

## Coaching Session Planner

Candidate Coach		Date Produced	
Coach Educator		Time Available	

### Information on Players

No. of Player	12	Age	13/14	Ability Level	Good
Medical Info.	Asthma				
Particular Needs	None				



### Information on Facilities and Resources

Location	.	Session Date	
Facility Needs	First aid kit, showers, mobile phone		
Equipment Needs			
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 are clear on session instructions prior to session start		

### Session Plan

Session Aim	Support Play	
		Timings
Warm Up Activities	Round robin game, include dynamic stretching	10 minutes
Cool Down Activities	Slow jog with static stretches	10 minutes

## Session Plan

Session Title	Support Play		Timings
Key Technical Aspects/ Factors	<ul style="list-style-type: none"> <li>• Player position</li> <li>• Left/right or behind</li> <li>• space</li> <li>• Awareness</li> <li>• Passing</li> </ul>		
Session Content	 <p style="text-align: center; font-size: small;">Created with www.SoccerTutor.com Tactics Manager</p>	<p><b>Tech/Skill:</b>            Start by getting players in pairs to run with a ball in the area and position themselves in a supporting role.            Progress to a skill game of 2a v 1 d with a target area as shown            Progress again to use 2 areas and 4a v 2d</p>	
	 <p style="text-align: center; font-size: small;">Created with www.SoccerTutor.com Tactics Manager</p>	<p>Set up a 40 x 60 pitch with ggk and 2 x floaters.            Floaters play for team in possession            Free play            Coach support points</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 Supporting Position Angles	Psychological decision making • Awareness • Responsibility • Confidence
Physical Running Passing Runs without ball Speed Agility	Social Decision making • Fair play Communication

### **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.	Place the floaters out on side areas to allow defending team more time against attackers
Some players are finding the session too easy, how would you adapt it to make it more demanding for them.	Place floaters onto defending team. This will make more work for the attacking team.
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 as a unit

## Coaching Session Self Evaluation

Candidate Coach		Session date	
Were the arrangements and organisation of the session appropriate?	All organised appropriately		
Was the health and safety of the environment and session maintained?	None		
Did the session content deliver the outcomes of the 4 corner model?	Session discussed in detail, all players were happy with the outcomes		
Did the session content meet the players needs and expectations?	All players got involved and did what was expected		
Was your coaching style and communication appropriate to the players?	Stopped the session at various points and coached 'on the ball','around the ball' and 'away from the ball'		
Did the players performance improve as expected?	All players improved, the support play worked well whilst there was an attacking overload		
What feedback have you had from other people involved in the session?	Players enjoyed everything and worked well as a team, communication was key.		
If you were to coach this session again, what might you change?	Nothing, it worked well		
The aim of the next session might be:	Defending as a unit		

### **Personal Action Plan:**

Particular points that you think you should address at the next/future sessions: