

## Coaching Session Planner

Candidate Coach		Date Produced	
Coach Educator		Time Available	75mins

### Information on Players

No. of Player	10	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:	As I am filling in for another coach today I must ensure that the session is appropriate for the age group.		

### Session Plan

Session Aim	Close Ball Control/Dribbling	
		Timings
Warm Up Activities	An area of 15yds x 15yds is set up, the game SHARKS is played, players must dribble their ball around the area and attempt to kick other players balls out whilst maintaining possession of their own ball.	10 mins
Cool Down Activities	Relay games/Penalty shoot out	10 mins

## Session Plan

Session Title	Close Ball Control/Dribbling	Timings
Key Technical Aspects/ Factors	<ul style="list-style-type: none"> <li>Control of the ball</li> <li>Parts of the feet to use</li> <li>Heads up</li> <li>Where to dribble,when</li> <li>Quick turns/changes of direction</li> <li>Be inventive(feints,tricks etc)</li> <li>Get past defender into space-Why?</li> </ul>	
Session Content	<p><b>Technical</b> Set up an area 20yds x 20yds, play the game TRAFFIC CONES: 1.Players dribble freely within the area. 2.Introduce a green cone held up by the coach at random times, when held up players must use inside and outside of foot. 3.Use an orange cone for left footed dribbling only &amp; a blue for right footed 4.Use a white cone for a change of direction 5.Use a red cone for the players to stop and look up.</p> <p><b>Skill:</b></p> <div style="display: flex; align-items: center;"> <div style="text-align: center; margin-right: 20px;">             TZ O ----- O ----- O ----- X      X           </div> <div>             Set up an area 30 yds x 10yds and split it into sections as opposite, place a defending player in each section (o) 2 players (x) must use control and teamwork to play through each section and get to the TZ. Swap and take turns.           </div> </div> <p><b>Small Sided Game</b></p> <div style="text-align: center; margin: 10px 0;">             40  </div> <p>Set up a pitch 40yds x 25yds, 4v4 free play game, swap GK after each goal. Include conditions if required to encourage dribbling.</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.

<b>Technical</b> <ul style="list-style-type: none"><li>• Receiving</li><li>• Control</li><li>• Individual skill</li></ul>	<b>Psychological</b> <ul style="list-style-type: none"><li>• Confidence</li><li>• Positive attitude</li><li>• Awareness</li><li>• Decision making</li></ul>
<b>Physical</b> <ul style="list-style-type: none"><li>• Agility</li><li>• Speed</li><li>• Balance</li><li>• Movement</li><li>• Direction</li></ul>	<b>Social</b> <ul style="list-style-type: none"><li>• Decision making</li><li>• Inclusion</li><li>• Communication</li><li>• Team work</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.	Repeat the skills practice and close control
Some players are finding the session too easy, how would you adapt it to make it more demanding for them.	Introduce more 2v1 situations, increase the pressure on the player
Identify what sessions you would ideally have coached prior to this session	Dribbling
Identify what the session content might be for the next session.	Short range shooting

## Coaching Session Self Evaluation

Candidate Coach		Session date	
Were the arrangements and organisation of the session appropriate?	The session was well organised and appropriate, I slowed the skills practice down into sections to allow the player time to think about space and direction.		
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?	All of the players were enthusiastic and fully involved.		
Was your coaching style and communication appropriate to the players?	I used a lot of demo's and conveyed a good positive attitude to my players.		
Did the players performance improve as expected?	The players all gave maximum effort and enjoyed trying to skill each other.		
What feedback have you had from other people involved in the session?	Good feedback from all involved		
If you were to coach this session again, what might you change?	I would provide a bigger gap between each area on the skills section as this would allow the players a bit more time to assess what they need to do.		
The aim of the next session might be:	Opportunities to shoot		

### **Personal Action Plan:**

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

Give younger players more time to decide on the actions they need to take.