

# Training Session Plan

## 23 February 2023

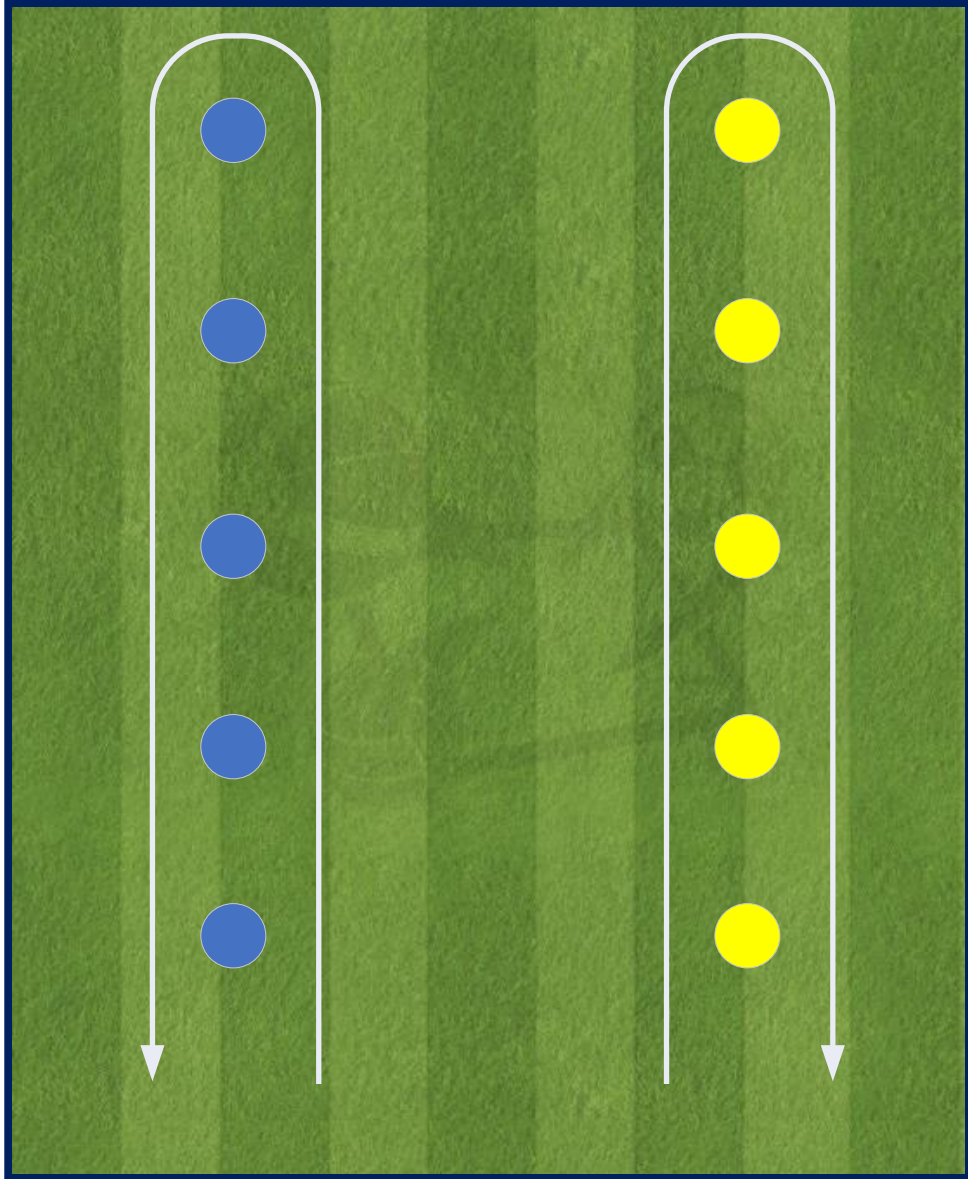


**Lead Coach - Ben Starr**

**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>    | 23 February 2023                | <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:

Following on from our recent sessions on playing out of possession, we are reversing it this week to focus on when we regain the ball and are in possession. Sometimes, especially with some of the newer players in the squad, we get some bunching when we are in possession.

### Individual Player Considerations:

#### Technical/Tactical

Move in to space when we are in possession and make the pitch big.

#### Psychological

Understand the 5 and 3 lane theory. Both personally and the requirements of your team mates. Focus and react.

#### Physical

This is a demanding exercise especially if there are a lot of turn overs.

#### Social

Lots of communications required to inform teammates of positions.

### Session Objective:

For the players to understand the 3 and 5 lane theory both when in and out of possession. Its designed to ensure players are focused on the whole game and not just their individual role. To be focused and react when we win possession and to move into space.

## WHAT – WHY - WHERE – WHEN – WHO - HOW

**WHAT** What is your session focus?

**Reacting and moving into space when we win possession back**

**WHY** Why are you focusing on this subject?

**We still get some bunching especially with some of the newer players**

**WHERE** Where on the pitch does this happen?

**All over the pitch when transition occurs from out to in possession**

**WHEN** At what times does this happen – In or out of possession?

**In possession**

**WHO** Who are the primary, secondary or tertiary players and or units?

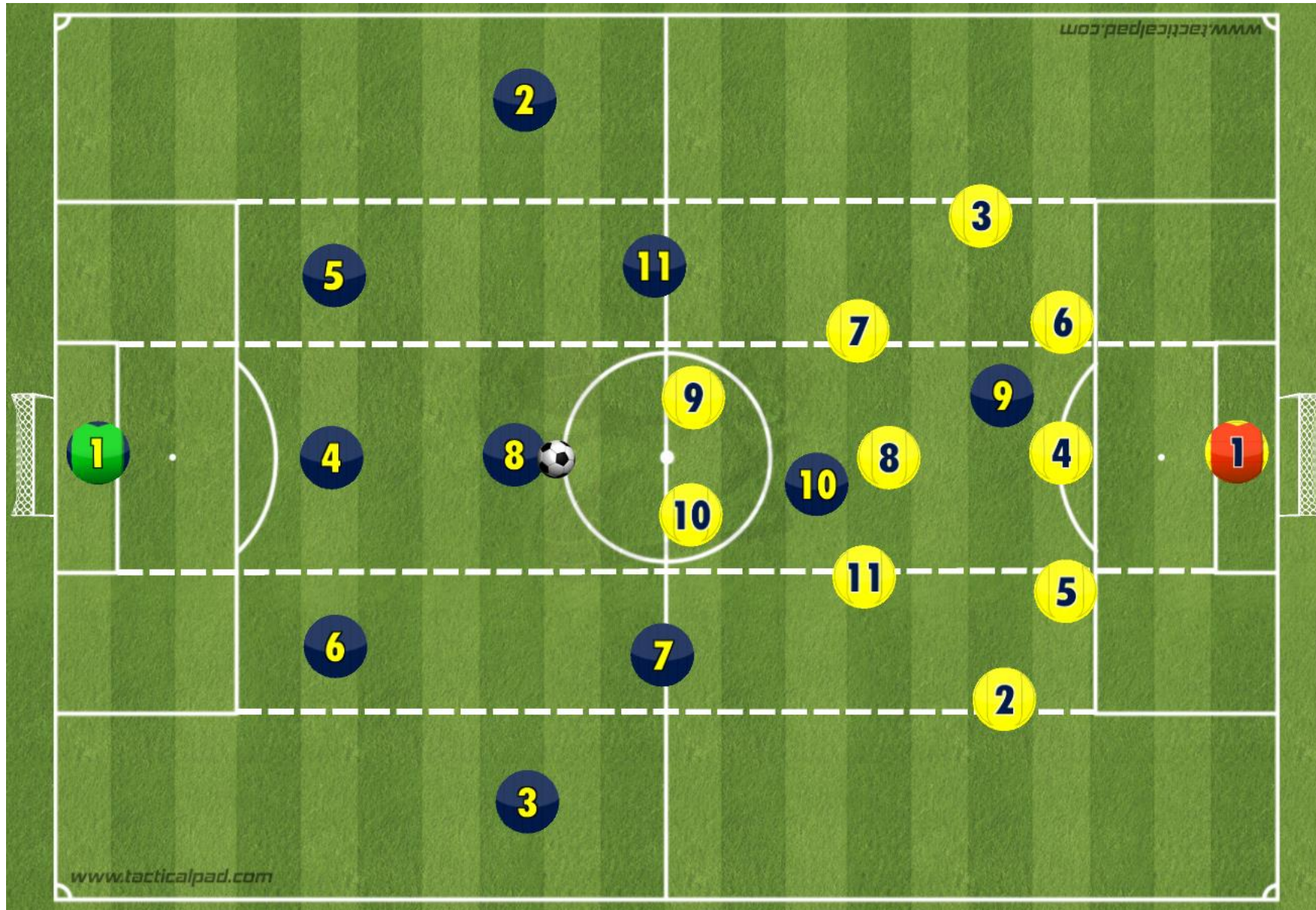
**Primary – The two wingbacks - Secondary - Midfielders**

**HOW** How are you going to teach the players this subject?

**Discussion, Tactics Board, On-Field Coaching**

# Practice Set-Up – 20 Minutes

## Defensive Shape, Compactness and Positioning



# Practice Objectives

## Reacting and Moving into Space when In Possession

### Individual Objectives:

- Each player needs to scan the pitch to understand where their teammates are
- Ensure you move into space when your team wins the ball – 5 lanes
- Communicate constantly
- Use the 5 lanes when your team are in possession
- When your team lose the ball, move into 3 lanes to be compact

### Team Objectives:

- Understand the 5 Lanes theory – Out of Possession = Players in 3 lanes
- Understand the 5 Lanes theory – In Possession = Players in 5 lanes
- When you win the ball back, move into 5 lanes and look to progress the play
- Give the player in possession passing options at all times

# Coaching Session Reflections

## Reflections

**This week we reversed the practice focus to when we win the ball back and gain possession.**

**Initially, the players were slow to react and move into the 5 lanes so we stopped the practice and asked them to improve their reactions and the intensity in which they were training. Similar to last week.**

**This improved the quality and effort. Some players were reluctant to go to the outer lanes so we did drive-bys to ask them to go out, which they did.**

**Some players were not scanning fully and as a result didn't always play the correct or easier pass meaning they lost possession.**

**We had a few occasions when the players didn't scan to see that the GK was available for a pass and in turn to switch the play to the opposite wing back. Again after a drive-by, this improved.**