

## Coaching Session Planner

Candidate Coach		Date Produced	
Coach Educator		Time Available	75 minutes

### Information on Players

No. of Player	1	Age	01/12/13	Ability Level	good
Medical Info.	On hand with manager/Asthma				
Particular Needs	N/A				




### Information on Facilities and Resources

Location	Astro.	Session Date	
Facility Needs	Astro pitch, showers, first aid kit		
Equipment Needs	Bibs, cones, goals, balls		
Health & Safety	Check players for injuries,risk assessment carried out prior to session start		
Action Plan, Points from previous Sessions:	None		

### Session Plan

Session Aim	Switching Play	
		Timings
Warm Up Activities	Colours tag	10 mins
Cool Down Acticvities	Slow jog with static stretches	5 minutes

## Session Plan

Session Title	Switching play		Timings
Key Technical Aspects/ Factors	<ul style="list-style-type: none"> <li>Long passing</li> <li>Switch play..why?how?</li> <li>Control</li> <li>Accuracy of pass</li> </ul>		
Session Content		<p>Technique</p> <ul style="list-style-type: none"> <li>Set an area as shown with 2 end zones, each having 3 players in and 2 feeders in the centre</li> <li>Feeders play a pass to end zone player, who plays lofted pass to opposite end zone.</li> <li>Player then passes back to feeder</li> <li>Start process again</li> <li>Swap roles regularly</li> </ul>	
		<p>Skill</p> <ul style="list-style-type: none"> <li>Organise 2v1 in each end zone plus feeders in centre</li> <li>feeders pass to EZ player who can pass back or to other team mate</li> <li>Once space has been made EZ player makes long pass to other EZ</li> <li>That player must then pass back to centre player before continuing the practice</li> <li>Defenders attempt to dispossess</li> </ul>	
		<p>Small Sided Gaame</p> <ul style="list-style-type: none"> <li>Set up a pitch 50yds x 70 yds</li> <li>Mark out side zones 7yds wide for wing players</li> <li>Free play football</li> <li>Attempt to get the players to draw opposing team in</li> <li>Pass ball out to wingers who switch play appropriately</li> <li>Wingers can not be tackled..jockeyed only</li> </ul>	
	<p>Clearly for assessment this must be 4v4 but at training it is doubtful I will have only 8-10 players</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.

<b>Technical</b> <ul style="list-style-type: none"><li>• Passing</li><li>• Accuracy</li><li>• Weight</li><li>• Flight</li><li>• Control</li></ul>	<b>Psychological</b> <ul style="list-style-type: none"><li>• Decision making</li><li>• Team work</li><li>• Awareness</li><li>• Concentration</li></ul>
<b>Physical</b> <ul style="list-style-type: none"><li>• Agility</li><li>• Balance</li><li>• Turning</li><li>• Kicking</li><li>• Running with the ball</li></ul>	<b>Social</b> <ul style="list-style-type: none"><li>• Communication</li><li>• Team work</li><li>• Fair play</li></ul>

### **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 could shorten the width of the playing area to allow players to make the switch in a less difficult situation
Some players are finding the session to easy, how would you adapt it to make it more demanding for them.	During the skill session I could provide more opposition i.e. 2v2
Identify what sessions you would ideally have coached prior to this session	Long passing
Identify what the session content might be for the next session.	Creating space

## Coaching Session Self Evaluation

Candidate Coach		Session date	
Were the arrangements and organisation of the session appropriate?	Size of pitch appropriate to age group, the session ran well		
Was the health and safety of the environment and session maintained?	No issues		
Did the session content deliver the outcomes of the 4 corner model?	I discussed the outcomes of the practice in a debrief		
Did the session content meet the players needs and expectations?	Yes, the players worked hard and took on board the session aims		
Was your coaching style and communication appropriate to the players?	The players understood what I wanted to achieve and worked to reach the goals set		
Did the players performance improve as expected?	There was a notable improvement from all players		
What feedback have you had from other people involved in the session?	Assistant coach gave praise for the session plan and players all stated that they enjoyed it		
If you were to coach this session again, what might you change?	Nothing, it ran well		
The aim of the next session might be:	Runs without the ball		

### **Personal Action Plan:**

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

Vary the coaching styles