

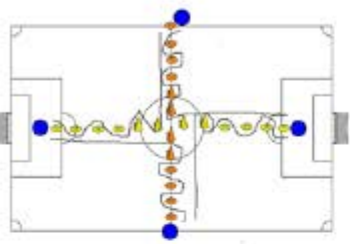
COACHING SESSION PLANNER

Date: 17-1-17 Time: 7-8.30pm Age: Adult

Theme: Aerobic/cardiovascular Fitness

Format: T → S → 11v11

Session Aim: To improve aerobic/cardiovascular endurance for games (especially last 10-15 minutes)



Practice 1: Fitness without the ball 1

Organisation:

Players perform various moves through cones.

Players turn either left or right.

Fitness practice is continuous.

(10 mins).

4 Corner Conditions:

PASSING & RECEIVING

CHARACTER

AEROBIC FITNESS

BELIEVE to ACHIEVE

Questions/Challenges for players:

1. What?
2. Who/when?
3. Where/why?
4. How?

Intervene on players:

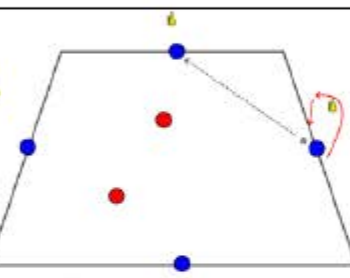
1. Technique
2. Actions
3. Positional awareness
4. Tactics

Session variations:

S-T-E-P-S

Coaching Points:

RELEASE – quality pass, weight, accuracy
 RECEIVE – movement to open body & play forwards
 RUN-WITH – dribbling/RWTB/passing up the pitch
 RETAIN – keep the ball until space/passing lines to another player become available



Practice 2: Fitness with the ball 1

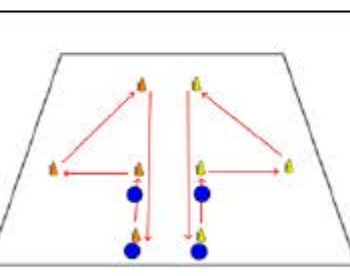
Organisation:

Players pass and receive in the rondo (as shown).

Once players have passed the ball to another player they must run around any 4 yellow cones.

Cones are positioned 20 yards away from the rondo.

(15 mins).



Practice 3: Fitness without the ball 2

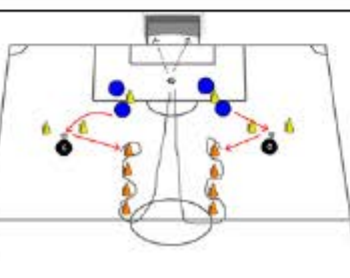
Organisation:

Players start/finish at the base of the arrow.

Players perform various moves to the cones.

Once the first player gets to the first cone second player goes.

(10 mins)



Practice 4: Fitness with the ball 2

Organisation:

Players start on 18 yard box.

Players run to the gate where the coach will be with a ball. Players perform a technique there.

After the players run around cones and up to the penalty spot where the football has been placed.

First player to score wins. First team scores the most will start with how many they have scored!

(10 mins).