



TRAINING SESSION PLANNER

UNDER 7'S TO 11'S

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This booklet provides coaches of U7-U11 age groups with training session structures and activities, as well as videos from Rory Sloane teaching the fundamental skill of our great game.

Below is a great training structure for U7-U11s. It splits the training up into 4 sections, or quarters, like a game.

Quarter 1	Warm-Up Games
Quarter 2	Fundamental Skills
Quarter 3	Team Tasks
Quarter 4	Game

HOW TO USE THIS BOOKLET

Simply choose 1 activity for each of the 4 quarters to making training session design simple for you, fun for the kids and align to best practice development for your team.

- You can choose more than 1 quarter activity if your training goes longer than 50mins.
- Many activities also come with videos through QR codes.
- Feel free to also use your own activities, but ensure they are activities that avoid players waiting in lines for turns and are enjoyable.

For coaches that have caught the coaching bug and want more, the back page lists several other resources to take your coaching to the next level.

QUARTER 1: Warm Up Games

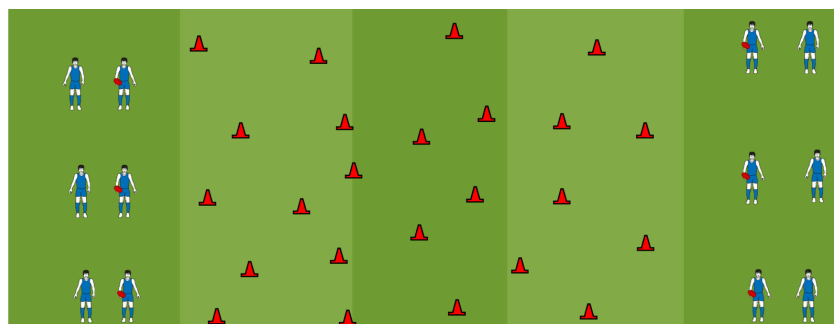
Kids at this age don't need traditional warmups.

Energiser warm up games are fun and get the kids ready for the training session through a range of movements. Avoid: Getting players to run a lap and static stretching.



STUCK IN THE MUD

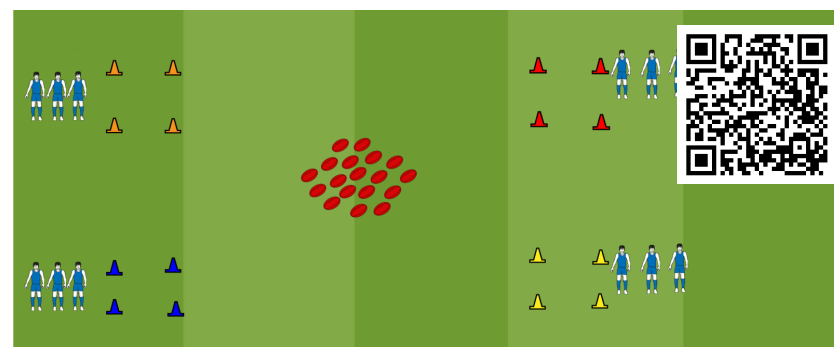
The taggers attempt to tag all other players. When a player is tagged they must stand with the ball above their head and legs apart. To free a tagged person, a ball must be rolled or handballed through their legs and regathered. Rotate taggers every 1-2minutes.



CHALLENGE HANDBALL

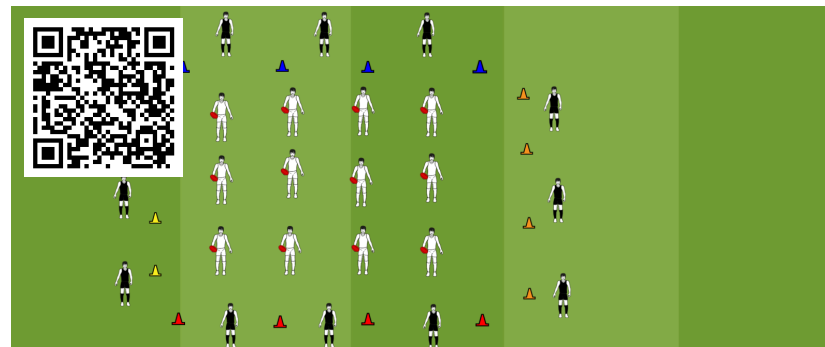
- Different lengths & types of handballs
- Spread to space to receive

In pairs, the players without a football run to find a free cone. Their partner then handballs to them and runs to find a free cone to receive the handball back. Pairs attempt to get as many handballs as possible, running to a different free cone after each handball. Only 1 player can be at a cone at once. Move cones back further to do this activity kicking only.



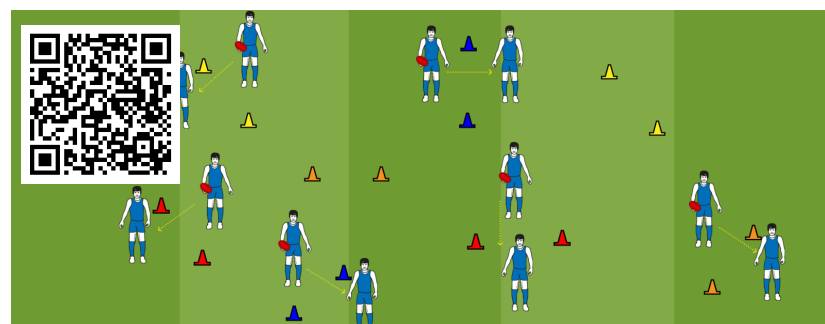
ROB THE NEST

Players from each group take it in turns running into the middle, picking up one football to bring back to their team's "nest". When there are no footballs left in the middle players may rob other nests.



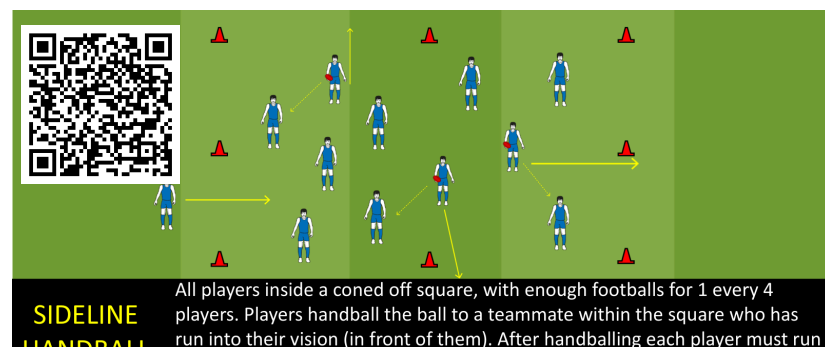
ESCAPE THE CHAOS

Players in the inside run to handball to a player on the square. Once an outside player receives a handball the players swap roles, and the outside player runs to handball to a player on a different side or colour of the square. Players attempt to gather as many handballs as possible in a set time. Mix up the skill adding in groundballs, kicking, bouncing etc.



GATES

Pairs find a free 'gate' and handball 3 times through the gate before running to find a different free gate. Only 1 pair can be at a gate at any time. Pairs aim to get as many handballs as they can within 2minutes.



SIDELINE HANDBALL

- Handball
- Position to receive ball

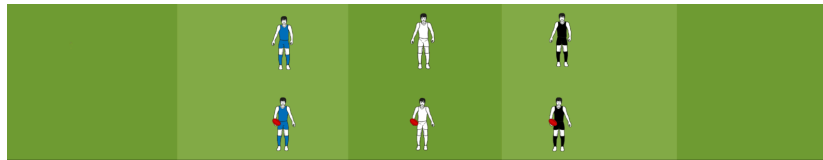
All players inside a coned off square, with enough footballs for 1 every 4 players. Players handball the ball to a teammate within the square who has run into their vision (in front of them). After handballing each player must run to touch the sideline with their foot before re-entering the square to receive another handball, focusing on running into the vision of someone with the ball. Players have 3 seconds and can only handball to a player who has run into their vision. If a handball has not been made within 3secs the ball must be placed on the ground for another player to pick up.



QUARTER 2: Fundamental Skills

Fundamental skill activities allow players to get a lot of touches to practice the skills, often 1 football between 2 or 3 players. While these activities are happening, it's a great time for coaches and helper parents to teach skill cues and give feedback on techniques, if required.

Here are videos of Rory Sloane teaching skill technical cues that you can use with your players.



PAIRS HANDBALL / TOUCH (1-2 BALLS PER PAIR)

High touch, fast, fun, competitive – options

- Left, right, train tracks
- Over/under
- Above shoulders HB
- Groundball/ half volley – HB
- Around waist, head, ankles, 8s, 8s catch
- Step back HB
- 1 HB up, catch other, then own
- 3 ball HB juggle in pairs
- 2 ball throw – shoulders, hips

Constraint options

- Lengths, distance – e.g. short then long HB
- Time: e.g. 20x, as many as can in 1min
 - E.g. Count down/up – e.g. 1, 2, 3, 4, 5 L/R
- Equipment: different balls – e.g. tennis
- Scoring: e.g. different point for accuracy, #s
- Moving: e.g. sideways, closer & further away
- Accuracy variety: ball chaos direction, speeds
- Competition: e.g. races, Queen of court, teams
- Circuit: x# of activities in sequence



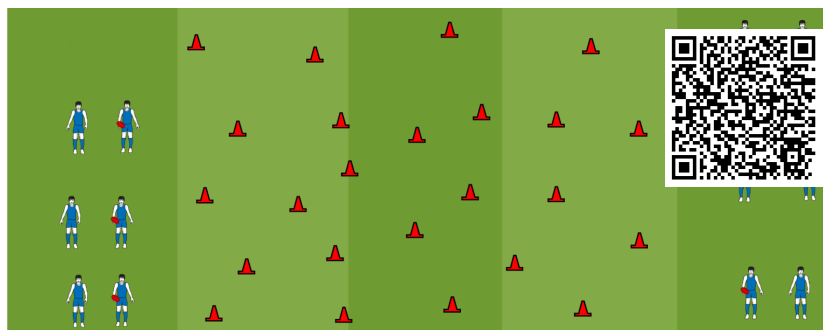
PAIRS KICKING / MARKING

- No step kick (ball drop)
- Around waist, head, ankles, 8s, 8s catch
- Spin around, touch ground, throw to self
- Roll GB left, right, behind (momentum)
- Touch cone left or right before kick
- Around cone next to them before kick
- Step back after each successful mark
- Opposite foot
- Marking firm kick on knees
- Magic Marks (pts for different marks)
- Person pressure mark e.g. slap, bag hit

High touch, fast, fun, competitive

Constraint options

- Time: e.g. 20x, as many as can in 1min
- Equipment: different balls – e.g. tennis
- Scoring: e.g. point for accuracy (3pts chest, 1 pt reach, 0pts if have to step), #s, target
- Accuracy variety: ball chaos direction
- Competition: e.g. races, Queen of court, teams



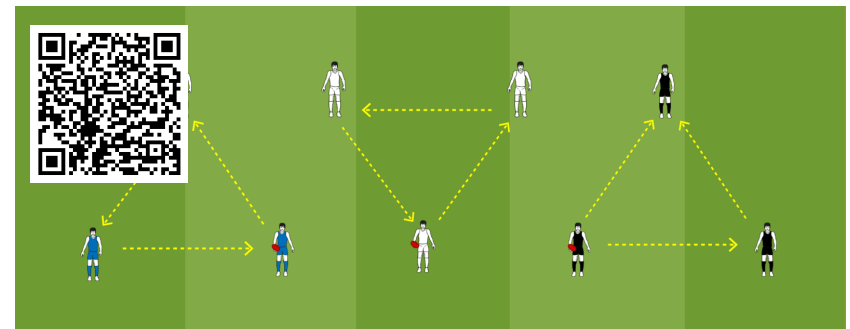
CHALLENGE KICKING

In pairs, the players without a football run to find a free cone. Their partner then kick to them and runs to find a free cone to receive the kick back. Pairs attempt to get as many kicks as possible, running to a different free cone after each kick. Only 1 player can be at a cone at once.



MAGIC MARKS

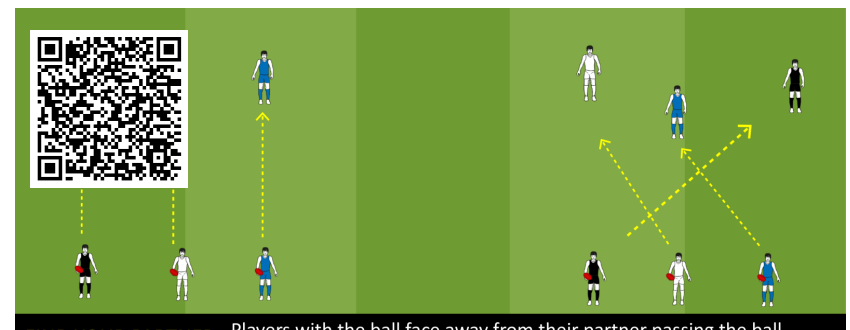
Magic Marks – 4mins, pairs get as many points as can (points – 1point catching on the chest, 3points in the hands, 10points one-handers and 50points behind the back.)



KICKING IN 3's

- 45 Kicks

Players kick the ball around the triangle to each other. Kicker practices changing body momentum towards target. Mix up lengths and heights of kicks, leading vs stationary, left and right foot etc



FIND YOUR PARTNER

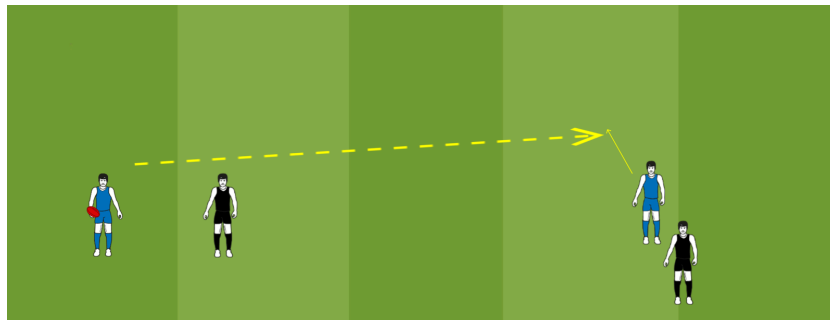
- Kick technique
- Decision making
- Momentum towards partner

Players with the ball face away from their partner passing the ball around waist, bouncing ball etc. Partners move to different area. On the coaches whistle kickers turn, locate their partner and kick to their partner as quickly as possible. Can make it a race.
Focus: Quick decision making & getting momentum going towards partner.

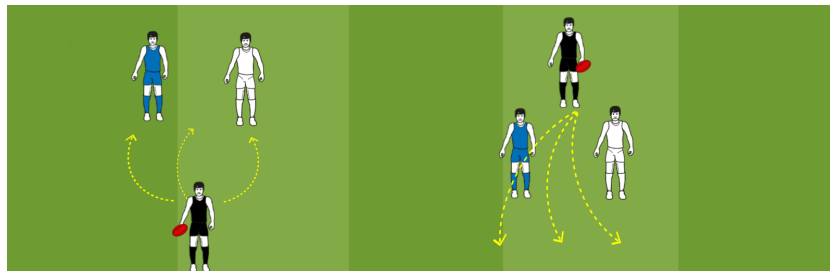
QUARTER 2: Fundamental Skills



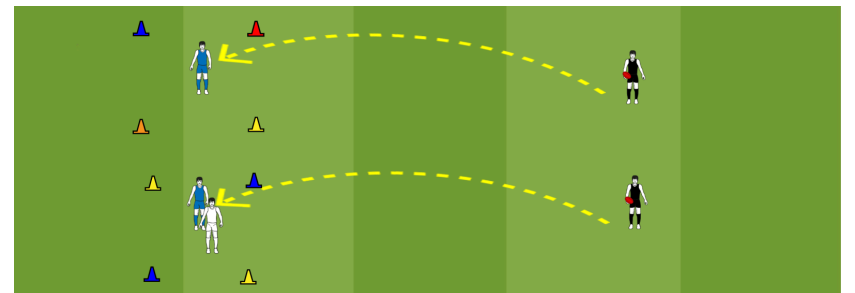
CONTESTED MARK Pairs at each end compete to win the ball kicked to them from the other group. Once the ball is gathered either in the air or on the ground the competition is over. Then kicks to other group over the mark.
 - Contested Marking
 - Crumbing off
 - Marking Contest
 Progression 2: Add 1v1 crumbing at each end.



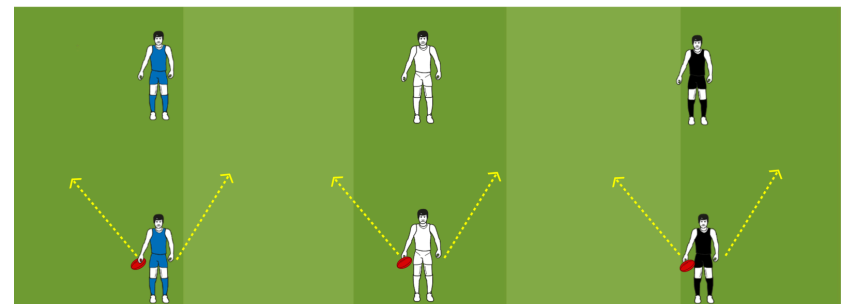
KICKING TO ADVANTAGE The ball is kicked to advantage of the attacking player at the other end. Attacking players practice holding position with their opponent (not leading), ensuring they are the closest to the drop of the ball, before moving to mark the ball. Kicker kicks over mark, groundball pick up/kick on run, faces away then turns to quickly identify advantage side.
 - Kick to advantage
 - 1v1 advantage marking



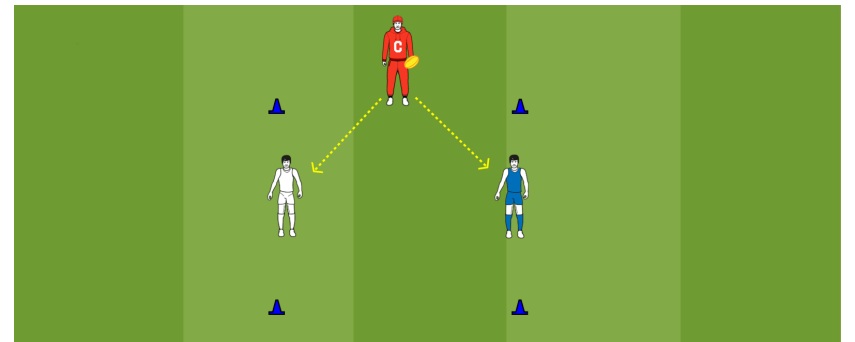
CONTESTED GROUNDBALL & TACKLE PAIRS In 3s, one player taps down or rolls the football to random spots - in front of the pair (part A) or to over their head for a ball rolling away (Part B). Players compete to win the groundball, focusing on stepping passed the ball and turning their bum to the opposition player for safety. Player who doesn't win the ball attempts to tackle, player who wins groundball attempts to run away with the ball. Activity resets when either a tackle is made or player runs 5m away with the ball. Rotate roles after each 3. (No tackling for age groups without tackling)
 - Groundball
 - Tackle



MARKING COLOUR SQUARES Stage 1: Marker stands in middle of square, coach yellow out a colour and the marker quickly runs around that colour cone, back into the square and marks the ball the coach kicks in. Focus of marker having inside leg up for protection. Stage 2: 2 opposition players stands in middle of square, coach yellow out a colour, players quickly runs around opposite cones of that colour, back into the square and compete for the marking contest. Players concentrate on protecting themselves correctly in contest.
 - Contest marking



PAIRS GROUNDBALL In pairs, one player rolls the football to the side of the other player, who practices good groundball technique to pick it up. Roller runs into their view to receive handball. 3 each then swap roles. Stage 2. After rolling the ball, the roller turns into a defender, running to put on light pressure. The player picking up the ball practices turning their body to face their bum to the defender when picking it up to protect themselves.



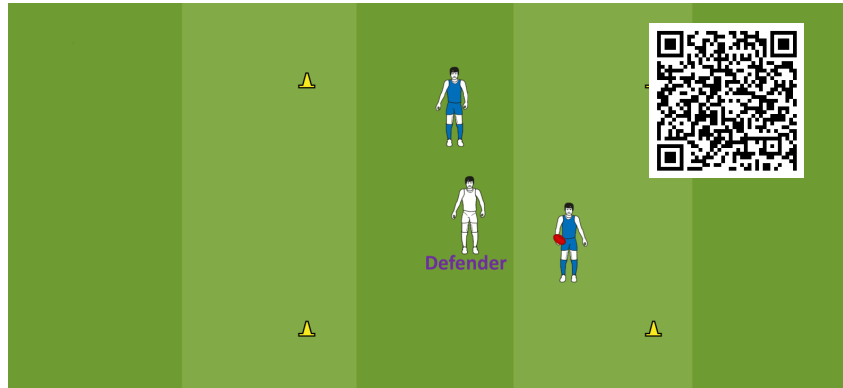
TACKLE SQUARE (Only for U9s and older age groups) Within a small square, the coach throws the ball to one of the players, who attempts to run through the opposite side of the square, while the other player attempts to tackle them within the square.



QUARTER 3: Team Task Activities

Team task activities are small-sided games, allowing players to practice the skills in a game like situation, as well as practicing to work together with other players in a small team. These activities will be 'messy' with the ball hitting the ground, which is GREAT! Players are learning to play and execute under game pressure, which will give players the best chance to be able to do it game day.

Many activities involve small numbers to maximise involvement, so recruit assistant coaches or parent helpers to help you run these activities in multiple small groups, rather than kids waiting for turns.



2v1 or 3v1 Handball 2 or 3 attackers attempt to handball to each other without the defender intercepting the ball. Receiving player needs to run to the side to create a clear passing lane away from the defender, rather than handballing over the top.



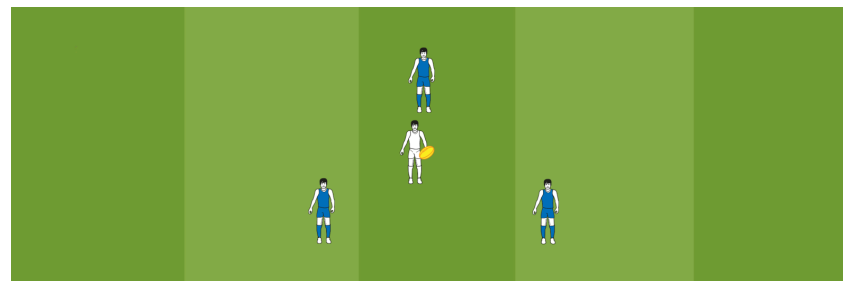
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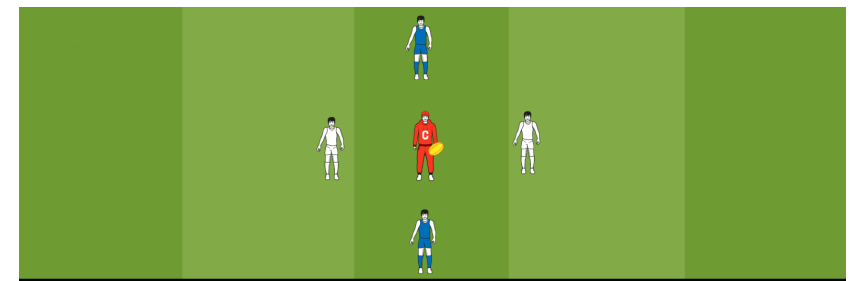
2v1 or 3v1 Kicking 2 or 3 attackers attempt to kick to each other without the defender intercepting the ball. Receiving player needs to run to the side to create a clear passing lane away from the defender, rather than kick over the top.



3v1 UP / DOWN
- GB & drive
- Position to receive
- Tackling technique
3v1 handball keepy off. Every second possession is a rolled groundball. Groundball concentrating on turning their body so have bum to defender. Receivers run into their vision to receive the handball.

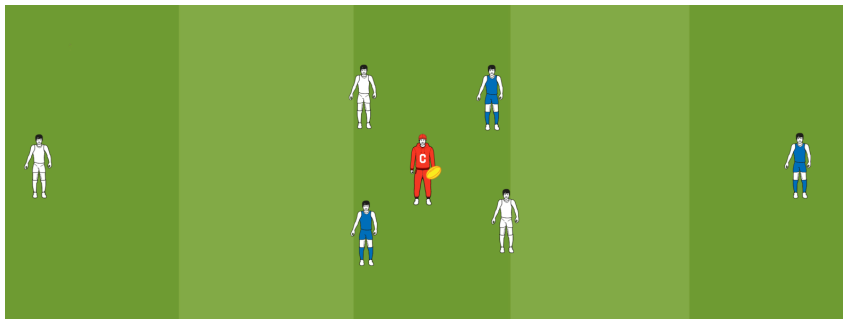


CONTESTED GROUNDBALL TRIANGLE
- Groundball technique
- Position to receive
3 players in triangle shape around the 4th player, who acts as the coach. Coach rolls a groundball or taps ball down between players. 2 closest players compete for groundball and third player runs in the vision to receive the handball. Activity finishes once the handball is received or if it is a held ball in a tackle. Players rotate being the coach each time.



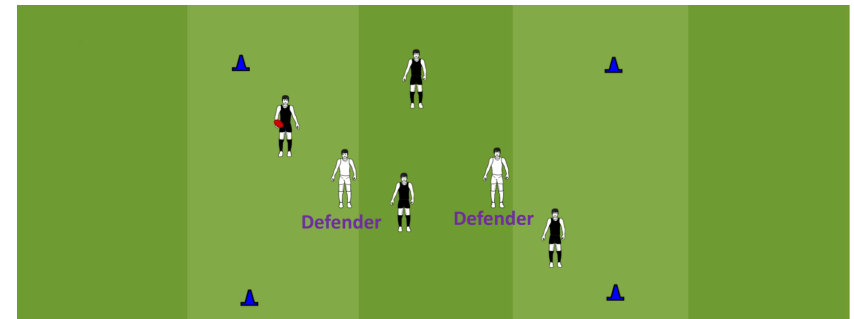
CONTESTED GROUNDBALL
- Groundball technique
- Position to receive
2v2 evenly spread around coach. Coach rolls a groundball or taps ball down between players. Players win groundball and get ball to their teammate then back to the coach.
Groundball technique:
1. Step past ball – pick it up under nose, not reaching
2. Bum facing opposition player – head safety
3. Get low – fingers in grass, bend from knees, eyes on ball

QUARTER 3: Team Task Activities



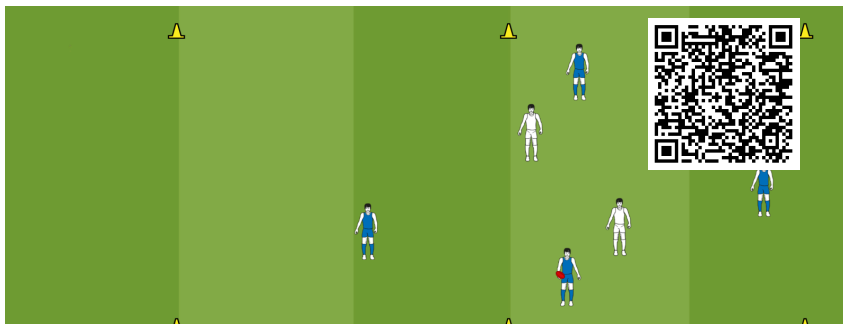
CONTEST CLEARANCE
- GB & drive
- Position to receive

2V2 around coach, with a target player for each team 20m away. Coach rolls a groundball or taps ball down, players win groundball and get ball to their target player. Player who gets ball to target player replaces them. Can make rule that ball must be handballed to teammate before kicking to target player.



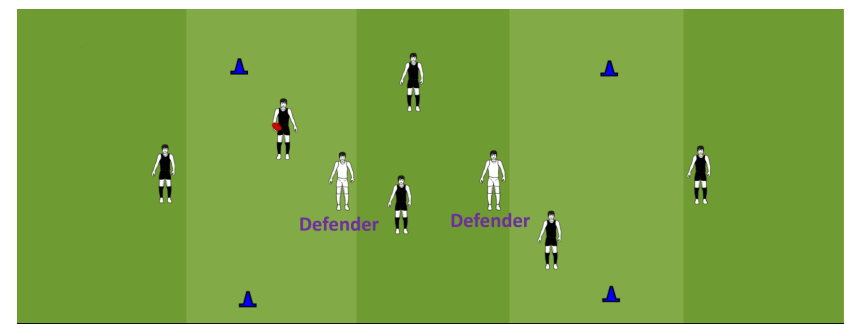
GROUNDBALL HANDBALL
- GB & drive
- Position to receive
- Tackling technique

The 4 attacking players attempt to successfully keep the football away from the 2 defenders in the middle. Attackers need to roll a ground ball, then 1 or 2 handballs, then repeat back to groundball. Coaching points are turning bum to defender on ground ball and players off ball run to their vision to receive.



MAINTAIN POSSESSION KICK
- 45 Kicks
- Quick execution & decision making
- Positioning to receive 45
- Kick to advantage

4v1, 4v2 or 5v2. The attacking team attempt to maintain possession of the ball with only kicking. No marks are awarded to increasing the speed of decision making and execution. Players attempt to get as many successful kicks as possible within 2 minutes.



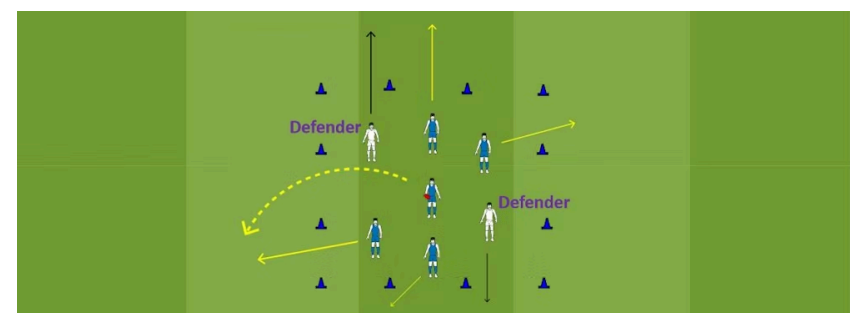
GROUNDBALL HANDBALL DIRECTIONAL
- GB & drive
- Position to receive
- Tackling technique

The 4 attacking players attempt to successfully handball the football back and forth to their target players at either end of the square. Target players must roll a groundball back in each time. Coaching points are turning bum to defender on ground ball and players off ball run to their vision to receive. Handballer to outside player can replace them or rotate regularly. Target players can be coaches or parent helpers.



CONTEST EXIT
- contested groundball & drive
- Position to receive
- spread

Players start behind cones, 3v3 up to 5v5. Coach starts with the ball and throws/kicks it to land either within or away from the cones. Once the ball hits the ground the players can leave their cones to win the ball and work together as a team to score. Scoring options: Get ball to a target player a kick away (1 each end), a set of goals at each end about a kick distance away.



INSIDE SPREAD

The attacking players attempt to maintain possession within the square by handballing away from the defenders. Once they reach 10 successful handballs all players run outside the square, spreading from the contest, maintaining possession with kicking. Once 10 successful kicks are achieved the game starts again, rotating defenders.

Quarter 4: The Game



Kids love playing the game! This is a great opportunity for coaches to teach how the game works. We can maximise their enjoyment, involvement and development by using different game constraints, such as

THE GAME

- Practice
playing the
game

- Split the ground into 2 or 3 zones that players stay in - helps maximise passing and involvement
- Add rules such as; X number of passes in each zone or before can kick a goal
- Strategically match up players with similar ability against each other and in zones
- Call free kicks to players who haven't had many touches when ball goes out of bounds
- Add an extra player or 2 on a different colour bib who always plays offence, this allows more attacking players so the game will have more scoring and movement

Additional
Coaching
Resources



SANFL Accreditation Courses
and Workshops



SANFL Activities and
Skill Techniques



Junior Coaching Curriculum



AFL Learn Library



RM COACH - Activity Library



AFL Coaching Resources

