

# Training Session Plan

## 17 November 2022

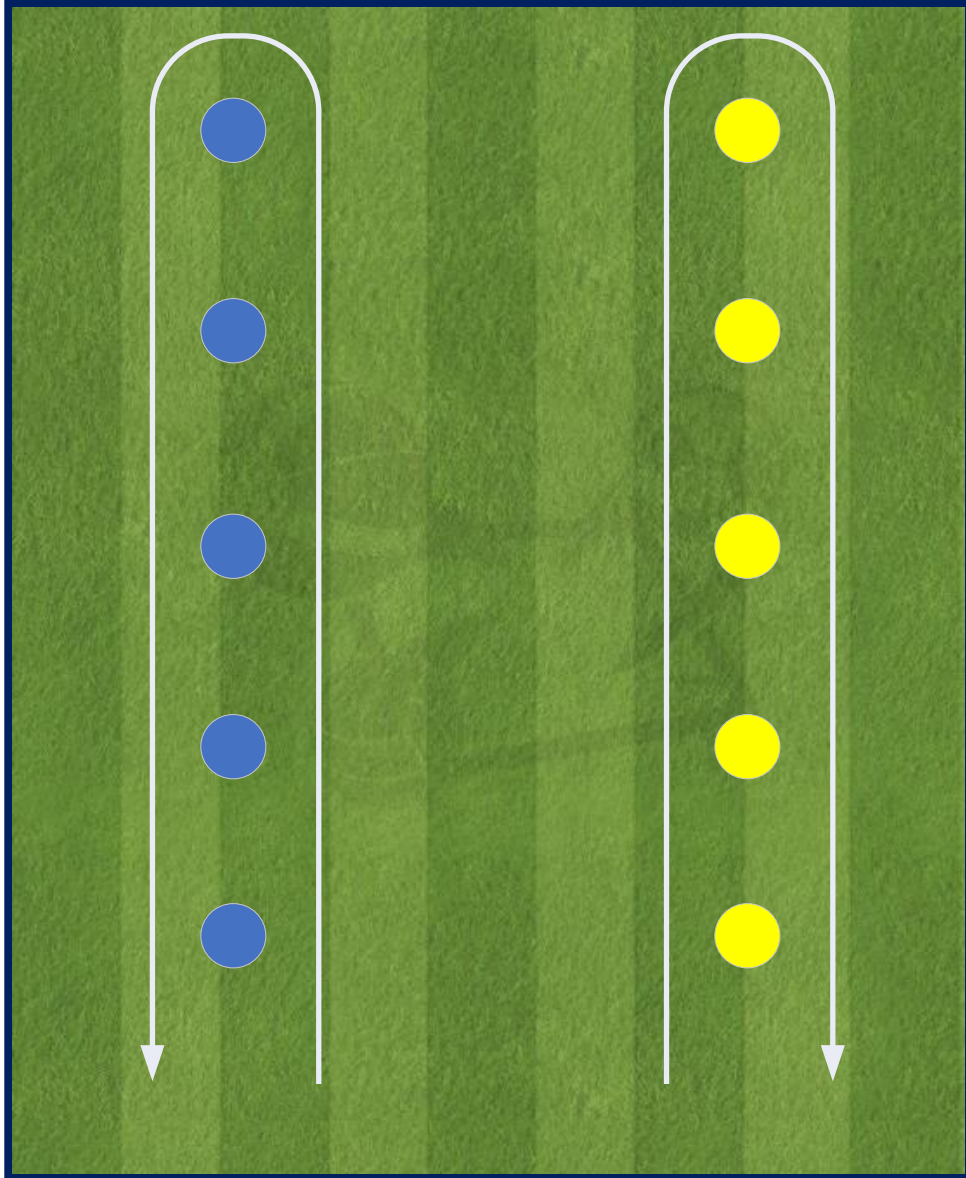


**Lead Coach - Ben Starr**

**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

<b>Date:</b>	17 November 2022	<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:

In recent matches, we have been slow to move the ball in the final third of the pitch, especially when we have been breaking and have overloads.

Also, reaction times and actions have been slow.

### Individual Player Considerations:

#### Technical/Tactical

Ensure a good first touch and quick passing to exploit the overload.

#### Psychological

To react quickly when something changes – lose possession, the ball goes out of play etc.

#### Physical

This wave drill is physically demanding and mirrors the demands of a match.

#### Social

Communications is key during an overload situation.

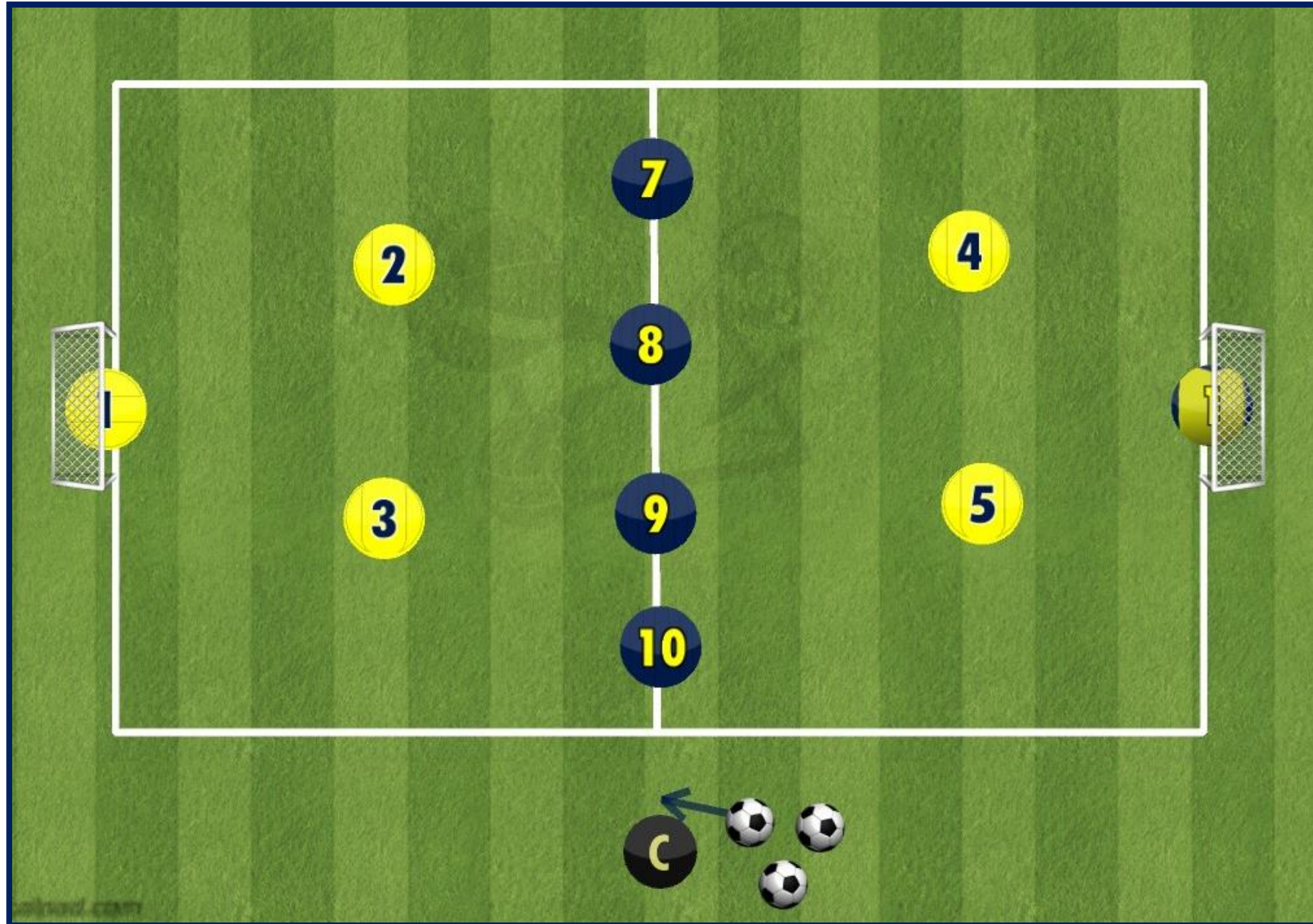
### Session Objective:

This session is designed for two purposes:-

- To understand how to take advantage of an overload situation
- To react quickly when something changes, lose possession, ball goes out of play etc.

# Drill Set-Up – 20 Minutes

## 4v2 Overload Waves



# Drill Objectives

## 4v2 Overload Waves

### Individual Objectives:

- Good first touch
- Pass the ball quickly
- Communicate effectively
- Create passing angles
- Finish decisively

### Team Objectives:

- Move the ball quickly to exploit the overload
- Try to separate the defenders to make it hard to defend
- React quickly back to the half way line when the ball goes out of play
- Score as many goals as you can in the 6 ball wave

# Coaching Session Reflections

## Reflections

**Some of the players were not working hard enough, a little bit too much walking and not reacting quickly enough and needed prompting.**

**Some players were taking too long to release a pass and in turn lost the ball.**

**This improved following some coaching.**

**Session worked well but I changed it after a short time. The 4 defenders could now look to play a pass to the opposite 2 defenders to simulate playing up to midfield/forward players and to try and keep possession.**

**Reactions were good when the attacking players lost the ball.**