

## Coaching Session Planner

Candidate Coach		Date Produced	
Coach Educator		Time Available	

### Information on Players

No. of Player	12	Age	13/14	Ability Level	mixed
Medical Info.	Asthma				
Particular Needs	None				

### Information on Facilities and Resources

Location	Astro.	Session Date	
Facility Needs	First aid kit, showers		
Equipment Needs	Goals, cones, bibs, balls		
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:	Ensure all players are clear on session instructions prior to session start		

### Session Plan

Session Aim	Pressing	
		Timings
Warm Up Activities	Any warm up game including tag, include dynamic stretches	10 minutes
Cool Down Activities	Slow jog with static stretches	10 minutes

## Session Plan

Session Title	Pressing	Timings																								
Key Technical Aspects/ Factors	<ul style="list-style-type: none"> <li>• Body position</li> <li>• Inline with goal</li> <li>• Quick response from first defender</li> <li>• Close the gap</li> <li>• Angle of approach</li> </ul>																									
Session Content	<p>Technical set up several 5 x 15 yd lanes</p> <p>X -----&gt; 0</p> <p>0 to start with ball, can be fed from 3<sup>rd</sup> player, coach angle of approach, in line with goal/target. Approach attacking player quickly and closegap down.</p> <p>Skill</p> <p>D1     __GK__     D2</p> <p>A1        A2</p> <p>COACH</p> <p>1.Coach passes ball to either attacker, defenders react by first defender closing off the attacking angle then closing the gap on the attacker to delay or gain possession. 2. Progress to 3v3 3.Create attacking overload 3av2d</p> <p>Small Sided Game:</p> <table border="1" style="width: 100%; text-align: center;"> <tr> <td></td><td> __gk__ </td><td></td></tr> <tr> <td></td><td>X</td><td></td></tr> <tr> <td></td><td>A</td><td></td></tr> <tr> <td>X</td><td>A</td><td></td></tr> </table> <table border="1" style="width: 100%; text-align: center;"> <tr> <td></td><td>X</td><td></td></tr> <tr> <td>A</td><td></td><td>X</td></tr> <tr> <td></td><td>A</td><td></td></tr> <tr> <td></td><td> __GK__ </td><td></td></tr> </table> <p>Set up 40 x 60 pitch, free play, emphasis on closing attackers down 1<sup>st</sup> defender to approach.</p>		__gk__			X			A		X	A			X		A		X		A			__GK__		.
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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.

Technical Defending <ul style="list-style-type: none"><li>• Jockeying</li><li>• Tackling</li><li>• Body position</li></ul> Closing down	Psychological  decision making <ul style="list-style-type: none"><li>• Awareness</li><li>• Responsibility</li><li>• Confidence</li></ul>
Physical  Agility <ul style="list-style-type: none"><li>• Speed</li><li>• Balance</li><li>• Strength</li><li>• Running</li></ul>	Social  Decision making <ul style="list-style-type: none"><li>• Fair play</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.	I would narrow the field of play and restrict the space the attackers have, this will allow the defenders more control over the use of the correct techniques.
Some players are finding the session to easy, how would you adapt it to make it more demanding for them.	Reverse the above and increase the width of the pitch giving the attackers more space, thus making it more difficult to defend against and increase their work
Identify what sessions you would ideally have coached prior to this session	Creating space
Identify what the session content might be for the next session.	Runs without the ball

## Coaching Session Self Evaluation

Candidate Coach		Session date	
Were the arrangements and organisation of the session appropriate?	All organised appropriately		
Was the health and safety of the environment and session maintained?	None		
Did the session content deliver the outcomes of the 4 corner model?	I discussed the session during a debrief, the players considered what they had learnt.		
Did the session content meet the players needs and expectations?	Yes all of the players expectations were met and they all got involved in the session.		
Was your coaching style and communication appropriate to the players?	I made good use of demo's, stopped the session where required and walked through slow time scenarios that occurred.		
Did the players performance improve as expected?	All players worked hard to grasp the techniques required. Several players improved vastly by the end of the practice		
What feedback have you had from other people involved in the session?	Players enjoyed the session as it kept them all involved		
If you were to coach this session again, what might you change?	Slow the session down and work on a session with individuals only prior to running this session.		
The aim of the next session might be:	Support play		

### **Personal Action Plan:**

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

Create a scenarios and ask the players to position themselves accordingly.