

Training Session Plan

02 March 2023

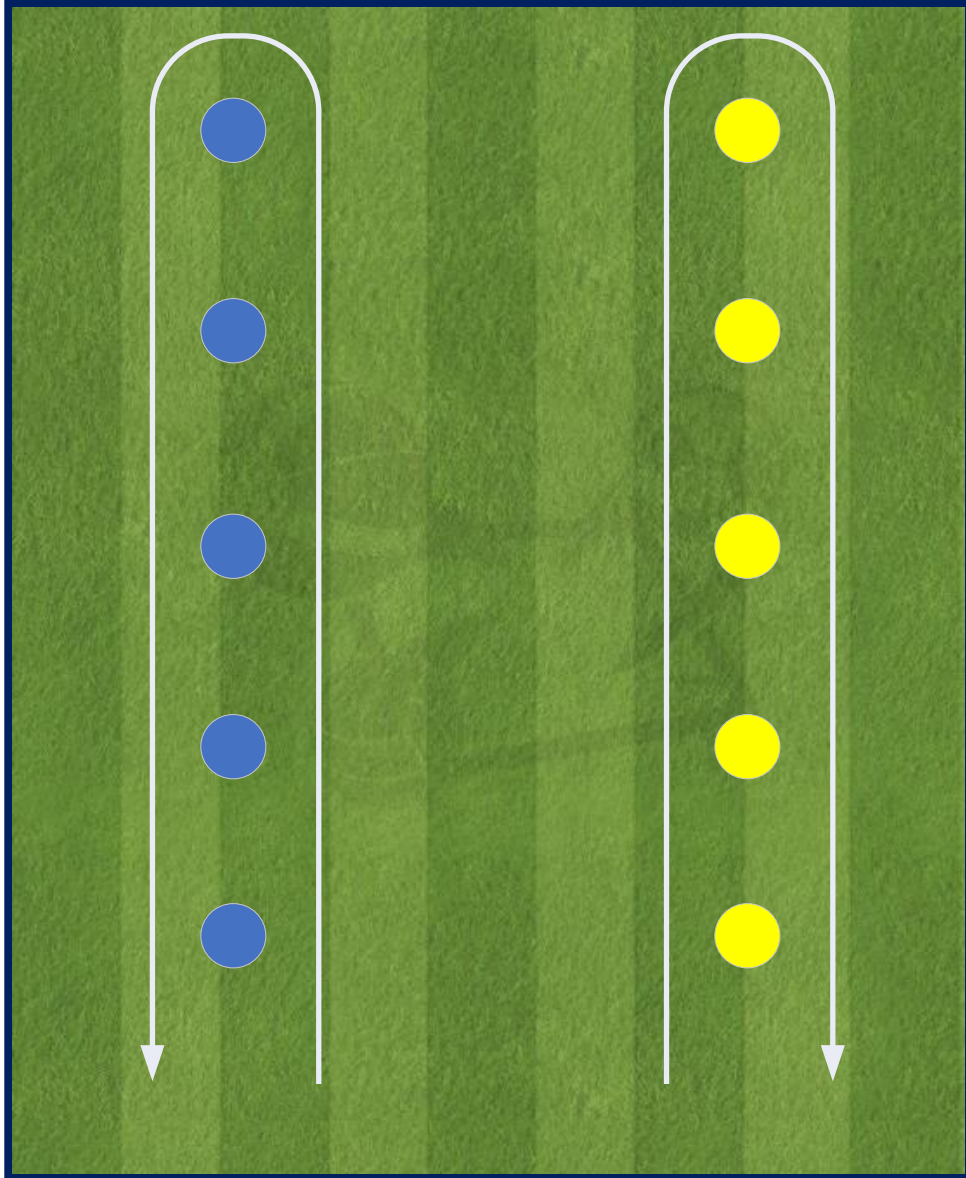


Lead Coach - Ben Starr

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 fake and shift skill
- 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:	02 March 2023	Time Available:	1 Hour
Location	Selwood Academy 3G Pitch, Frome	Start Time:	18:00

Pre-Session

Key Review Factors from the Previous Session/ Match:

Recently, we have been working on in and out of possession so this week we want to look at how we can switch the ball quickly to exploit space when the opposition are recovering back into shape. Utilising the lessons we have learnt in regards to the 5 lane theory.

Individual Player Considerations:

Technical/Tactical

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

Psychological

Understand the in possession 5 lane theory.
Focus and react.

Physical

This is a demanding exercise especially if there are a lot of turn overs.
Wing backs to sprint into wide areas

Social

Lots of communications required to inform teammates of positions.

Session Objective:

The objective is to look at switching the ball quickly to exploit space in wide areas. Primary player is the CDM but could also involve the 3 centre backs. As soon as the ball is won back, can we look to play in one direction then switch to the other and penetrate the space created or not covered by the defending team.

WHAT – WHY - WHERE – WHEN – WHO - HOW

WHAT What is your session focus?

Switching play quickly when in possession

WHY Why are you focusing on this subject?

Sometimes we are slow to see that the switch is on and to execute it

WHERE Where on the pitch does this happen?

Defensive third and middle third

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?

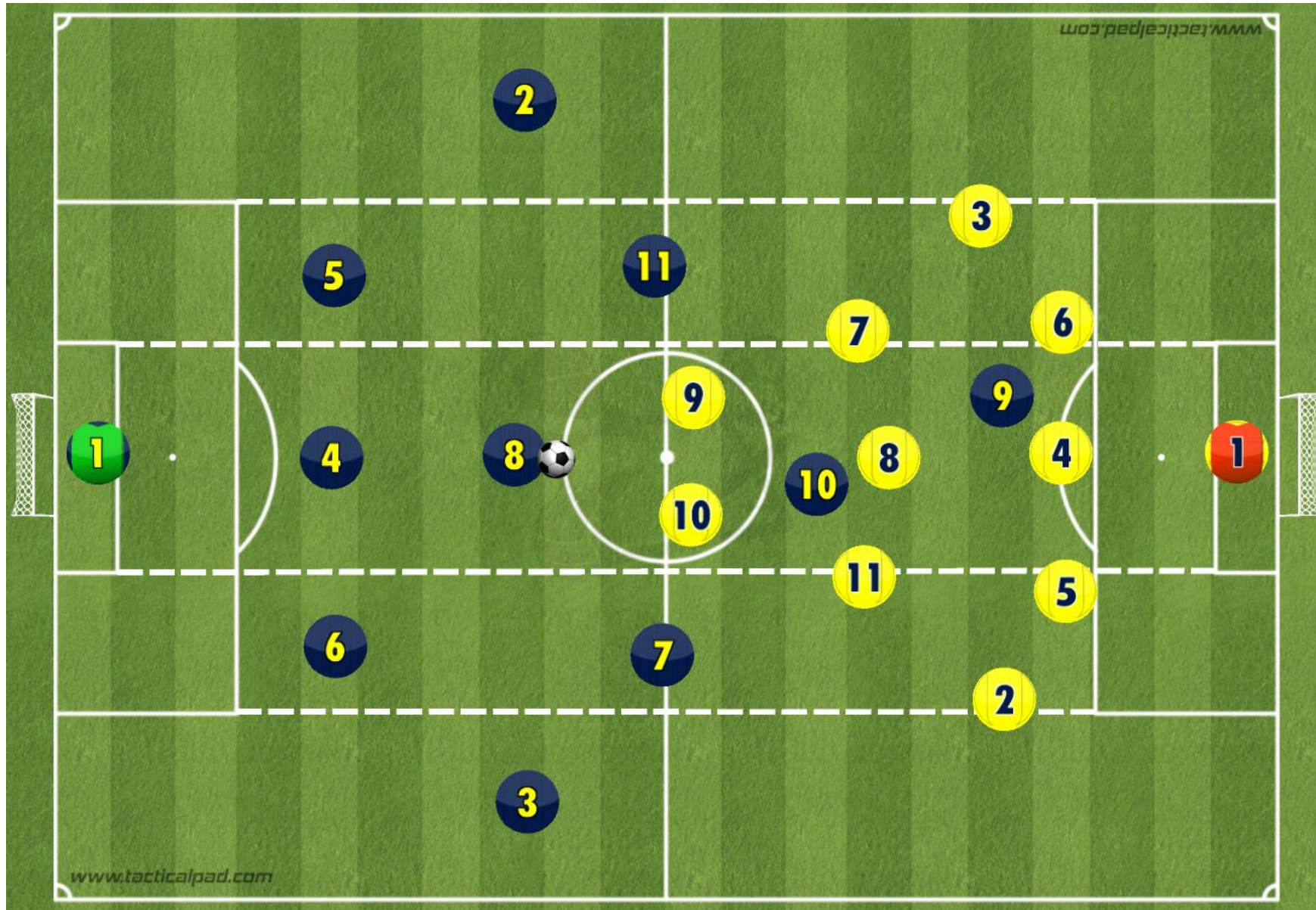
Primary – CDM

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

Switching Play to Exploit Space

Individual Objectives:

- Each player needs to scan the pitch to understand where their teammates are
- Ensure you move into space quickly when your team wins the ball – 5 lanes
- Communicate constantly
- Use the 5 lanes when your team are in possession
- Look to switch the ball as soon as you are in possession of the ball

Team Objectives:

- Understand the 5 Lanes theory – In Possession = Players in 5 lanes
- Play at pace and not allow the opposition time to get into formation
- When you win the ball back, move into 5 lanes quickly
- Give the player in possession passing options at all times

Coaching Session Reflections

Reflections

Again, intensity was an issue at the beginning so we had to remind the players of our standards. This improved after that.

The players seem to really understand the out of possession actions from 5 into 3 lanes and moving as units so we focused on one team only with regards to the switching the play objective.

Initially, the players were not executing this fast enough and the passes out to wide areas got cut out. The wing backs didn't always make the correct passing angles but we explained this and it improved.

Our CDM was rushing the play which resulted in inaccurate passes. We asked him to do it quickly but not to rush and to only look to play it if it was on.

By the end of the session, the players were playing it well and we managed to get a couple of instances where the switch to our wing backs worked well.