

Training Session Plan

01 December 2022

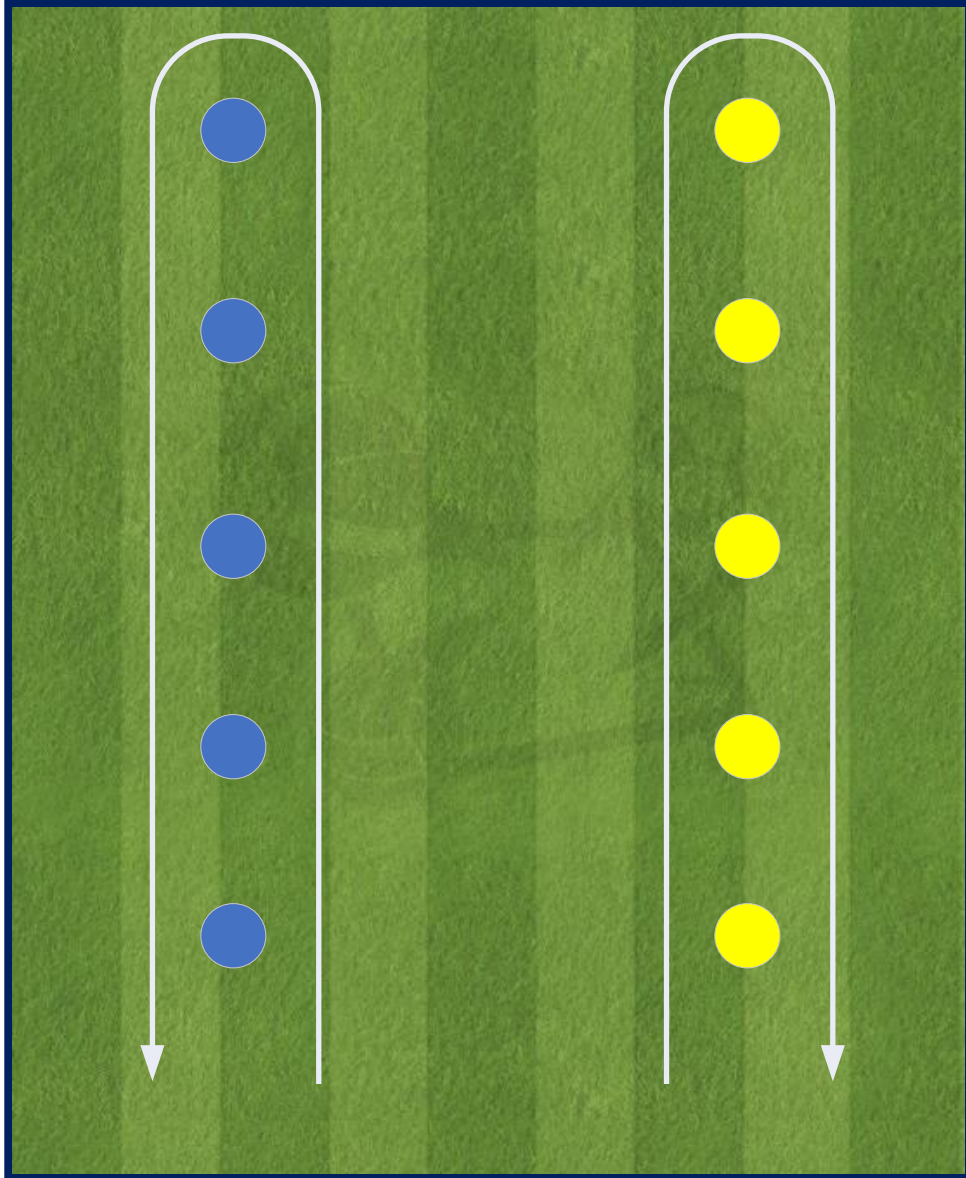


Lead Coach - Ben Starr

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

Date:	01 December 2022	Time Available:	1 Hour
Location	Selwood Academy 3G Pitch, Frome	Start Time:	18:00

Pre-Session

Key Review Factors from the Previous Session/ Match:

In recent games we have noticed that the team have not kept possession well. We have lost the ball on a number of occasions when we shouldn't have so we need to bring this area of the game back into focus and to remind the players.

Individual Player Considerations:

Technical/Tactical
Good control of the ball and good weight and accuracy of passing

Psychological
Players need to think of where to run into space and how to ensure they receive the ball

Physical
Running off the ball into space and passing angles
Good pass weight and accuracy

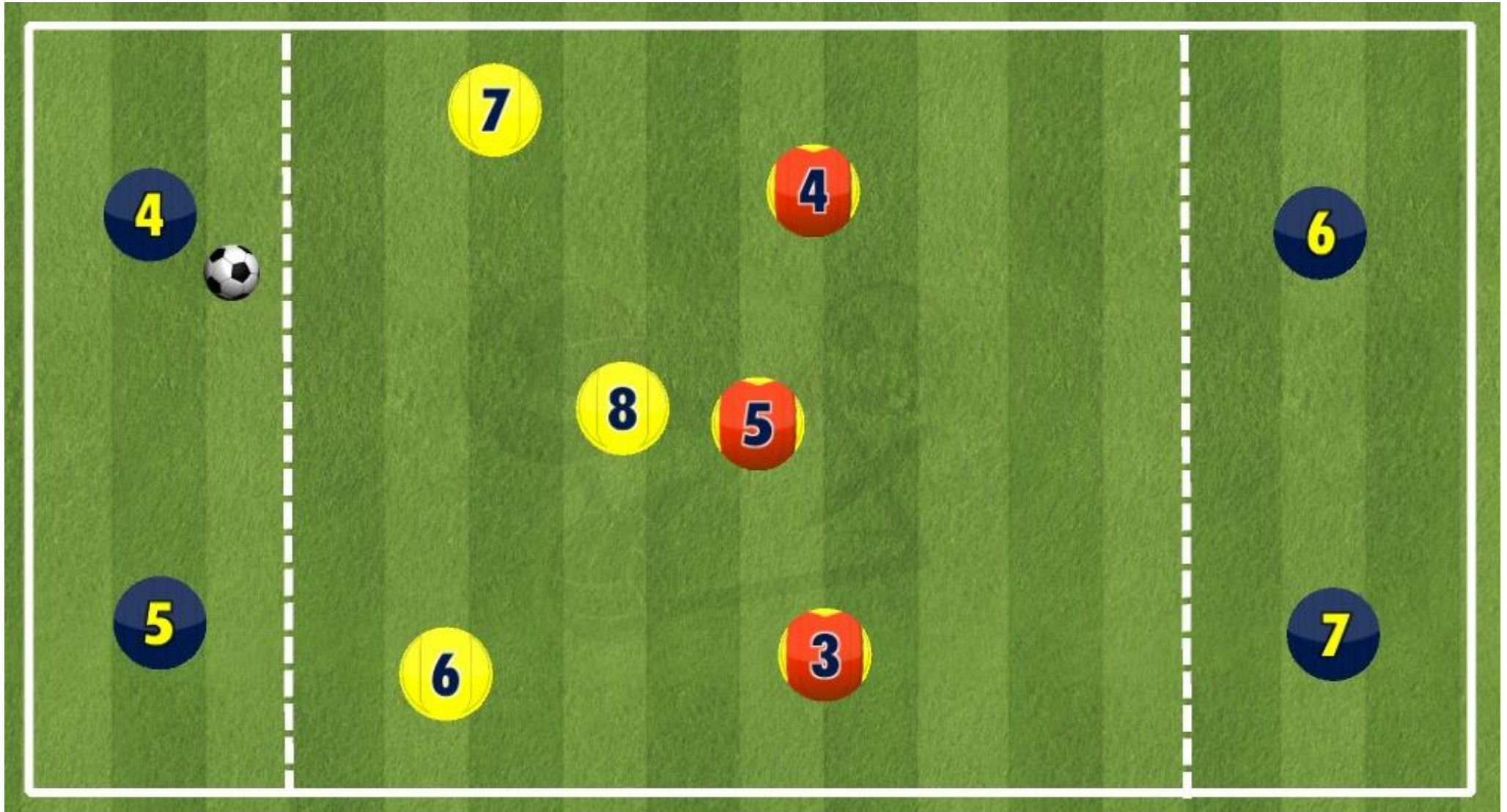
Social
Lots of communications required to inform teammates of positions

Session Objective:

This is a 3v3+4 possession drill with the aim of the team with the ball to keep possession for as long as they can by progressing the ball to the end zone players. The end zone players are on the side of the team in possession.

Drill Set-Up – 20 Minutes

Keeping Possession of the Ball



Drill Objectives

Keeping Possession of the Ball

Individual Objectives:

- Good control of the ball
- Move into space and make passing angles
- Progress the ball to the end zone players when the opportunity is there
- Communicate efficiently with their team mates
- Move the ball as quickly as possible

Team Objectives:

- Maintain possession of the ball for as long as they can
- Look to play the ball into the end zone players
- Identify and utilise any overload situations
- Support the player on the ball by communicating and making passing angles

Coaching Session Reflections

Reflections

Initially, I had the space too large so I made it smaller. The players were finding it too easy and it wasn't realistic enough.

Once the space was smaller the pace of the drill got faster and more realistic to the game.

I changed it from keeping possession for as long as they could down to 15 passes so the other team weren't just defending all of the time.

The players were good at making passing angles and communicating with each other during play.

Overall, a good effort but we are mindful of having to reinforce this to the players to work this way until it is natural for them.