

## 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:	? ? ? ?		

### Session Plan

Session Aim	Long Passing	
		Timings
Warm Up Activities	Colours	10 mins
Cool Down Activities	Slow jog with static and dynamic stretching	5 mins

## Session Plan

Session Title	Long Passing	Timings																														
Key Technical Aspects/ Factors	<ul style="list-style-type: none"> <li>Retain or risk losing possession</li> <li>Pass beyond defenders</li> <li>Switch play, why?how?</li> <li>Play the ball square</li> <li>Play the ball backwards</li> </ul>																															
Session Content	<p><b>Technical</b></p> <p>X1 X2 X3</p> <p>01 02</p> <p>Y1 Y2 Y3</p> <p><b>Skill:</b></p> <p>X EZ X Y X</p> <p>-----</p> <p>-----</p> <p>Y X Y EZ Y</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>F</td><td style="text-align: center;">-----</td><td>F</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>F</td><td style="text-align: center;">-----</td><td>F</td></tr> <tr> <td></td><td style="text-align: center;">0 X 0</td><td></td></tr> <tr> <td></td><td style="text-align: center;">  GK  </td><td></td></tr> </table> </div> <p>Set up 2 teams up (X &amp; Y) 40yds apart, place 2 x feeders in the middle (o1 &amp; 02). Set this up twice for 16 players.</p> <p>1. X passes to a 0, o passes back for x to run onto who then plays a long pass to Y.</p> <p>2. Use left foot</p> <p>3. Use outside of foot</p> <p>Set up two End Zones 25 yds apart, place a 3v1 in each end.</p> <p>1. X players start with ball, must pass between each other and make a long pass to the Y team in the End Zone. Opposing player in each end must attempt to disrupt the play.</p>		GK			X			X			0		F	-----	F		X			0		F	-----	F		0 X 0			GK		<p>15mins</p> <p>15mins</p> <p>20mins</p>
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Set up a pitch 40yds x 60yds, split the pitch into 1/3's, 5v5 with floaters. Condition the game so that a pass in the final 1/3 of the pitch can only come from the first 1/3 of the pitch. If the ball is in the middle the team must pass the ball back to their first 1/3

### **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>• Passing</li><li>• Accuracy</li><li>• Weight</li><li>• Flight</li><li>• Control</li></ul>	<b>Psychological</b> <ul style="list-style-type: none"><li>• decision making</li><li>• Team work</li><li>• Awareness</li><li>• Concentration</li></ul>
<b>Physical</b> <ul style="list-style-type: none"><li>• Agility</li><li>• Balance</li><li>• Co-ordination</li><li>• Turning</li><li>• Movement</li></ul>	<b>Social</b> <ul style="list-style-type: none"><li>• Decision making</li><li>• Fair play</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.	During the skill session I could make the area bigger to allow more space and time.
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 a 2v2 situation in the End Zone instead of a 3v1
Identify what sessions you would ideally have coached prior to this session	Short Passing
Identify what the session content might be for the next session.	Turning with the Ball

## Coaching Session Self Evaluation

Candidate Coach		Session date	
Were the arrangements and organisation of the session appropriate?	Size and pitch appropriate, the session ran according to the plan		
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?	Discussed in brief after the session.		
Did the session content meet the players needs and expectations?	Yes, they enjoyed the session and for the most part worked hard.		
Was your coaching style and communication appropriate to the players?	Yes, they understood clearly what I wanted to achieve from the session.		
Did the players performance improve as expected?	As the session and individual practices progressed the team responded with a positive attitude and improved as expected.		
What feedback have you had from other people involved in the session?	Great feedback from players and assistant coach.		
If you were to coach this session again, what might you change?	Nothing needed to be changed as everything went to plan and the performance of the players improved as expected.		
The aim of the next session might be:	Turning with the ball		

### **Personal Action Plan:**

Particular points that you think you should address at the next/future sessions:  
Vary my coaching styles so as to get the best from my players.