

Training Session Plan

15 January 2023

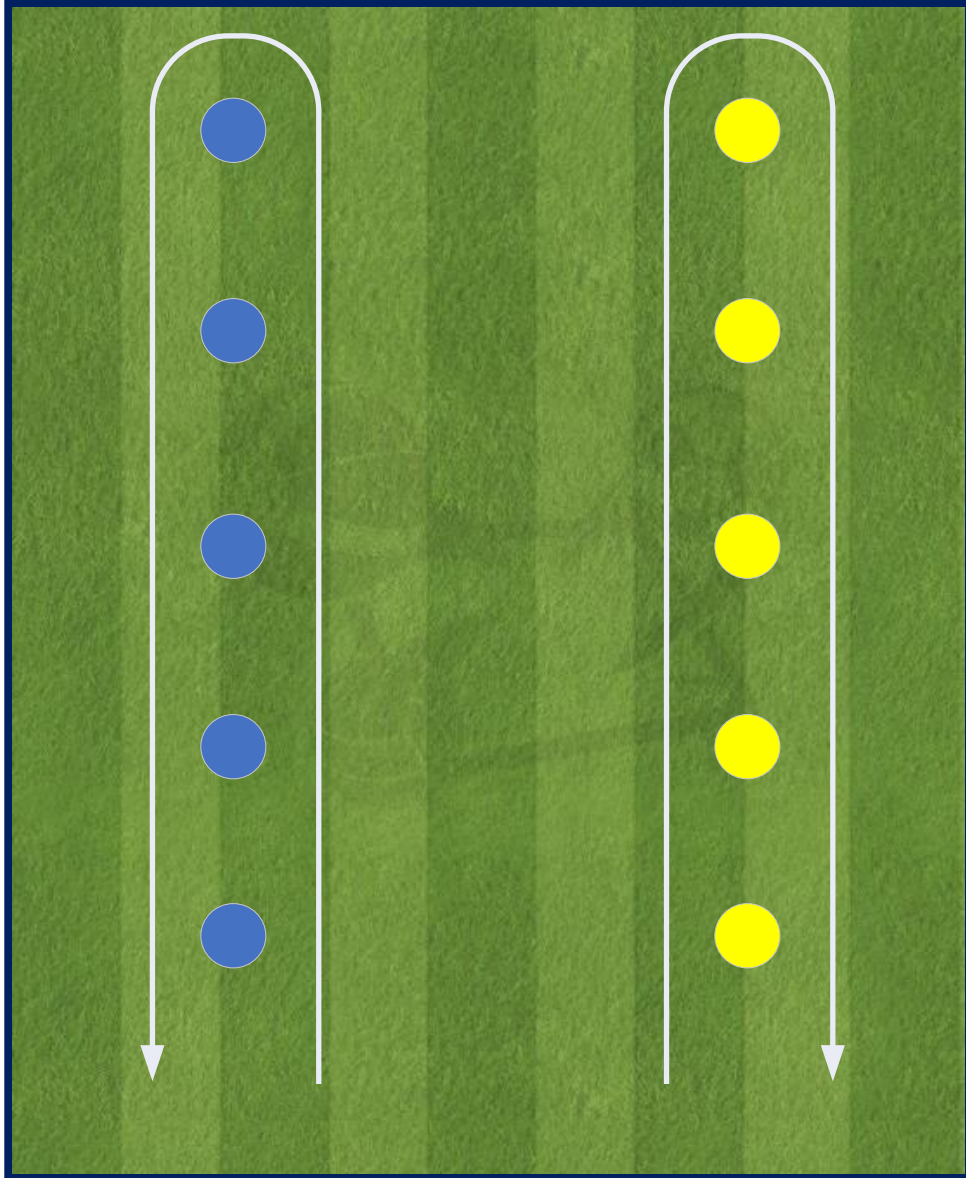


Lead Coach - Ben Starr

Assistant Coach – Ben Bolland

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:	15 January 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:

We had an extra training session this week due to the amount of games being cancelled due to the weather. We decided to continue the in possession practise from the previous session to see if we could improve the understanding and play.

Individual Player Considerations:

Technical/Tactical

This is realistic to the game so good first touch, good weight of pass. Pass and move.

Psychological

Remember to scan the pitch to inform your decisions. Don't be afraid to pass backwards if needed.

Physical

This replicate the game. Movement off the ball is important to create passing angles.

Social

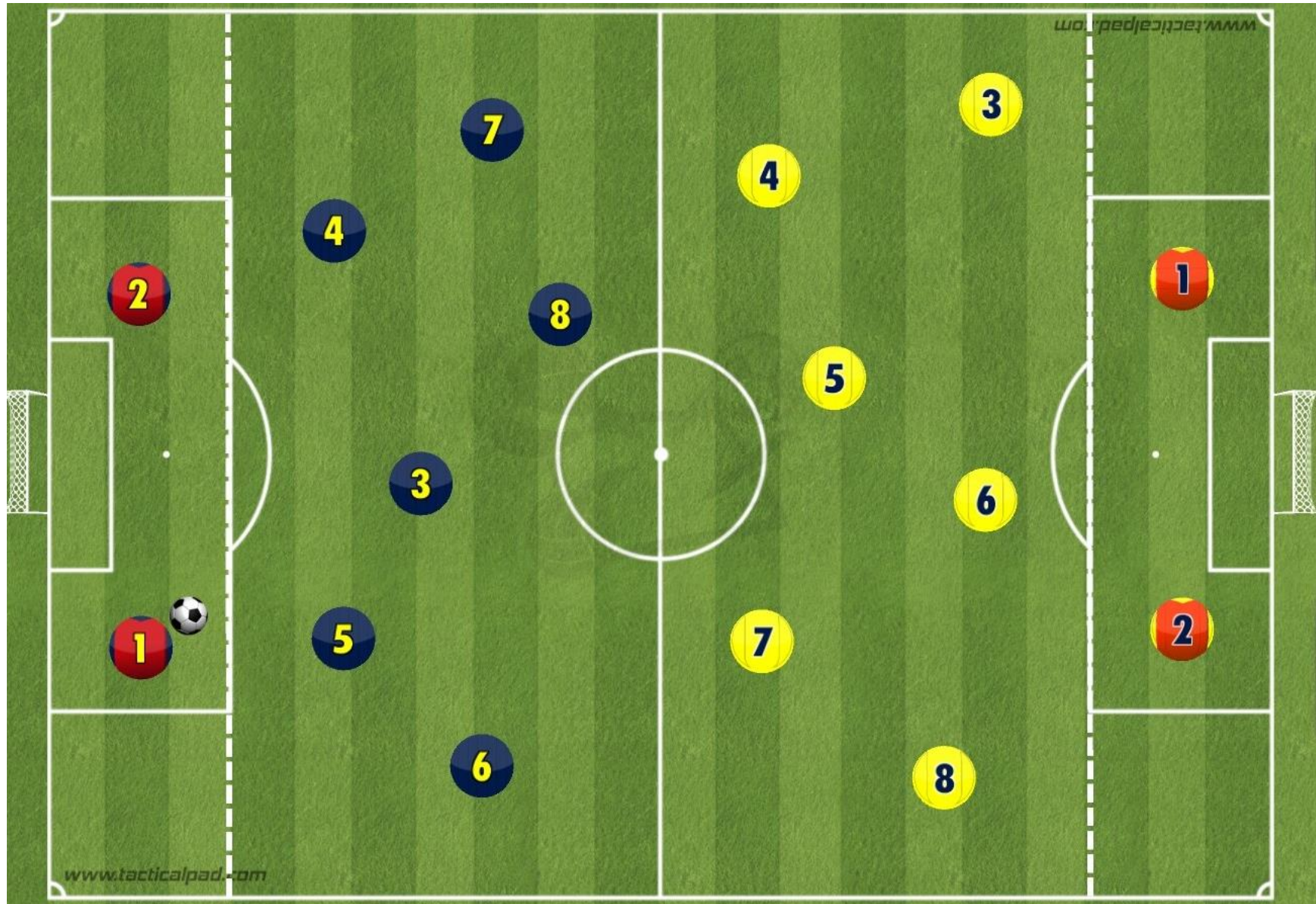
As in a game, communications is important. Support your teammates.

Session Objective:

The zone players are on the team in possession. The aim is to progress the ball from one end zone to the other. If possession is turned over, the other team do the same. The team with the highest string of passes wins the drill at the end.

Drill Set-Up – 20 Minutes

Full Squad Possession



Drill Objectives

Full Squad Possession

Individual Objectives:

- Communicate effectively
- Scan the pitch at all times – Ball, Opposition, Teammates and Space
- Pass and move (into space with a passing angle)
- Don't be afraid to play backwards if you need to
- Play at pace to replicate a competitive game

Team Objectives:

- Try to avoid long high passes
- Play at pace to keep it realistic
- Support each other and provide options
- Remember the principles of play – in and out of possession

Coaching Session Reflections

Reflections

The players remembered the coaching points from 3 days before which was encouraging.

This time, all players understood that they could play backwards if a forward option wasn't available.

The pace was good from the start and replicated the speed of a game.

The players understood the requirements of the exercise and performed it well with some great communications and movement off the ball to create passing angles.

The longest passing string was 9 passes.