

## 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				

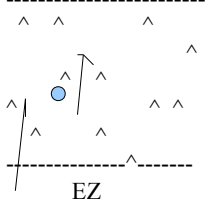
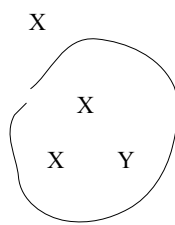
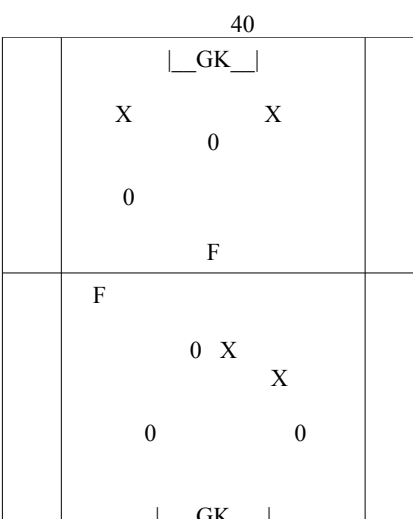
### Information on Facilities and Resources

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:	Use the discovery style of coaching, allow players to input into the session.		

### Session Plan

Session Aim	Creating Space	
		Timings
Warm Up Activities	<p style="text-align: center;">Grouping in Numbers</p> <p>Mark out a 20x20 area, have your players run around the area dodging and weaving each other, the coach calls out a number e.g. 4 or 3 etc. and the players must bond as quickly as possible to form groups of the number called, any players not in groups do a forfeit (star jumps etc.)</p> <p>*This encourages players to look for space to run into.</p>	10 mins
Cool Down Activities	Gentle jogging with static and dynamic stretching	10 mins

## Session Plan

Session Title	Creating Space	Timings
Key Technical Aspects/ Factors	<ul style="list-style-type: none"> <li>• Players position to ball</li> <li>• Movement into space</li> <li>• Spread/stretch the pitch</li> <li>• Width/depth</li> <li>• Runs with/without the ball</li> </ul>	
Session Content	<p><b>Technical</b></p> <p>EZ</p>  <p>Set up 2 x areas of 30yds x 20yds, set up 3 sets of four different coloured gates randomly. 2 x teams of 3 players in each area. Teams are set up at each End Zone, the coach calls out a colour and the teams must pass the ball through each gate of that colour before finishing at the opposite end zone.</p> <p>The team must work together as a unit to find space to receive pass through the gate, turn to find their next team mate, provide support off the ball and think which gate is next.</p> <p><b>Skill:</b></p>  <p>Set up a circle area 15yds x 2 and place 2 attackers and 1 def. In the circle. Place 3 players around the outside on cones, 1 with a ball. The player with the ball passes to one of the attackers and the defender tries to gain possession. Players in the circle combine to pass the ball out of the circle to players outside by creating space.</p> <p><b>Small Sided Game</b></p>  <p>Set up a pitch 60yds x 40yds with GK'S and 2 on pitch floating 4v4 players playing for the team in possession.. Floaters play for the possessing team to create an overload and allow the team lots of opportunity to create space. Coach the key factors 'on the ball', 'around the ball' and 'away from the ball'</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>• Running without the ball</li><li>• Passing</li><li>• Receiving</li><li>• Dribbling</li><li>• Creating Space</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><li>• Imagination</li></ul>
<b>Physical</b> <ul style="list-style-type: none"><li>• Agility</li><li>• Running</li><li>• Strength</li><li>• Speed</li></ul>	<b>Social</b> <ul style="list-style-type: none"><li>• Decision making</li><li>• Team work</li><li>• Communication</li><li>• Creativity</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.	Reduce the team sizes in the technical practice to 2's allowing the players more time to think without having to look for extra players.
Some players are finding the session too easy, how would you adapt it to make it more demanding for them.	I could make the S.S.G. A conditioned game and only allow the possessing team to pass the ball after making a run with the ball.
Identify what sessions you would ideally have coached prior to this session	Runs without the ball
Identify what the session content might be for the next session.	Defending unorganised.

### Coaching Session Self Evaluation

Candidate Coach		Session date	
Were the arrangements and organisation of the session appropriate?	The session was appropriate for the ability level that I was coaching, they understood what was required.		
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?	The key factors and the relevant 4 corner topics were discussed, the players were enthusiastic about the sessions outcomes.		
Did the session content meet the players needs and expectations?	An excellent bunch of players to work with and as always the session produced the best from them.		
Was your coaching style and communication appropriate to the players?	I used a very direct style of coaching today as some of the players were a bit sluggish and not paying attention, must be the time of the month.		
Did the players performance improve as expected?	In the end the players worked reasonably well and there was some improvement, I expect a lot better next week.		
What feedback have you had from other people involved in the session?	Due to the players below par attitude they did not respond well today and the feedback was minimal.		
If you were to coach this session again, what might you change?	Tell some jokes to liven the players up as they were all half asleep.		
The aim of the next session might be:	Defending unorganised		

#### **Personal Action Plan:**

Particular points that you think you should address at the next/future sessions:  
Keep the players enthusiasm up and enjoy the training sessions.