

# Training Session Plan

## 09 February 2023

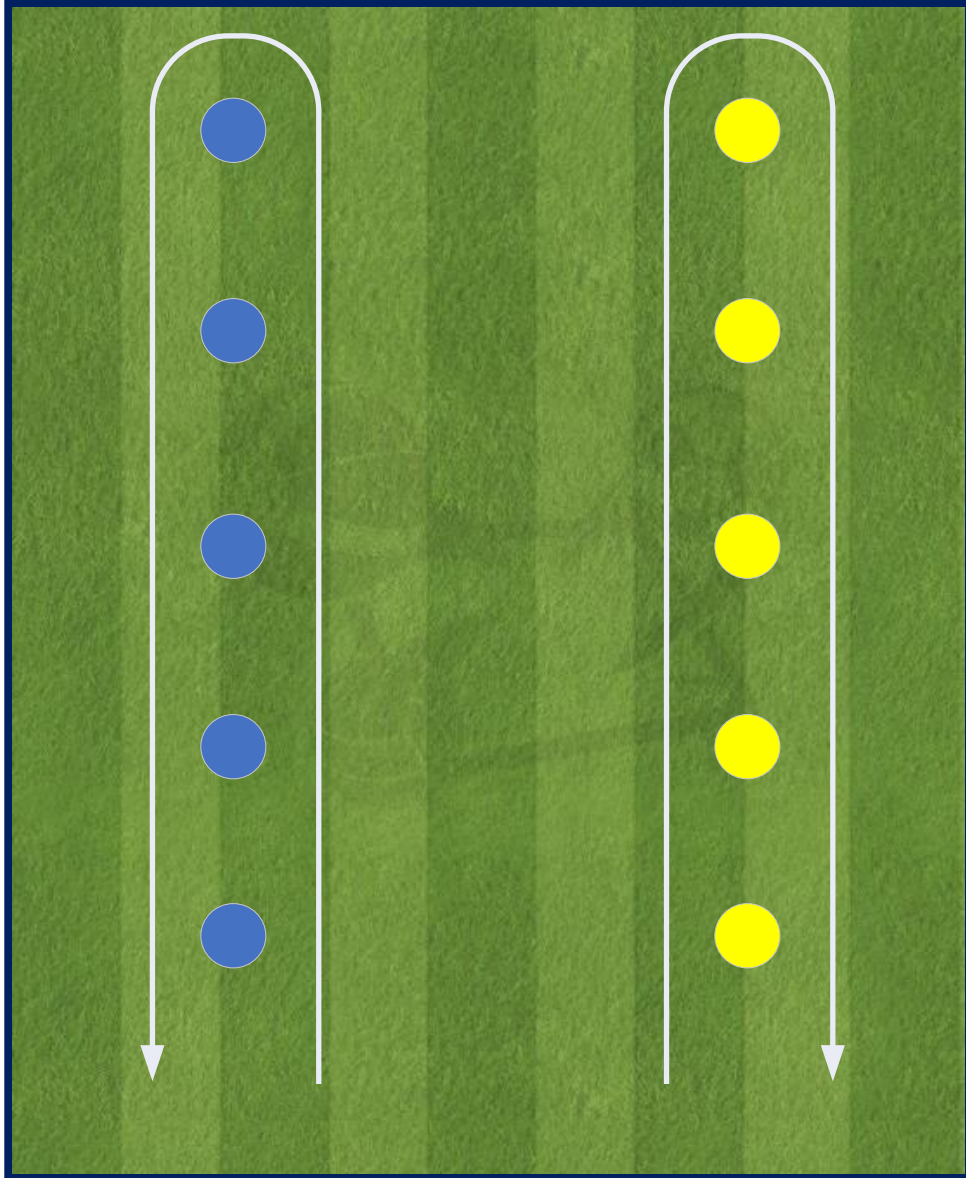


**Lead Coach - Ben Starr**

**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 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>	09 February 2023	<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:

We, as a team, are not yet defending as a group. The players do not understand the rationale of minimising space and working in units while out of possession. We are leaving large spaces in our defensive units when out of possession allowing too many easy opportunities for the opponents to penetrate.

### Individual Player Considerations:

#### Technical/Tactical

Move as a defensive unit to minimise space and to be compact.

#### Psychological

Understand the 5 and 3 lane theory. Both personally and the requirements of your team mates.

#### Physical

This is a demanding exercise especially if one team is in possession of the ball for most of the time.

#### Social

Lots of communications required to inform teammates of positions

### Session Objective:

For the players to understand the 3 and 5 lane theory both when in and out of possession. Its designed to ensure players are focused on the whole game and not just their individual role. To work as defensive units and move as one. When the ball is won back, to open up into 5 lanes and look to penetrate.

## WHAT – WHY - WHERE – WHEN – WHO - HOW

**WHAT** What is your session focus?

**Being compact as defensive units**

**WHY** Why are you focusing on this subject?

**As a team, we are not yet defending as a team**

**WHERE** Where on the pitch does this happen?

**All over the pitch when out of possession**

**WHEN** At what times does this happen – In or out of possession?

**Out of possession**

**WHO** Who are the primary, secondary or tertiary players and or units?

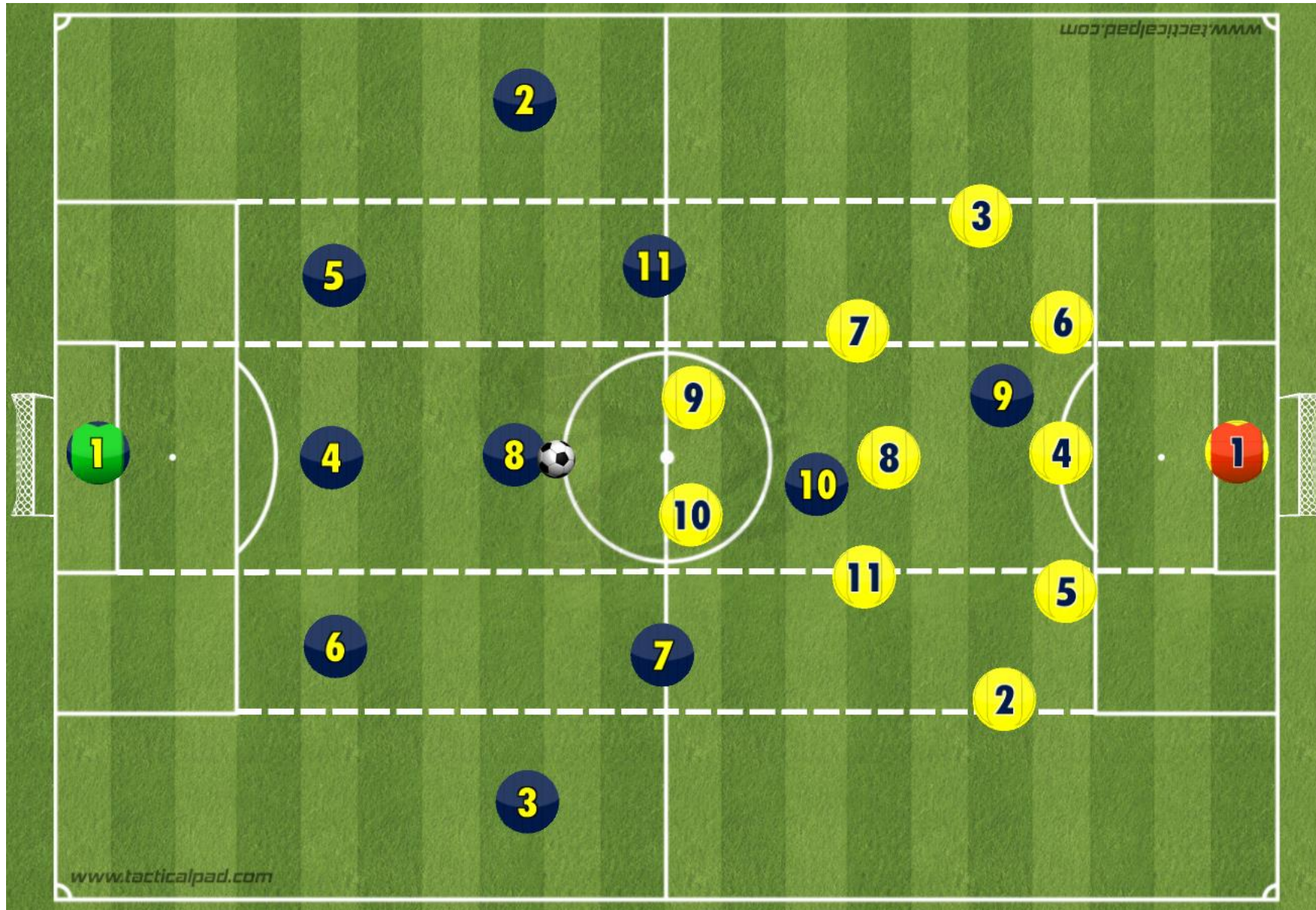
**Primary - The 3 Centre Backs, Secondary - Midfielders**

**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

## Defensive Shape, Compactness and Positioning

### Individual Objectives:

- Each player needs to scan the pitch to understand where their teammates are
- Ensure the space between you and your team mate is compact
- Communicate constantly
- Move in your unit relevant to where the ball is
- When you win the ball back, move into space

### Team Objectives:

- Understand the 5 Lanes theory – Out of Possession = Players in 3 lanes
- Understand the 5 Lanes theory – In Possession = Players in 5 lanes
- Move in units to minimise space and be compact
- When you win the ball back, move into 5 lanes and look to progress the play

# Coaching Session Reflections

## Reflections

**Demonstrated the practice on the tactics board and ran through the 3 and 5 Lane theory with the squad.**

**The players started and were slow to understand and implement the requirement.**

**I had to stop the exercise and explain it again with the tactics board.**

**My assistant coached one side and I focused on our defensive players. Some players seemed only focused on themselves and not the team or defensive line they were part of. It seemed that focus was the issue. Following a few drive bys, this improved.**

**Both teams needed reminding about the in possession work we have taught them over the past few weeks but they then did improve with that.**

**By the end of the session, the players understood and implemented the 3 and 5 lanes and were playing good football.**