


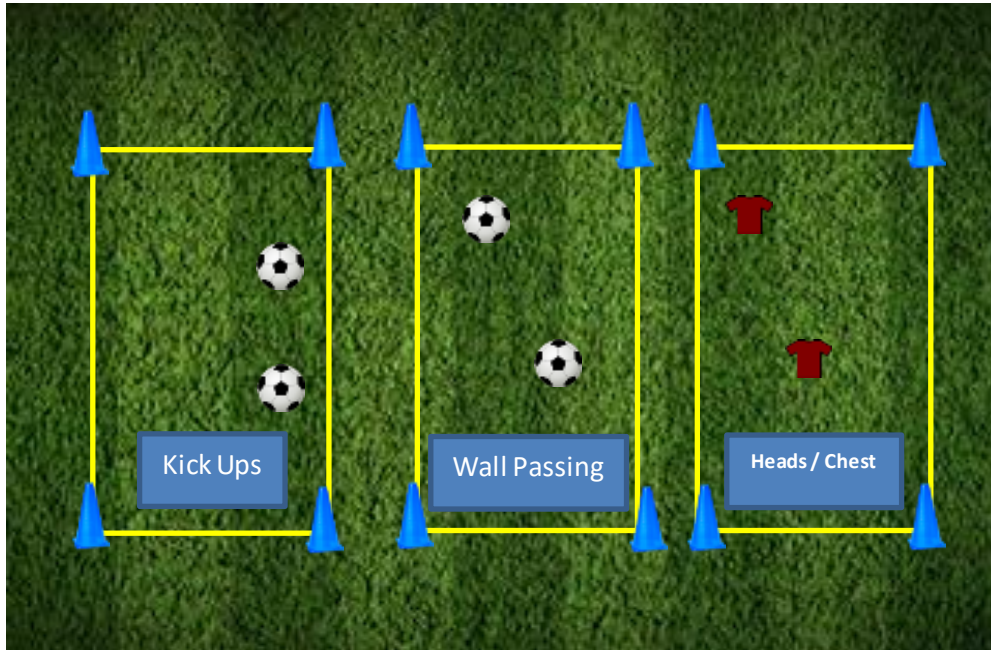
WOODKIRK VALLEY WOLVES

TRAINING PLAN



Group:	Under 8s	Date:	23/01/2015	Time:	18:30
Prior Learning:	Support play and marking				
Pre Session Info:	Work Area	Vocabulary	Responsibilities of additional staff	Notes	
	Split Group into 4s (15 Minute Sessions) Drinks breaks 3 Mini games	Focus Areas Support play and marking			
Learning Focus:					
4 Corners:	Technical	Psychological	Social	Physical	
	Turning – change direction. Possession – individual & Team Passing Timing	Decision making – Attack / Defence Awareness – opponents, teammates and the ball. Observation	Problem solving Group discussions on Tasks Observing others work Collaboration	Strength/Core Stability to Protect ball Speed	
Lesson Review					
What Went Well:					
Even Better If:					
Changes for Next Time:					
Key					

WARM UP



Organisation

Warm Up - Get individual Balls Out

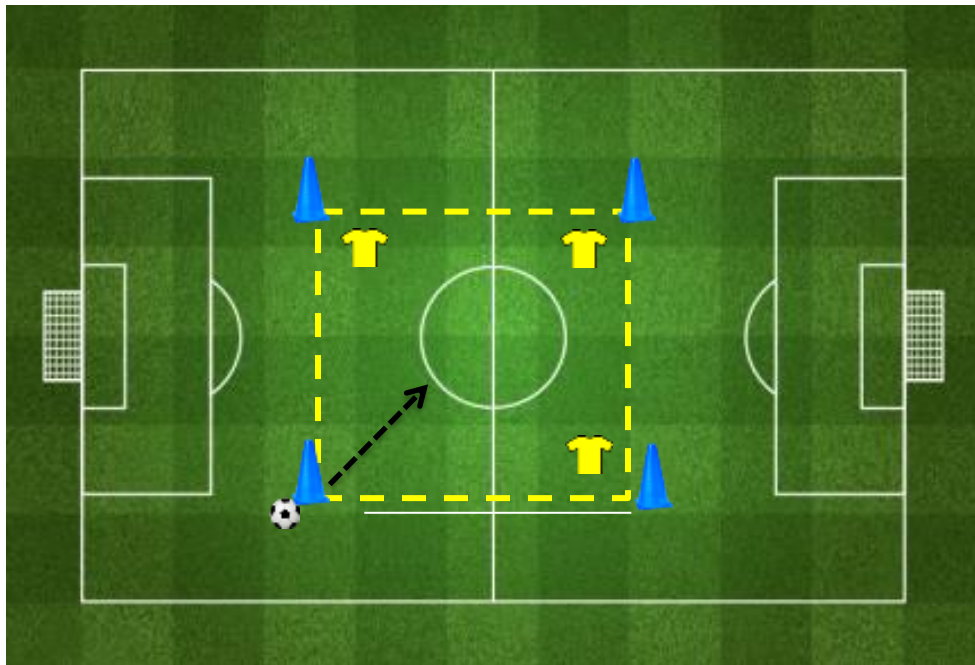
3 Objectives in 10 minutes

Learning Points

- Passing against the Wall (L & R) (5 passes)
- Kick Ups (3 L & R)
- Heading and Chest (2 Heads)

I will ask for a demo of each at the end.

3v1 Pass and Movement Game



Organisation (15 MINUTES)

- 1 Football + 3 players per set of cones
- 3 Attackers

OBJECTIVE: Players passing to a spare man then move to a free cone.

Progressions:

- Weak foot passing
- Count the total passes before losing control
- Try one touch passing

Add a defender in and do a **keep the ball**

- **Only weak foot counts**
- **Break into a game – only goals with 3 passes count**

