured Build-Up	Immediate transition into BPO positions	Win the ball back as soon as possible
	Quick forward passing	Effective Possession 2. Controlled Possession In The Middle Third	Press the ball carrier immediately	Deny opponents time and space to build up
	Quick forward movement	Combination Play 1. Organised Opponent	Limit opponent's passing options	Limit opponents' ability to create scoring chances
	Make the field as big as possible	Combination Play 2. Disorganised Opponent	Make the field as small as possible	
		Individual Skill 1. To create scoring chances		
		Individual Skill 2. To convert scoring chances		

So now you have your main moment of the game, i.e, Ball Possession and choosing a key principle, **What**, Structured Build up you are almost ready to start designing a session with that being your main outcome.

Can we have structured build up..... next you need to say **who, where, when** and **why**. So structured build up from the back will include the following players; GK, backline and midfield.

They will need some actions to accomplish their task. So can the GK play short to CB's. Can our CB's face forward and either drive into the space or find a forward pass. Can our wing backs get high and wide to allow space for CB's and Midfield. Can our midfield get between the lines and face forward to play forward.

5 W's

What – What are you working on in the Key Principle

Who – Who are the key players involved

Where – Where on the field is this moment happening

When – When does it happen in the game or when should we do this

Why – Why does it happen, or why should we do this

So the final Model will look like the following.

So, the full model looks like this:

OUTCOME	WIN MATCHES			
OBJECTIVES	SCORE GOALS		PREVENT GOALS	
METHODS	GET THE BALL AND YOUR PLAYERS INTO GOALSCORING POSITIONS		PREVENT THE OPPONENT GETTING THE BALL AND THEIR PLAYERS INTO GOALSCORING POSITIONS	
MAIN MOMENTS	BPO>BP	BP	BP>BPO	BPO
KEY PRINCIPLES	Immediate transition into BP positions	Effective Possession 1. Structured Build-Up	Immediate transition into BPO positions	Win the ball back as soon as possible
	Quick forward passing	Effective Possession 2. Controlled Possession In The Middle Third	Press the ball carrier immediately	Deny opponents time and space to build up
	Quick forward movement	Combination Play 1. Organised Opponent	Limit opponent's passing options	Limit opponents' ability to create scoring chances
	Make the field as big as possible	Combination Play 2. Disorganised Opponent	Make the field as small as possible	
		Individual Skill 1. To create scoring chances		
		Individual Skill 2. To convert scoring chances		
TEAM TASKS	(Fundamental Tasks to make the Key Principles happen)			
PLAYER TASKS	(General and Position-specific)			
PLAYER ACTIONS	Positioning, First Touch, Running with the Ball, 1v1, Striking the Ball, Communicating		Positioning, Pressing, Marking, Intercepting, Tackling, Communicating	

Now you have what you want to work on and how you are going to get the message to the players, you have to now design the session with all these in mind.

1	PASSING PRACTICES	The warm-up, incorporating specific passing, first touch and football-related movements, designed to help achieve the session objective
2	POSITIONING GAMES	The theme is developed by the introduction of limited opposition, providing opportunities for appropriate Perception and Decision-making in a realistic setting
3	GAME TRAINING	The main part of the session, where optimum learning and teaching take place
4	TRAINING GAME	The part where the players play competitively and freely, while the coach assesses the success of the session

Your sessions should look like the following. Easiest way to break it down.

- Passing practise to warm up and introduce the topic
- Positioning game to get a repeat of the actions needed for the topic
- Game training is where you coach in an environment where they are putting the topic to the test
- Training game is letting them play to see if they get the topic in a game environment.

Evaluate training

Ask questions of your players to see if they got what they were training for. If they can repeat key messages, you have used throughout training that is a positive learning environment you put them in.

Hopefully this helps you designing and building sessions and I suggest you use some sessions I have for you in the Dropbox. Best thing to do is keep it simple and build from there when players get it, and when you become more confident in coaching.

It won't happen overnight, but you are key in developing these players into our next seniors!

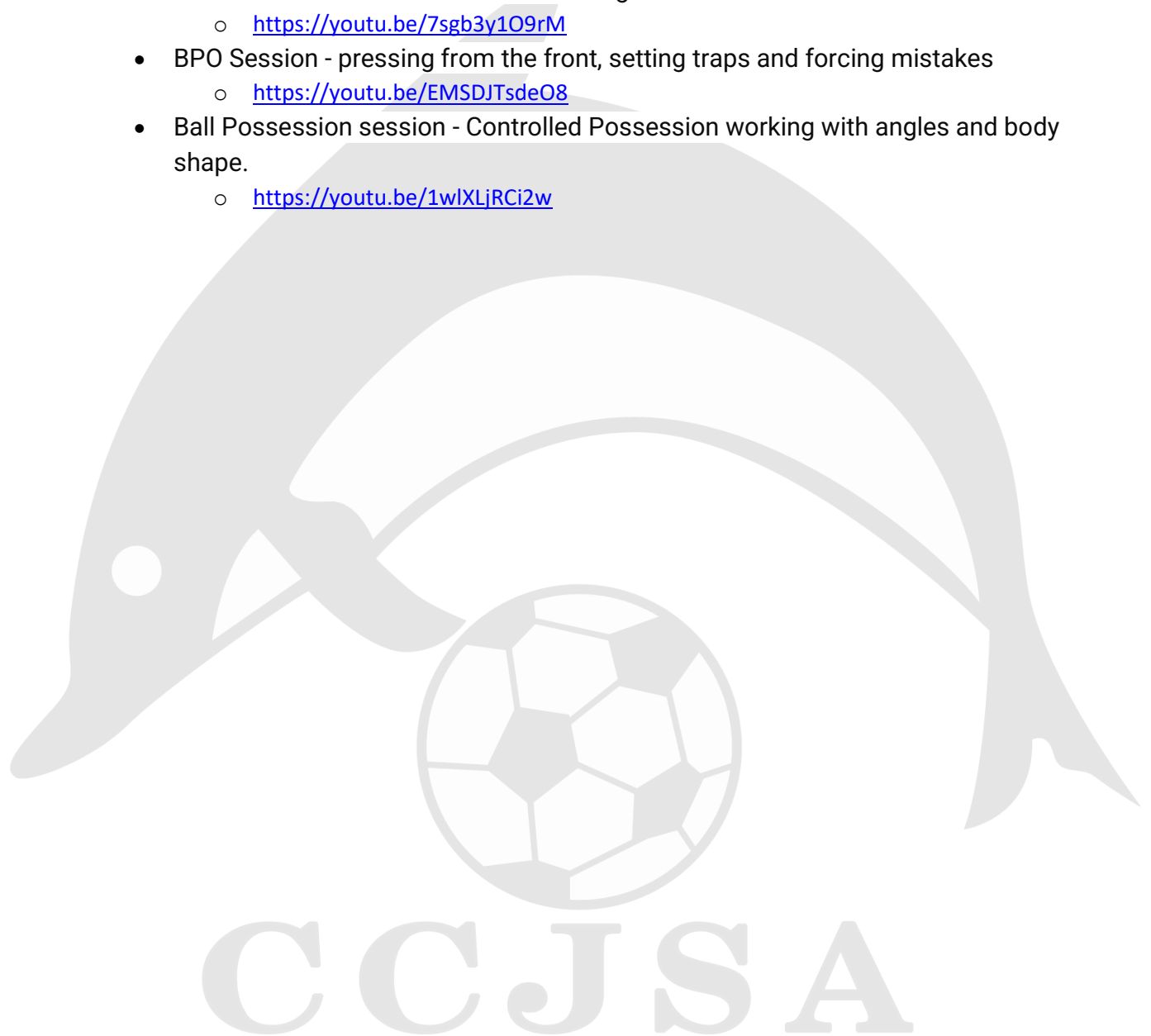
Summarise on how to build a session from the game.

- Look at the game.
- Identify what you want to work on.
 - Movements
 - Positioning
 - Attacking runs
 - Passes from back, midfield to attack
 - Structure in attack or defence
 - Combinations between positions
 - Winning the ball
 - Pressing
 - Defensive blocks
 - Overlapping runs
 - Switching the play
 - Counter attacks
 - Counter presses
- Really focus on what exactly you want to see in the situation. Break it down to key movements, positions and/or combinations.
- Get an idea on why you want to work on this? Does it fit into how you want to play?
- Answer the 5 W
 - What is the scenario?
 - Who are involved?
 - Where does it take place?
 - When does it take place?
 - And the biggest one, WHY are we doing it?
- After we answer these questions we can now break down the moment.
- **(PASSING PRACTICE)** Strip it right back and get the key movements, positioning and combinations in an holistic approach (PDE – perception, decision, execution) to warm your players up, while sowing the seeds of learning for the rest of the session.
- **(POSITIONING GAME)** Build up your passing practice with more opposition and get into smaller style game with the key moment evident
- **(GAME TRAINING)** Go larger to more replicate the game
- **(TRAINING GAME)** Finish with a game

Video on this can be found here: <https://youtu.be/XrchTaw1Pb0>


Sessions

- BPO-BP SESSION - ruthless on the counter attack with ball movement and runs
 - <https://youtu.be/juoVPf64Vbw>
- BP - BPO session - Transition on winning the ball back ASAP
 - <https://youtu.be/7sgb3y1O9rM>
- BPO Session - pressing from the front, setting traps and forcing mistakes
 - <https://youtu.be/EMSDJTsideO8>
- Ball Possession session - Controlled Possession working with angles and body shape.
 - <https://youtu.be/1wXLjRCi2w>



Country Coastal Junior Soccer Association ABN: 26 204 224 043

PO Box 219, Bunbury WA 6231 |  devmngn@ccjsasoccer.com.au |  www.ccjsasoccer.com.au

 www.facebook.com.au/ccjsa |  0431 010 421