

COACHING SESSION PLANNER

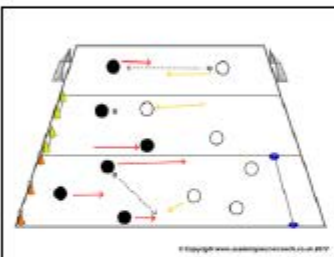
**Activator: 1v1 Keep up challenge****Organisation:**

Set up as shown.

Players acquire a partner.

Easy to start with first then get gradually harder. Challenge is to beat your partner. Your partner performs 1 keep up then you have to match their score. If the ball drops to the floor you're on the same number until you can complete 1 keep up and move onto the next which would be 2 and so on.

10 mins

**Practice 1: 1v1, 2v2 & 3v3****Organisation:**

Set up as shown.

Players multiple choice.

Players can choose where they think they will perform best.

After a time limit they then can choose a different format to play.

20 mins

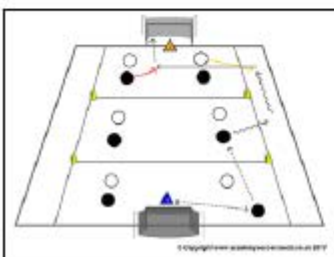
**Practice 2: 2v2 break out with wingers****Organisation:**

Set up as shown.

Players play 2v2, until they can pass the ball out from one half into another. Once this happens as soon as the ball is travelling one winger from either side can join in with the attack to make it 3v2 overload. Defenders cannot defend in wide zones.

If White team regain the ball play is played in the opposite direction.

25 mins.

**Practice 3: 1v1 or 2v1****Organisation:**

Set up as shown. Pitch is split up into 5 zones = defensive, middle and final thirds and 2 wide zones.

GK starts the practice, plays into Black player who plays into middle Black player who now can go into a wide zone to dribble and cross the ball into final third for the front 2 to score.

If White players win ball play goes in opposite direction to goal.

Play is continuous

35 mins.

Session Objectives:

Dribbling & RWTB

Decisions to when/where/how to dribble/RWTB

Communication before receiving the ball

Speed & intensity of dribbling

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. DRIBBLE
2. RWTB
3. ATTACK
4. SPACE

Coaching Points:

- Dribbling technique – close control
- Head up – using your eyes to scan for the best solution
- Creating space for team-mate and self
- Supporting angles/distances to player on ball
- Clever movements to take defender away or to receive ball in better positions
- Quality of finish – Assess GK's position in goal