

Training Session Plan

23 March 2023

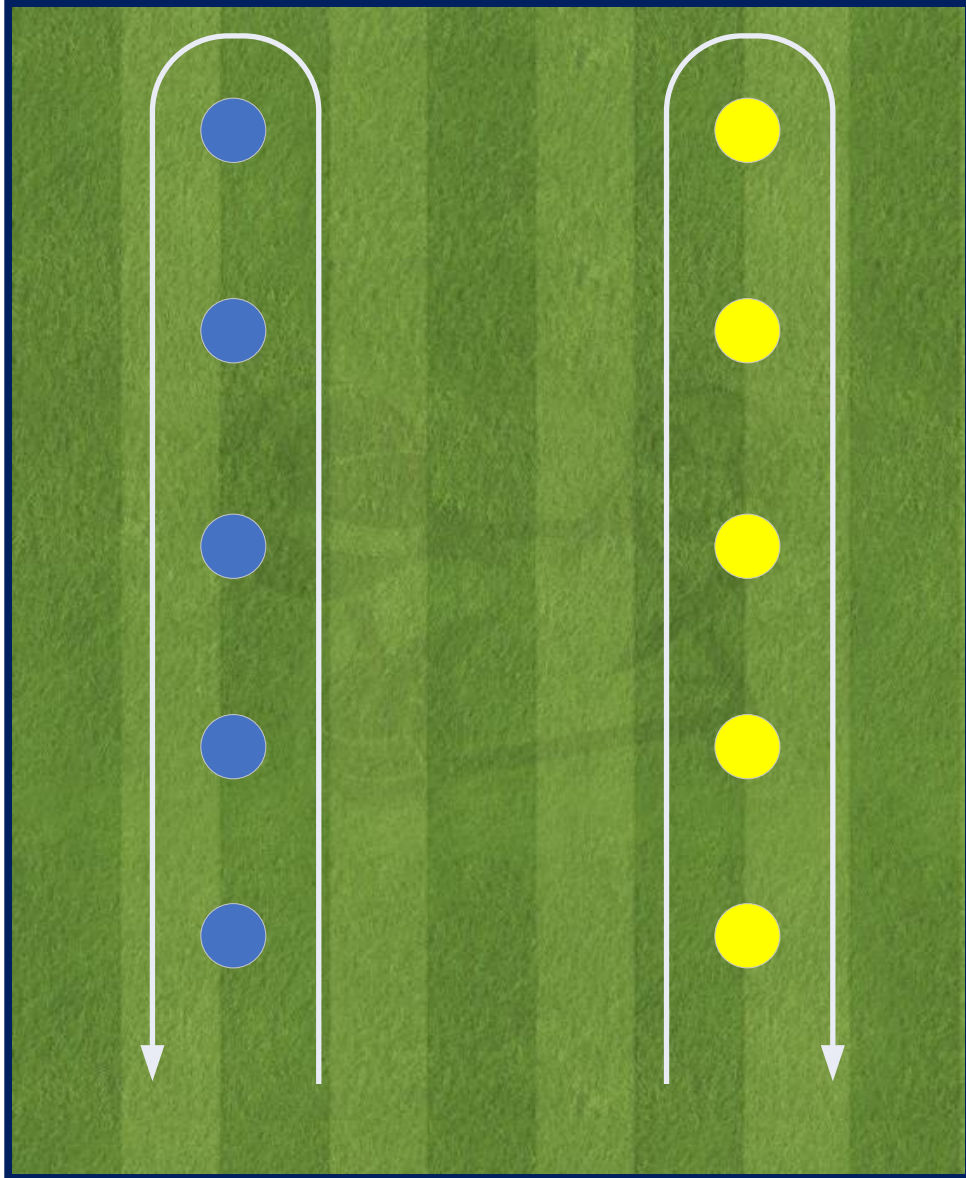


Lead Coach - Ben Starr

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:	23 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:

We are slow to recognise and to exploit an overload situation.
In recent games our attacking players are taking too long to make a pass or to get a shot off.

Individual Player Considerations:

Technical/Tactical
Players are to actively look to create space and 2v1's.

Psychological
Understand when to play the pass and to do this at pace to exploit the overload.

Physical
Ensure your runs are into space and at pace to maximise the chance of success.

Social
Lots of communications required to inform teammates of positions.

Session Objective:

2 x Magic Men play on the team in possession to make it 5v7 outfield.
The players are to look to exploit an overload and get into 2v1 positions to isolate the defenders and ultimately create a chance on goal.

WHAT – WHY - WHERE – WHEN – WHO - HOW

WHAT What is your session focus?

Attacking with an overload

WHY Why are you focusing on this subject?

We are slow to recognise and exploit an overload when attacking

WHERE Where on the pitch does this happen?

Final 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?

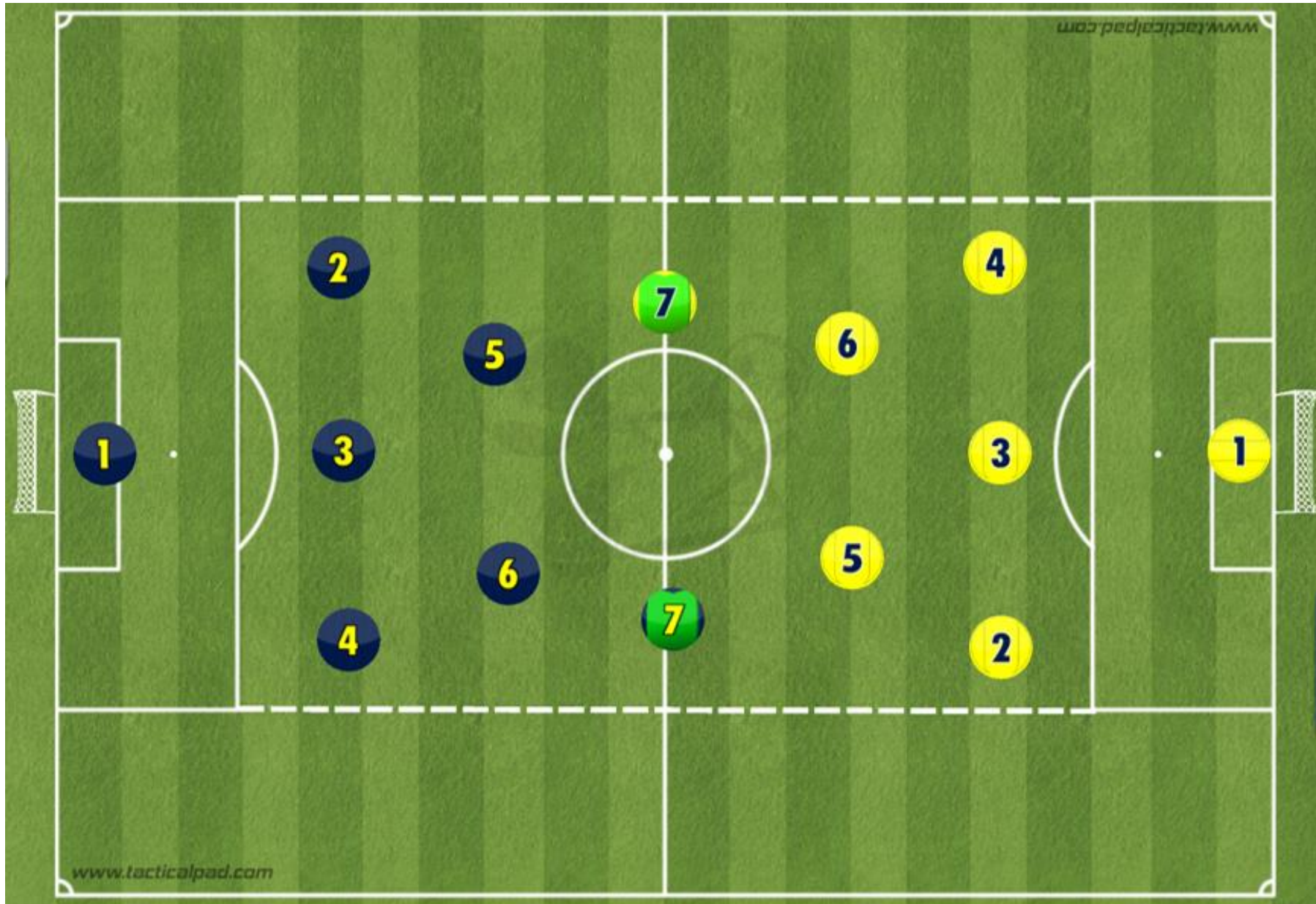
Primary – CAMs, Secondary – Centre forwards

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

Discussion, Tactics Board, On-Field Coaching

Practice Set-Up – 20 Minutes

Attacking with an Overload



Practice Objectives

Attacking with an Overload

Individual Objectives:

- Play at pace in the final third
- Look to get into 2v1 situations
- Communicate effectively
- Spread out to maximise the opportunity to create an overload
- Get shots off quickly and not allow the GK to set

Team Objectives:

- Communicate effectively and correctly
- Make runs off of the ball to create passing opportunities
- Understand and implement 2v1's – recognise when to do this
- Everyone to play at pace in the final third

Coaching Session Reflections

Reflections

Again, initially the practice started slowly and we had to remind them to play at pace especially in this scenario of creating and exploiting overloads in the final third.

The 2 magic men had a lot of running to do and got tired quite quickly so we changed them around regularly.

The natural overload of 5v7 created a lot of opportunities to exploit the space and numerical advantage.

There were some poor decisions and mistakes but with some drive by coaching, we got that to improve.

The players were not actively looking to create the 2v1's so we had to stop the group and reiterate this. After that, it improved. Not perfect but we think the players understood. An area for us to continue working on.