



TRAINING SESSION PLANNER

UNDER 12'S TO 18'S

TRAINING SESSION PLANNER

This booklet provides coaches of U12-U18 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 U12-U18s. 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.

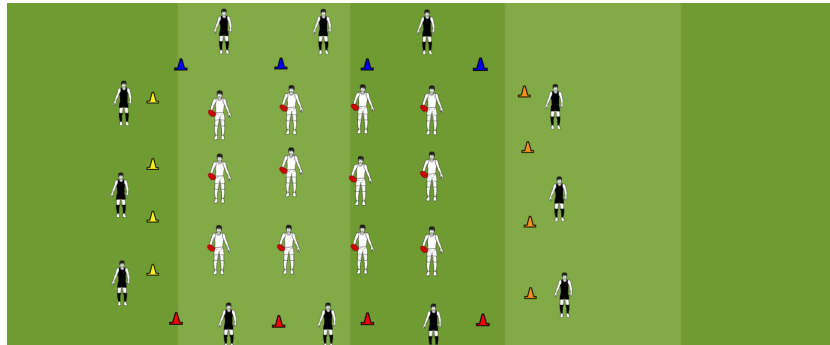
For coaches that have caught the coaching bug and want more, the back page lists several other resources to take your coaching to the next level.

QUARTER 1: Warm Up Games

It is recommended that youth age players begin each training with a dynamic warm up. This involves movements taking their muscles through their range of movement at a safe pace. See the QR code below for an example of a dynamic warm up.

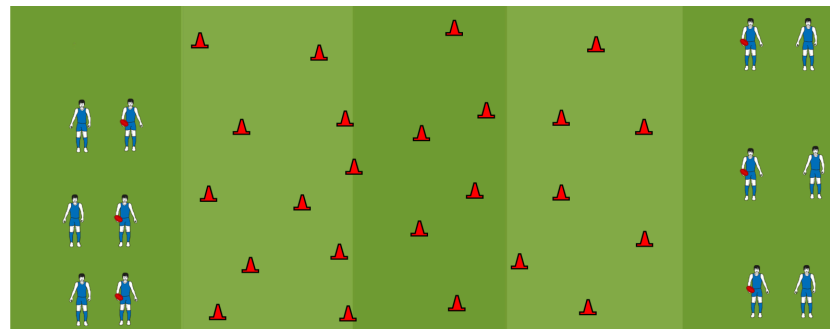


After the warm up it's encouraged to do high touch, small-sided games to get their bodies ready through game-like movements.
Avoid: Getting players to run a lap and static stretching.



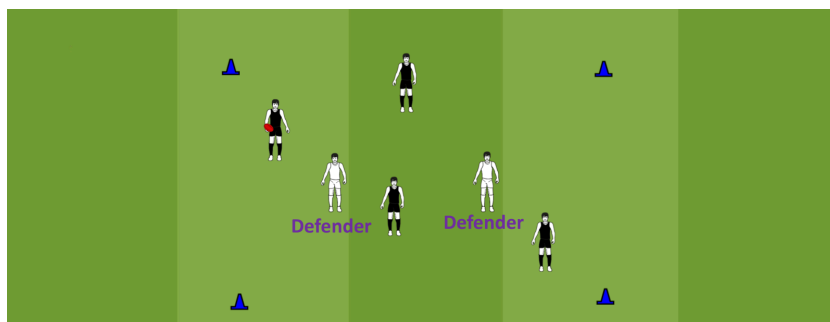
ESCAPE THE CHAOS

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.



CHALLENGE KICKING

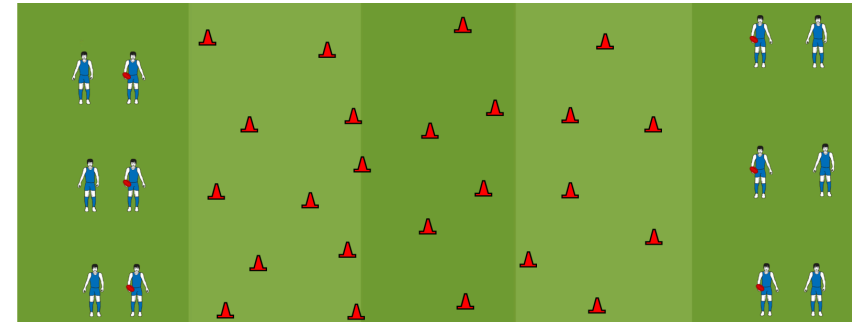
In pairs, the players without a football run to find a free cone. Their partner then kick to them and runs to find a free cone to receive the kick back. Pairs attempt to get as many kicks as possible, running to a different free cone after each kick. Only 1 player can be at a cone at once.



GROUNDBALL HANDBALL

- GB & drive
- Position to receive
- Tackling technique

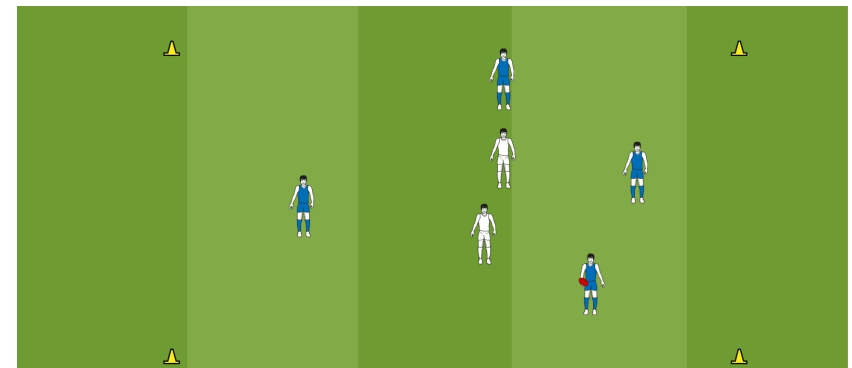
The 4 attacking players attempt to successfully keep the football away from the 2 defenders in the middle. Attackers need to roll a ground ball, then 1 or 2 handballs, then repeat back to groundball. Coaching points are turning bum to defender on ground ball and players off ball run to their vision to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



CHALLENGE HANDBALL

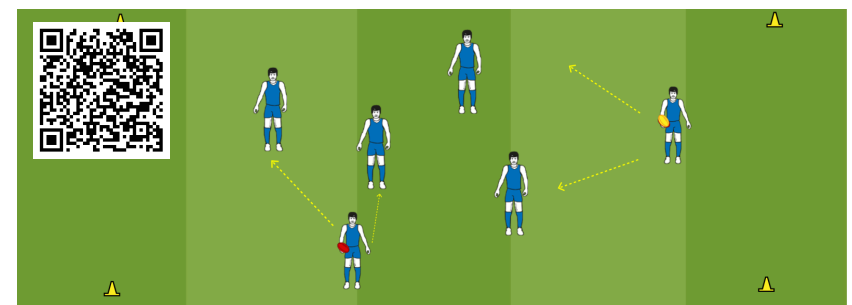
- Different lengths & types of handballs
- Spread to space to receive

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.



4v2 Kicking Square

4 attackers attempt to kick to each other without the defender intercepting the ball. Can either allow marks to practice maintain possession or not allow marks to practice quick execution and decision making.



RUN TO RECEIVE

- Position to receive

The group attempt to handball both footballs within a designated area, swapping from one football to the other one each time they handball. Players with the ball can not change directions once receiving the ball and have up to 2 seconds to handball to a player who runs into their front 45 degree vision. If a handball has not been made within 2 seconds the ball must be placed on the ground for another player to pick up.

QUARTER 2: Fundamental Skills

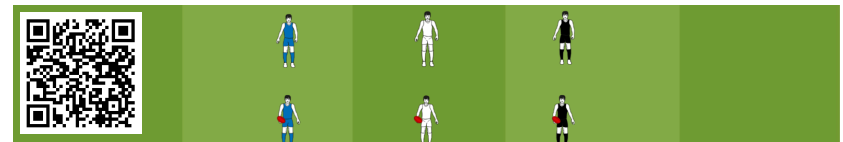
Fundamental skill activities allow players to get a lot of touches to practice the skills, often 1 football between 2 or 3 players. While these activities are happening, it's a great time for coaches and helper parents to teach skill cues and give feedback on techniques, if required.

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



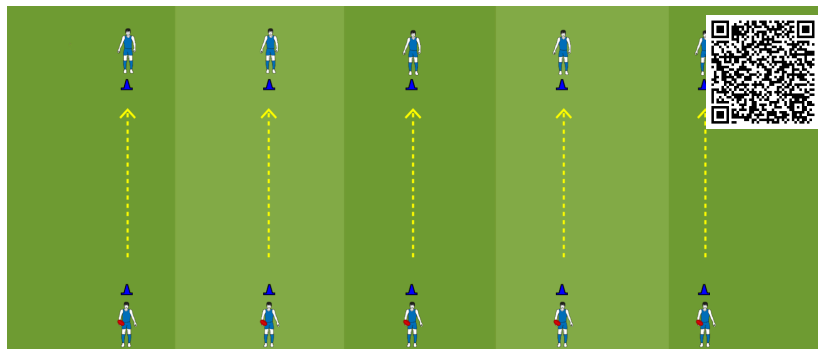
PAIRS KICKING / MARKING

- 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



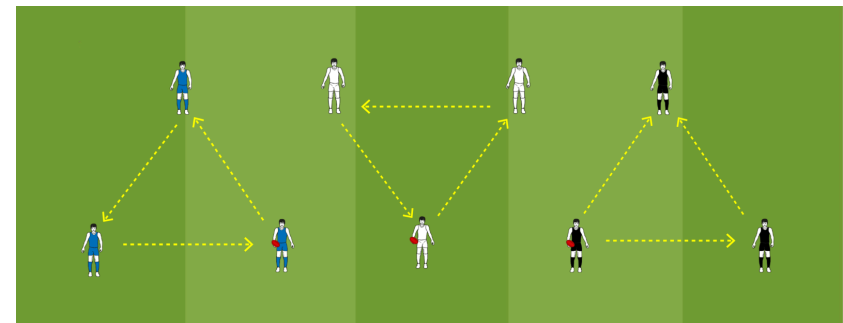
PAIRS HANDBALL / TOUCH (1-2 BALLS PER PAIR)

- 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



MAGIC MARKS

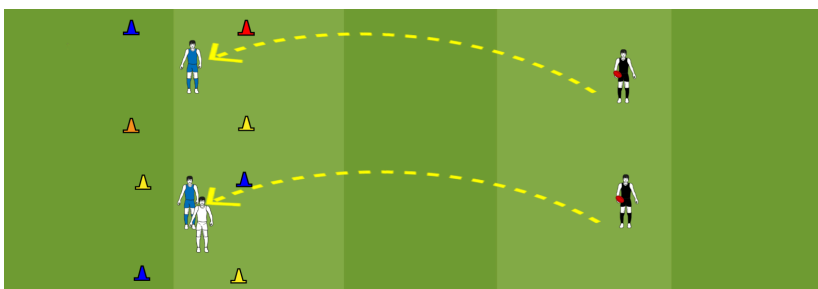
Magic Marks – 4mins, pairs get as many points as can (points – 1point catching on the chest, 3points in the hands, 10points one-handers and 50points behind the back.)



KICKING IN 3's

- 45 Kicks

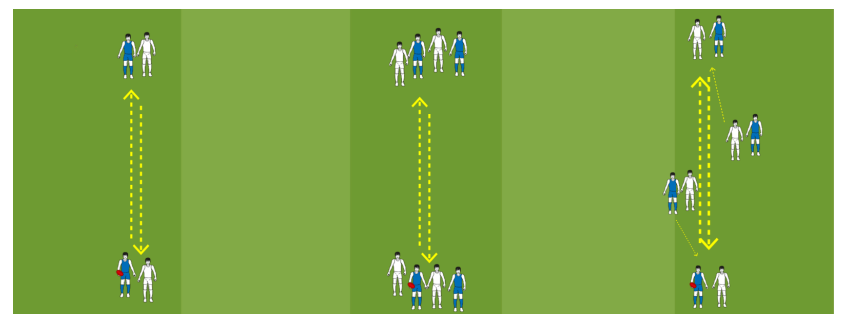
Players kick the ball around the triangle to each other. Kicker practices changing body momentum towards target. Mix up lengths and heights of kicks, leading vs stationary, left and right foot etc



MARKING COLOUR SQUARES

- Contest marking

Stage 1: Marker stands in middle of square, coach yell 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 yell 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.

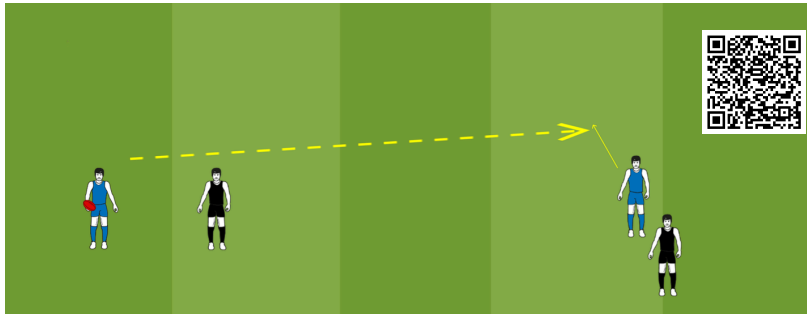


CONTESTED MARK

- Contested Marking
- Crumbing off
- Marking Contest

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.
Progression 1: 2v2 marking contest at each end.
Progression 2: Add 1v1 crumbing at each end.

QUARTER 2: Fundamental Skills



KICKING TO ADVANTAGE

- Kick to advantage
- 1v1 advantage marking

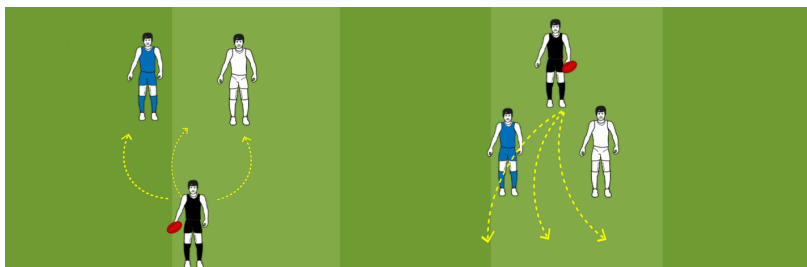
The ball is kicked to advantage of the attacking player at the other end. Attacking players practice holding position with their opponent (not leading), ensuring they are the closest to the drop of the ball, before moving to mark the ball. Kicker kicks over mark, groundball pick up/kick on run, faces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



FIND YOUR PARTNER

- Kick technique
- Decision making
- Momentum towards partner

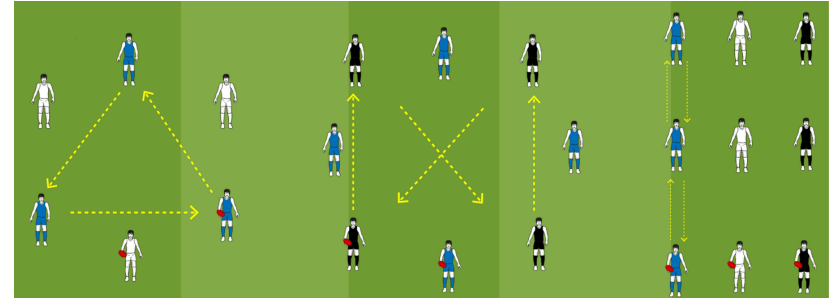
Players with the ball face away from their partner passing the ball around waist, bouncing ball etc. Partners move to different area. On the coaches whistle kickers turn, locate their partner and kick to their partner as quickly as possible. Can make it a race.
Focus: Quick decision making & getting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



CONTESTED GROUNDBALL & TACKLE PAIRS

- Groundball
- Tackle

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.



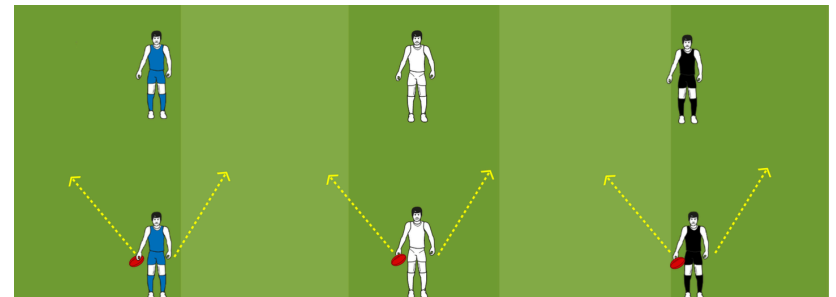
KICKING RACES

- Kick technique

Players in small teams (triangles, squares, lines) race against each other, kick only. Kicker practices changing body momentum towards target.

Variety:

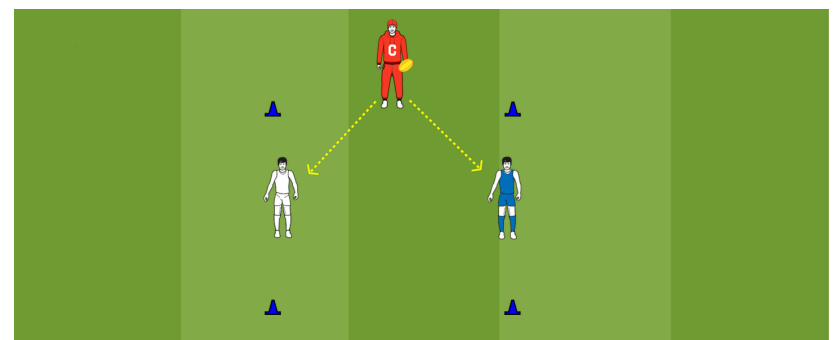
- Around waist, head, ankles, 8s, Spin around, touch ground, throw to self, around cone/touch cone before kick, opposite foot, different types of kicks, tennis balls



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.



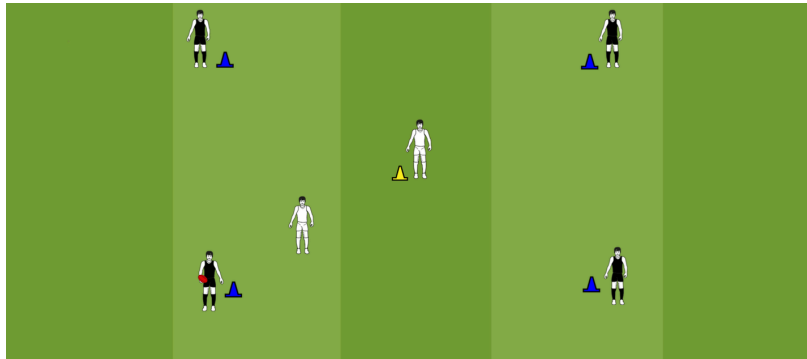
TACKLE SQUARE

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

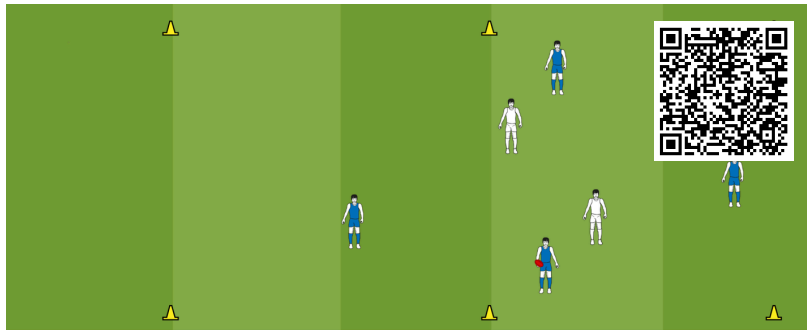
Team task activities are small-sided games, allowing players to practice the skills in a game like situation, as well as practicing to work together with other players in a small team. These activities will be 'messy' with the ball hitting the ground, which is GREAT! Players are learning to play and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




QUICK KICKING
- 45 Kicks
- Quick execution

The 4 attacking players attempt to successfully kick the football away from the 2 defenders in the middle. After each time defending they must return to the yellow cone before pressuring the next kick.



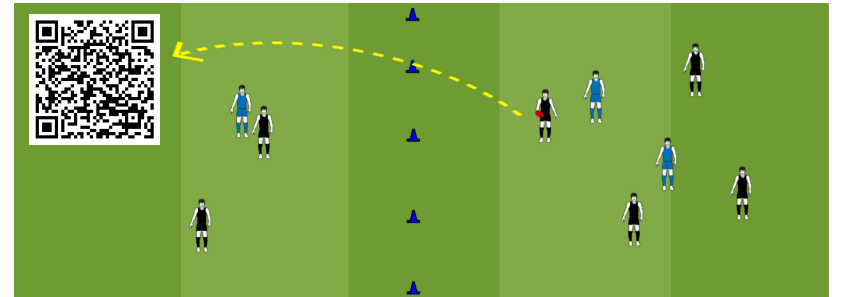
MAINTAIN POSSESSION KICK
- 45 Kicks
- Quick execution & decision making
- Positioning to receive 45
- Kick to advantage

4v2, 5v2, 6v3 (max numbers). 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.




DECISION MAKING BY FOOT

The attacking team attempt to kick the ball away from the 3 defenders. Challenges include getting as many successful kicks as possible in 2 minutes, with any successful kick going to the attacking player in the middle square getting double points.



KICK TENNIS
- 45 Kicks
- Quick execution & decision making
- Kick to advantage

4v2, 3v1 or 2v1 each half. Players attempt to kick back and forth into the opposite square to a teammate. No marks are awarded to speed up decision making & execution. Defenders can knock ball out of hands, light tackle, intercept marks & spoil. Players can handball or kick to each other but must be a kick (min 10m) going into opposite square. Walking only if in indoor courts.



PRESSURE KICKING

The 4 attacking players attempt to successfully kick the football away from the 2 defenders in the middle. Kickers can move anywhere along their side of the square to receive the ball.

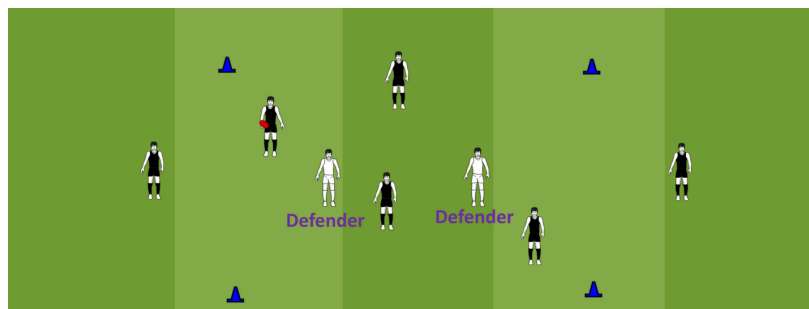


CONTESTED GROUND BALL
- Groundball technique
- Position to receive

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



**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. Handballer to outside player replaces them.

Coaching points are turning bum to defender on ground ball and players off ball run to their vision to receive.

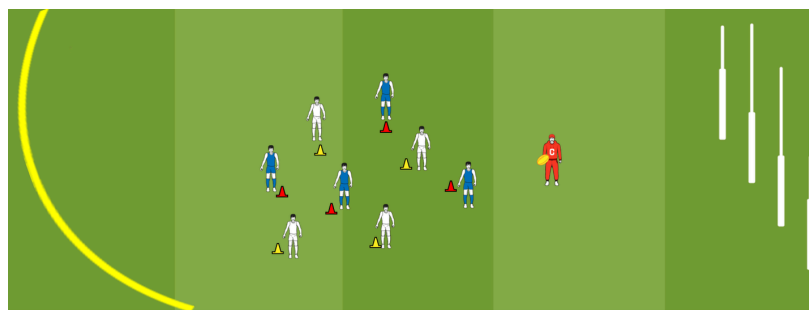


CONTEST EXIT

- 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.

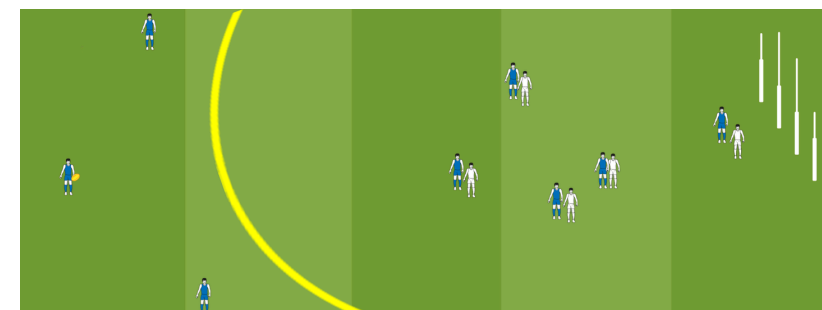


150 CONTEST

- contested groundball
- Position to receive

Players start behind scattered cones. Coach starts with the ball and throws/kicks it in air. Once the ball hits the ground the players can leave their cones to win the ball. Forwards try to kick a goal, backs exit kick outside of 50 (not inside centre square). Reset after each goal, kick outside 50 or a stoppage/hold ball.

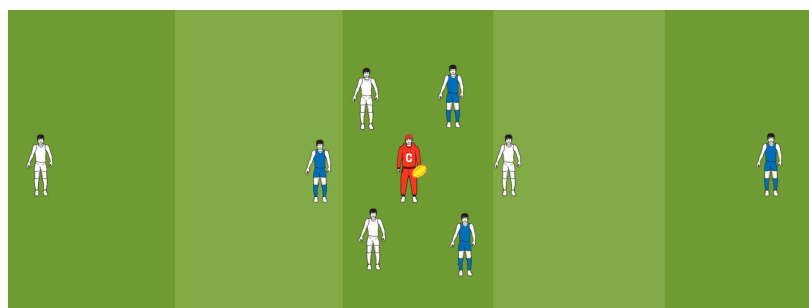
Big focus on reinforcing "Bum to Oppo" in groundball, and "In the View" to receive handball. Team without ball talk about defending – 1x pressure on ball, all others cover oppo players.



**150 LEAD &
DEFEND**

- Leading patterns
- Defensive positioning
- 150 entries


Set up: 4-6 pairs of forwards v defenders inside 50, 2-3 players a kick apart at top of 50. Forwards repeat leading trying to get a mark. If not used, run back to top of goal square to then lead again. Players outside 50 have 2secs to look for a free option, if nothing clearly free kick to other outside 50 players and repeat. No 150 kicks for first 10secs as want repeat leads. Mix up depth of outside 50 kickers to practice leading higher up the ground.



CONTEST CLEARANCE

- GB & drive
- Position to receive
- Tackling technique


3V3 around coach, with a target player for each team. Coach rolls a groundball or taps ball down, players win groundball, handball at least once before getting ball to their target player. Player who gets ball to target player replaces them.



ISLANDS

The attacking players attempt to score by handballing to a team mate who receives the ball inside of one of the 3 scoring squares. If a score is achieved the attacking team places the ball on the ground and the opposition team pick up the ball and become the attacking team.


Quarter 4: The Game



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

THE GAME

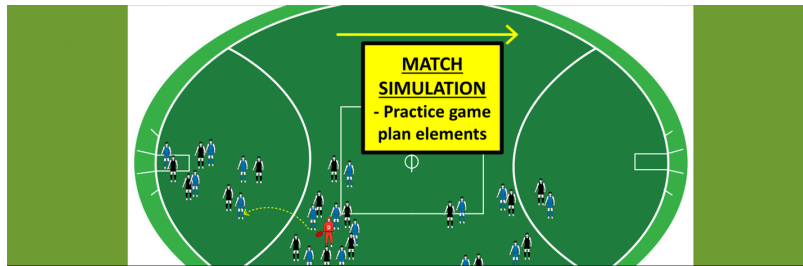
- Practice playing the game
- Split the ground into 2 or 3 zones that players stay in - helps maximise passing and involvement
- Add rules such as; X number of passes in each zone or before can kick a goal
- Strategically match up players with similar ability against each other and in zones
- Call free 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



END BALL


- Position to receive
- Spread
- Transition

Small sided game, can be handball only. Teams attempting to score by getting ball to their target player or in an end zone. Once scored, target player replaces scorer. After score, other team can take possession, or scoring team can maintain possession to get as many scores as possible. Turnover if ball hits ground. Walking only indoors. Can have a rolling bench.



MATCH SIMULATION
- Practice game plan elements

Set up with even numbers and players in positions. Choose which element of the game plan you want to practice (stoppages, ball movement, forward structures etc), this will help guide where and how to start. Choose location: wing, half back, half forward, inside 50 etc. Choose how you want to start: ball up (if you want them to practice exiting from stoppages), loose groundball (if you want them practicing exiting from a contest), give 1 team possession (if you want to practice your ball movement). You can strategically stop and start the play as it goes to maximise how much they practice the game plan element you most want to practice.



CHANGE LANES

END BALL

- 45 Kicks
- Switch Kicks
- Spread

5v5 – 9v9 with players attempting to score by kicking the ball to their target player. Once a score has been achieved the target player and the kicker swap roles and the ball is placed on the ground for the other team to take possession. 1point - a successful kick to target player, 2 points - if the ball 'changes lanes' from one side of the red cones to the other during that play.

Additional
Coaching
Resources



SANFL Accreditation Courses
and Workshops



SANFL Activities and
Skill Techniques



Youth Coaching Curriculum



AFL Learn Library



RM COACH - Activity Library



AFL Coaching Resources

