

Coaching Session Planner

Candidate Coach		Date Produced	
Coach Educator		Time Available	75mins

Information on Players

No. of Player	16	Age	14	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	Grass 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 different coaching styles		

Session Plan

Session Aim	Short passing	
		Timings
Warm Up Activities	Colours game.	10 mins
Cool Down Actievities	Slow jog with static and dynamic stretching	5 mins

Session Plan

Session Title	Short passing	Timings																			
Key Technical Aspects/ Factors	<ul style="list-style-type: none"> Approaching the ball Standing foot Striking foot First ball contact Following through Accuracy 																				
Session Content	<p>Technical</p> <p>A1 A2 ^ A3 ^</p> <p>^ B1 ^ B2 B3</p> <p>Skill: Set up a grid 10ydsx10yds, with 4 players around the outside of the grid and 4 inside, the four outside and two of the inside players pass the ball around while two defenders attempt to get the ball, you could progress this to have three defenders inside the grid.</p> <p>Small Sided Game</p> <div style="text-align: center;"> <p>40</p> <table border="1" style="margin: auto;"> <tr> <td rowspan="5" style="writing-mode: vertical-rl; transform: rotate(180deg);">F L O A T E R</td> <td style="text-align: center;"> _GK_ </td> <td rowspan="5" style="writing-mode: vertical-rl; transform: rotate(180deg);">F L O A T E R</td> </tr> <tr> <td style="text-align: center;">X</td> </tr> <tr> <td style="text-align: center;">X</td> </tr> <tr> <td style="text-align: center;">X 0</td> </tr> <tr> <td style="text-align: center;">0</td> </tr> <tr> <td></td> <td style="text-align: center;">X 0</td> <td></td> </tr> <tr> <td></td> <td style="text-align: center;">X 0</td> <td></td> </tr> <tr> <td></td> <td style="text-align: center;">0 0</td> <td></td> </tr> <tr> <td></td> <td style="text-align: center;"> _GK_ </td> <td></td> </tr> </table> </div> <p>Set up 40 x 60 pitch, 6v6 with floaters/wingers, freeplay, The wingers play for the team in possession to create an overload and promote quick short passes between players.</p>	F L O A T E R	_GK_	F L O A T E R	X	X	X 0	0		X 0			X 0			0 0			_GK_		<p>.</p> <p>15mins</p> <p>15mins</p> <p>20mins</p>
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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• Accuracy• Weight & direction• Control	Psychological <ul style="list-style-type: none">• Preparing• Focusing• Team work• Communication
Physical <ul style="list-style-type: none">• Running• Movement• Changing direction• Agility• Kicking	Social <ul style="list-style-type: none">• Confidence• 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.	If the players were struggling I could make the groups smaller
Some players are finding the session to easy, how would you adapt it to make it more demanding for them.	On the skills session I would add another defender to place more pressure on the team in possessions decision making abilities.
Identify what sessions you would ideally have coached prior to this session	Receiving the ball
Identify what the session content might be for the next session.	Long passing

Coaching Session Self Evaluation

Candidate Coach	Session date
Were the arrangements and organisation of the session appropriate?	Everything ran well, I was very pleased with the organisation of the session.
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?	As always I had a discussion with the players and asked for their input and got them to tell me what relevance there was to the 4 corner models.
Did the session content meet the players needs and expectations?	All of the players approached the session with a positive attitude and enthusiasm.
Was your coaching style and communication appropriate to the players?	I made good use of demo's and ensured that all players knew what was required of them at each progression.
Did the players performance improve as expected?	As the session progressed there was a huge improvement from my players.
What feedback have you had from other people involved in the session?	All of the players agreed that they had a fun and enjoyable session, a few parents indicated that they were enjoying watching the players improve week by week.
If you were to coach this session again, what might you change?	The session ran well, I feel I do not need to change anything here today.
The aim of the next session might be:	Long passing

Personal Action Plan:

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

The session ran well, I personally think my coaching has improved over the weeks and as of this moment do not feel I need to change anything.