

COACHING SESSION PLANNER

Coach: **Ross Flintoft**

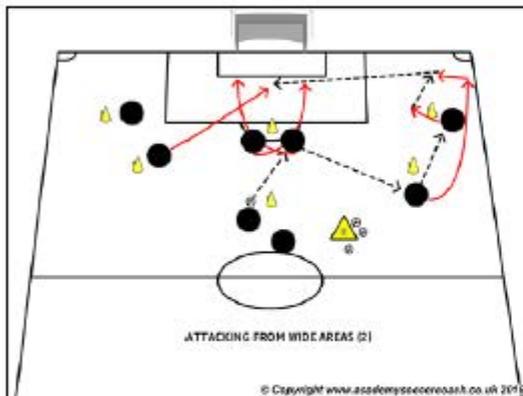
Age: **U13's**

Theme/
Focus: **Attacking Wide & Central**

Venue: **WAD**

Date: **07/04/2016**

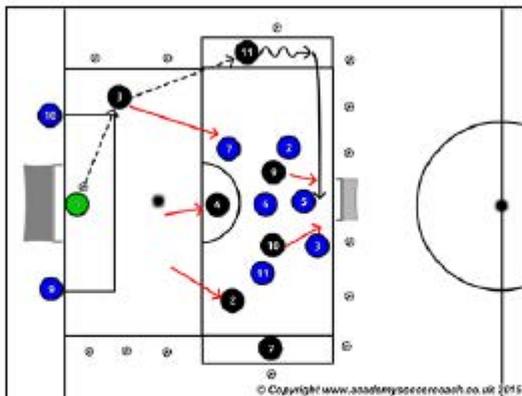
Practice 1: Wide areas



Organisation:

- Players attack from wide areas.
- Players attack the goal with various game craft skills.
- Overlap, cross-over, arriving late i.e. back post.
- Standing up the cross, drill the cross into the corridor of uncertainty.

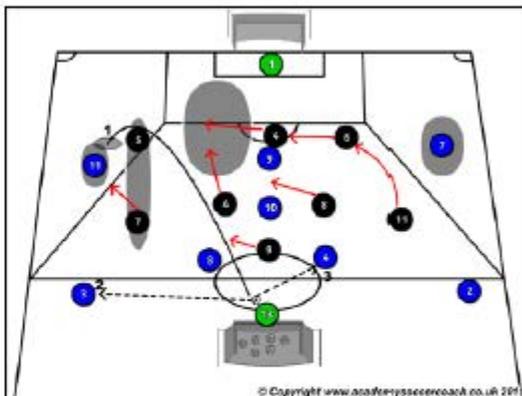
Practice 2: Wide and central areas



Organisation:

- Pitch set up 36x44yards.
- Blacks look to cross the ball as shown on diagram.
- Blues look to score into target men who are on 2 touches.
- Teams swap roles after a given time limit.

Practice 3: Wide and Central 2



Organisation:

- Pitch set up into 2/3rds.
- 3 zones within 2/3rds.
- Play is gv7.
- Players are looking to work ball side-centrally-side.
- Opportunities to cross ball at the right time.
- If defenders win ball back they look to score in opposing goal as normal.

Coaching Points:

- | | | | |
|---|--|---|---|
| 1 | Quality of pass / pass selection | 4 | Isolation of defenders 1v1 / 2v1 |
| 2 | Movement into space or to take def. away | 5 | Contact on the cross |
| 3 | Look to play forward pass early | 6 | Assessing GKs position to finish / BACS |

Challenges:

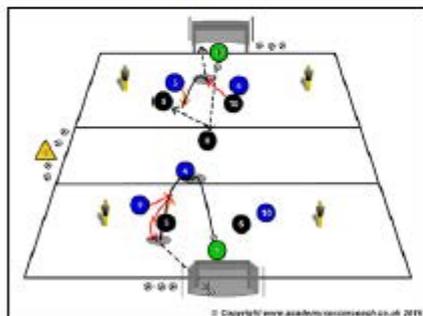
- Try to pass quickly with a tempo
- Try to isolate defenders
- Try to finish when the time is right!!

COACHING SESSION PLANNER

Coach:	ROSS FLINTOFT	Age:	U13's	Best Practice:	70% Ball Rolling	Venue:	WAD
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Topic:	Pitch type:	Condition:	Questions/Challenges:	*Reward:
Attacking from central & wide areas				
Over the top	In 1/3rds – (5yard channel)	GK must play to #4 & #8	What may stop you to play over the top?	Over the top and score = 2 goals
Going around	2/3rds of pitch – full width	Starts with attacking team	How & when could you go around defence?	Going around and scoring = 3 goals
Going through	2/3rds of pitch – full width	Any team can start	Try to play through early	Going through and scoring = 4 goals

Practice 1: Over the top	Practice 2: Going around	Practice 3: Going through
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Coaching points:

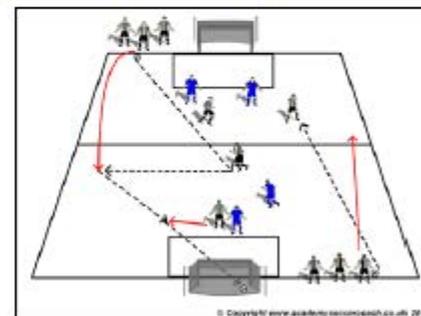
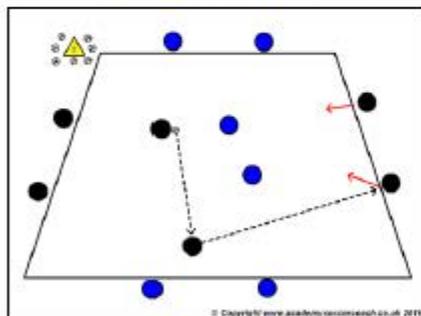
1	Quality of pass – weight, accuracy and selection	4	Support in relation to ball – behind, beside, in front or far away
2	Clever movement to receive ball into feet or space	5	Look to exploit weak areas to attack and create overloads
3	Awareness of disguised passes	6	Execution of shot, attitude, timing and selection

COACHING SESSION PLANNER

Coach:	ROSS FLINTOFT	Age:	U14/15's	Best Practice:	70% Ball Rolling	Venue:	WAD
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Topic:	Pitch type:	Condition:	Questions/Challenges:	*Reward:
Forwards combination play to create goal scoring opportunities				
2v2 play in – go out	10x10 tech square	2v2 play in then go out for next 2	When to pass, when to combine?	Players play in – go out = 2 goals
5v3 opposed pattern	Half pitch - 40x30	Players must score within 8 passes	Try to score below 8 passes	Score below 8 passes = 4 goals
Passing & joining	Full pitch - 60x40	Players pass and must join in	How might you score after you have passed?	Finish on 1 touch = 6 goals

Practice 1: 2v2 'play in – go out'	Practice 2: 5v3 opposed pattern	Practice 3: 'Passing & joining'
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Coaching points:

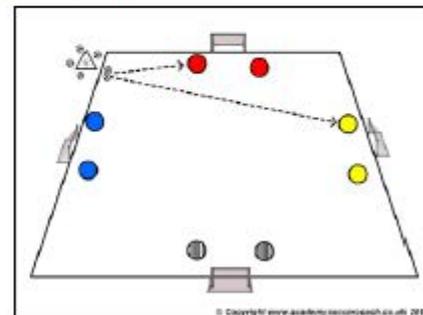
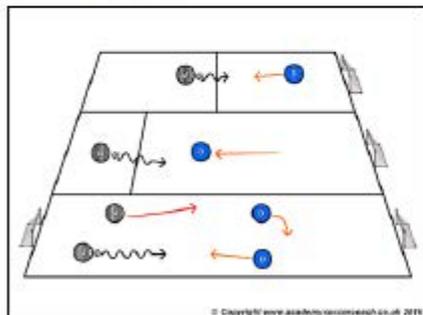
1	Quality passing – weight, accuracy, timing & selection	4	Awareness of disguised passes & runs – to take defender away
2	Quick, clever movement to receive ball to feet or space	5	Opportunities for 1-2's or combinations
3	Support player in relation to the ball 45°	6	Finishing techniques - BACs

COACHING SESSION PLANNER

Coach:	ROSS FLINTOFT	Age:	U6/7s	Best Practice:	70% Ball Rolling	Venue:	NUFC/TC
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Topic:	Pitch type:	Condition:	Questions/Challenges:	*Reward:
Executing techniques				
1v1/2v2s	Full pitch – 3 zoned	Different conditioned on in all 3 zones	Try to use speed to get past the defender	Score = a goal, plus 2 points
Explosive 1v1s	20x20 tech square	Players can only move when player scores over the line	When and where to defend?	Score = a goal, plus 4 points
2v2v2v2s	Full pitch	Protect your own, score in another	What am I looking to do when I receive the ball?	Score = a goal, plus 5 points for your team

Practice 1: 1v1/2v2s	Practice 2: Explosive 1v1s	Practice 3: 2v2v2v2s
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Coaching points:

1	Positive dribbling technique – attacker	4	Awareness of players, ball, goal and the quality of the right pass, right time
2	Defending technique – defender; shut, sit, slow, stay, show down	5	Transition of scoring to defending – A → D/D → A
3	Moving to receive ball feet/space	6	Score; selection, attitude BACs of shot

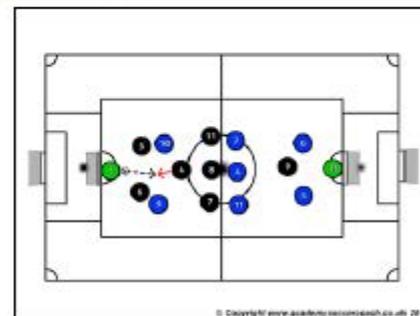
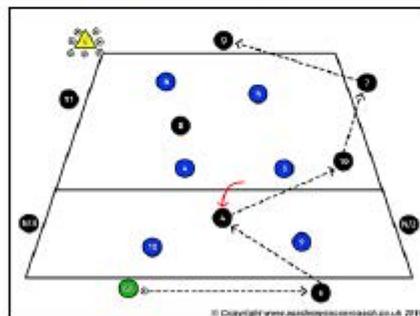
COACHING SESSION PLANNER

Coach:	ROSS FLINTOFT	Age:	U16's	Best Practice:	70% Ball Rolling	Venue:	N. Uni
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Focus: Attacking	Theme: Creating & scoring (the 4 P's)
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Pitch Set-up:	Condition:	Questions/Challenges:	*Reward:
P1: 20x20 5v3 Rondo	Players play across before playing into #4	How can the #4 get on the ball if marked?	Transfer from side-to-side = point
P2: 60x44 Squad practice	#5 or GK plays across and #4 must receive below the line	What body shape could you have?	If the ball gets transfer from #5 or GK = goal
P3: 8v8 SSG	Play starts with GK to #4 or any player	Can you keep the ball in key areas	Keep possession in opponents half = 5 points

Practice 1: 5v3 Rondo	Practice 2: Squad practice	Practice 3: 8v8 SSG
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Coaching points:

1	Quality of pass – weighted/selection	4	Awareness of defender and disguised passes
2	Movement to receive feet/space	5	Quick, clever play – 1-2's/combinations
3	Support player on the ball	6	Decision making & finishing quality – Assess GKs position

COACHING SESSION PLANNER

Coach:

Date:

Focus: **Attacking**

Theme: **Creating & scoring (the 4 P's (Part 2))**

Pitch Set-up:

Condition:

Questions/Challenges:

*Reward:

P1: 16x16 tech rondo square

Play must come into middle for the transfer to other side

Try to create space for others to be on the ball

Every ball transferred = POINT

P2: PoP 2/3rds of pitch

Blacks play out to score – blues defend and score in big goal

How can we progress up the pitch to score?

Normal rules/goals apply

P3: SSG 8v8 across pitch

Select/apply a formation

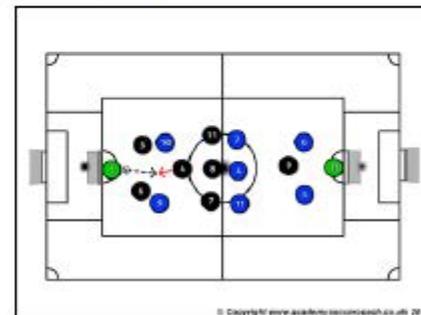
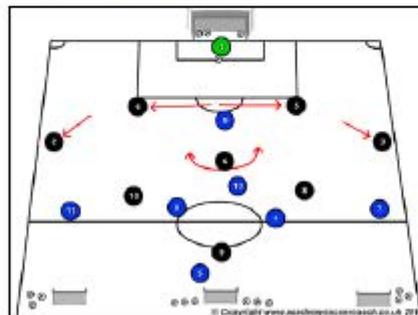
Why do we need to be good on the ball when it is a tight area?

Score in box = 2 goals

Practice 1: Rondo Square

Practice 2: PoP 9v7

Practice 3: 8v8 SSG



Coaching points:

1 Quality passing – selection, speed, weighted – feet/space

4 Decision making – right pass, right time, right player

2 Receiving skills – touch direction to play forward

5 Awareness of space, defender and to look to play forward early

3 Support angles, distances to player on ball (45° angle)

6 Clever runs (1-2'scombos.) on **weak** side/spaces of defence to exploit defenders/space to score!

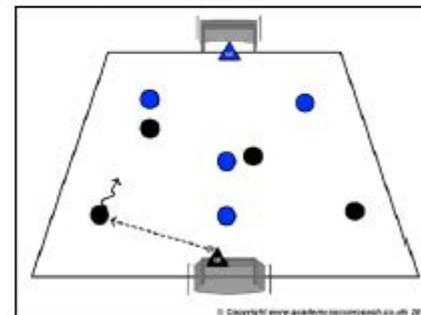
COACHING SESSION PLANNER

Coach:	ROSS FLINTOFT	Age:	U9-14's	Best Practice:	70% Ball Rolling	Venue:	PL, North Shields
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Focus: Attacking	Theme: 1v1 Dribbling
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Pitch Set-up:	Condition:	Questions/Challenges:	*Reward:
P1: 20x20 tech square	Player performs different dribbling technique or body part	How can I get more touches on the ball?	Point for every ball contact or body part performed
P2: 30x20 area with gates/goals	Defending player plays into attacker	Why does my touch have to be a good one?	Normal goal counts or point given if player dribbles through gate
P3: SSG 5v5 game	Normal play	How could we use the spacing better on the pitch?	Normal goal counts

Practice 1: Dribbling & Body parts	Practice 2: 1v1 to gate/goal	Practice 3: SSG 5v5
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Coaching points:

1	Dribbling technique – close control, small touches, head up	4	Support angles/distances to player on ball
2	Movement to receive the ball to feet/space	5	Awareness & Decision making – defender/space, right pass, right time
3	Touch direction – play the way you face	6	Finishing quality – Asses GKs position in goal, selection, execution of shot

COACHING SESSION PLANNER

Session Date: 16/07/2016	Coach: ROSS FLINTOFT	Age Group: Under 8's-11's	Time: 9am-12noon
Theme: Dribbling & Passing (2v1, 3v1 & 4v2)		Focus: When, where & why to dribble or pass into feet/space	
Session Organisation:	Connected Theme	Whole – Part – Whole	Random Practice

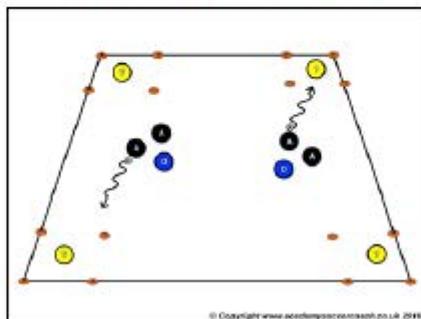
Session Learning Objectives

1. Development of dribbling & passing techniques	3. Developments from 3v1 to 4v2+1GK situations
2. Transferring techniques to 2v1, 1v2 & 3v1 situations	4. Produce techniques from skills → game practice

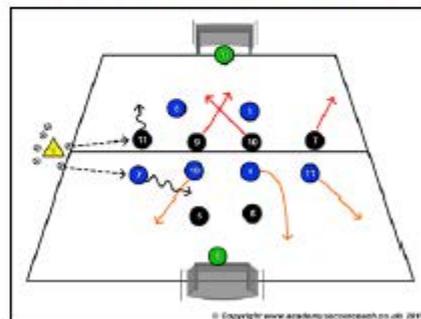
Practice 1: Dribble or Pass



Practice 2: Pass & Move



Practice 3: Score First to Win!



Key Coaching Points (Outcomes):

1	Dribbling technique – close control, small touches, head up	4	Support angles/distances to player on ball
2	Movement to receive the ball to feet/space	5	Awareness & Decision making – defender/space, right pass, right time
3	Touch direction – open up, play the way you face	6	Finishing quality – Asses GKs position in goal, selection, execution of shot

COACHING SESSION PLANNER

Coach: ROSS FLINTOFT

Session Date: 26/07/2016

Age Group: 10-12yrs

Time: 10am-12noon

Theme: Ball possession

Focus: Passing & receiving

Session Organisation:

Connected Theme

Whole – Part – Whole

Random Practice

Technical/Tactical Session Achievements:

1. Develop passing and receiving unopposed

3. Develop passing with both feet

2. Development of movement before receiving

4. Develop passing and receiving under pressure

Practice 1: Y passing



Practice 2: 4v4+4 T men



Practice 3: 3v3 SSG



Key Coaching Points: (Outcomes)

1 Quality passing – selection, weight, accuracy

4 Support angles/distances to ball/player/defender

2 Movement to receive feet/space "show then go" "go then Show"

5 Decision to receive opposed or unopposed

3 First touch – touch direction the way your facing

6 Productivity – pass, keep possession & score

COACHING SESSION PLANNER

Coach: ROSS FLINTOFT

Session Date: 28/07/2016

Age Group: 10-12yrs

Time: 10am-12noon

Theme: Finishing

Focus: Creative fast paced shooting

Session Organisation:

Connected Theme

Whole – Part – Whole

Random Practice

Technical/Tactical Session Achievements:

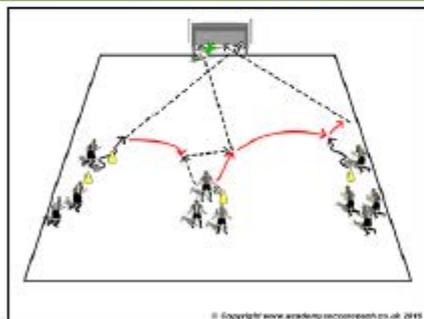
1. Develop Striking unopposed

3. Develop Striking with both feet

2. Development of striking techniques

4. Develop Striking & Shooting opposed

Practice 1: Role of 3 #1



Practice 2: Role of 3 #2



Practice 3: Role of 3 #3



Key Coaching Points:

1 Striking technique – head, body over ball, knees bent, standing foot

4 Supporting striker or 2nd striker for the rebound

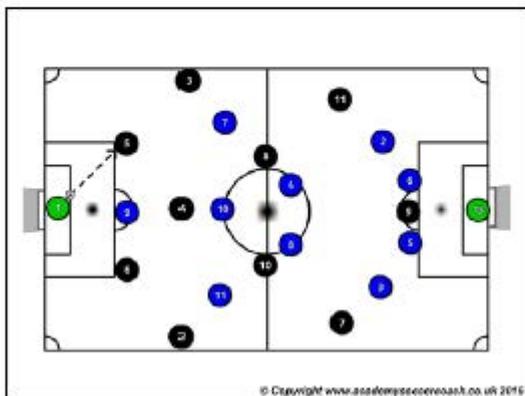
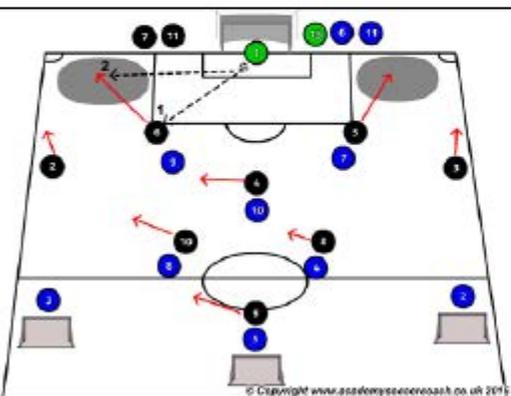
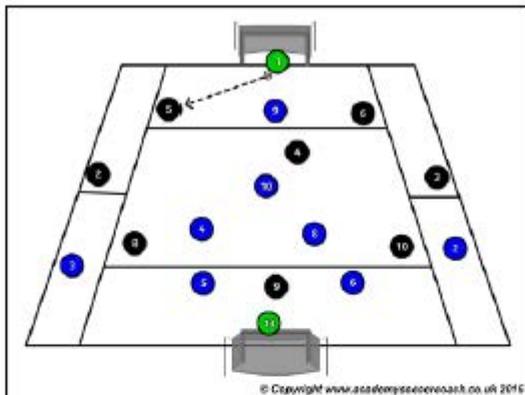
2 Movement to ball – “away, go” “go, away”

5 Assess flight of ball – pace, swerve, height

3 Awareness of space/defender

6 Productivity – GK in goal, score in most vulnerable position

THEME: Playing out from the back



Coaching Points;

Team dispersal – back 4 and midfield

Passing selection and quality

First touch with support from receiving players

Midfield rotations – forward runs from #9

Progressions/Pictures;

- 1 GK into any of back 4 players
- 2 GK into Midfield no.4
- 3 GK into flank players no.7 or 11
- 4 If no.9 drops in, can GK distribute with quality

Questions/Challenges;

Create space quickly/efficiently when GK has ball

How can the no.4 get on the ball?

Who supports no.9 on the ball?

TECHNICAL;

PHYSICAL;

PSYCHOLOGICAL;

SOCIAL;

Passing

Speed

Awareness

Success

Receiving

Strength

Confidence

Failure

Dribbling/RWTB

Power

Concentration

Communication

COACHING SESSION PLANNER

Coach: ROSS FLINTOFT

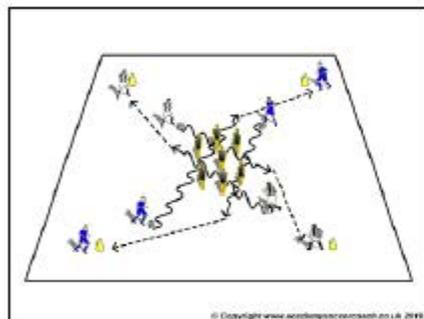
Date: 02/08/2016

Age: 10-12yrs

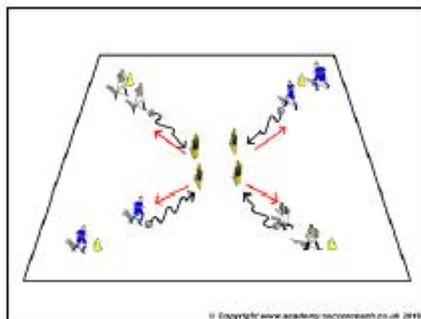
Venue: Consett

Theme: Individual Possession

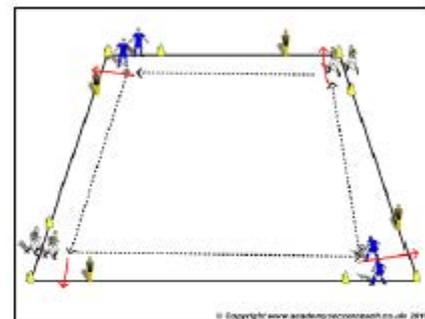
Exercise 1: Various dribbling techniques



Exercise 2: Various turning techniques



Exercise 3: RWTB #1



Coaching Points:

- | | | | |
|---|---|---|--|
| 1 | Dribbling technique – close control, foot surface, little touches | 4 | Using hips to disguise body shape actions |
| 2 | Turning technique – slow approach, look behind, accelerate away | 5 | Execute various techniques shown |
| 3 | RWTB technique – Adjust position of body – foot surface, travel over the ground quickly and effectively | 6 | Accelerate away from defender or to attack the space |

Tech-Tact Session Progressions/Challenges/Rewards:

- | | | | |
|---|--|---|---|
| 1 | Different dribbling techniques with 1-2s | 3 | Different RWTB variation with recovery defender |
| 2 | Different turning techniques with 1-2s | 4 | Try to execute techniques with a quick tempo |

THEME: Playing out from the back - part 2

COACHING POINTS;

Team dispersal – back 4 and midfield

Passing selection and quality

First touch with support from receiving players

Midfield rotations – forward runs from #9

Exploit space in key areas of pitch

PROGRESSIONS/PICTURES;

1 GK into any of back 4 players

2 GK into Midfield no.4

3 GK into players no.7, 9 or 11

QUESTIONS/CHALLENGES;

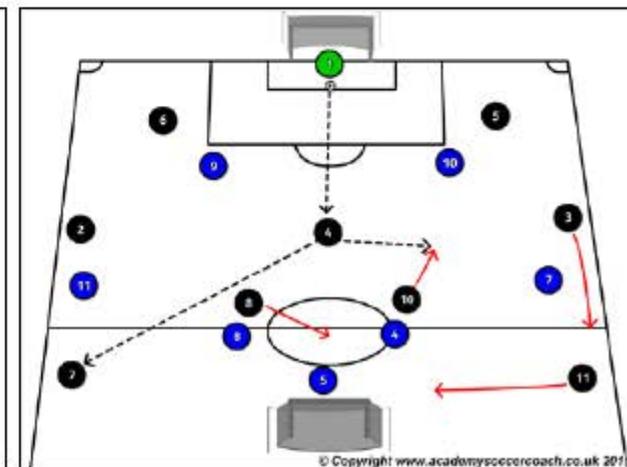
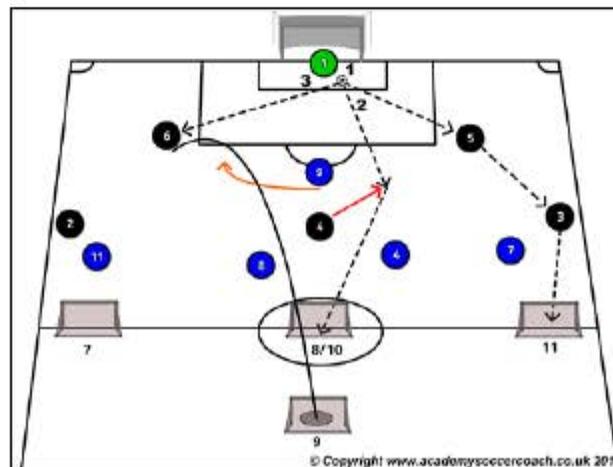
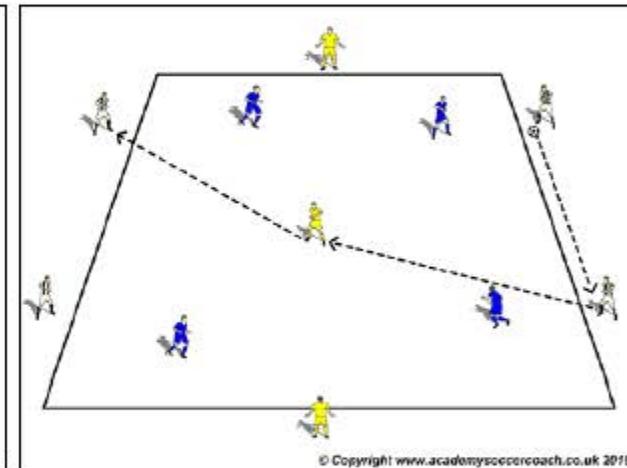
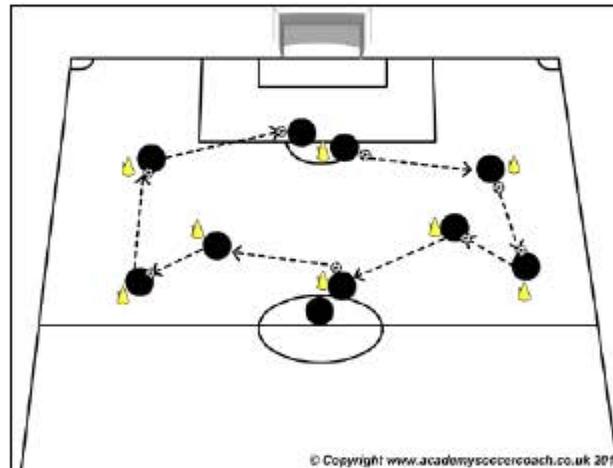
Create space quickly/efficiently when GK has ball

How can the no.4 get on the ball?

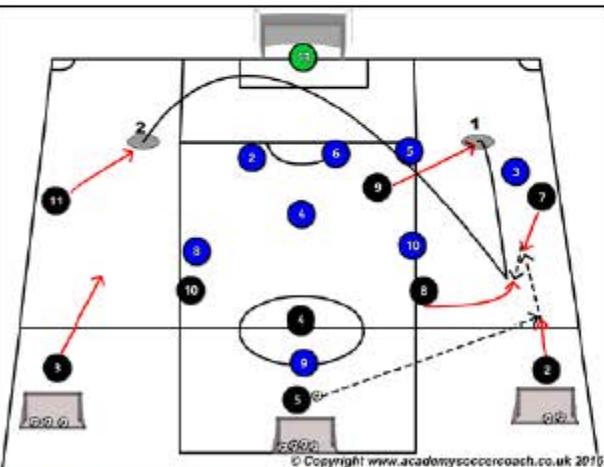
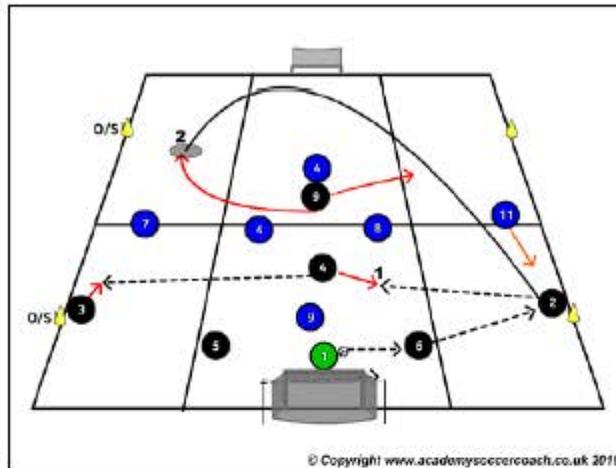
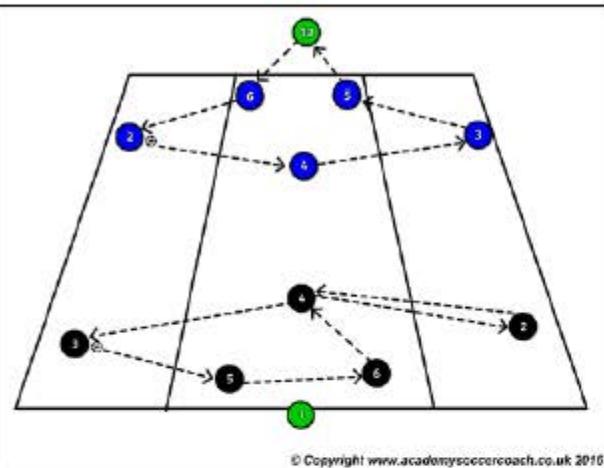
When can we bring no. 7, 9 or 11 into play

TECHNICAL/TACTICAL OBJECTIVES;

- 1 To be able to create space to receive the ball
- 2 Pass, move and receive using different techniques with quality to progress up the pitch
- 3 Rotations for midfielders to exploit the space for forward passes



THEME: Switching play in a 4:3:3 through a point back no.4



Coaching Points;

Quality of pass to switch play

Forward movement of players in front of ball

If play cannot go forwards correct angles/distances to player on ball

Progress forward to create goal-scoring opportunities

Progressions/Pictures;

- 1 Switch ball over the top with quality
- 2 Switch ball into nearest striker with furthest one away
- 3 Switch play with 1 or 2 points
- 4 Nearest man

Questions/Challenges;

Can I play forwards?

When do I switch the ball?

Where do I switch the ball?

TECHNICAL;

Passing

Receiving

Dribbling

PHYSICAL;

Agility

Power

Strength

PSYCHOLOGICAL;

Concentration

Confidence

Awareness

SOCIAL;

Success

Failure

Communication

THEME: Switching the ball to play out and to go forward – (part 2)

WHO: NUWFC Reserves

WHEN: 25/08/2016

WHERE: NUFC Academy

Technical/Tactical Objectives:

- 1 Creating space to play out and forward
- 2 Pass, receive & move in relation to ball on both sides (Defence & Attacking)
- 3 Looking to exploit space by passing, dribbling or RWTB

Questions/Challenges:

- Have I created an angle to receive?
- Try to pass forward upon receiving the ball
- Where is my next pass forward going to be?

Coaching Points:

Pressure on ball, cannot play forwards, correct angles and distances to support

Open body to observe play – look forward/play forward

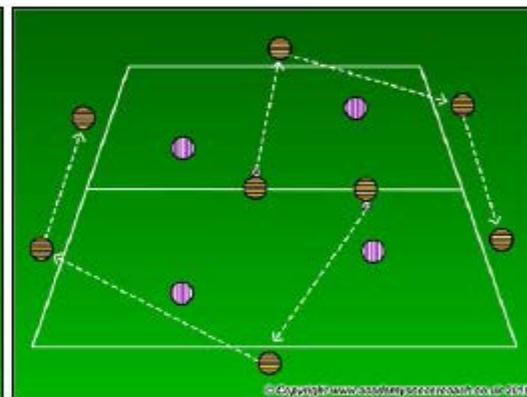
Selection and quality of pass to switch play

Forward movement of runners to support in front of the ball

Progressive play to create goal-scoring opportunities once ball has been switched

Progressions/Pictures:

- 1 Next pass forward/create triangles
- 2 Use one ball to attack and defend
- 3 Defending time limit to pass out



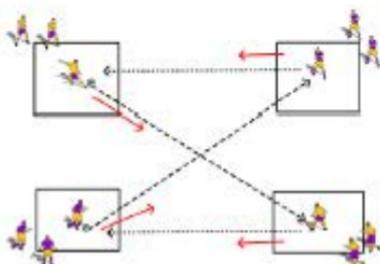
WHO: NUWFC Development Squad

WHEN: 01/08/2016

WHERE: NUFC Academy

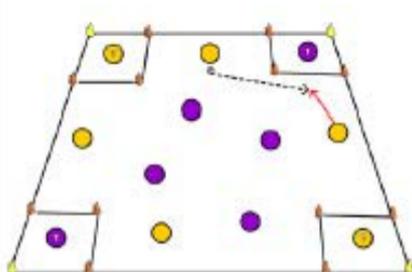
THEME: Switch ball to play out, around and over the top (part 3)

Practice 1: Switch boxes



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Practice 2: Possession switch possession



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Practice 3: Switching to play forward - PoP



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Organisation 1:

- 4 boxes 5x5 yards
- 16 players
- As illustrated players play across diagonally
- Follow their own pass

- PROGRESSIONS/PICTURES:
- 1-2 set

Organisation 2:

- 4:4 diagonal possession
- T players are locked in their boxes
- Yellow players pass into ONLY players in box, likewise for the Purple players

- PROGRESSIONS/PICTURES:
- T players can pass/switch in ball, another player replaces player

Organisation 3:

- PoP 9:8
- Black 9 : Blue 8
- Black players try to play out and score into any of the 3 small goals.

- PROGRESSIONS/PICTURES:
- PoP → 1:1:1

Coaching Points:

- | | |
|---|---------------------------------------|
| 1 | Quality passing for the switch |
| 2 | Receiving surface |
| 3 | Movement/open body to see big picture |

- | | |
|---|---|
| 4 | Pressure on ball, cannot go forwards, support on ball |
| 5 | Forward runs to create goal-scoring opps. |
| 6 | Productivity – SCORE! |

Football chat comments:

SWITCH

PASS

DROP-OFF

MOVE

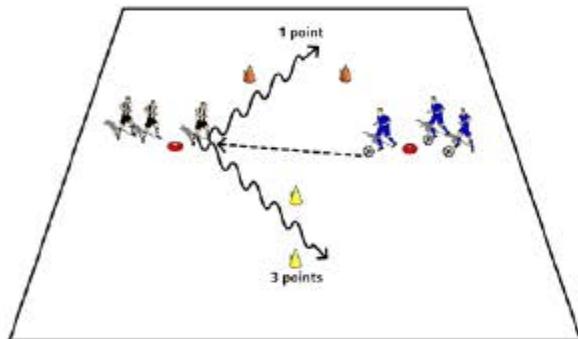
WHO: NUF Advanced Squads U9 & U11

WHEN: 09/09/2016

WHERE: Walker Activity Dome

THEME: Dribbling & RWTB to evade defenders

Practice 1: 1:1 to beat players



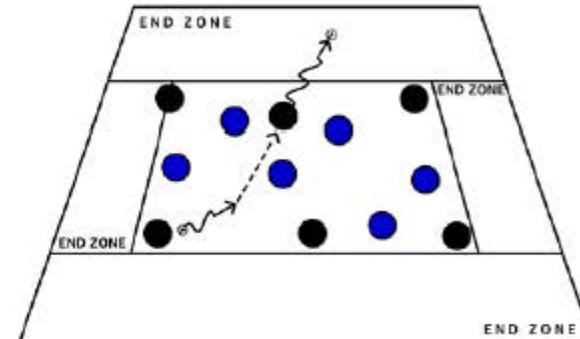
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Practice 2: The When & Where (2:1)



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Practice 3: Directional 6:6 SSG



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Organisation 1:

- WARM-UP; B/M GRID with D/T; Sole-taps, Sole-inside, Sole-role & Slap
- Set-up as illustrated
- Blue defenders pass ball to B/W players who are attacking and looking to score through either 1 of the gates
- Successful dribble through = 1 point or 3 points
- Swap roles

Organisation 2:

- 12 split into 2 groups of 6 players
- Players play 2:2
- Set-up as illustrated
- B/W players play against Blue players looking to dribble past to evade defenders to score
- Players look to create 2:1's where possible

Organisation 3:

- 6:6 SSG
- Set-up as illustrated
- Blacks look to score W → E
- Blues look to score N → S
- PROGRESSIONS/PICTURES:
- Becomes multi-directional 6:6 SSG

Coaching Points:

- | | | | |
|---|---|---|--|
| 1 | Dribbling technique – manipulation of ball | 4 | Support player on ball – angles & distances |
| 2 | Quality of pass – selection, weight, accurate | 5 | Creative cleverness – skill move or good run |
| 3 | Receiving the ball & on the move | 6 | Productivity – beat player to score |

Football Dialog Box:

DRIKBLING & RWTB	SWITCH-ON
SPEED	TALK

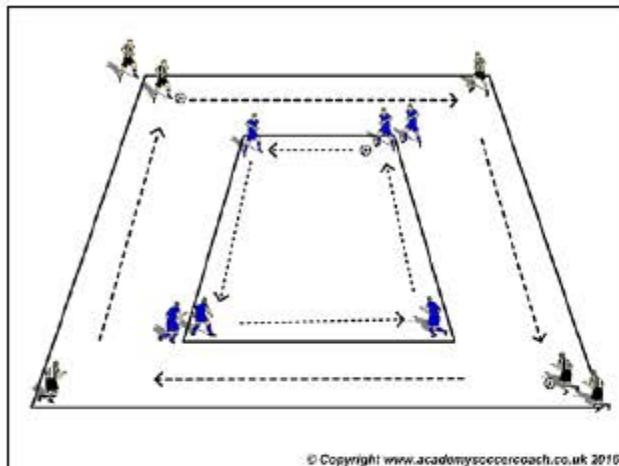
WHO: NUF Advanced Squads U9 & U11

WHEN: 16/09/2016

WHERE: Walker Activity Dome

THEME: Passing & Receiving

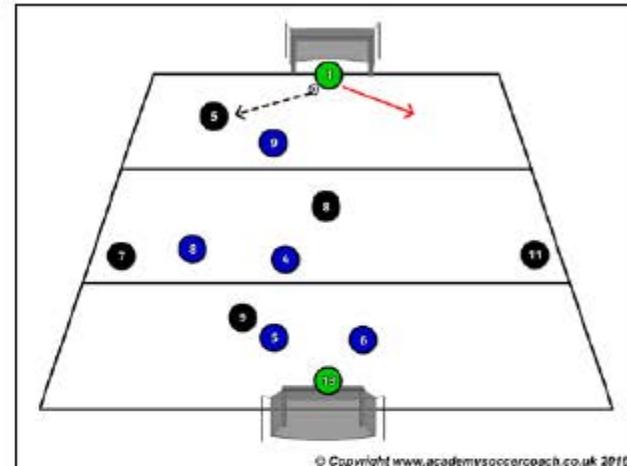
Practice 1: Passing Tech Squares



Practice 2: 4:4 Targets



Practice 3: 6:6 SSG



Organisation 1:

- WARM-UP; B/M GRID with D/T; Inside-cut, Outside-cut, U-turn & Step-on
- Set-up as illustrated
- Players are playing opposite ways around the square
- Bigger square operates with 2 footballs
- PROGRESSIONS/PICTURES:
- 2 footballs for Blue players
- Variation of sequences

Organisation 2:

- Set-up as illustrated
- B/W protect blue Target men whilst attacking and scoring into B/W Targets
- Blue likewise
- PROGRESSIONS/PICTURES:
- Players can interchange when and after playing the ball in

Organisation 3:

- Set-up as illustrated
- Players move ball through 1/3rds to score
- Players are locked in their 1/3rds to start
- PROGRESSIONS/PICTURES:
- When & where to join attacks
- Fluid interchange of players moving from/in different positions

Coaching Points:

1	Create space – wide/long – team dispersal	4	Supporting players angles/distances
2	Quality of pass – selection, weighted, accurate	5	Cleverness – create 1-touch passes
3	Movement to receive – come of line of ball	6	Productivity – Pass, making runs & scoring!

Football Dialog Box:

PASSING & RECEIVING	SWITCH – ON
SPEED/TEMPO	TALK

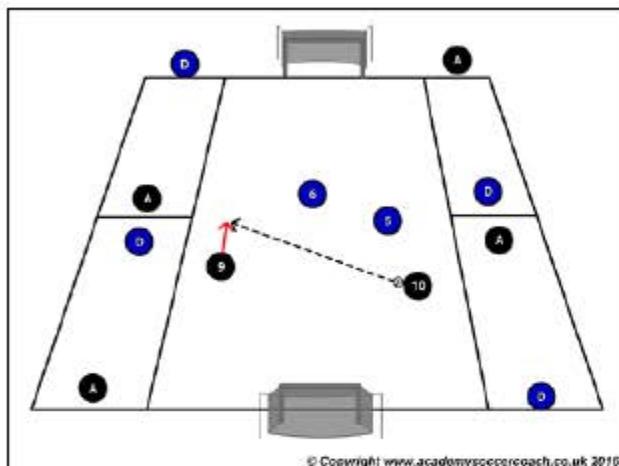
WHO: NUF Advanced Squads U9 & U11

WHEN: 23/09/2016

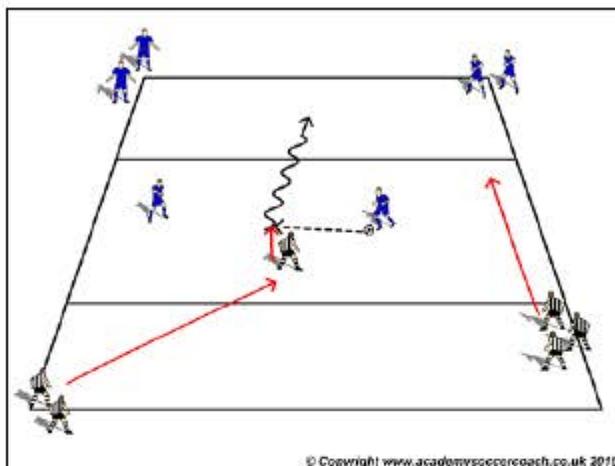
WHERE: Walker Activity Dome

THEME: Defending & Retaining Possession

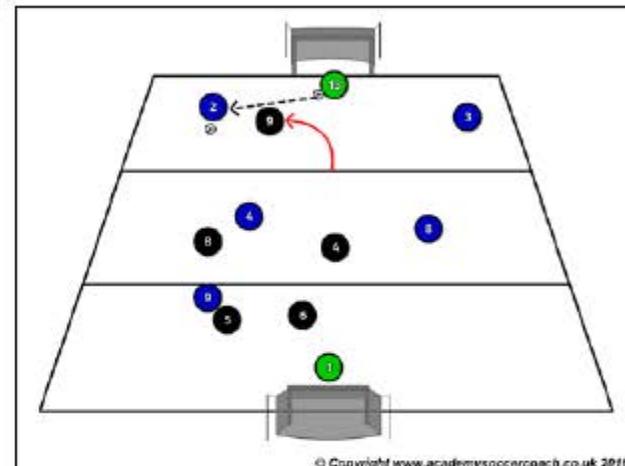
Practice 1: 1:1 & 2:2



Practice 2: 2:1 → 2:2



Practice 3: Pressing Highest WINS!! 6:6 SSG



Organisation 1:

- WARM-UP: B/M GRID with D/T; Drag-back, Pull-push, Stop-kick & High-wave
- Set-up as illustrated
- B/W attack Blue defenders 1:1 and 2:2
- PROGRESSIONS/PICTURES:
- Roles for ALL
- (*7 Aspects of counter-attacking – SET, BREAK, SPLIT, PLAY, MOVE, CLOSE, FINISH up)

Organisation 2:

- Set-up as illustrated
- Blue players start with an attack and look to beat defender and score in the End Zone
- If B/W player intercepts they can counter-attack with an additional supporting player and looking to score with Blues being recovering defenders
- PROGRESSIONS/PICTURES:
- B/W start and attack with the ball

Organisation 3:

- Set-up as illustrated
- Both teams are awarded points if they can press high win ball and score
- Points / defensive 1/3rd = 1 point, middle 1/3rd = 3 points and final 1/3rd = 5 points
- The team with the most goals and points wins!!
- PROGRESSIONS/PICTURES:
- Counter attack from central area = 5 points
- Defending deep to counter = 5 points

Coaching Points:

1	Delay – close space between the A → D	4	Defend – Win ball back & start an attack
2	Deny – spaces/gaps in behind which A can exploit	5	Create space to exploit – quick transitions A → D – D → A
3	Deflect/Dictate – Show attacker down line	6	Productivity – Press high to win & score!

Football Dialog Box:

DEFEND/ATTACK	SWITCH – ON
QUICK	TALK

COACHING SESSION PLANNER

Coach:

ROSS
FLINTOFT

Theme:

Moving & Rotating

Age:

12-17

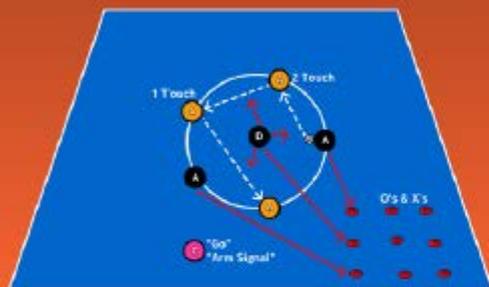
Date:

01/10/2016

Venue:

Blue Flames

Practice 1: Rondo & O's, X's



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Practice 2: Movement & Rotations



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Practice 3: 5:5 Rotating SSG



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Organisation ①:

- Set-up as illustrated
- Players play various Rondo situations
- When the Coach shouts "GO" or uses an arm signal players run and play O's and X's
- Players stand next to cones either straight or diagonal
- Matching the same 3 colours together wins!!

Organisation ②:

- Set-up as illustrated
- Players are in two's or three's
- Passing and then moving to a free cone
- Passing and moving again until they reach the top, re-start to reach the bottom
- PROGRESSIONS/CONDITIONS:
- Players work ball up to 1 goal and score, next wave continues moving downwards

Organisation ③:

- Set-up as illustrated
- 5:5 SSG
- The pivot player (No.5) drops in to create space for No.2 player and No.4 player
- No.3 player covers with GK

Coaching Points:

- 1 Release – quality passing (selection, weight & accuracy)
- 2 Receive – Movement to open body to play forward
- 3 Run-With – dribbling, RWTB, passing to exploit space

- 4 Retain – ball until there are available passing lines and space
- 5 Clever rotations into space and/or take defenders away
- 6 Creative cleverness – productivity – Score!

Football Dialog Box:

MOVING/ROTATING

AWARENESS

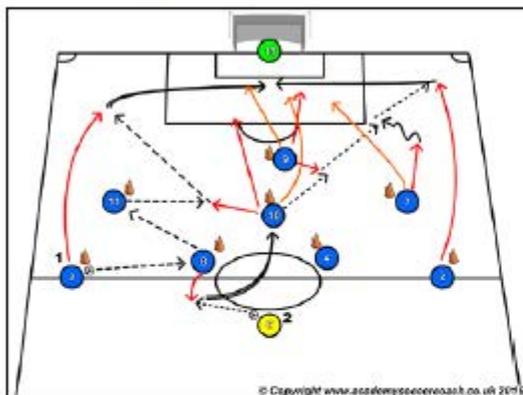
SPEED

TALK

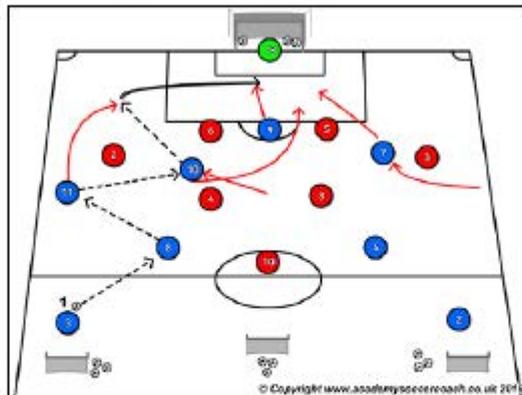
COACHING SESSION PLANNER

Coach: **ROSS FLINTOFT** Theme: **Combinations to score** Age: **Adult** Date: **20/09/2016** Venue: **NUFC Academy**

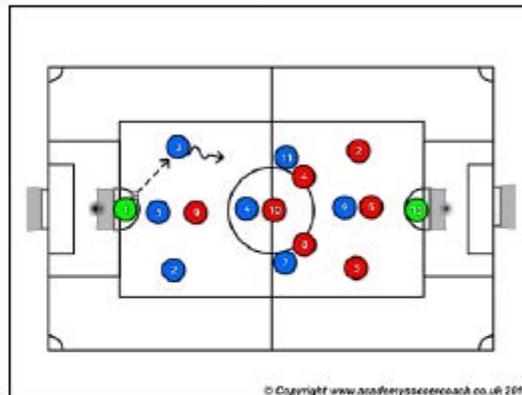
Practice 1: Combinations to score



Practice 2: PoP combinations to score



Practice 3: 8:8 SSG



Organisation 1:

- Set-up as illustrated
- Blues build with forward play
- Look to combine and score
- Combination 1
- Combination 2

Organisation 2:

- Set-up as illustrated
- Blue = 2:5:1
- Red = 1GK:4:3
- Blues look to attack big goal with forward playing combinations from technical practice
- If reds win ball they look to play into any 3 goals

Organisation 3:

- Set-up as illustrated
- 8:8 SSG
- **CONDITION:**
- Before scoring both teams must combine to score
- Use of more than 2 players counts as a goal

Coaching Points:

- ① **RELEASE** – Pass with quality (selection, weight, accuracy)
- ④ **RETAIN** – Keep possession of ball until available space or passing lines

- ② **RECEIVE** – Movements to open body to play forward
- ⑤ **Clever runs** to take defender away and create space

- ③ **RUN-WITH** – Progressing with dribbling/RWTB/passing
- ⑥ **Creative cleverness & productivity** – Score!

COACHING SESSION PLANNER

Coach:

ROSS
FLINTOFF

Theme:

Passing & possession #1

Age:

NU WFC
Reserves

Date:

13/10/2016

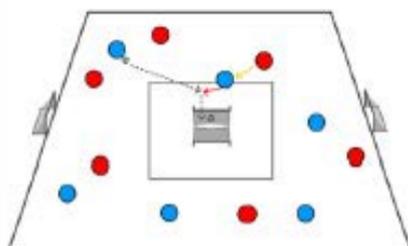
Venue:

NUFC Academy

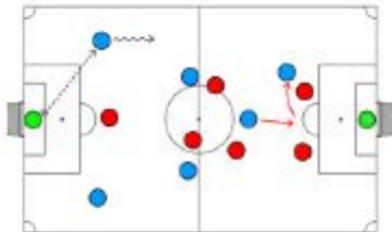
Practice 1: Passing sequence #3



Practice 2: Boxes & goals



Practice 3: 1-0 game



Organisation 1:

- Set-up as illustrated
- Players pass and move to another cone
- Players move in a triangular motion
- PROGRESSIONS/CONDITIONS:
- Change direction
- Using all 8 players with the added in arrows down the sides

Organisation 2:

- Set-up as illustrated
- Blue players look to score when a blue player arrives in the box after a pass, then scores in any of the 2 the goals inside the box which are facing back-to-back
- Reds, if they win the ball look to score into any 2 of side goals
- PROGRESSIONS/CONDITIONS:
- Swap format
- 1-touch finish for attacking team inside the box
- Add in 1 defender for 1:1 inside box
- Add in 2 GKs who defend goals and attackers score from anywhere

Organisation 3:

- Set-up as illustrated
- 0-0 to start
- Once 1 team scores they must keep possession until other team makes it 1-1
- One team cannot be more than 2 goals ahead!

Coaching Points:

1 RELEASE – Pass with quality (selection, weight, accuracy)

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

2 RECEIVE – Movements to open body to play forward

5 Clever runs to take defender away and create space

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

6 Creative cleverness & productivity – Score!

COACHING SESSION PLANNER

Coach: ROSS FLINTOFF Theme: Defending when using diamond formation Age: U14-17 Date: 15/10/2016 Venue: Blue Flames

Practice 1: Basic defending diamond



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Practice 2: ↑ numbers diamond defending



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Practice 3: Defending with a ↑ press



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Organisation 1:

- Set-up as illustrated
- Reds have 5 attacks to try and score
- If Blues win the ball they try and score into other goal
- GK serves the ball to Reds but allows Blues to set up
- PROGRESSIONS/CONDITIONS:
- Roles for all

Organisation 2:

- Set-up as illustrated
- Reds have 5 attacks to try and score
- If Blues win the ball back they attack the Greys
- Blues set up to defend the goal on the left to stop the attack from the Greys
- PROGRESSIONS/CONDITIONS:
- Swap the defending team

Organisation 3:

- Set-up as illustrated
- Reds have 5 attacks to try and score
- If Blues win the ball they try and score
- GK serves the ball to Reds but allows Blues to set up
- Red5 is locked into the Blue half
- PROGRESSIONS/CONDITIONS:
- Blues get a chance to have 5 attacks
- GK can't play the ball into Red5
- Limit the number of Reds that can support Red5

Coaching Points:

- | | | | |
|---|-------------------------------|---|---|
| 1 | Get pressure on the ball | 4 | Stay compact |
| 2 | Stop balls into central areas | 5 | Zonal defending not marking individuals |
| 3 | Cut off passing lines | 6 | Understand individual roles and responsibilities
Back man to mark in front |

The Technical Effect:

PRESS	CONCENTRATE
PACE/TEMPO	WORKING TOGETHER

COACHING SESSION PLANNER

Coach:	ROSS FLINTOFT	Theme:	Pressing High	Age:	NU WFC 1 st Team	Date:	11/10/2016	Venue:	Long Benton Sports Centre
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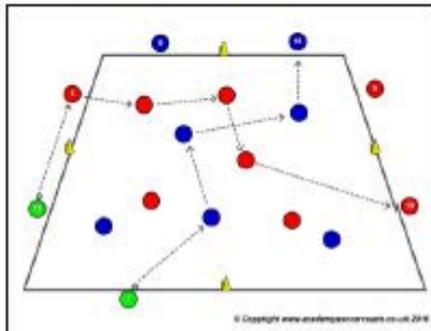
Practice 1: 4:3:3 Passing sequence #1



Organisation 1:

- Set-up as illustrated
- 17 players
- 4:3:3 passing sequence #1 – (right direction first with 1 ball)
- Players pass and move to next cone
- PROGRESSIONS/CONDITIONS:
- Use of 2 balls and interchange at the top (ST9)

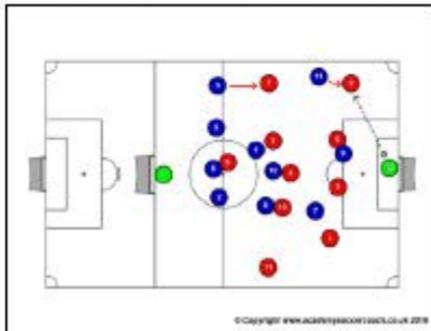
Practice 2: Pressing high squad game



Organisation 2:

- Set-up as illustrated
- 17 players – squad practice
- 2 balls are used, to get use of direction of play
- GK1&13 green start play with GK1 playing inside to blue players. GK13 plays across to CB3 then plays in
- PROGRESSIONS/CONDITIONS:
- Swap T players – roles for all

Practice 3: 11:11 High press game



Organisation 3:

- Set-up as illustrated
- 11:11 2/3rd of pitch
- GK13 Red starts with ball
- Nearest player to ball presses the ball and forces play inside when defending high
- Compacting by other players is vital so opposition does not play out easily

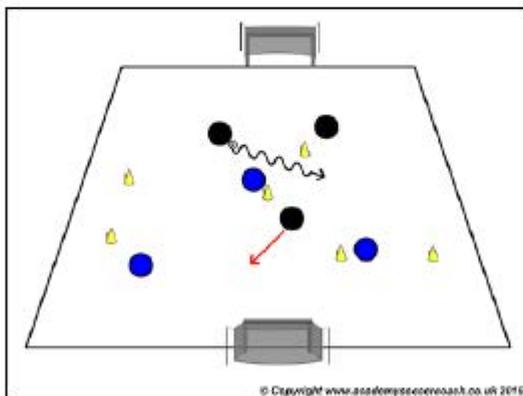
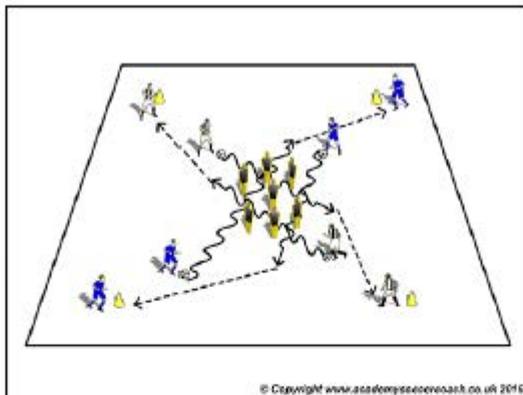
Coaching Points:

- | | | | |
|---|---|---|---|
| 1 | Press – As ball travels first defender nearest travels | 4 | Balance – to cover spaces/gaps/lines (when not involved in in the first 2 defending duties) |
| 2 | Support – 2 nd player supports first players press | 5 | Defend – effectively to initiate the transition process |
| 3 | Cover – 3 rd player covers 1 st & 2 nd players actions and advancing runners | 6 | Productivity – Transitioning from D→A / A→D |

The Technical Effect:

PASSING & RECEIVING	CONCENTRATION
DEFENDING	ALERTNESS
SPEED/TEMPO	TALK

THEME: How to evade opponents when dribbling



Coaching Points;

Dribbling technique – close control, change speed & direction,

Recognise space/defender/situations

Positive attitude

Execute dribbling technique

Progressions/Pictures;

- 1 Develop 1v1s
- 2 Use of both feet to manipulate the ball
- 3 Seeing the space behind defender
- 4 Deciding when/where to dribble

Questions/Challenges;

Is there someone else in a better position than you?

Try to be positive when dribbling in 1v1

Try to be aware where the defender is

TECHNICAL;

PHYSICAL;

PSYCHOLOGICAL;

SOCIAL;

Passing

Speed

Awareness

Success

Control

Agility

Confidence

Failure

Dribbling

Power

Concentration

Communication

Coaching Session Planner

Coach: ROSS FLINTOFT

Title of Session: Forward play (possession)

Learning Objective: Playing in between & breaking lines

Phase: Attacking

Duration: 90 mins

Level: → - ↑

Age group: U16+

Venue: N/A



Activator: Breaking & playing between lines – Technical

Organisation:

Set up as illustrated.

First player passes across. Receiving player passes to middle player. Meanwhile the first player makes a move inside area to connect, move and break mannequin line. (Pass and move is crucial for this practice to work – coach to reinforce.)

Connecting player receives and then plays to re-starting player in red. Practice is continuous.

20 mins.

Practice 1: Breaking & playing between - Skill

Organisation:

Set up as illustrated.

Same as technical.

Leaving 3 mannequins in, to try to create realism, plus 2 defenders who operate in 1 in 1 or in 2 zones.

(Pass and move is crucial for this practice to work – coach to reinforce.)

Practice is continuous.

20 mins.

Practice 2: Playing and breaking – SSG (8v8)

Organisation:

Set up as illustrated.

Blue players = 1/3/3/1

Red players = 1/2/3/2

Attacking blue players are looking to build and progress, join and connect, combining and finishing. If reds regain the ball back they try to score in opposite end.

Practice 3: Breaking & Betweening - PoP

Organisation:

Set up as illustrated.

Blue players = 1/3/2/3

Red players = 1/4/2/1

Blues are looking to play in between and trying to break lines in order to reach final third to ultimately score.

Session Objectives:

Attacking – forward passing

Recognising when/where to play

Communication throughout

Speed of movements/ball

Questions/Challenges for Players:

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

Interventions on Players:

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

Session Variations:

Buzz Words:

S-T-E-P-S

1. BREAKING
2. FORWARDS
3. BETWEEN
4. LINES

Coaching Points:

1. Quality of pass – selection, weight, accuracy
2. Receiving – side-on – looking at ball/defender
3. Movement into space to break lines and play in between for pass
4. Support angles/distances to player on ball and away from defender
5. Awareness of joining, connecting and combining
6. Finishing quality



COACHING SESSION PLANNER

Focus:

Breaking Lines

Date:

N/A

Age:

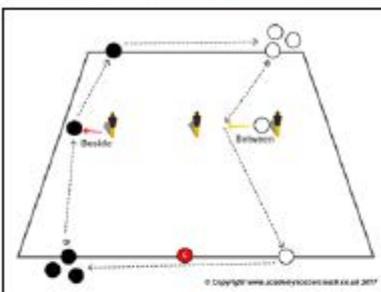
U18+

Time:

80 mins

Format:

X2 T → SP → PoP

**Activator: BESIDE & BETWEEN****Organisation:**

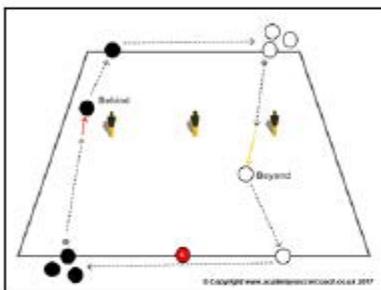
Set-up as shown.

Players are performing the BESIDE and BETWEEN aspects.

Players pass and follow.

Practice is continuous.

20 mins.

**Practice 1: BEHIND & BEYOND****Organisation:**

Set-up as shown.

Players are performing the BEHIND and BEYOND aspects.

Players pass and follow.

Practice is continuous.

20 mins.

**Practice 2: Penetration to break lines****Organisation:**

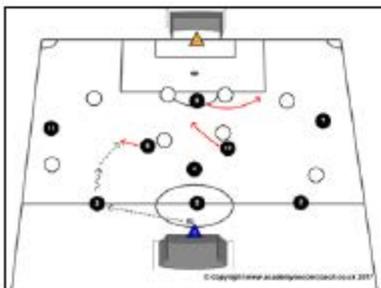
Set up as shown.

Both sets of teams play 1-3-4-1.

Players are looking to break lines and exploit space centrally to score, (4v4+2N) = 6v4 in central possession area. N players can be used if stuck, N players cannot score.

Players combine to score 3v3 and finish at goal.

20 mins.

**Practice 3: Breaking flat lines****Organisation:**

Players are playing a phase of play.

White team 1-4-4 = 1-4-4-2.

Black team 1-3-5-1 = 1-4-1-4-1.

Blacks looking to break lines to score, from previous practices. Whites try to score by counter attacking.

20 mins.

Session Objectives:

Passing & Receiving

Decision making - when/where

Communication

Speed & tempo

Questions/challenges for players:

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

Interventions on players:

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

Session variations:**Buzz words: "play"****S-T-E-P-S**

1. BESIDE
2. BETWEEN
3. BEHIND
4. BEYOND

Coaching Points:

- Create space - wide & long
- Quality of pass - selection, weight, accuracy
- Movements away from defender/ball to receive
- Receiving ball - ¼ turn to play forward
- Quick, clever play to break lines
- Supporting runs on/around/away of ball
- Quality of finishes to score after combining

ROSS PLAYOFF - COACHING SESSION PLANNING

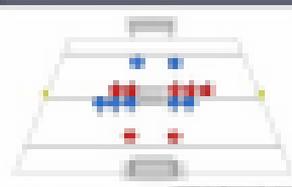
DATE: _____ TIME: _____

MEETING #1

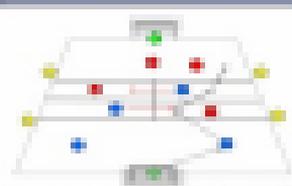
2014

TEAM: _____

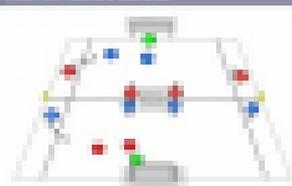
Session 1: Learning to get



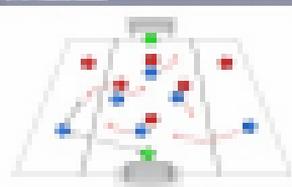
Session 2: Review Questions



Session 3: Review Questions



Session 4: Review Questions



Objectives

1. Understand the rules of the game.
2. Understand the importance of the game.
3. Understand the importance of the game.
4. Understand the importance of the game.

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- | Objectives | Objectives |
|---|---|
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