

Coaching Session Planner

Candidate Coach		Date Produced	
Coach Educator		Time Available	75mins

Information on Players

No. of Player	12	Age	12 & 13	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:	Try a different style of coaching		

Session Plan

Session Aim	Attacking Headers	
		Timings
Warm Up Activities	Dodge ball 6v6	10 mins
Cool Down Activities	Slow jog with static and dynamic stretching	10 mins

Session Plan

Session Title	Attacking Headers	Timings																								
Key Technical Aspects/ Factors	<ul style="list-style-type: none"> Adjust to flight of ball Head to ball contact (mid line or above) Attack ball at optimum point Generate power through body shape 																									
Session Content	<p>Technical</p> <p>X1 __GK__ X2 Set up as opposite x 2</p> <p style="padding-left: 100px;">O1</p> <p>X3 X4 O1 receives a cross from each x player in turn</p> <p style="padding-left: 100px;">Attacking headers from all four angles, change around so all players get a go.</p> <p>Skill: Set up as above</p> <p>.Keep as above but introduce one of the servers as a defender (1v1), progress this to one player serving the ball and two attackers and two defenders (2v2)</p> <p>Small Sided Game</p> <div style="text-align: center;"> <p>40</p> <table border="1" style="margin: auto;"> <tr> <td></td><td style="text-align: center;"> __GK__ </td><td></td></tr> <tr> <td></td><td style="text-align: center;">X</td><td></td></tr> <tr> <td style="text-align: center;">F</td><td style="text-align: center;">X</td><td style="text-align: center;">F</td></tr> <tr> <td></td><td style="text-align: center;">0</td><td></td></tr> <tr> <td></td><td style="text-align: center;">X</td><td></td></tr> <tr> <td style="text-align: center;">F</td><td></td><td style="text-align: center;">F</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 30 x 50 pitch, 3v3 with floaters dependant , freeplay, condition the game if required to force the ball to only be played from a floater crossing into the area. Coach key factors, intervene as required.</p>		__GK__			X		F	X	F		0			X		F		F		0 0			__GK__		<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">• Co-ordination• Body position• Heading• Crossing	Psychological <ul style="list-style-type: none">• decision making• Awareness• Aggression• Confidence
Physical <ul style="list-style-type: none">• Agility• Speed• Balance• Strength• Jumping	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.	I would let the players take time to practice the technique in pairs, throwing and heading.
Some players are finding the session too easy, how would you adapt it to make it more demanding for them.	Here I could have used an overload situation so that there were more defenders than attackers, reduce the skill session from 2v2 to a 2dv1a.
Identify what sessions you would ideally have coached prior to this session	Attacking Principles
Identify what the session content might be for the next session.	Defensive Heading

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.		
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 in brief after the session.		
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 got the players to explain to me the key factors, give demo's and work out how they could progress from the technical practice to the skill practice.		
Did the players performance improve as expected?	There was a vast improvement, I put this down to good coaching and the players coaching themselves to a certain extent.		
What feedback have you had from other people involved in the session?	Players thoroughly enjoyed the session and I received good feedback from the assistant coach.		
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:	Defensive heading		

Personal Action Plan:

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

Involve the discovery style of coaching more into my practices as the players really enjoyed this.