

## Coaching Session Planner

Candidate Coach		Date Produced	
Coach Educator		Time Available	75mins

### Information on Players

No. of Player	12	Age	7 & 8	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:	As this is the first time I have taken this group and the fact that they are so young I will ensure that they fully understand what is required of them. I will ensure that I do full walk through talk through and supervise throughout.		

### Session Plan

Session Aim	Running with the Ball	
		Timings
Warm Up Activities	Robin Hood	10 mins
Cool Down Activities	Penalty Shoot out competition	10 mins

## Session Plan

Session Title	Short Range Shooting/Finishing	Timings																																				
Key Technical Aspects/ Factors	<ul style="list-style-type: none"> <li>• Technique-front of the toes</li> <li>• When to run with the ball into space</li> <li>• Heads up</li> <li>• Keep the ball under control</li> <li>• Identify where to run</li> <li>• Change of speed and direction</li> </ul>																																					
Session Content	<p><b>Technical</b></p> <p>A C A B C D</p> <p>^ ^ ^ ^</p> <p>-----</p> <p>^ ^ ^ ^</p> <p>A B C D B B D</p> <p><b>Skill:</b></p> <p>TZ</p> <p>-----</p> <p>A B A B A B</p> <p>-----</p> <p>TZ</p> <p><b>Small Sided Game</b></p> <div style="text-align: center;"> <p>40</p> <table border="1" style="margin: auto;"> <tr> <td></td><td style="text-align: center;"> __GK__ </td><td></td></tr> <tr> <td></td><td style="text-align: center;">X</td><td></td></tr> <tr> <td></td><td style="text-align: center;">X</td><td></td></tr> <tr> <td></td><td style="text-align: center;">0</td><td></td></tr> <tr> <td></td><td style="text-align: center;">0</td><td></td></tr> <tr> <td></td><td style="text-align: center;">x</td><td></td></tr> <tr> <td></td><td style="text-align: center;"> </td><td></td></tr> <tr> <td></td><td style="text-align: center;">X 0</td><td></td></tr> <tr> <td></td><td style="text-align: center;">X</td><td></td></tr> <tr> <td></td><td style="text-align: center;">0</td><td></td></tr> <tr> <td></td><td style="text-align: center;">0</td><td></td></tr> <tr> <td></td><td style="text-align: center;"> __GK__ </td><td></td></tr> </table> </div> <p>Set up 25yd x 25yd grid with a half way line, place 3 gates on either side.</p> <ol style="list-style-type: none"> <li>1. Place 4 teams of 3 around the grid as shown with 1 ball per team</li> </ol> <p>First player runs through gate on their side and then the opp. side before passing to opp. Player.</p> <ol style="list-style-type: none"> <li>2. As above but now pass to a different coloured team.</li> <li>3. Remove 1 gate from each side and then repeat progression 2.</li> </ol> <p>Set up 2 x areas 25yds x 15 yds as opp..</p> <ol style="list-style-type: none"> <li>1. 3v3 possessing team must pass and run with the ball to run it over the Target Zone (TZ). Then pass the ball over for the team to try.</li> <li>2. As above but now keep possession, once in the target zone turn and attack opp. Target zone.</li> </ol> <p>Set up 40 x 60 pitch, 5V5 with GK, encourage good running with the ball.</p>		__GK__			X			X			0			0			x						X 0			X			0			0			__GK__		<p>15mins</p> <p>15mins</p> <p>20mins</p>
	__GK__																																					
	X																																					
	X																																					
	0																																					
	0																																					
	x																																					
	X 0																																					
	X																																					
	0																																					
	0																																					
	__GK__																																					

### 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 with the ball</li><li>• Passing/receiving</li><li>• changing direction</li><li>• create space</li><li>• heads up</li></ul>	<b>Psychological</b> <ul style="list-style-type: none"><li>• Focusing</li><li>• Challenging</li><li>• Decision making</li></ul>
<b>Physical</b> <ul style="list-style-type: none"><li>• Running</li><li>• Turning</li><li>• Speed</li><li>• Balancing</li><li>• Co-ordination</li></ul>	<b>Social</b> <ul style="list-style-type: none"><li>• Confidence</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.	I would increase the practice areas to give the players more space to move.
Some players are finding the session too easy, how would you adapt it to make it more demanding for them.	Reduce the S.S.G. Area and maybe overload one team to create a 6v4 situation
Identify what sessions you would ideally have coached prior to this session	Ball control
Identify what the session content might be for the next session.	Attacking the goal from wide positions

## Coaching Session Self Evaluation

Candidate Coach		Session date	
Were the arrangements and organisation of the session appropriate?	The session went well and everything ran to plan, the session was geared around younger players this week.		
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?	Briefly discussed the outcomes with the players and asked them questions about what they had achieved.		
Did the session content meet the players needs and expectations?	The session utilised all of the players and was appropriate for them..		
Was your coaching style and communication appropriate to the players?	I asked plenty of questions to get an idea of the players understanding, I also ensured that I gave plenty of demo's and time for the players to confidently run with the ball.		
Did the players performance improve as expected?	I concentrated on getting the players to look up when running with the ball and by the end of the session there was a vast improvement.		
What feedback have you had from other people involved in the session?	The players enjoyed themselves, other coaches suggested variants for further practices in the future.		
If you were to coach this session again, what might you change?	I needed to widen the gates as the group were younger than I am used to coaching.		
The aim of the next session might be:	To improve close control of the ball		

### **Personal Action Plan:**

Particular points that you think you should address at the next/future sessions:  
Ensure the set up is appropriate for the age group