

Coaching Session Planner

Candidate Coach		Date Produced	
Coach Educator		Time Available	75mins

Information on Players

No. of Player	10	Age	12 & 13	Ability Level	Mixed
Medical Info.	ON hand with manager/Asthma				
Particular Needs	N/A				

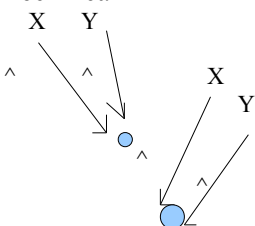
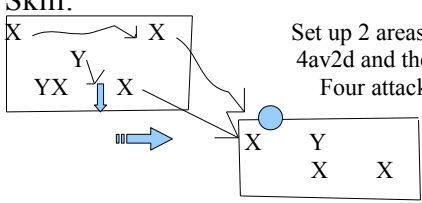
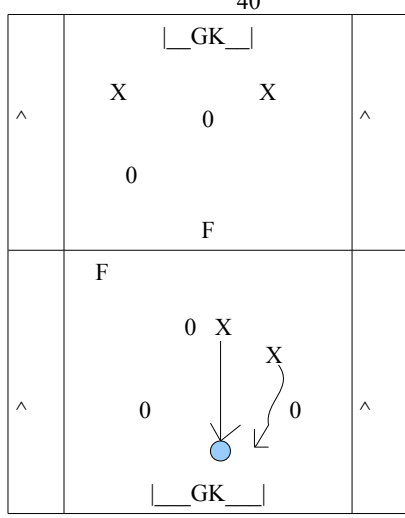
Information on Facilities and Resources

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	Improving Forward Runs	
		Timings
Warm Up Activities	Jogging and Sprinting with dynamic stretching	10 mins
Cool Down Activities	Gentle jogging with static and dynamic stretching	10 mins

Session Plan

Session Title	Improving Forward Runs	Timings
Key Technical Aspects/ Factors	<ul style="list-style-type: none"> • Heads up • Techniques • Timing of pass • Angle and weight of pass • Angle of runs • Communication 	
Session Content	<p>Technical</p>  <p>Set up an area 40yds x 30 yds with gates for each pair of players (5in this case) and pair your players up. Player X passes the ball through the gate for player Y to run onto. Continue on through the next free gate.</p> <p>Progress to runs from behind the ball, runs ahead and give and goes.</p> <p>Skill:</p>  <p>Set up 2 areas 15x15 diagonally opposite. In one grid have 4v2d and the other 3av1d Four attackers create opportunity to release a player on a forward run so they can pass to the other grid and join in. One defender gives chase and also joins in to make that grid 4v2, repeat process back.</p> <p>Small Sided Game</p>  <p>Set up a pitch 60yds x 40yds with GK'S and 2 on pitch floating players playing for the team in possession.. Condition the game with cones marked at 15yds out from each goal, a ball must be played forward to a runner in that area</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">• Running without the ball• Passing• Receiving• Dribbling	Psychological <ul style="list-style-type: none">• Confidence• Positive attitude• Awareness• Decision making• Imagination
Physical <ul style="list-style-type: none">• Agility• Running• Kicking• Strength	Social <ul style="list-style-type: none">• Decision making• Inclusion• Communication• Team work• Confidence

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.	If players are struggling I would take them out from the area set up for the technical practice and allow them to practice the forward runs in slow time.
Some players are finding the session too easy, how would you adapt it to make it more demanding for them.	During the skill practice I would create an overload situation in favour of the defending team by having a 3dv2a in each grid. This would mean that the stronger players would have to react quicker and have better decision making skills.
Identify what sessions you would ideally have coached prior to this session	Long Passing
Identify what the session content might be for the next session.	Shooting-Short range

Coaching Session Self Evaluation

Candidate Coach	Session date
Were the arrangements and organisation of the session appropriate?	The session was appropriate for the ability level that I was coaching, they understood what was required.
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 key factors and the relevant 4 corner topics were discussed, the players were enthusiastic about the sessions outcomes.
Did the session content meet the players needs and expectations?	An excellent bunch of players to work with and as always the session produced the best from them.
Was your coaching style and communication appropriate to the players?	As the discovery method works so well and the players enjoy that approach I incorporated this a lot into the session, I also like to use the direct approach if I feel things are not working the way I would like them to.
Did the players performance improve as expected?	My more talented players improved vastly, however there was an overall improvement from everybody involved.
What feedback have you had from other people involved in the session?	Excellent feedback from all of the players, the assisting coach has indicated that he is seeing a vast improvement from them over the last couple of weeks.
If you were to coach this session again, what might you change?	I might during the skill practice increase the area sizes and place the two areas further apart.
The aim of the next session might be:	Shooting-Short range

Personal Action Plan:

Particular points that you think you should address at the next/future sessions:
Keep the players enthusiasm up and enjoy the training sessions.