

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				

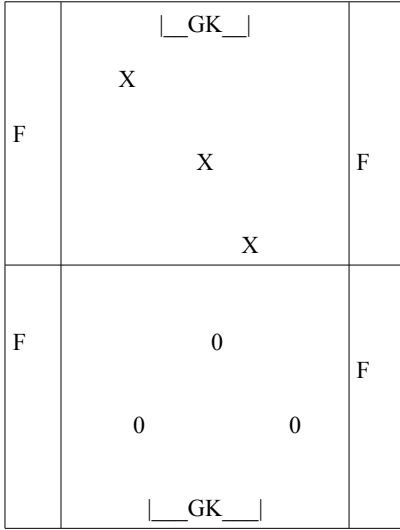
Information on Facilities and Resources

Location	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:	Ensure all players understand the session requirements		

Session Plan

Session Aim	Long Range Shooting/Finishing	
		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	Long Range Shooting/Finishing	Timings
Key Technical Aspects/ Factors	<ul style="list-style-type: none"> Shooting technique-laces or instep Accuracy Body shape/position-lean forward Toes down, knee over the ball Confidence/attitude 	
Session Content	<p>Technical Set up a pitch 30 yds x 40/50 yds *MUST SHOOT FROM OWN HALF 1.The ball gets played from the GK to each player in turn, ball is controlled and a shot taken using the laces 2.As above but use the instep to shoot. 3.As above now players can move and shoot while ball is in motion.</p> <div style="text-align: center;">  </div> <p>Skill Set up as before , move one floater from each side into the field of play AND INTRODUCE AN OPPOSING MEMBER INTO THE OTHERS HALF. 1.Play ball from the GK, team must play ball via the floating man on the field before taking a shot avoiding the opposing player in their half.</p> <p>S.S.G. Increase the pitch size to 40yds x 60yds, have a 4v4 free play game with floaters working for the team in position to create an overload situation in favour of the attacking team. Encourage long range shots when the opportunity arises. Can the players disguise the shot and penetrate to a deeper attacking position.</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">• Shooting• Passing• Accuracy• Kicking	Psychological <ul style="list-style-type: none">• Confidence• Positive attitude• Imagination• Decision making• Awareness
Physical <ul style="list-style-type: none">• Running• Twisting• Turning• Power• Strength	Social <ul style="list-style-type: none">• Inclusion• Team work• Communication• Confidence

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.	Shortening the length of the pitch or allowing players one touch into opponents half to get slightly closer before shooting.
Some players are finding the session too easy, how would you adapt it to make it more demanding for them.	For the technique and skill practices I would divide the teams into the stronger and weaker sides, offset the half way line so that it is closer for the weaker players and further away for the stronger players.
Identify what sessions you would ideally have coached prior to this session	Short range shooting/finishing
Identify what the session content might be for the next session.	Attacking principles

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?	Model outcomes were discussed throughout the session regularly. When to be confident and use power/technique to shoot.		
Did the session content meet the players needs and expectations?	Full involvement and plenty of enthusiasm as all of the players like to blast the ball at the opposing GK.		
Was your coaching style and communication appropriate to the players?	Demo's used to show correct technique and intervened when required.		
Did the players performance improve as expected?	Several players improved vastly after taking the techniques used and breaking it down into slow time for them.		
What feedback have you had from other people involved in the session?	An excellent session and plenty of positives to take into the next session.		
If you were to coach this session again, what might you change?	During the skill session I only placed one opposing player in the other half to create a 4v1 situation, next time I would maybe create a 3v2 here.		
The aim of the next session might be:	Close range finishing (within the penalty box)		

Personal Action Plan:

Particular points that you think you should address at the next/future sessions:
Slow down the technique, spend more one 2 one time with players that need it..