

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	Clennon Valley	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:	Try a different style of coaching		

Session Plan

Session Aim	Goal Keeping Techniques	
		Timings
Warm Up Activities	Hot Potato	10 mins
Cool Down Activities	Relay games	10 mins

Session Plan

Session Title	Goal Keeping Techniques	Timings
Key Technical Aspects/ Factors	<ul style="list-style-type: none"> Scoop, cup and 'W' techniques Movement in line with the ball Start position 	
Session Content	<p>Technical</p> <div style="display: flex; justify-content: space-around;"> <div> X X X Y Y Y SAFETY ZONE X X X Y Y Y </div> <div> Set players up in pairs facing each other as shown 5-10yds apart.. 1. Players roll the ball to each other and practice the SCOOP technique 2. Throw the ball chest height and practice the CUP 3. Throw ball head height and practice 'W' </div> </div> <p>Skill:</p> <div style="display: flex; justify-content: space-around;"> <div> _GK_ X O _GK_ </div> <div> Set up 3 x areas as opposite (use cones for goals, 15yds x 8yds 1. 1v1 and the GK to react to shots using the correct techniques </div> </div> <p>Small Sided Game</p> <div style="text-align: center;"> 40 <div style="border: 1px solid black; width: 200px; height: 200px; margin: 0 auto; position: relative;"> <div style="position: absolute; top: 5px; left: 50%; transform: translate(-50%, -50%);"> _GK_ </div> <div style="position: absolute; top: 15%; left: 10%;">X</div> <div style="position: absolute; top: 15%; right: 10%;">X</div> <div style="position: absolute; top: 25%; left: 45%;">0</div> <div style="position: absolute; top: 35%; left: 45%;">X</div> <div style="position: absolute; top: 45%; left: 45%;">0</div> <div style="position: absolute; top: 55%; left: 50%; transform: translate(-50%, -50%);">X</div> <div style="position: absolute; top: 55%; left: 45%;">0</div> <div style="position: absolute; top: 65%; left: 10%;">0</div> <div style="position: absolute; top: 65%; left: 45%;">X</div> <div style="position: absolute; top: 65%; right: 10%;">0</div> <div style="position: absolute; bottom: 5px; left: 50%; transform: translate(-50%, -50%);"> _GK_ </div> </div> </div> <p>Set up a pitch 40yds x 25yds, 5v5 free play game, swap GK after each goal.</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">• Scoop, cup, W• Start position• Movement• Catching	Psychological <ul style="list-style-type: none">• decision making• Awareness• Confidence
Physical <ul style="list-style-type: none">• Agility• Jumping• Balance• Movement	Social <ul style="list-style-type: none">• Decision making• Inclusion• Communication

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.	Put more emphasis on the techniques used.
Some players are finding the session too easy, how would you adapt it to make it more demanding for them.	Allow players to drop and volley the ball at GK's to practice the techniques
Identify what sessions you would ideally have coached prior to this session	Shooting
Identify what the session content might be for the next session.	Goalkeeping, dealing with crosses.

Coaching Session Self Evaluation

Candidate Coach		Session date	
Were the arrangements and organisation of the session appropriate?	Size and pitch appropriate, I was very pleased with the way that the session ran as it was easily manageable.		
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?	All of the key factors were discussed.		
Did the session content meet the players needs and expectations?	Enthusiastic and fully involved as always.		
Was your coaching style and communication appropriate to the players?	I communicated the points well and made good use of demo's		
Did the players performance improve as expected?	Yes, and all players gained a better understanding of a GK's role..		
What feedback have you had from other people involved in the session?	Excellent feedback from everybody involved in the session, I utilised one of the parents to help out and they also enjoyed the session.		
If you were to coach this session again, what might you change?	Nothing needed to be changed as everything went to plan and the performance of the players improved as expected.		
The aim of the next session might be:	Dealing with crosses		

Personal Action Plan:

Particular points that you think you should address at the next/future sessions:

None required