

Coaching Session Planner

Candidate Coach		Date Produced	
Coach Educator		Time Available	75mins

Information on Players

No. of Player	14	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:	Seek feedback from parents		

Session Plan

Session Aim	Attacking Principles	
		Timings
Warm Up Activities	Throw-Head-Catch	10 mins
Cool Down Activities	Gentle jogging with static and dynamic stretching	10 mins

Session Plan

Session Title	Close Ball Control/Dribbling	Timings																																																		
Key Technical Aspects/ Factors	<ul style="list-style-type: none">• Create space• Maintain space• Exploit space																																																			
Session Content	<div><div>Technical</div><div><div>End Zone TP</div><div>-----</div><div>3A V 2D</div><div>-----</div><div>TP End Zone</div></div><div>Set up the area opposite twice (30yds x 20yds) with end zones and Target Players.</div><div>Attacking team attempt to get ball form one end to other by passing & suppoting, runs with ball/without ball,dribbling etc.</div><div>DEFENDERS CAN JOCKEY ONLY!</div></div> <div>Skill: Set up as above but defenders can now challenge.</div> <div>Small Sided Game</div> <div><div>40</div><table><tr><td></td><td></td><td> _ GK _ </td><td></td><td></td></tr><tr><td></td><td>X</td><td></td><td>X</td><td></td></tr><tr><td></td><td></td><td>0</td><td></td><td></td></tr><tr><td></td><td>0</td><td></td><td></td><td></td></tr><tr><td></td><td></td><td>X</td><td></td><td></td></tr><tr><td></td><td></td><td>0</td><td></td><td></td></tr></table><table><tr><td></td><td></td><td>X</td><td></td><td></td></tr><tr><td></td><td></td><td>0</td><td>X</td><td></td></tr><tr><td></td><td>0</td><td>X</td><td></td><td>0</td></tr><tr><td></td><td></td><td> _ GK _ </td><td></td><td></td></tr></table></div> <div>Set up a pitch 80YDS X 50YDS, 6v6 free play, coach as required, intervene and coach situations 'on the ball' 'around the ball' and 'away from the ball'</div>			_ GK _				X		X				0				0						X					0					X					0	X			0	X		0			_ GK _			<div>15mins</div> <div>15mins</div> <div>20mins</div>
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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">• Receiving• Running with the ball• Runs without the ball• Passing• Dribbling	Psychological <ul style="list-style-type: none">• Confidence• Positive attitude• Awareness• Decision making• Imagination
Physical <ul style="list-style-type: none">• Agility• Speed• Balance• Movement• Direction• Running	Social <ul style="list-style-type: none">• Decision making• Inclusion• Communication• Team work• 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.	Change the skill and technical practices to a 2v1 or even 3v1 situation
Some players are finding the session too easy, how would you adapt it to make it more demanding for them.	As above but change it to a 2v2 or 3v3 situation to apply pressure to the better players
Identify what sessions you would ideally have coached prior to this session	Finishing Close Range
Identify what the session content might be for the next session.	Defending outnumbered

Coaching Session Self Evaluation

Candidate Coach		Session date	
Were the arrangements and organisation of the session appropriate?	The session was well organised, I had to increase the area size for the tech./skill practices to allow the players more space.		
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?	I discussed the 4 corners and the principles during a debrief.		
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?	Clear concise instructions were given and demo's used, I intervened where necessary and coached points on the ball, around the ball and away from the ball.		
Did the players performance improve as expected?	All players worked hard and enjoyed the session.		
What feedback have you had from other people involved in the session?	Good feedback from all involved, I asked the parents for their feedback but did not get a lot of response. As the practice are		
If you were to coach this session again, what might you change?	I would increase the practice areas		
The aim of the next session might be:	Defending outnumbered		

Personal Action Plan:

Particular points that you think you should address at the next/future sessions:
Try the discovery method of coaching