



FOOTBALL  
AUSTRALIA

# FOUNDATION OF FOOTBALL

C DIPLOMA PART 1

# DRIBBLING SESSION

# GAME PLAY

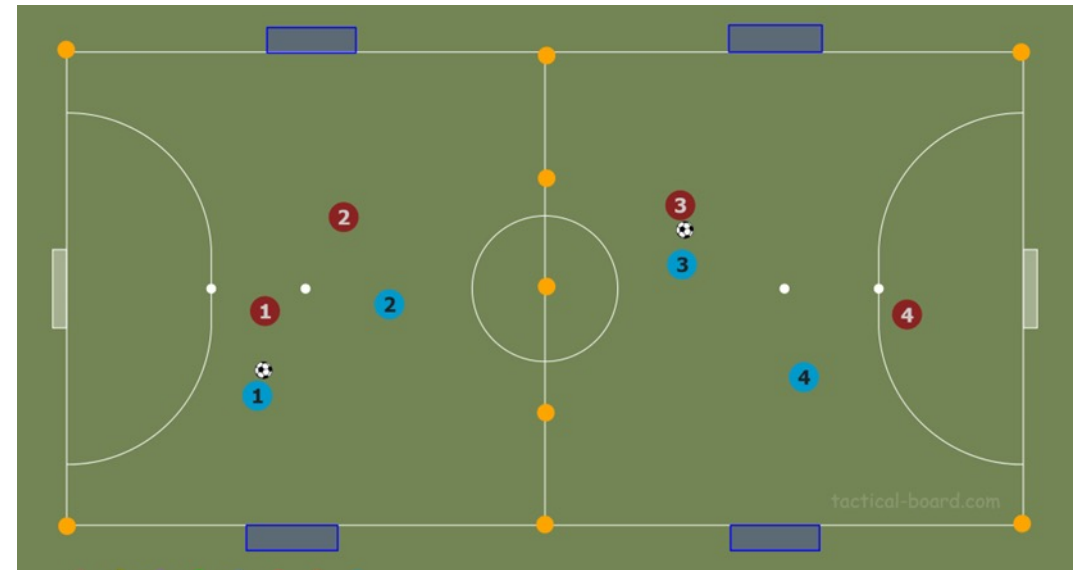
## 2V2 MINI GAME (10mins)

### Description:

Create two mini pitches out of a Miniroos pitch  
Form four teams of two players, no goalkeepers  
All players must be in their own half for the start and re-start of the game (after a goal) play starts from goal line  
Players bring ball back in play by dribbling or with a pass to a team-mate.  
Opponents must be five meters away from the ball until it is in play.

### Progression:

Bonus point for completing a pass before scoring



# GAME PRACTICE

## BULL RUSH (10mins)

### Description:

On the defender's signal, players attempt to cross the pitch by running with their ball and avoid having their ball taken

Players who lose their ball become extra defenders

The last player to successfully cross the pitch without losing the ball wins

### Progression:

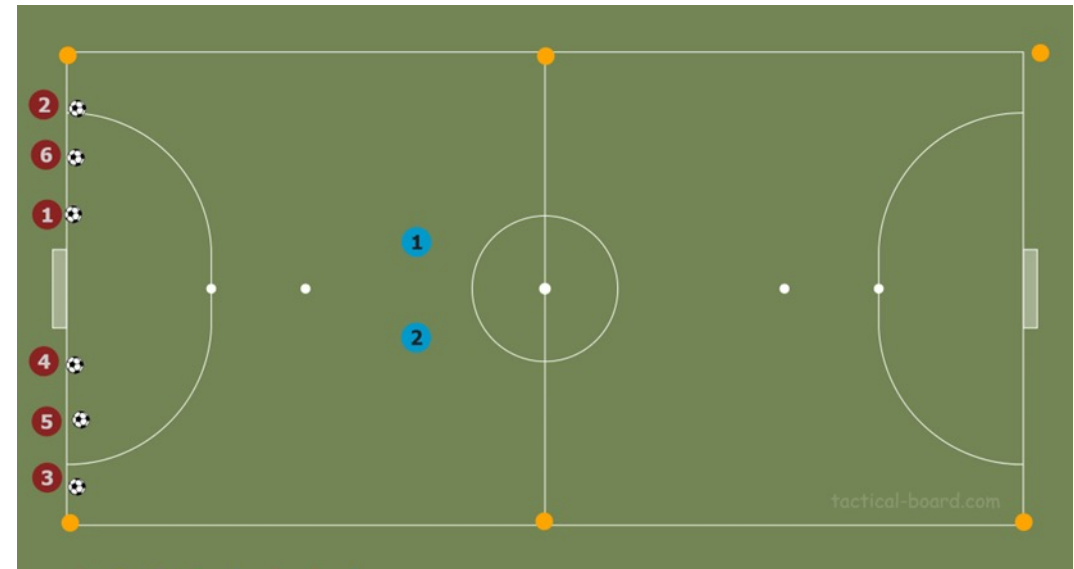
Start with coach as the first defender

Dominant players can use non-dominant foot

Counterattack, defenders must win the ball and score at the other end

### Regression:

Defenders can have a ball at their feet but only need to tag the others get them in



# GAME PRACTICE

## ROBBERS AND DRIBBLERS (10mins)

### Description:

Half the players are robbers and start without a ball  
All other players (dribblers) spread out in the playing area with a ball each

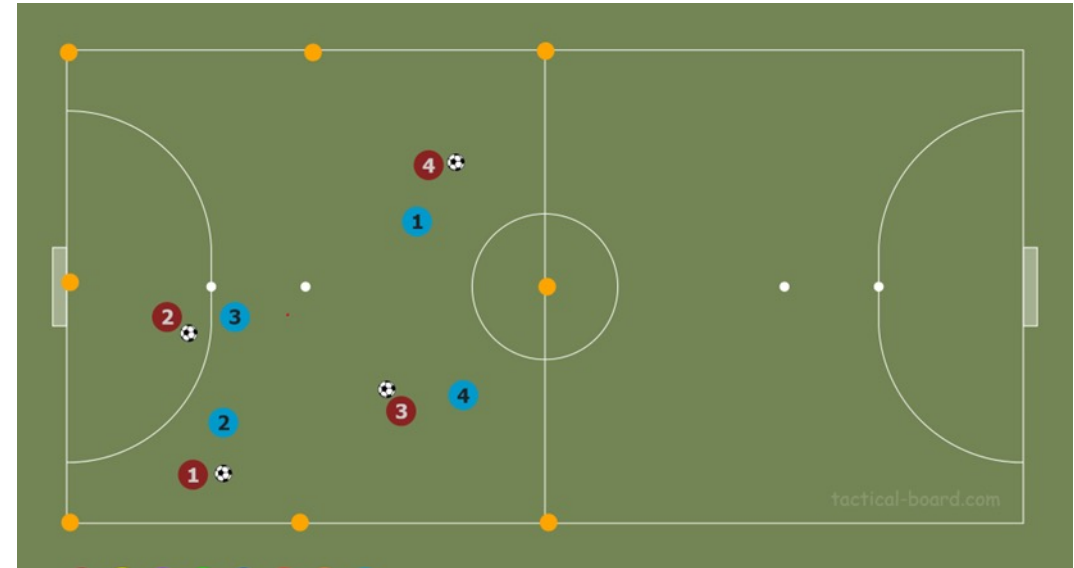
On your signal, robbers attempt to win possession of a dribbler's ball

When a robber wins possession of a ball, they become a dribbler and try to keep the ball and the former dribbler becomes a robber

Play continues until you call 'Time!' players with the ball are the winners

### Progression:

Program Leader can start as robber to ensure game success  
Reduce or increase number of robbers/dribblers



# GAME PRACTICE

## CROSS THE TROLL BRIDGE (10mins)

### Description:

One player starts as the troll  
All other players start with a ball along the line  
On the troll's signal, players attempt to cross the bridge by running with their ball  
The troll attempts to gain possession of a player's ball before they reach the opposite goal line  
The player who loses possession of their ball changes place with the troll

### Progression:

Use smaller grid with less players to increase 1v1s  
Increase number of trolls



# GAME PLAY

## 4 GOAL GAME (15mins)

### Description:

Form two teams (teams' self-referee)

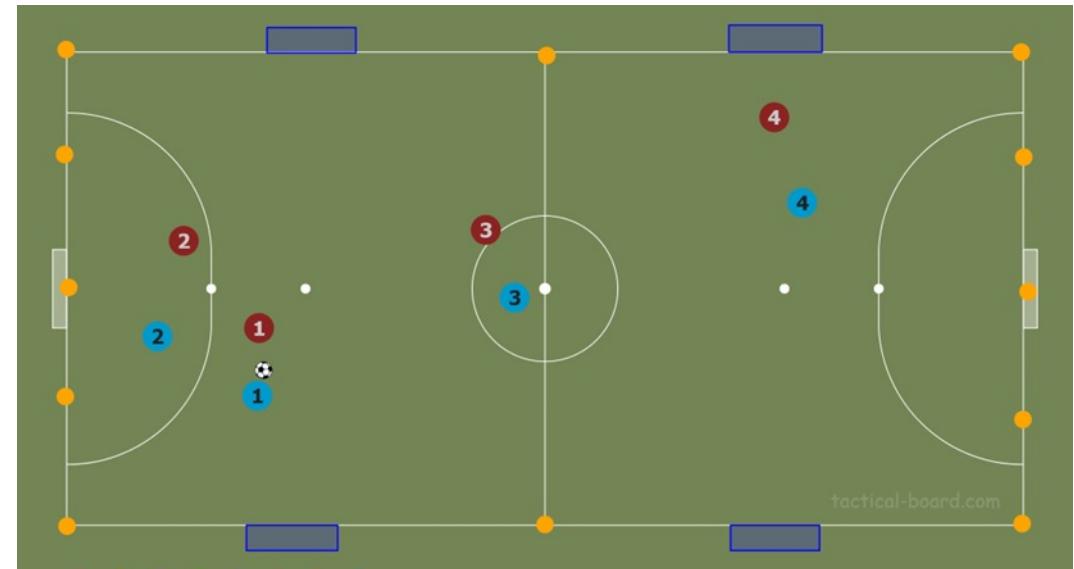
All players must be in their own half for the start and re-start of the game (after a goal)

Play starts with a pass or dribble from the goal line

A minimum of two players on the team must have touched the ball before a goal can be scored.

### Progression:

Three players must touch the ball before a goal is scored



# FINISHING SESSION



# GAME PLAY

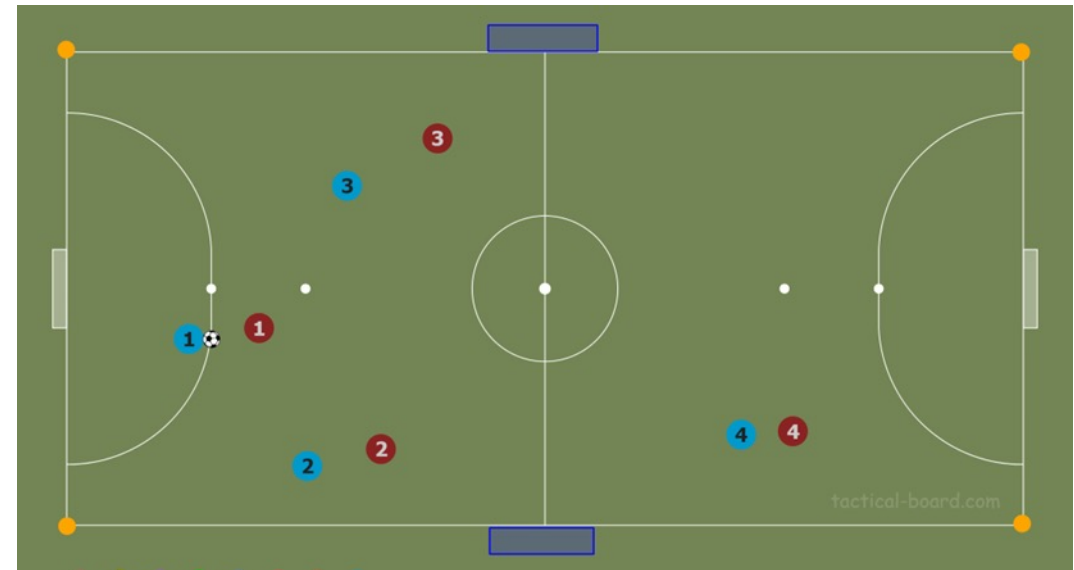
## 3 WAYS TO SCORE GAME

### Description:

Form two teams (teams self-referee)  
All players must be in their own half for the start and re-start of the game (after a goal)  
Play starts with a pass forward from the goal line  
A minimum of two players on the team must have touched the ball before a goal can be scored  
Players score one point for the side goals and three points for the end goal.

### Progression:

Play with 3 teams. One team resting can practice juggling



# GAME PRACTICE

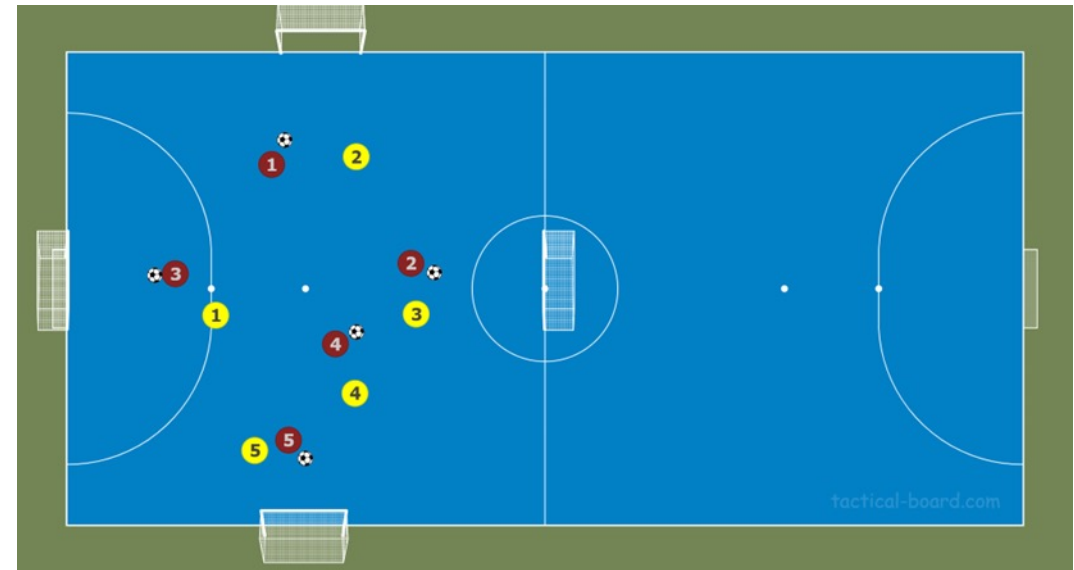
## GOALS GALORE

### Description:

2 Teams 1 Ball /attacking player opposition steal any ball & score  
Players try to score as many goals as possible  
Players can not score in the same goal twice in a row.

### Progression:

Add a defender or two  
Only have a ball for every second player, players without ball try to win the ball and then score goals  
Players can not collect their own ball from the goal so must win a ball off someone else or collect a ball from another goal



# GAME PRACTICE

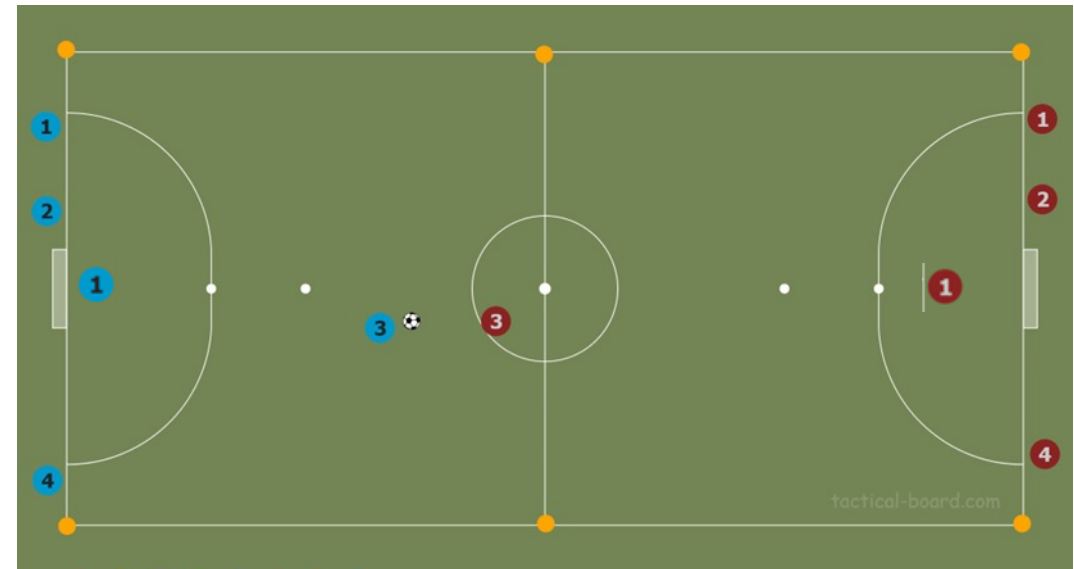
## NUMBERS GAME WITH BIG GOALS

### Description:

Divide players into two groups and distribute team bibs  
Teams stand on opposite sides of the pitch and are allocated a number (with the corresponding number on the other team)  
Roll the ball onto the pitch and call a number such as 4  
Players 4 from each team run onto the pitch and attempt to gain possession of the ball and score a goal  
All other players stand on the goal line or sideline and can pass the ball back into the pitch if it rolls out  
After no more than 20 seconds, call, for example 'Change 3'.  
Players who were on the pitch must leave immediately so that players 3 can take over playing.

### Progression:

Call two or three numbers at once



# GAME PRACTICE

## 2v2 RUSH GOALKEEPER

### Description:

Create two pitches  
Form four teams of two players,  
One defending player plays as Goalkeeper  
But plays as an outfield player when in possession  
Players bring ball back in play by dribbling or with a pass to a team-mate. Opponents must be five meters away from the ball until it is in play

### Progression:

Bonus point for completing a pass before scoring



# GAME PLAY

## 3V2 + GK MINI GAME

### Description:

3v2 with GKs

Attackers with 3 players attack the big goal.

If defenders win the ball, they try to score in the two small goals

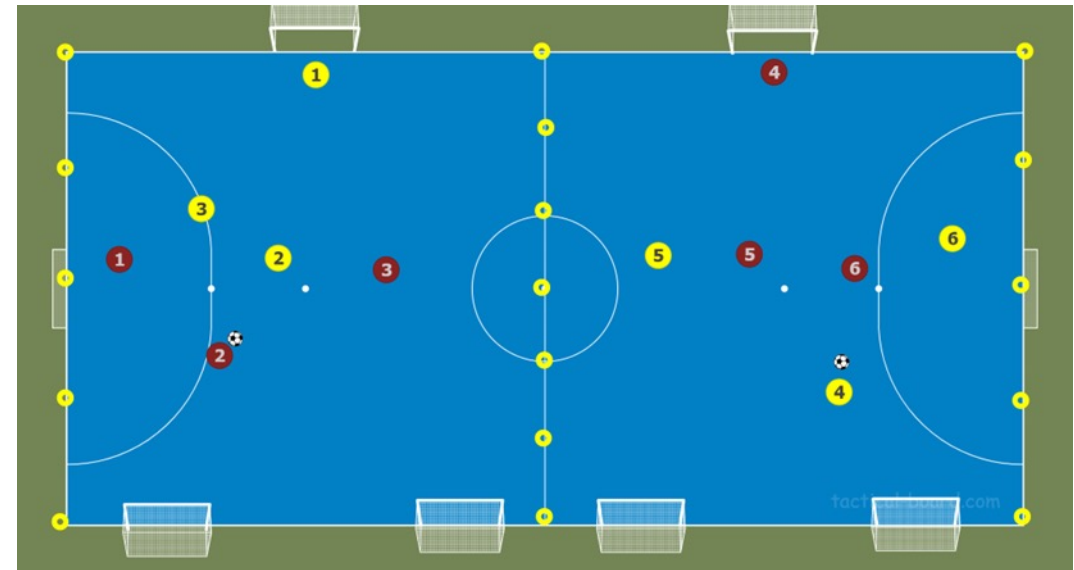
Change direction every time a team scores two goals

One defender must go goalkeeper

### Progression:

Can only score if all attackers have touched the ball

Can only score with a first-time finish



# PASSING & RECEIVING SESSION

# GAME PLAY

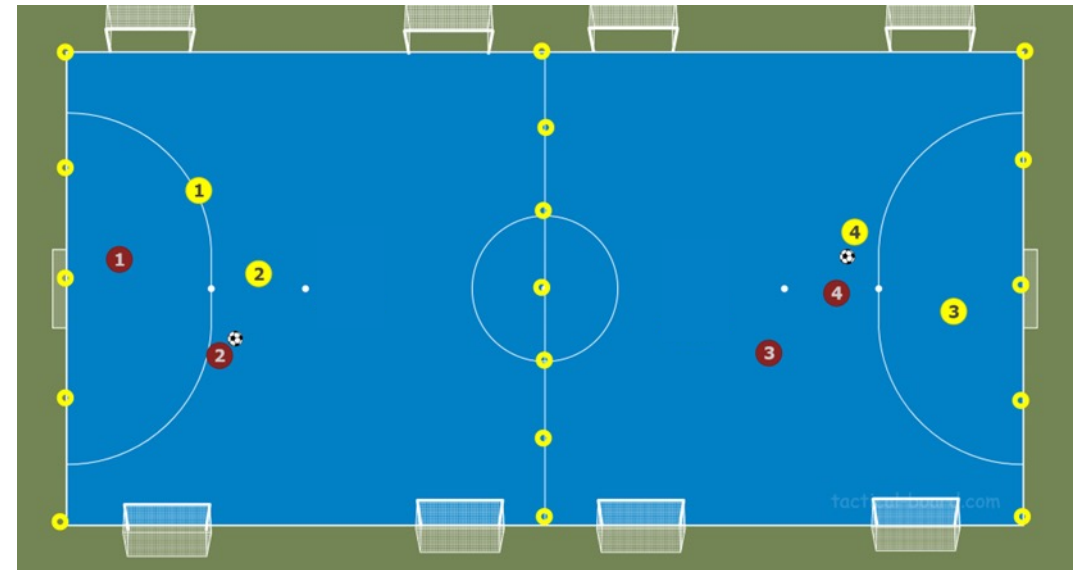
## 2V2 FOUR GOAL GAME

### Description:

2v2 with a joker  
Two small goals

### Progression:

Can only score if all attackers have touched the ball  
Can only score with a first-time finish



# GAME PRACTICE

## PIGGY IN THE MIDDLE

### Description:

Organise players into groups of 3 or 4 one player is in the piggy in middle

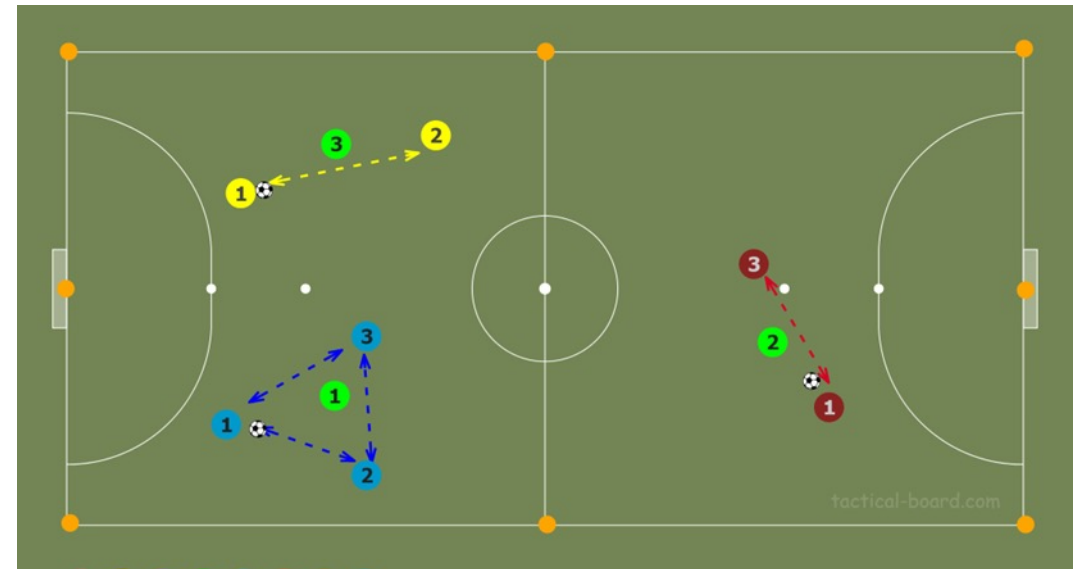
Players try to complete as many passes as possible without the piggy winning the ball

If the piggy wins the ball, they get a point and give the ball back, passers also start their count again

Play for one minute and see how many successful passes can be made

### Progression:

When the piggy wins the ball, they swap with one of the passers





# GAME PRACTICE

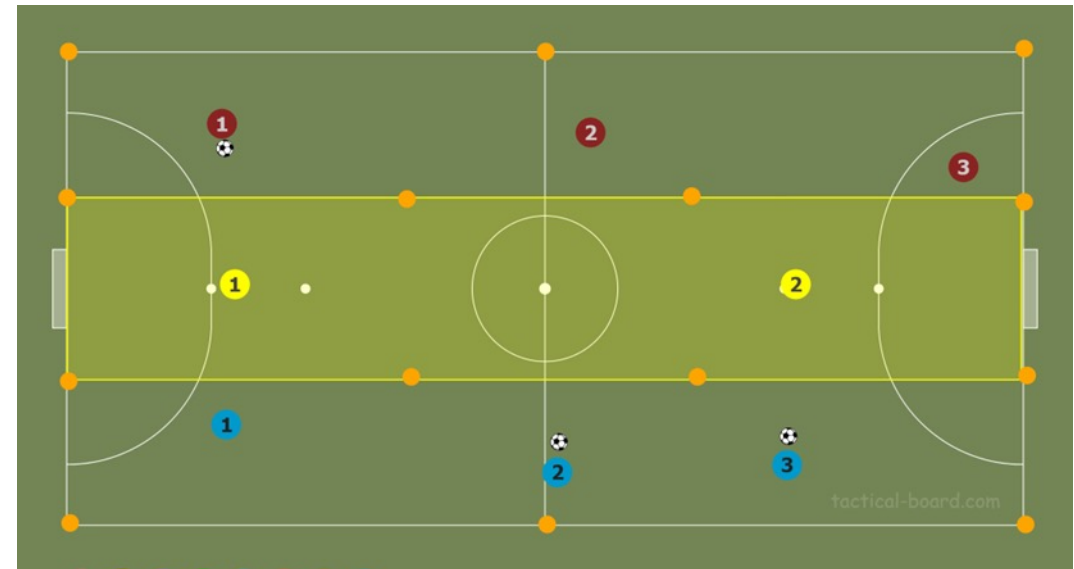
## SPACE INVADERS

### Description:

Divide groups into pairs with one ball per pair  
One pair starts as space invaders (their ball is set aside)  
Space invaders move side to side inside their zone  
Astronauts can only move behind and along their boundary line to pass and receive their ball  
Set a time limit (such as one minute) for players to score points, then change space invaders and play again  
Astronaut pairs score a point each successful pass  
Space invaders score a point for each interception

### Progression:

Increase/decrease the number of space invaders  
Players can pass to anyone on the other side, work as a team



# GAME PRACTICE

## GATE GOALS

### Description:

Set up a gates within the playing area

On your signal, pairs pass a ball to each other, then run with the ball to a free gate and repeat the activity

Continue for 30 seconds until you call 'Stop!'

Pairs score one point for each gate they pass the ball through

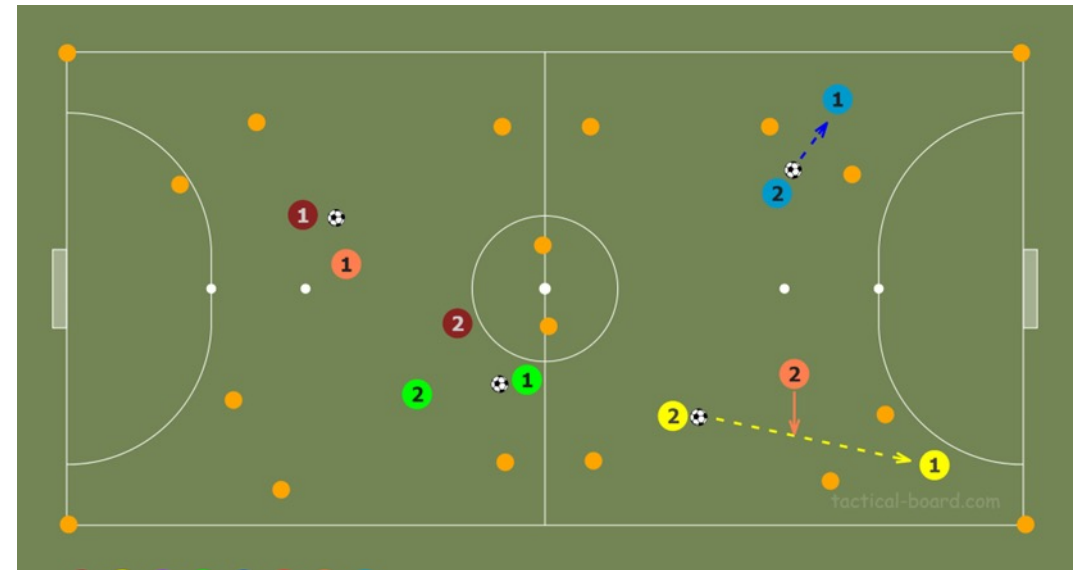
Make two players as defenders then rotate each turn

Defenders just need to touch the ball to reset the count, discourage them from kicking it away

Defenders can't intercept the same pair in a row

### Progression:

Add more defenders



# GAME PLAY

## POSITIONAL GAME

### Description:

Organise two teams

Four players are given a zone which covers half the pitch.

Four players must play in their zones. They can not leave their zones.

Change zones every 2-3 minutes

Extra players can go anywhere

### Progression:

Ball must enter all zones before a team can score.



# DEFENDING 1V1 SESSION

# GAME PLAY

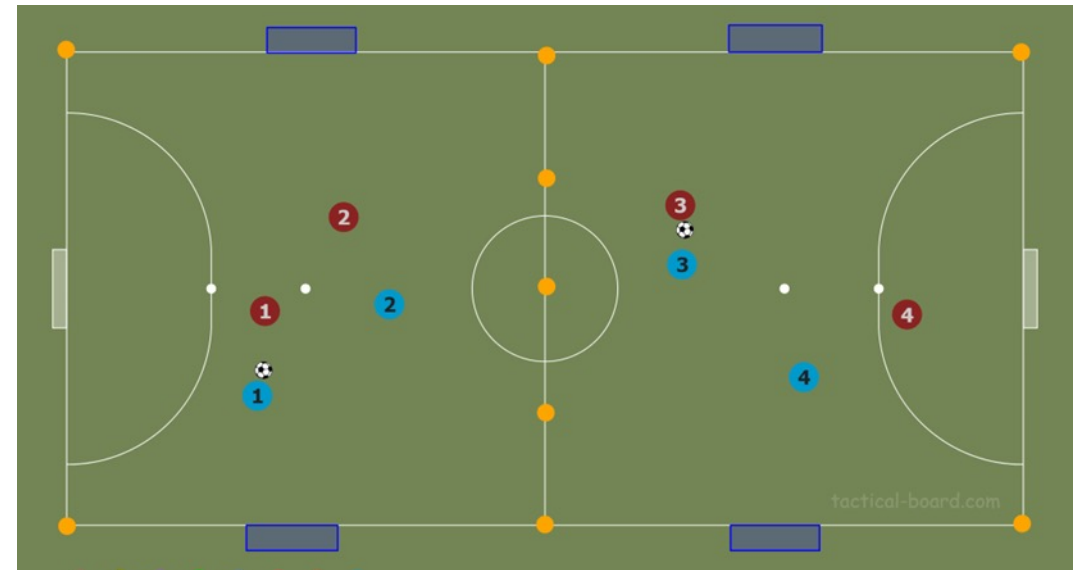
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### Progression:

Bonus point for completing a pass before scoring



# GAME PRACTICE

## 1V1 TAIL TAG

### Description:

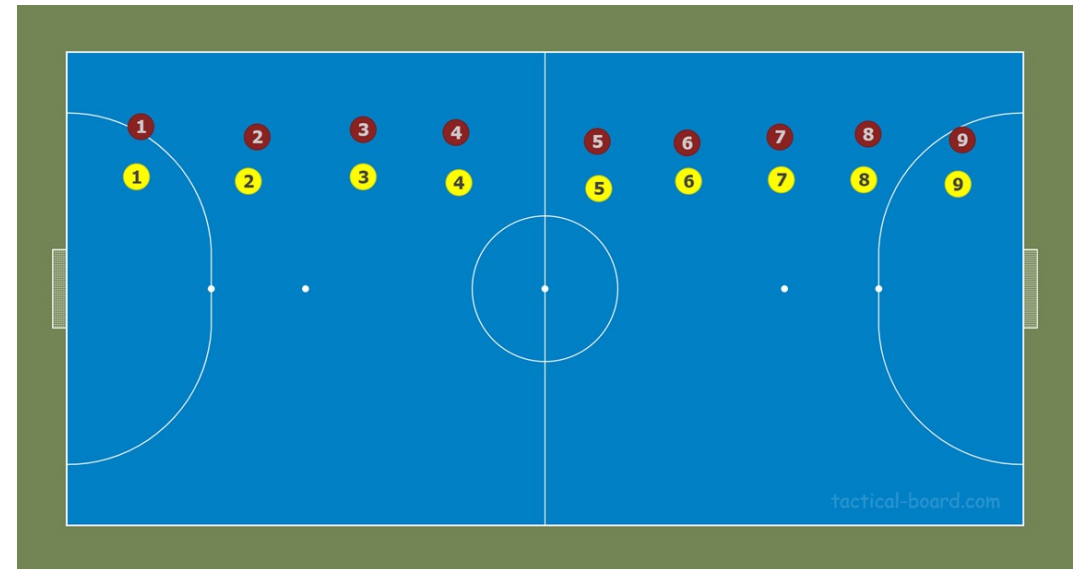
One v One Tail tag. Each player starts with a sock or bib tucked into the back of their shorts. They try to steal each others tail.

### Scoring:

Each time they are successful in stealing a tag they get a point.

### Progression:

Winners move left. Losers move right.



# GAME PRACTICE

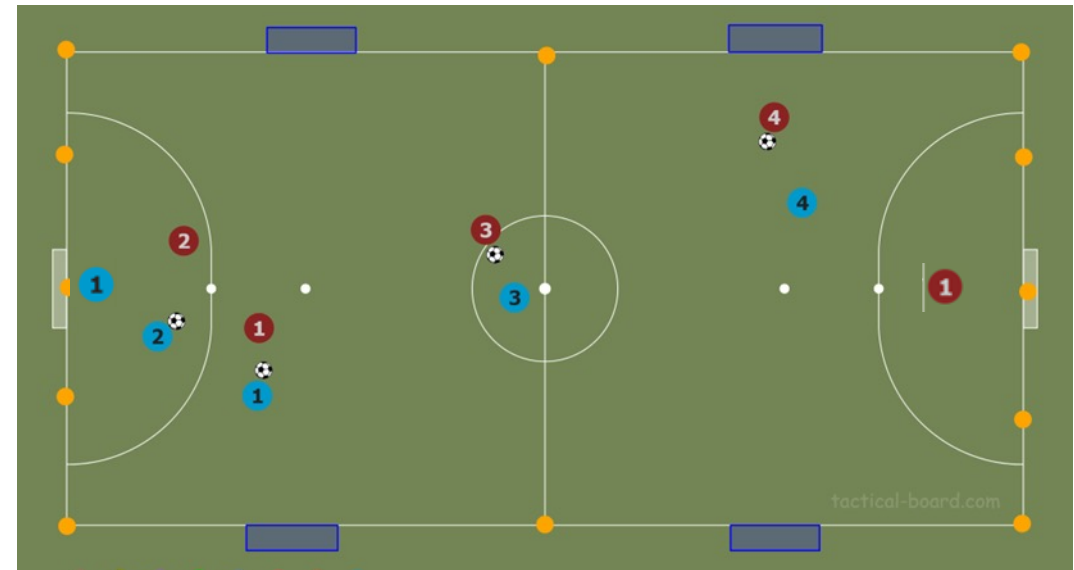
## EVERYONE 1V1

### Description:

Set up two goals on each side of the pitch  
Organise players into pairs, each player attacks in one direction  
but can score in either goal  
All players play at the same time and try to score  
After one-minute change partners and play against someone  
else

### Progression:

Change the orientation of the pitch



# GAME PRACTICE

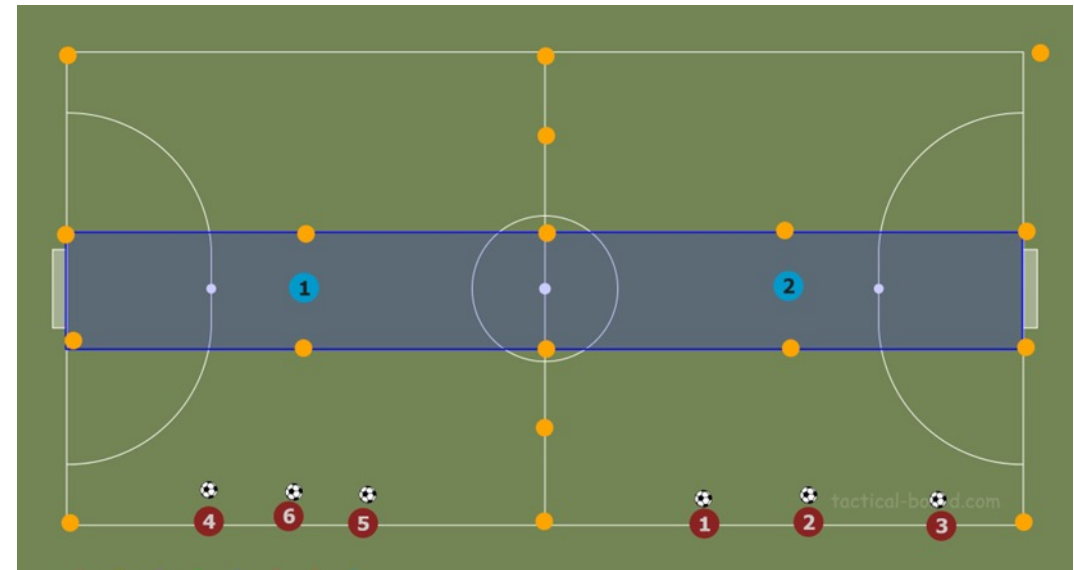
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### Progression:

Use smaller grid with less players to increase 1v1s  
Increase number of trolls





# GAME PLAY

## 4 GOAL GAME

### Description:

Form two teams (teams self-referee)

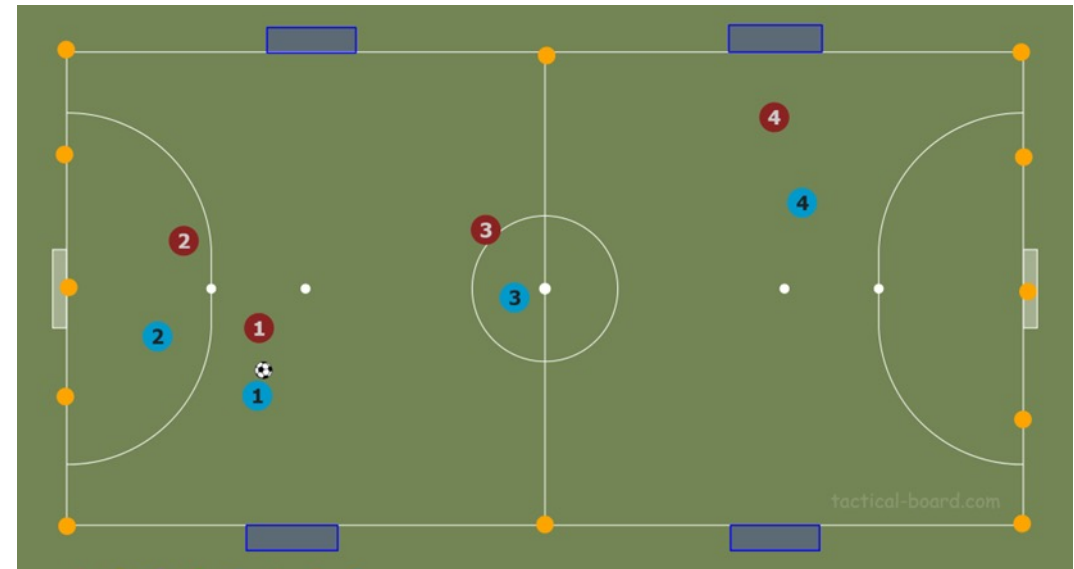
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THANK YOU