

# Training Session Plan

## 10 November 2022

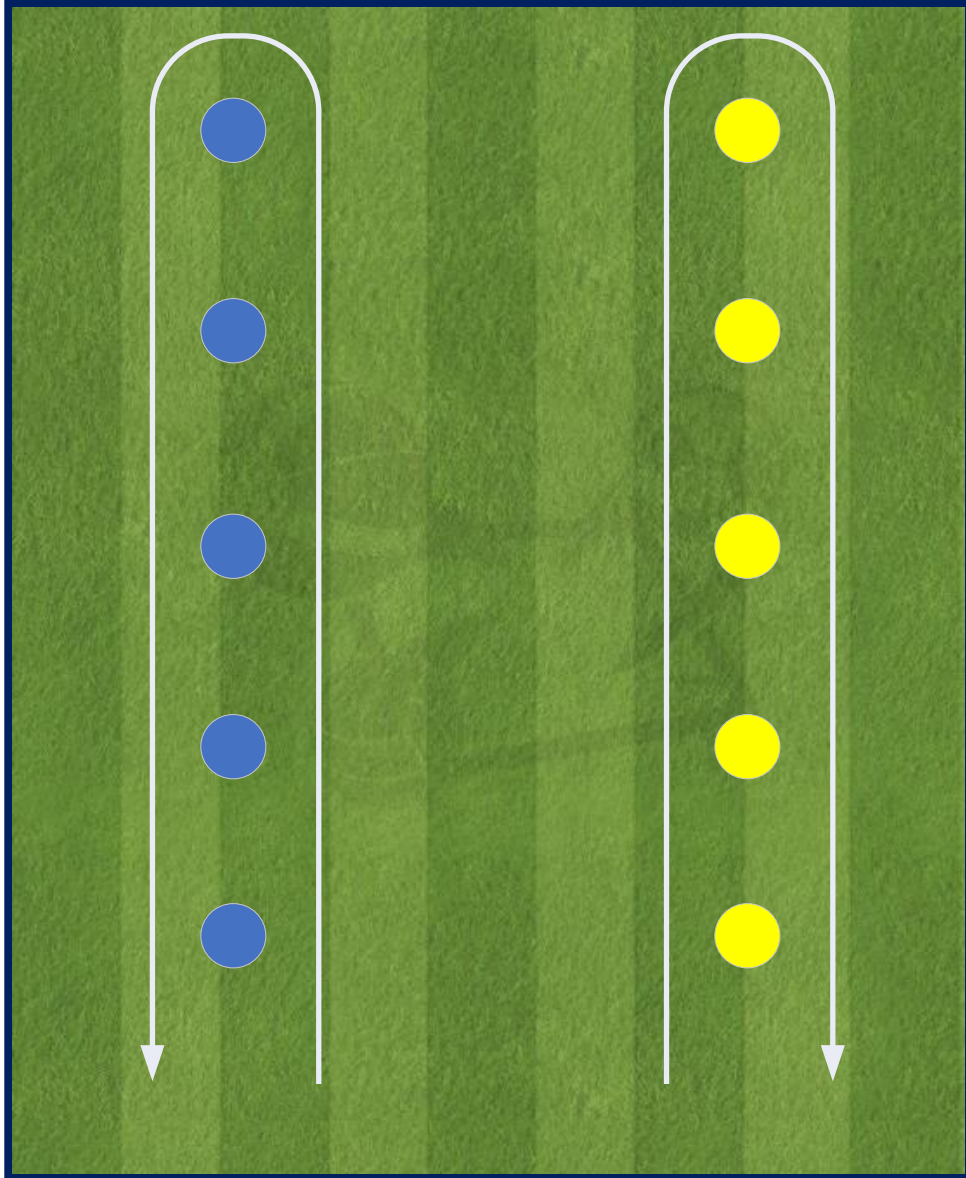


**Lead Coach - Ben Starr**

**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

<b>Date:</b>	10 November 2022	<b>Time Available:</b>	1 Hour
<b>Location</b>	Selwood Academy 3G Pitch, Frome	<b>Start Time:</b>	18:00

## Pre-Session

### Key Review Factors from the Previous Session/ Match:

During our previous match, our forwards were quite wasteful when it came to finishing off chances.  
In most cases they took too long to get a shot off which meant they got pressed and the attack broke down. They were also off target on a number of occasion.

### Individual Player Considerations:

#### Technical/Tactical

Good control first touch, movement away from manequin, passing into a wing backs run.

#### Psychological

To be brave with taking on a first time attempt at goal

#### Physical

Sprinting, pass weight, shot power and accuracy

#### Social

Communications with servers

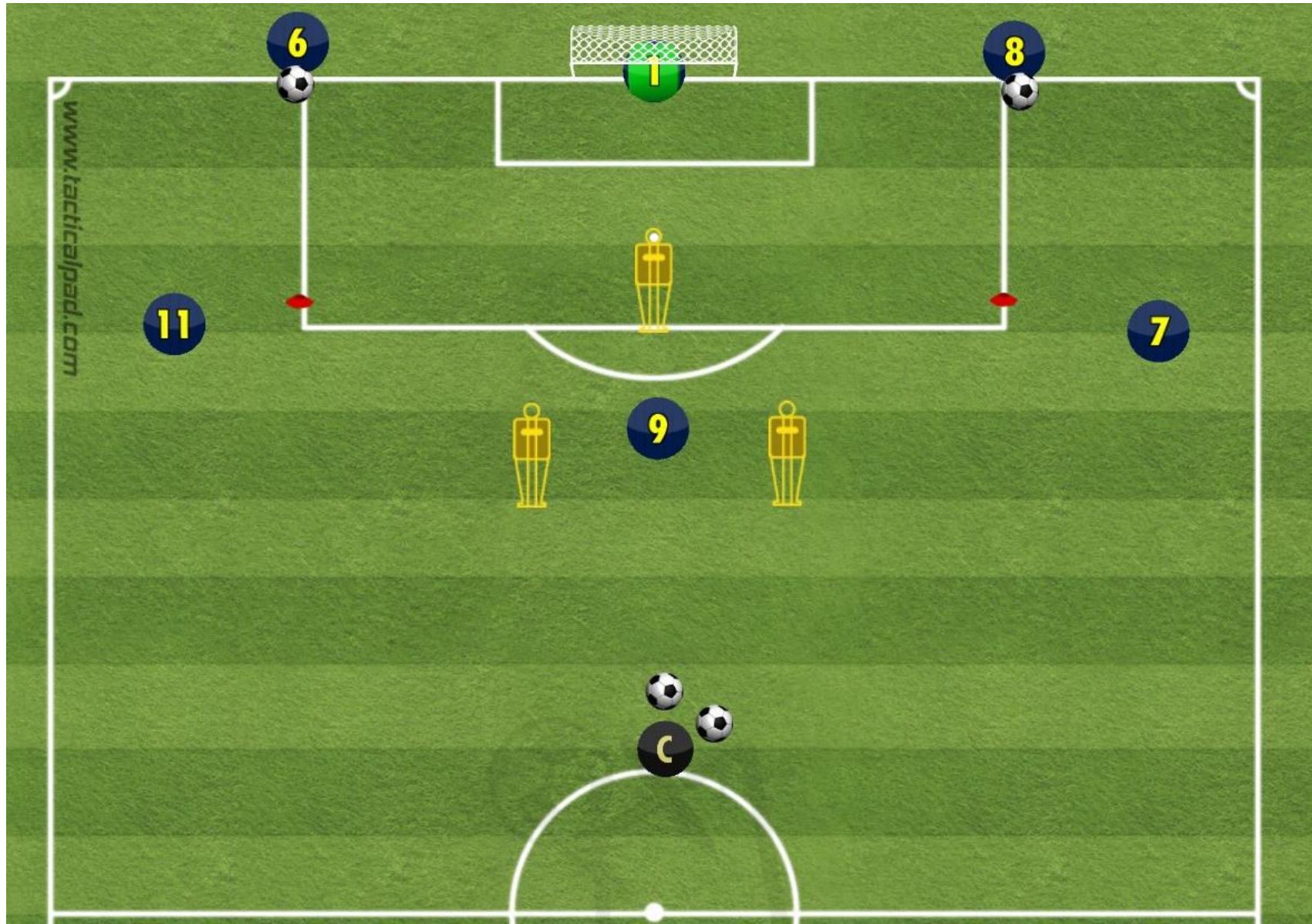
### Session Objective:

This session drill is designed for our forward players to practice their finishing in a realistic, relevant and repetitive exercise.

The drill has a number of pass angles into the forward players and its expected for them to finish first time or on the second touch if needed.

# Drill Set-Up – 20 Minutes

## Finishing Decisively



# Drill Objectives

## Finishing Divisively

### Individual Objectives:

- Good control of the ball
- Good weight of pass out to wing backs
- To strike the ball well
- To attempt a first time effort each time
- To hit the target and to score

### Team Objectives:

- Accurate serving into forward players
- Realistic pass weight into forward players
- Good communications
- Maintain a good drill pace throughout to replicate the game

# Coaching Session Reflections

## Reflections

**The drill worked really well and tested the forward players involved. Clearly it was a physical challenge for the players with the repetitiveness of the exercise.**

**The players didn't show enough urgency at the beginning but with some coaching and encouragement, this improved as it went on.**

**The forwards were missing the target a far bit at the beginning but I think they were trying to be too precise so we asked them to just look to hit the target. This increased their concentration which had an impact on the outcomes positively.**

**The session ended well with a lot more shots hitting the target. The drill was also good for our keeper as it gave him numerous opportunities to practice his techniques.**