

Coaching Session Planner

Candidate Coach		Date Produced	
Coach Educator		Time Available	75mins

Information on Players

No. of Player	12	Age	7 & 8	Ability Level	Mixed
Medical Info.	ON hand with manager/Asthma				
Particular Needs	N/A				

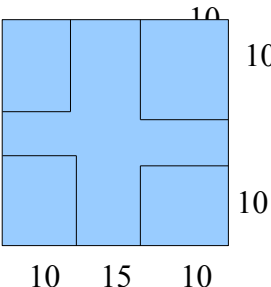
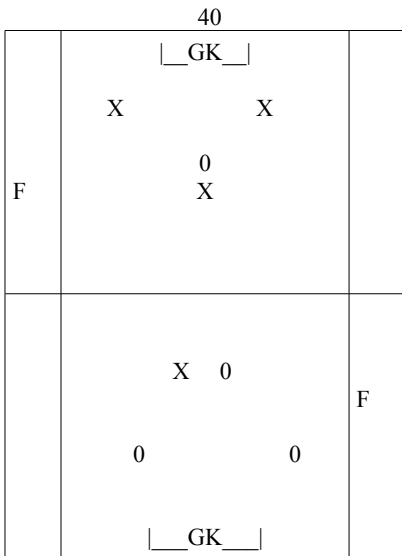
Information on Facilities and Resources

Location	T.G.G.S.	Session Date	
Facility Needs	Astro pitch-shower & changing facilities		
Equipment Needs	Bibs,Cones,Footballs,Goals		
Health & Safety	Check Players for injury, Complete pitch check and ensure first aid kit is on site. Risk assessment carried out prior to session start.		
Action Plan, Points from previous Sessions:	Give good demonstrations and intervene often.		

Session Plan

Session Aim	Short & Long Passing	
		Timings
Warm Up Activities	Due to the players being young I will start with a game of 5v5 to warm the players up.	10 mins
Cool Down Activities	Relay games with ball	10 mins

Session Plan

Session Title	Short & Long Passing	Timings
Key Technical Aspects/ Factors	<ul style="list-style-type: none"> • Communication • Heads up • Accurate passing • Inside of foot • Ball control • Long passing techniques 	
Session Content	<p>Technical</p>  <p>Set up four 10 x 10 grids in position as shown. Place 3 players in each square.</p> <ol style="list-style-type: none"> 1. Players pass between themselves(move and pass) 2. On command players use left or right foot. 3. On command players long pass to the grid clockwise. <p>Skill: Set up as above Keep the set up above, give one player in each group a bib and they become an opposing player. Progress as above.</p> <p>Small Sided Game</p>  <p>Set up 40 x 60 pitch, 4v4 with floaters (who play for team in possession). Coach key factors, intervene as required. Look for movement off of the ball to allow for good passing opportunities.</p>	<p>15mins</p> <p>15mins</p> <p>20mins</p>

LTPD 4-Corner Model Outcomes:

When planning your session you will need to consider what outcomes you are trying to achieve in relation to the 4 corner model. You should aspire to identify outcomes for all 4 corners for each of your sessions.

Technical <ul style="list-style-type: none">• Passing• Receiving• Dribbling• Ball control	Psychological <ul style="list-style-type: none">• Imagination• Decision making• Confidence
Physical <ul style="list-style-type: none">• Running• Turning• Balance• Kicking	Social <ul style="list-style-type: none">• Decision making• Fair play• Communication• Team work

Development of the Session

Some players are struggling to cope with the session, how would you adapt it to make it more achievable for them.	Reduce the area to area distance making the long pass slightly shorter for younger players. Slow down the practice and spend more time on the technique.
Some players are finding the session to easy, how would you adapt it to make it more demanding for them.	I could join 2 of the areas together in the skill session practice to make a 4v2 situation.
Identify what sessions you would ideally have coached prior to this session	Short passing
Identify what the session content might be for the next session.	Running with the ball

Coaching Session Self Evaluation

Candidate Coach		Session date	
Were the arrangements and organisation of the session appropriate?	Size and pitch appropriate for the age group.		
Was the health and safety of the environment and session maintained?	Risk assessment carried out prior to session start, no issues.		
Did the session content deliver the outcomes of the 4 corner model?	Discussed with the players and let them come up with the answers, they understood as well as could be expected for the age group.		
Did the session content meet the players needs and expectations?	The players all got involved and showed plenty of enthusiasm for the tasks set.		
Was your coaching style and communication appropriate to the players?	I gave good clear instructions and let the players work out where things went wrong and how they could improve.		
Did the players performance improve as expected?	There were improvements as individuals and as a group.		
What feedback have you had from other people involved in the session?	I had positive feedback from the players and the parents watching.		
If you were to coach this session again, what might you change?	I had to adapt the session slightly as when I asked the players to long pass diagonally across the grids it caused mayhem. I kept the long passes in a clockwise direction.		
The aim of the next session might be:	Running with the ball and passing on the move		

Personal Action Plan:

Particular points that you think you should address at the next/future sessions:
The session ran well and was easily adapted when a problem occurred.