

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	T.G.G.S.	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:	As per last session		

Session Plan

Session Aim	Short range shooting/finishing	
		Timings
Warm Up Activities	Alamo	10 mins
Cool Down Actievities	Slow jog with static and dynamic stretching	5 mins

Session Plan

Session Title	Short Range Shooting/Finishing	Timings												
Key Technical Aspects/ Factors	<ul style="list-style-type: none"> • First touch • Look up • Decision: shoot with power, chip, place etc. • Technique • Rebounds 													
Session Content	<p>Technical</p> <p style="text-align: center;">F ^ GK ^F</p> <p style="text-align: center;">^1^ ^2^ ^3^ A B C L/FOOT R/FOOT</p> <p>Set up a goal with 2 x feeders(F) to the side of the goal, the feeders play the ball in to any of the stations in turn and the players strike the ball with their left foot from station 1, right foot from station 3, and any from station 2. Rotate each player so they shoot from all angles with both feet.</p> <p>Skill:</p> <p>Set up as before but now introduce the feeders as defenders, after they play the ball to a station they follow in to defend against the attacker. Once the phase is over the feeder goes to the back and the attacker becomes the next feeder. You can progress to 2 attackers v 1 defender and then 2v2 etc.</p> <p>Small Sided Game</p> <div style="text-align: center;"> <p>40</p> <table border="1" style="margin: auto;"> <tr> <td rowspan="4" style="writing-mode: vertical-rl; transform: rotate(180deg);">F L O A T T E R</td> <td style="text-align: center;"> GK </td> <td rowspan="4" style="writing-mode: vertical-rl; transform: rotate(180deg);">F L O A T T E R</td> </tr> <tr> <td style="text-align: center;">X X</td> </tr> <tr> <td style="text-align: center;">----- 0</td> </tr> <tr> <td style="text-align: center;">0</td> </tr> <tr> <td rowspan="4" style="writing-mode: vertical-rl; transform: rotate(180deg);">F L O A T T E R</td> <td style="text-align: center;">X 0</td> <td rowspan="4" style="writing-mode: vertical-rl; transform: rotate(180deg);">F L O A T T E R</td> </tr> <tr> <td style="text-align: center;">X</td> </tr> <tr> <td style="text-align: center;">0 -----</td> </tr> <tr> <td style="text-align: center;"> GK </td> </tr> </table> </div> <p>Set up 40 x 60 pitch, 5V5 OR 6V6 with floaters/wingers, free play, The game has an extra line at 10yds from each goal which conditions the game to allow only shooting within this area.</p>	F L O A T T E R	GK	F L O A T T E R	X X	----- 0	0	F L O A T T E R	X 0	F L O A T T E R	X	0 -----	GK	<p style="text-align: center;">.</p> <p style="text-align: center;">15mins</p> <p style="text-align: center;">15mins</p> <p style="text-align: center;">20mins</p>
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	GK													

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">• Execution• Awareness• Striking	Psychological <ul style="list-style-type: none">• Preparing• Focusing• Team work• Goal setting
Physical <ul style="list-style-type: none">• Running• Strength• Speed• Ability• Co-ordination	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.	During the skill session I would place the defender further away allowing more time for the attacker to decide what to do. I would also spend more time focusing on parts of the foot to use when striking the ball.
Some players are finding the session too easy, how would you adapt it to make it more demanding for them.	On the skills session I would add another defender and create a 2d v 1 a situation making it harder for the attacker to shoot.
Identify what sessions you would ideally have coached prior to this session	Dribbling with the ball
Identify what the session content might be for the next session.	Attacking principles

Coaching Session Self Evaluation

Candidate Coach		Session date	
Were the arrangements and organisation of the session appropriate?	The session went well and everything 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?	As always I had a discussion with the players and asked for their input and got them to tell me what relevance there was to the 4 corner models.		
Did the session content meet the players needs and expectations?	Of course all players like to shoot at goal and all of the players were looking forward to today's session.		
Was your coaching style and communication appropriate to the players?	I made the session enjoyable and fun as all of the players had plenty of enthusiasm and new the aims of the session.		
Did the players performance improve as expected?	After some encouragement and positive reinforcement the players all improved their shooting from short range capabilities.		
What feedback have you had from other people involved in the session?	All of the players agreed that they had a fun and enjoyable session, the coach sitting in on the session was particularly happy with the session content.		
If you were to coach this session again, what might you change?	The session ran well, I feel I do not need to change anything here today.		
The aim of the next session might be:	Attacking principles		

Personal Action Plan:

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

The session ran well, I would look to produce equally fun and interesting sessions in the future.