

COACHING SESSION PLANNER

DATE: 22/11/2016

PHASE: Attacking – In possession

THEME: 3P's in the final 1/3rd

FORMAT: Phase of play-Technical

OBJECTIVE:

To score in the final third using different goal-scoring techniques

4 Corner Conditions:

Goal-scoring

Confidence

Completed by s&c team

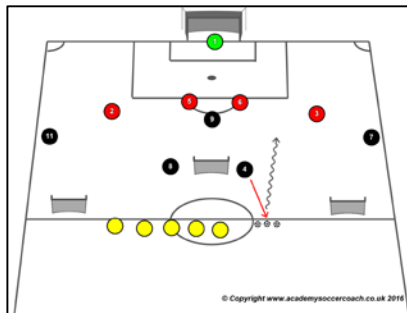
Beliefs

Competition
(linked to 4 CC):

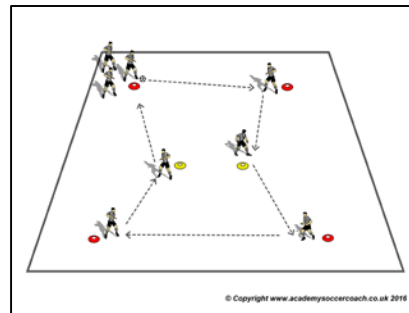
1. SCORE GOALS WITH DIFFERENT TECHNIQUES

2. TRY SOMETHING NEW

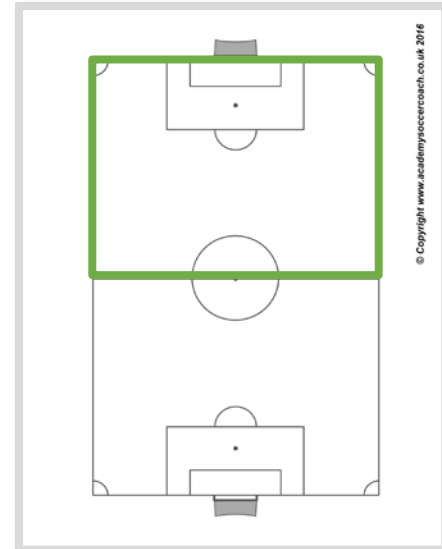
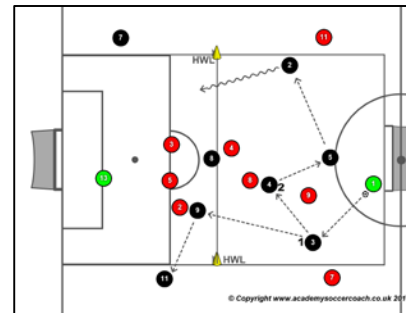
Phase of play Practice:



Technical Practice:



SSG Practice:



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Organisation:

- Set up as illustrated.
- Black players play against Red players 5:4.
- Black players score in normal big goal.
- If Reds win the ball back they play into nearest goal representing #4/#8, or they play into the two wide goals representing #7/#11.
- Once Blacks have attacked they become defenders, yellows come on and play 5:4 against blacks. Reds wait to come on.

Organisation:

- Set up as illustrated.
- Player 1 passes to player 2.
- Player 2 passes in field to player 3.
- Player 3 receives, opens up body to play player 4.
- Player 4 moves ball across to player 5.
- Player 5 passes in field to player 6.
- Player 6 receives, opens up to player 7 who re starts sequence.
- Player 1&4 plays the furthest pass forward and practice re starts. Up-back-through.

Organisation:

- Set up as illustrated.
- Players play 9:9 on half pitch looking to score using the wingers or by from central direct combination play.
- Keep score as a competition + motivation = confidence.
- Combination play using 3 payers = 3 goals
- Playing ball wide and scoring = 5 goals

Coach Evaluation:

Coaching Points:

1. RELEASE – Passing quality (selection, weight, accuracy)

2. RECEIVE – Movements to open body to play forward

3. RUN-WITH – Progressing with dribbling/RWTB/passing

4. RETAIN – Keep possession of ball until available space/passing lines

5. Creative cleverness – passes/dribbles/RWTB and runs

6. Productivity – **Score!!**