

## Coaching Session Planner

Candidate Coach		Date Produced	
Coach Educator		Time Available	75mins

### Information on Players

No. of Player	12	Age	12 & 13	Ability Level	Mixed
Medical Info.	ON hand with manager/Asthma				
Particular Needs	N/A				

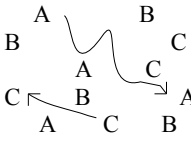
### Information on Facilities and Resources

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:	Use the discovery style of coaching, allow players to input into the session.		

### Session Plan

Session Aim	Receiving Priorities	
		Timings
Warm Up Activities	6v6 game in a small area (40x20)	10 mins
Cool Down Activities	Gentle jogging with static and dynamic stretching	10 mins

## Session Plan

Session Title	Receiving Priorities	Timings																					
Key Technical Aspects/ Factors	<ul style="list-style-type: none"> <li>• Get in line with the ball</li> <li>• Decision to run forward</li> <li>• Ball into space</li> <li>• Tuning techniques</li> <li>• Control the ball away from traffic</li> <li>• Communication</li> </ul>																						
Session Content	<p><b>Technical</b></p>  <p><b>Skill:</b></p> <div style="display: flex; justify-content: space-between;"> <div style="text-align: center;"> <p>X      EZ      X</p> <p>-----</p> <p>X      Y</p> <p>                X</p> <p>      Y      X</p> <p>X            X    Y</p> <p>-----</p> <p>X      EZ      X</p> </div> <div> <p>Set up a 30yd x 30yd area with 2 End Zones, place 2 players in each end zone and a 5v3 in the middle area.</p> <p>The ball starts in EZ and must be passed through to the other EZ. Condition the game if req'd to make all players have a touch before reaches the other EZ.</p> <p>Players need to decide how to receive the ball, one touch, turning etc.</p> <p>Swap players around regularly</p> </div> </div> <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            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 style="text-align: center;">F</td></tr> <tr> <td style="text-align: center;">F</td><td style="text-align: center;">0    X</td><td></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 a pitch 60yds x 40yds with GK's and a floater on each side, 4v4.... Floaters play for the team in possession to create an overload situation and promote good passing and receiving opportunities. Coach as required.</p>		__GK__			X            X			0			0	F	F	0    X			0      X      0			__GK__		<p>15mins</p> <p>15mins</p> <p>20mins</p>
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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.

<b>Technical</b> <ul style="list-style-type: none"><li>• Receiving</li><li>• Running with the ball</li><li>• Runs without the ball</li><li>• Passing</li><li>• Dribbling</li><li>• Turning</li></ul>	<b>Psychological</b> <ul style="list-style-type: none"><li>• Confidence</li><li>• Positive attitude</li><li>• Awareness</li><li>• Decision making</li></ul>
<b>Physical</b> <ul style="list-style-type: none"><li>• Agility</li><li>• Speed</li><li>• Balance</li><li>• Movement</li><li>• Direction</li><li>• Running</li></ul>	<b>Social</b> <ul style="list-style-type: none"><li>• Decision making</li><li>• Inclusion</li><li>• Communication</li><li>• Team work</li><li>• Confidence</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 technical practice I would separate the groups into their own areas to allow them more time to think about where they can go and what space they have.
Some players are finding the session too easy, how would you adapt it to make it more demanding for them.	Change the skill practice to a 4v4 in the middle of the pitch, this will give the players less time to react and think.
Identify what sessions you would ideally have coached prior to this session	Receiving the ball (Techniques)
Identify what the session content might be for the next session.	Switching Play

## Coaching Session Self Evaluation

Candidate Coach		Session date	
Were the arrangements and organisation of the session appropriate?	The session was well organised and ran to 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?	I discussed the 4 corners and the players came up with various answers most of which covered the topic.		
Did the session content meet the players needs and expectations?	All of the players were enthusiastic and fully involved as always		
Was your coaching style and communication appropriate to the players?	Clear concise instructions were given and demo's used, I allowed the players to stop and discuss between themselves some of the problems that occurred during the session, this worked well.		
Did the players performance improve as expected?	Not everybody improved as much as I would have expected, however they did all work hard and put in 100% effort.		
What feedback have you had from other people involved in the session?	I have had positive feedback from the players and the assisting coach.		
If you were to coach this session again, what might you change?	Nothing, the session worked well and ran according to plan		
The aim of the next session might be:	Switching play		

### **Personal Action Plan:**

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

Involve the players more in the coaching process as this kept them interested in the session topic.