

# Training Session Plan

## 16 March 2023

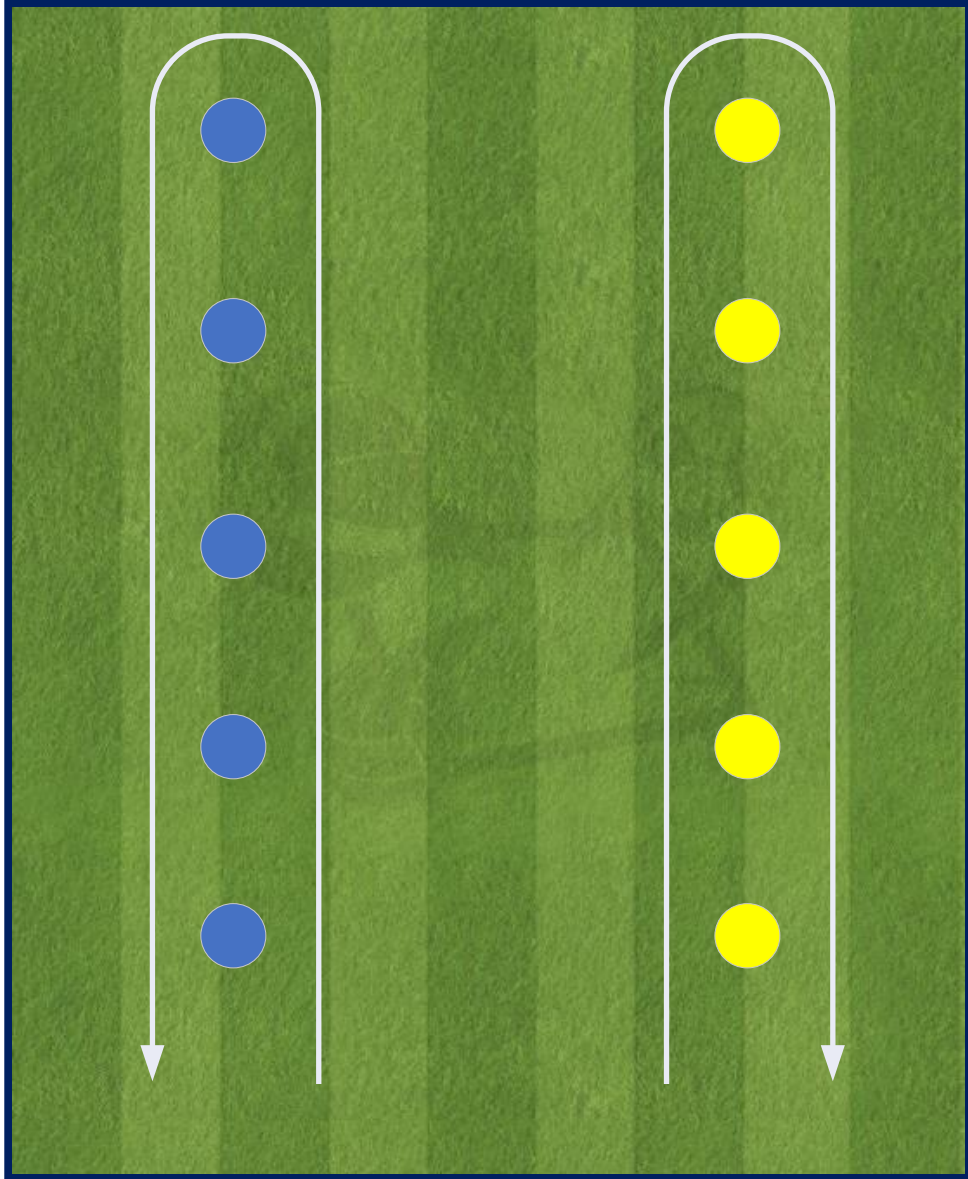


**Lead Coach - Ben Starr**

**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

<b>Date:</b>	16 March 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:

On Sunday, we played a team that we know play a very low compact block so we asked the players to play the ball into wide areas and play around the block. We didn't do this at all well enough in the game and the game ended in our first defeat of the season.

### Individual Player Considerations:

#### Technical/Tactical

CDM to play the ball into the channels as soon as possible. Wide players to make passing angles and to cross.

#### Psychological

To understand why we want the ball played into wide areas whilst playing a low compact block.

#### Physical

This is physically hard for the magic men in the channels so they need to understand how and when to run.

#### Social

Lots of communications required to inform teammates of positions.

### Session Objective:

3 x Magic Men play for team in possession. Only magic men allowed in the wide zones initially. The objective is for the CDM to play the ball quickly into the Magic Men in wide areas. The wide Magic Men are to make passing angles and look to get crosses into the box. Progression is to allow defenders into the wide zones to add realism once theory is understood.

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

**WHAT** What is your session focus?

**Playing into wide areas and crossing**

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

**On the weekend we were poor at this. Need to learn now to play around low block**

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

**Midfield and wide areas**

**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?

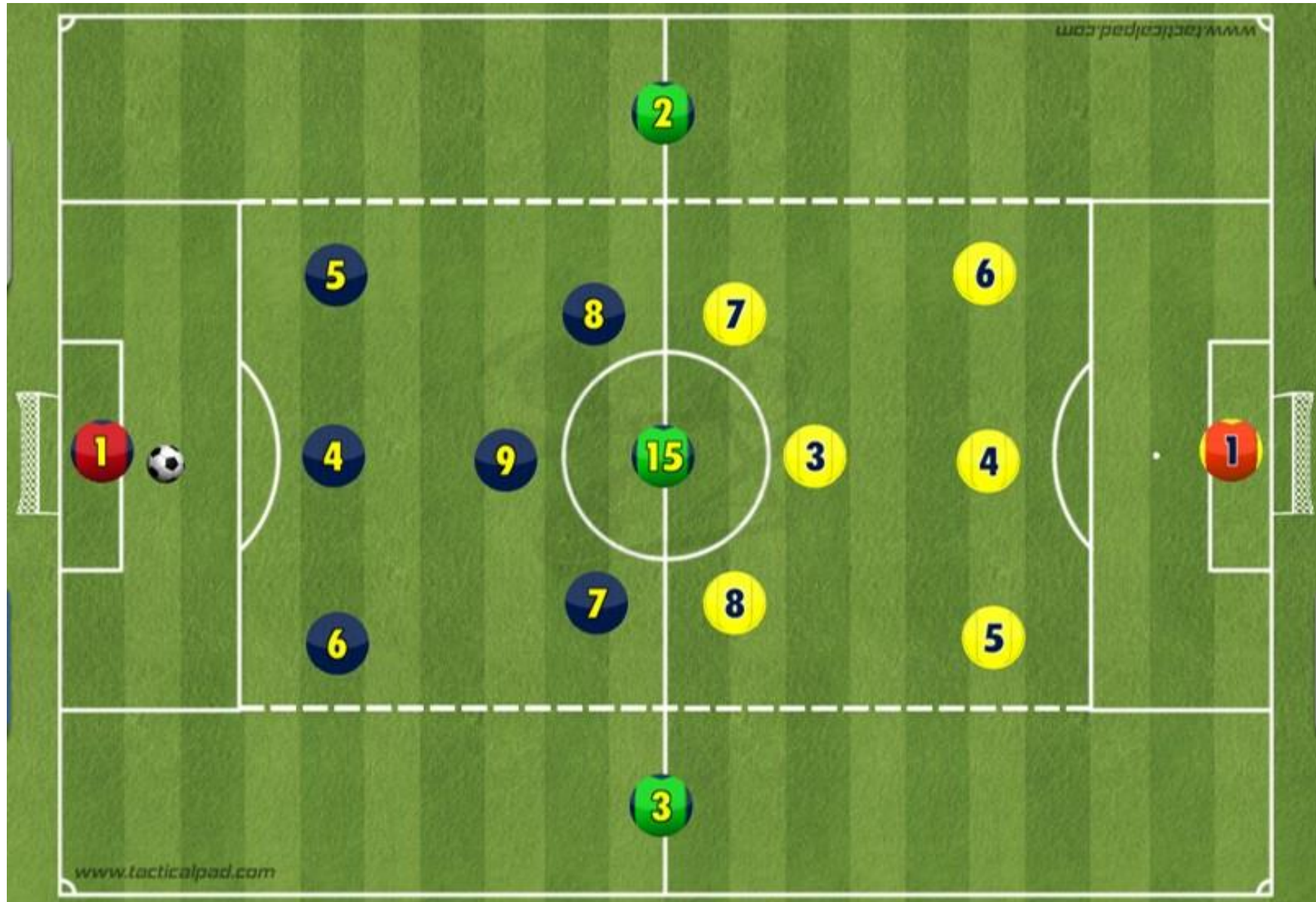
**Primary – CDM, Secondary - Wing Backs**

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

**Discussion, Tactics Board, On-Field Coaching**

# Practice Set-Up – 20 Minutes

## Playing into Wide Areas and Crossing



# Practice Objectives

## Playing into Wide Areas and Crossing

### Individual Objectives:

- Understand why and how to play around a low compact block
- Play quickly, don't dwell on the ball – you will get pressed
- Train with intensity
- Make passing angles
- Communicate effectively as always

### Team Objectives:

- To play the ball into wide areas quickly
- Make passing options for your team mates
- Inform each other by using clear and correct communications
- Good movement in the box to attack crosses

# Coaching Session Reflections

## Reflections

Following a poor performance on Sunday and our first defeat of the season, we decided to explain the 4 Corner Model to the players as we felt that we were poor in all 4 areas, especially the Psychological corner. The players thought we would win easily and their attitude on the day was bad so we explained how important your thinking is in sport and in life in general.

Following this, we set up the practice and let them play it out for a few minutes. I really wanted a full focus on playing the ball into wide areas so that was the only objective really apart from improved communications.

The practice worked well and after a slow start, the players understood and stepped up the pace of play.

The magic men in the wide zones had to work hard but that reflects the way we play with our formation implementing wing backs.

A secondary benefit to this practice was the wide players had plenty of time and space to deliver crosses.

Once the players understood and implemented the practice well we progressed it by allowing defenders into the wide zones to press the magic men to make it more realistic.