

# Training Session Plan

## 03 November 2022

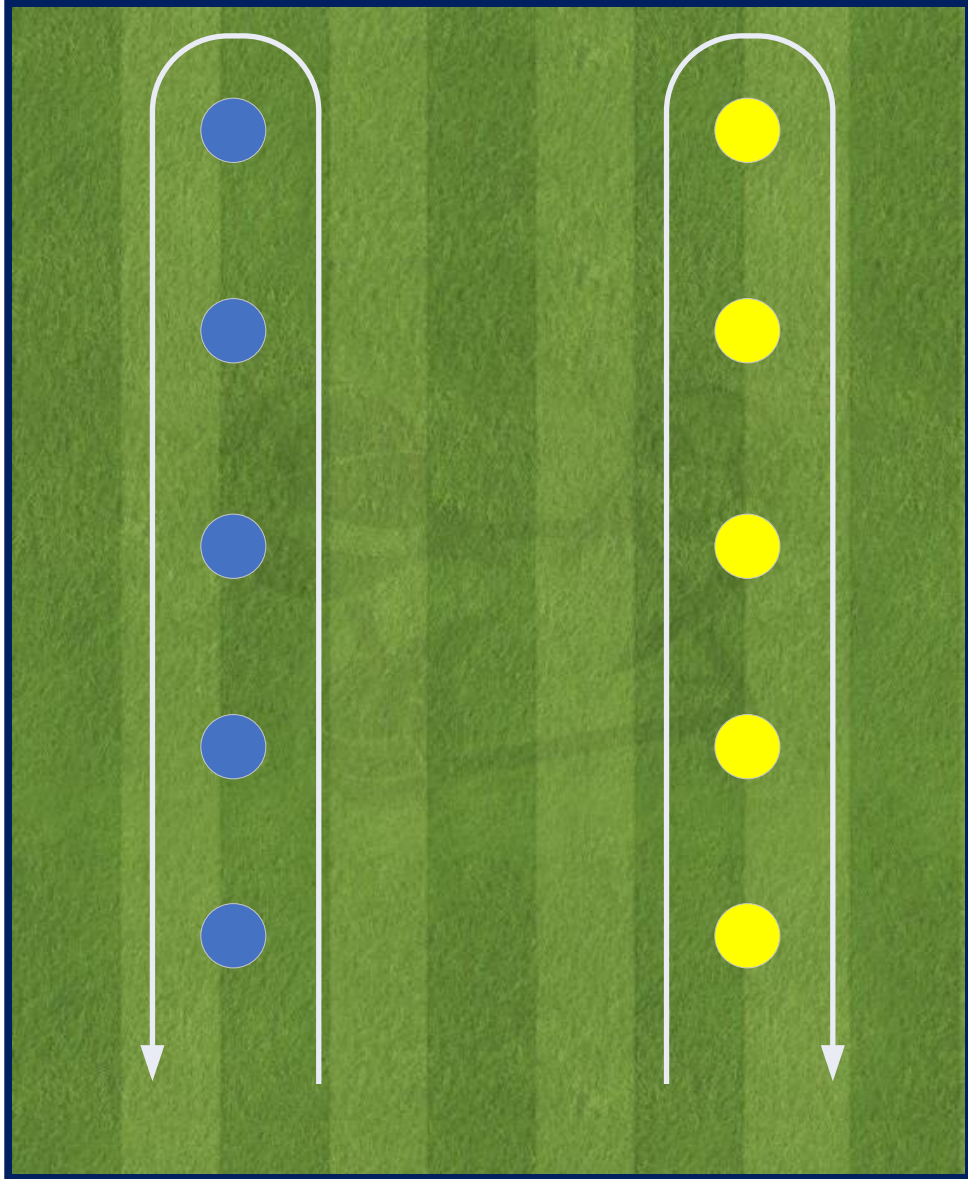


**Lead Coach - Ben Starr**

**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>	03 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:

It has been observed that there are occasional large gaps in our defensive units where the players maybe don't understand or know how to be compact as a team.

### Individual Player Considerations:

**Technical/Tactical**  
Understand why we need to be compact and to execute

**Psychological**  
Be confident to instruct others

**Physical**  
Movement without the ball

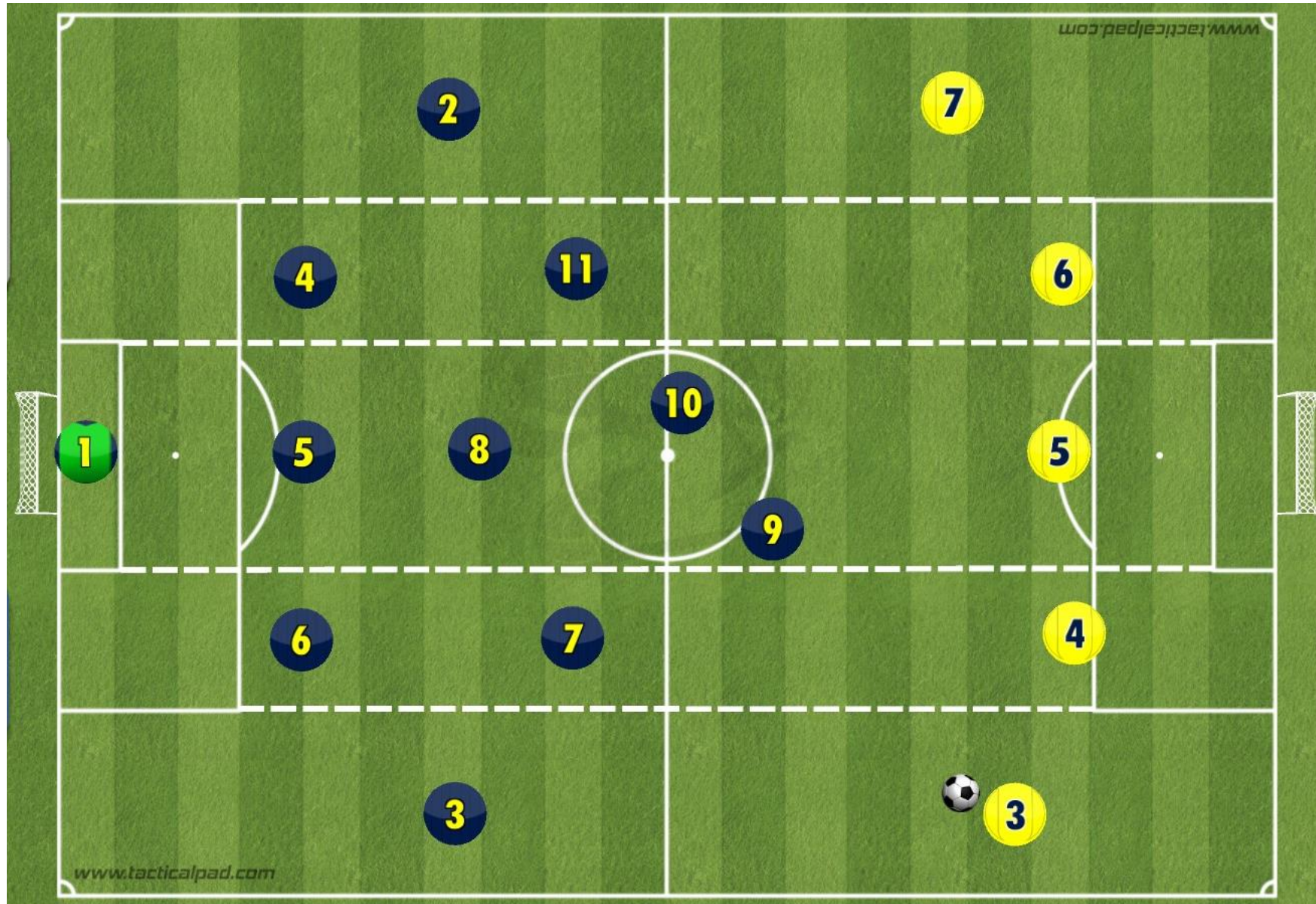
**Social**  
Good communications are required

### Session Objective:

For the players to understand how to move as a defensive unit when out of possession.

# Drill Set-Up – 20 Minutes

## Being Compact when Out of Possession



# Drill Objectives

## Being Compact when Out of Possession

### Individual Objectives:

- Understand how you fit in with the group
- Communicate well with teammates
- Scan to ensure you know where the ball and opposition players are
- What to do when we regain possession

### Team Objectives:

- Move together as a defensive unit
- Communicate effectively
- Understand what to do when we regain possession
- Remember the defensive principles – Press, Delay, Cover and Balance, Compactness and Control and Restraint

# Coaching Session Reflections

## Reflections

**We set up half of the pitch with the 5 lanes and explained/demonstrated the session to the squad.**

**The defending team in the half with the lanes. We did not coach the attacking team as that was not the focus so we just let them play.**

**Initially, the defending team were too quiet and not communicating well enough but that improved after we spoke to them about it.**

**Defensively, at the beginning, the units were not moving together well enough which meant they were not compact. This did improve.**

**I think they now understand the principle so lets see how it plays out in our next match.**