

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				

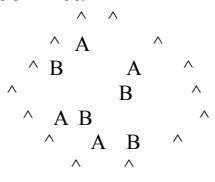
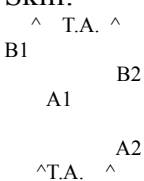
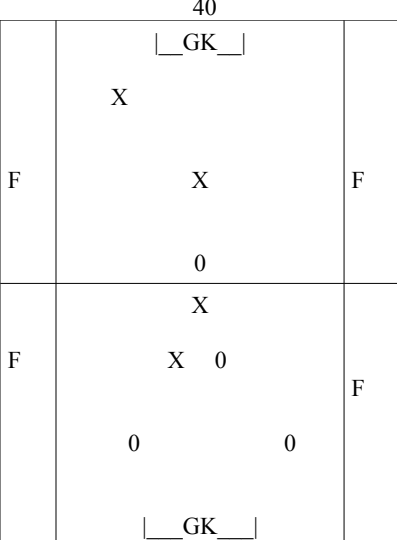
Information on Facilities and Resources

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:	Better use of intervention and demo's during skill and s.s.g.		

Session Plan

Session Aim	Turning with the Ball	
		Timings
Warm Up Activities	Move in Two's	10 mins
Cool Down Activities	Slow jog with static and dynamic stretching	5 mins

Session Plan

Session Title	Turning with the Ball	Timings
Key Technical Aspects/ Factors	<ul style="list-style-type: none"> • Creating space to turn • Turning without touching the ball • Turning with one touch • Turning with two touches 	
Session Content	<p>Technical</p>  <p>Set up an area of 30m diameter, split players into pairs, player A passes to player B who must let the ball run across the body & turn without touching the ball, then pass to any player A & continue. Progress the session to turning with 1 touch and then 2 touches.</p> <p>Skill:</p>  <p>set up as many 20ydx10yd areas as required. Player A1 passes to player A2 who attempts to turn with the ball and run through their opposing Target Area. A1 supports, B2 will defend(2v1) and attempt to prevent the turn Swap roles so all players support, defend and turn.</p> <p>Small Sided Game</p>  <p>Set up 40 x 60 pitch, 4v4 with floaters dependant on numbers, freeplay, encourage players to feed the ball out wide and then for the floaters to put quality balls into the attackers from deep positions so making them turn with the ball. Coach as required. Intervene and demonstrate.</p>	<p>15mins</p> <p>15mins</p> <p>20mins</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 <ul style="list-style-type: none">• Turning with the ball• Control• Technique• Create space	Psychological <ul style="list-style-type: none">• decision making• Awareness• Focus
Physical <ul style="list-style-type: none">• Turning• Movement• Changing direction• Agility	Social <ul style="list-style-type: none">• Confidence• Communication• Team work

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.	Slow the technique session down, coach 1:1 any players that are struggling.
Some players are finding the session to easy, how would you adapt it to make it more demanding for them.	I could reduce the skill session area and increase the 2v1 situation to a 2v2 situation, this would put more pressure on the attacking team to make the turn.
Identify what sessions you would ideally have coached prior to this session	Receiving the ball
Identify what the session content might be for the next session.	Dribbling

Coaching Session Self Evaluation

Candidate Coach		Session date	
Were the arrangements and organisation of the session appropriate?	Size and pitch appropriate, the session ran well as the organisation was excellent.		
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?	The reasons for the session were discussed, the players were aware of the purpose of the practice and what I was attempting to teach them.		
Did the session content meet the players needs and expectations?	All of the players approached the session with a positive attitude and enthusiasm.		
Was your coaching style and communication appropriate to the players?	I gave clear concise instructions and demonstrated when I felt it necessary.		
Did the players performance improve as expected?	There was a general improvement but I feel that my players need a bit more high pressure practice.		
What feedback have you had from other people involved in the session?	Great feedback from all of my players, they all enjoyed the session and got fully involved.		
If you were to coach this session again, what might you change?	The session ran well, however I would have spent a bit more time on the skill session and practiced turning under pressure.		
The aim of the next session might be:	Dribbling		

Personal Action Plan:

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

I would like to receive more feedback from the parents and discover if it was what they expect from a training session.