

Training Session Plan

27 October 2022

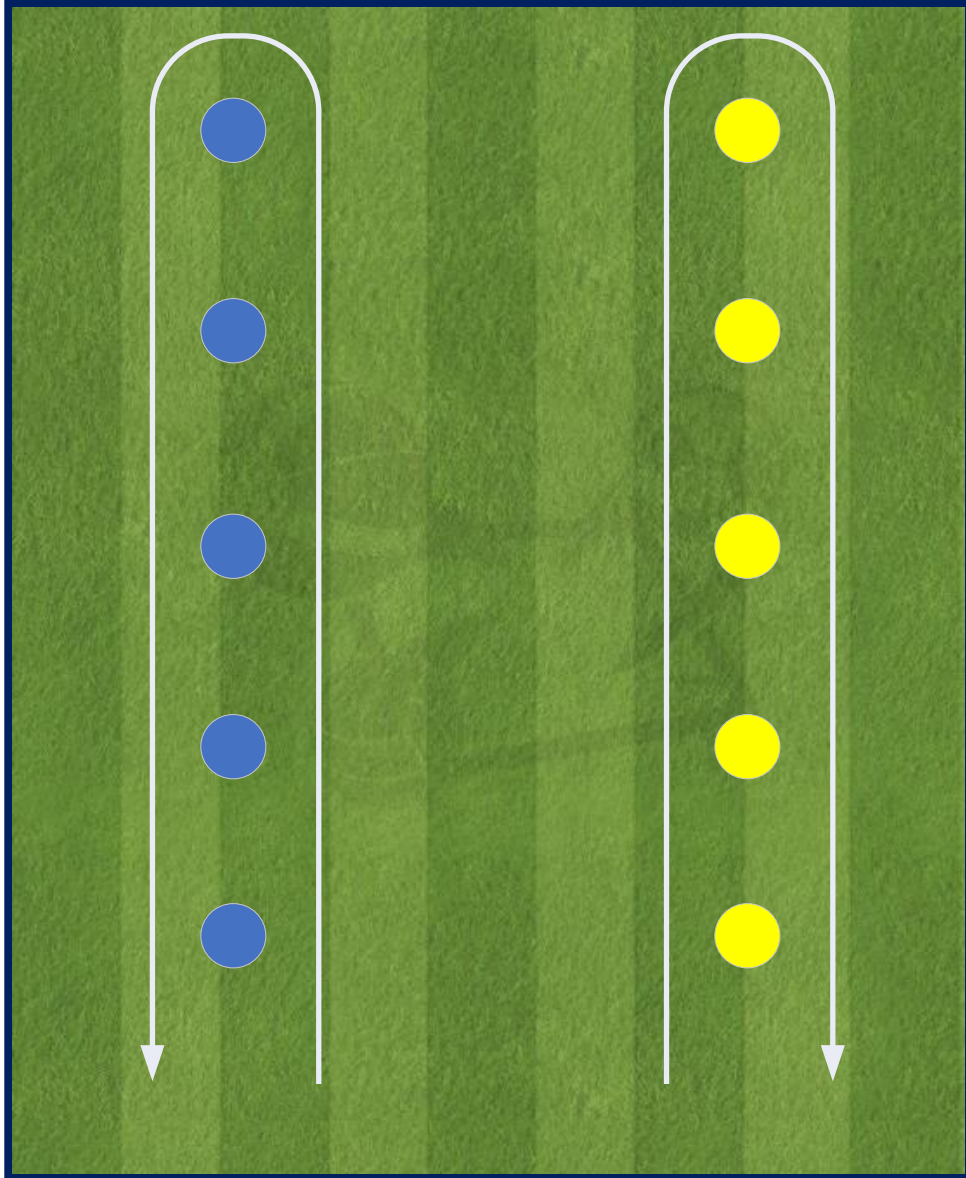


Lead Coach - Ben Starr

Assistant Coach – Paul Whitley

Warm Up – 5 Minutes

Set-Up



Individual Objectives:

- Jog up – Jog back
- Knee highs up – Jog back
- Heal highs up – Jog back
- Open gate up – Jog back
- Close gate up – Jog back
- Touch cones up – Jog back
- Zig zag up – Sprint back

Arrival Activity – Ball Mastery – 15 Minutes

Set-Up – Full Size 18 Yard Box

Individual Objectives:



- Dribble with the ball
- Avoid the other players
- Tight control
- On the whistle, perform a drag back and push
- Introduce 2 players to perform a one-two around the group
- To end, perform kick up and bounce

Coaching Session Plan – Ben Starr – Frome Town United U13 Falcons

Date:	27 October 2022	Time Available:	1 Hour
Location	Selwood Academy 3G Pitch, Frome	Start Time:	18:00

Pre-Session

Key Review Factors from the Previous Session/ Match:

In recent matches we have utilised wing backs due to the type of players we have and the way we want to play.
It has been observed that usually the right wing back is used far more than the left wing back. We want to address this and encourage the players to use both sides at the correct times.

Individual Player Considerations:

Technical/Tactical
Understand the functions of the position – in and out of possession.

Psychological
Understanding when to make the run and when the pass is to be made.

Physical
Hard running by wing backs to support midfield and to supply into forwards.

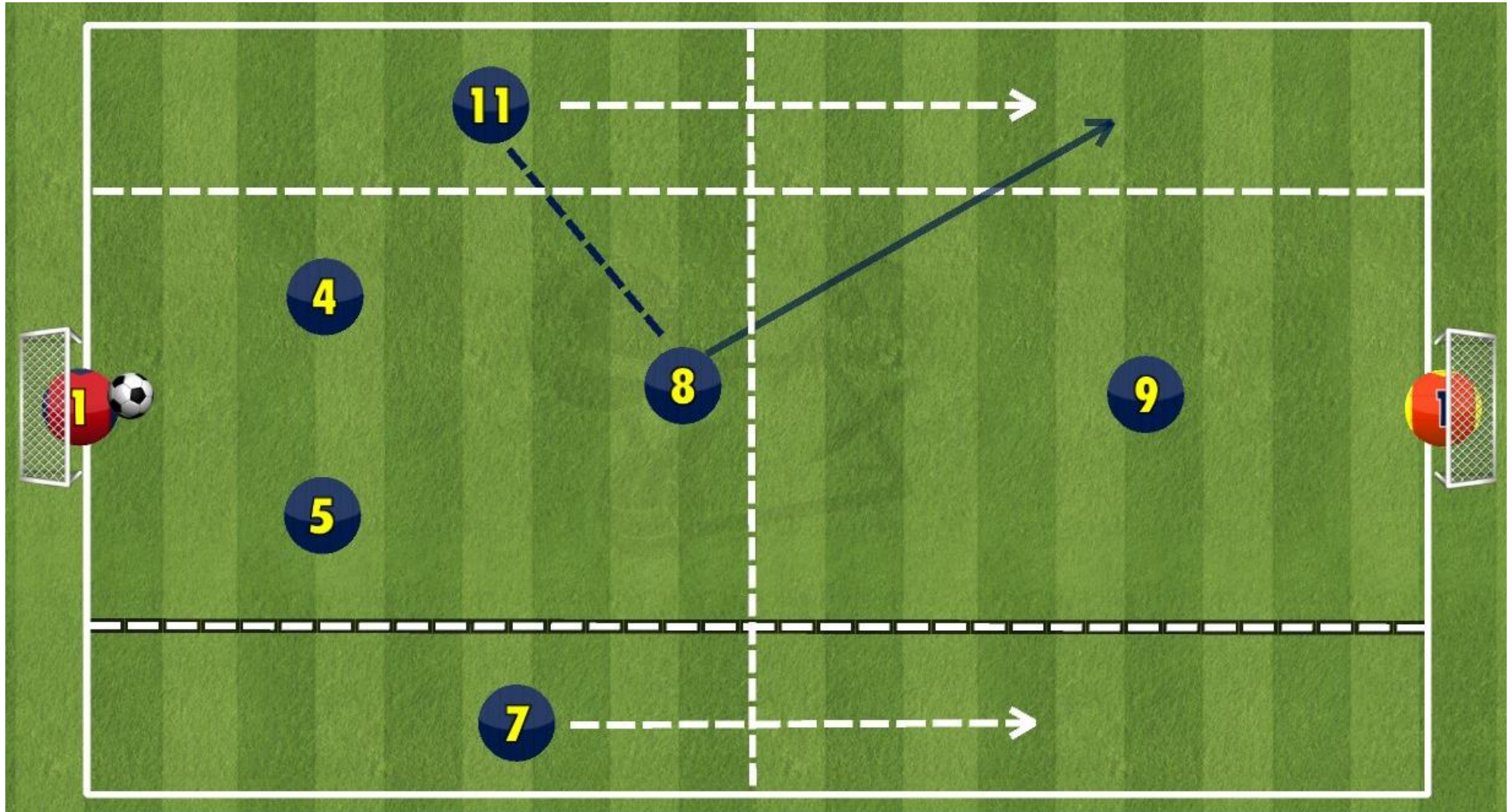
Social
Communications and organisation

Session Objective:

For all players to understand the role of the wing backs and to execute the correct functions in this session to take forward into our matches.

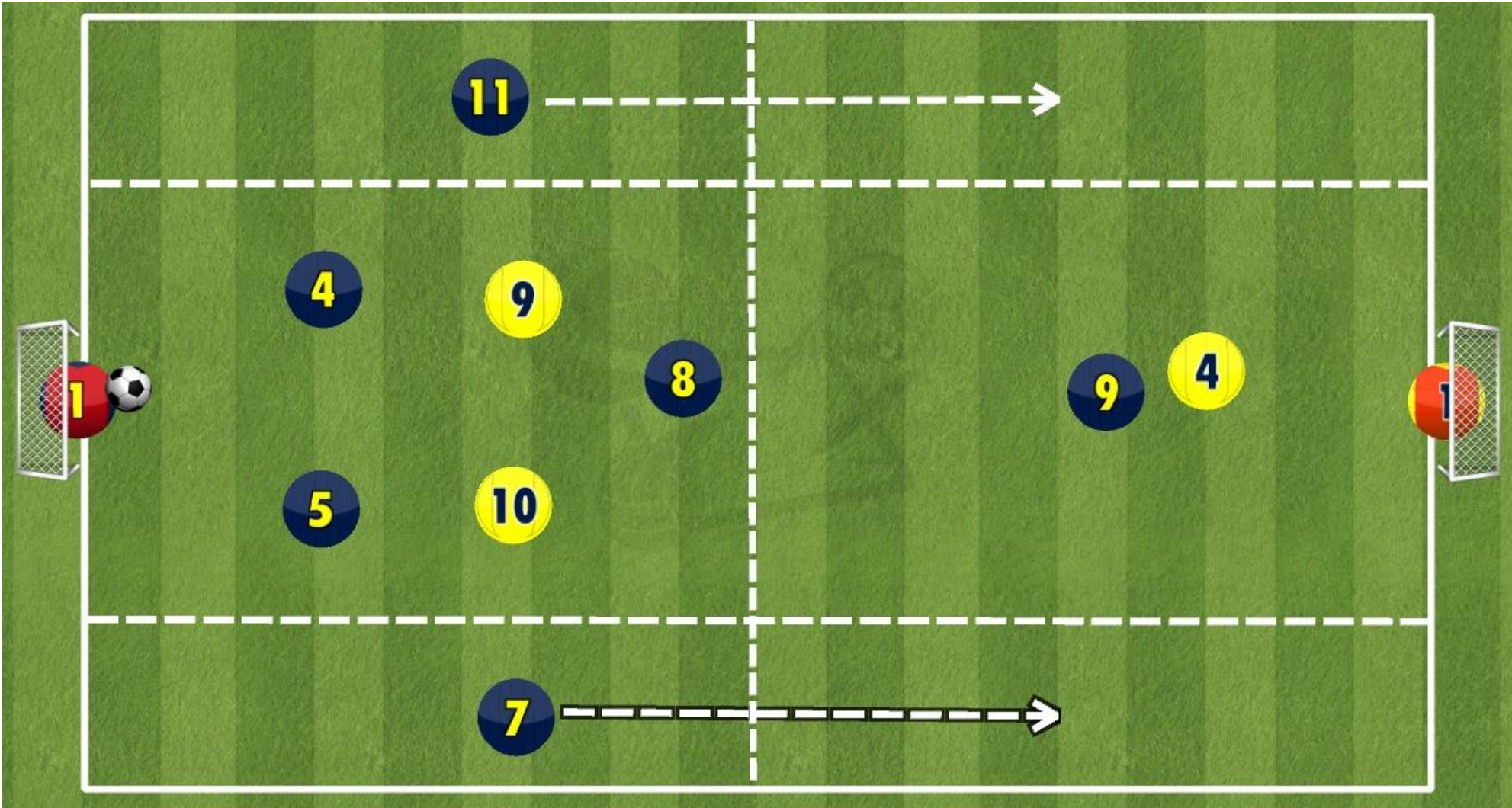
Drill Set-Up – 10 Minutes

Unopposed Wing Back



Drill Set-Up – 10 Minutes

Opposed Wing Back



Drill Objectives

Role of the Wing Backs (Primary Players)

Individual Objectives:

- When to make a forward run in support of the attack
- When to retreat when out of possession
- Where to retreat to when out of possession
- Understanding under and over laps

Team Objectives:

- Unopposed at first with 1 or 2 touch only
- Play from keeper to centre backs and out to wing backs or CDM and progress up the pitch to attempt on goal.
- Progress this by adding in two forwards and a defender
- If the two forwards win the ball they can attack the goal

Coaching Session Reflections

Reflections

The group understood the drill and executed it well.

The players in the wing back positions got tired so we rotated them regularly. Initially, the wing backs were slow to react when their team lost possession.

When we introduced some opposing players, the passing wasn't fast enough and it broke down but with some instruction, this improved.

The addition of opposing players introduced a 1v1 for the forward which worked well and made it realistic.