

Coaching Session Planner

Candidate Coach		Date Produced	
Coach Educator		Time Available	75mins

Information on Players

No. of Player	16	Age	14	Ability Level	Mixed
Medical Info.	ON hand with manager/Asthma				
Particular Needs	N/A				

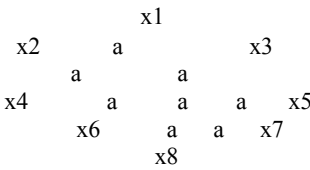
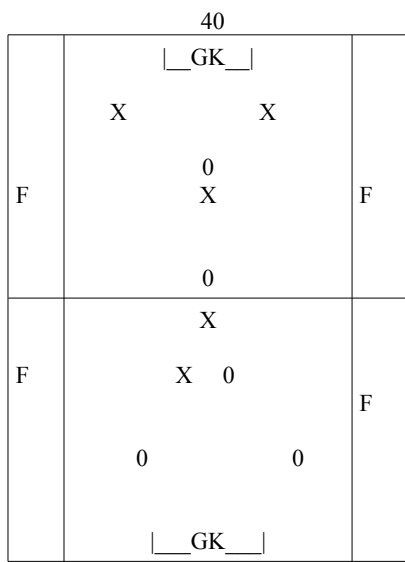
Information on Facilities and Resources

Location	Windmill Hill	Session Date	
Facility Needs	Grass 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 the session is fun and enjoyable.		

Session Plan

Session Aim	Receiving the Ball	
		Timings
Warm Up Activities	Tri-colour	10 mins
Cool Down Activities	Slow jog with static and dynamic stretching	5 mins

Session Plan

Session Title	Receiving the Ball	Timings
Key Technical Aspects/ Factors	<ul style="list-style-type: none"> Observe and recognise options Select surface Adjust body Address the ball First touch control 	
Session Content	<p>Technical</p>  <p>Set up an circular are 20yds diam. Position 8 players on the cones and 8 players inside the circle. Players on the inside receive a pass from the outside, then pass back. They must then turn and look to receive a pass from another player on the outside. PROGRESS this to receive passes on the knee, chest and head.</p> <p>Skill: Set up as above Keep the set up above, only increase the outside players to 10, on the inside have 3 players receiving the ball and 3 defenders attempting to gain possession (3v3)</p> <p>Small Sided Game</p>  <p>Set up 40 x 60 pitch, 5V5 with floaters dependant on numbers, freeplay, Coach key factors, intervene as required.</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">• Body position• Awareness• Receiving• Passing• Control	Psychological <ul style="list-style-type: none">• decision making• Confidence• Focus
Physical <ul style="list-style-type: none">• Running• Jumping• Movement• Balance	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 slow the session down by making the players go to my command. Demonstrate the technique for receiving the ball.
Some players are finding the session too easy, how would you adapt it to make it more demanding for them.	During the skill session I could place an overload of defenders to put more pressure on the players receiving the ball, 3v2 for example.
Identify what sessions you would ideally have coached prior to this session	Running with the ball
Identify what the session content might be for the next session.	Short passing

Coaching Session Self Evaluation

Candidate Coach		Session date	
Were the arrangements and organisation of the session appropriate?	Size and pitch appropriate for the age group.		
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 players as always were debriefed at the end of the session and asked where the session relates to the 4 corner model. They seem to be getting the gist now as they were very responsive.		
Did the session content meet the players needs and expectations?	The players found the session challenging and useful, all players worked hard and got fully involved.		
Was your coaching style and communication appropriate to the players?	I took a direct approach in my coaching today and made sure that the players knew who was the boss, however I maintained a sense of humour so as to make the session fun.		
Did the players performance improve as expected?	Yes, the players work hard and it shows as they continue to improve in all areas.		
What feedback have you had from other people involved in the session?	I had positive feedback, the players had fun and worked hard.		
If you were to coach this session again, what might you change?	Nothing as the session ran well as planned and was enjoyed by the players.		
The aim of the next session might be:	Short passing		

Personal Action Plan:

Particular points that you think you should address at the next/future sessions:
Keep the element of fun in the sessions as the players respond well to it.