

# Training Session Plan

## 16 February 2023

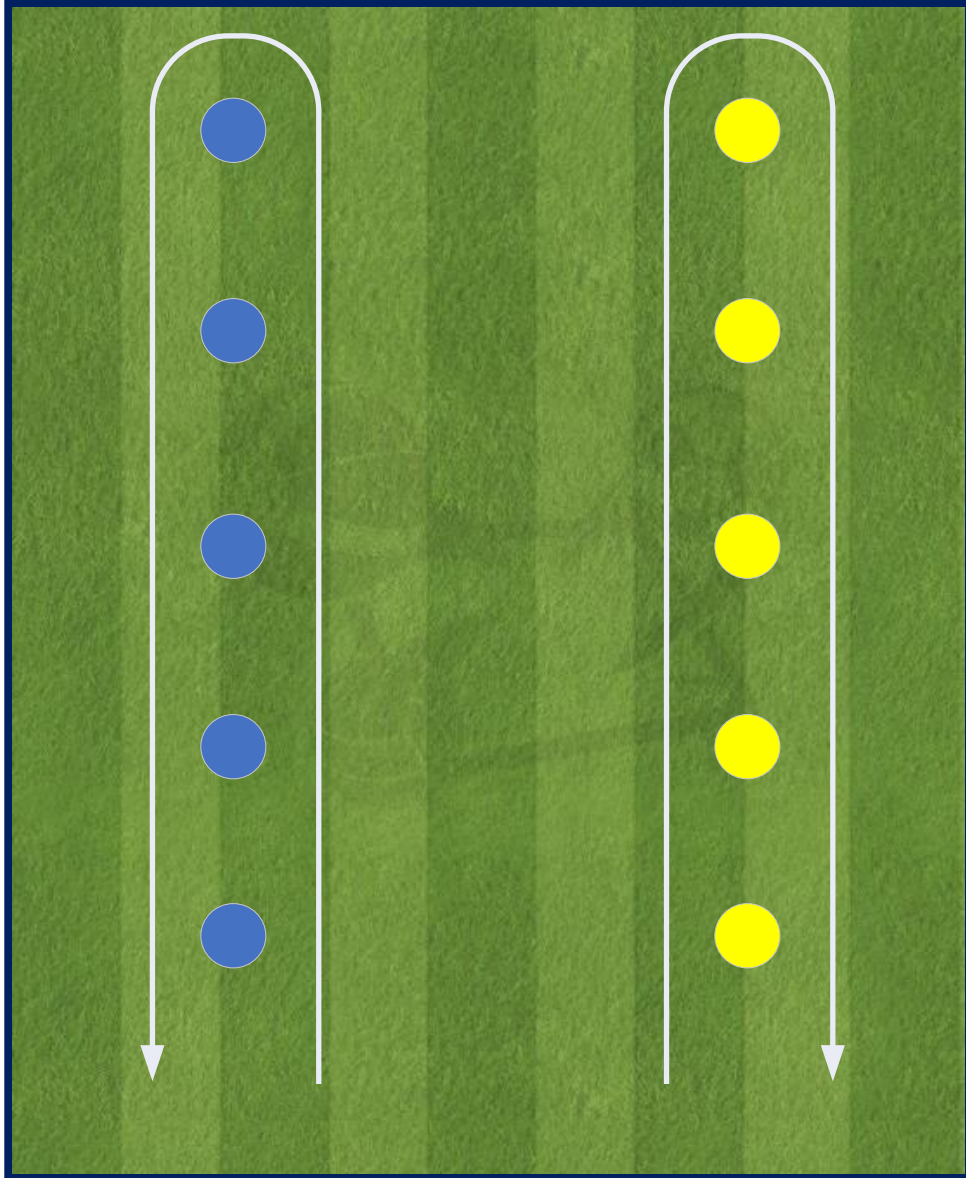


**Lead Coach - Ben Starr**

**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>	16 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?

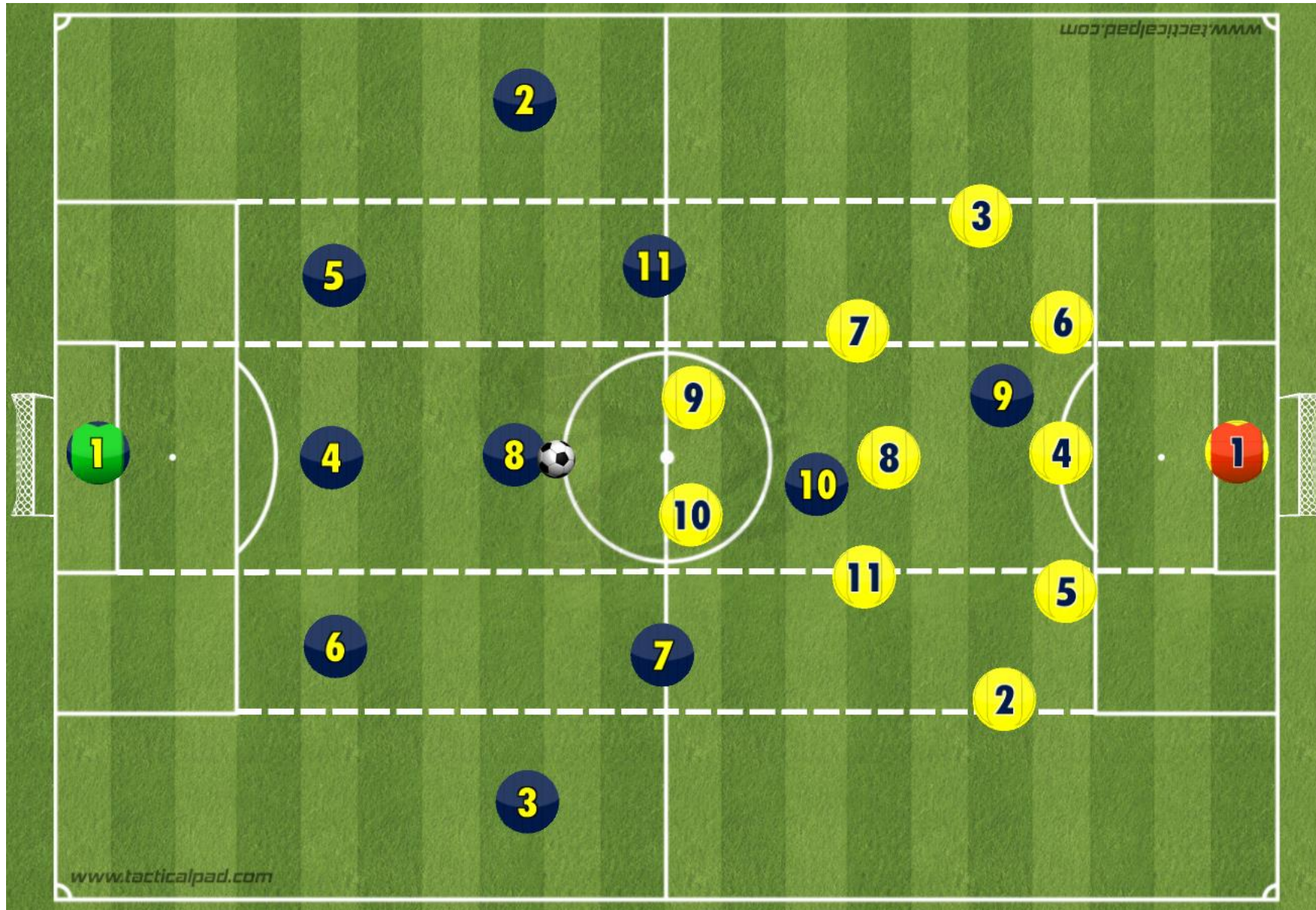
**Primary - The 3 Centre Backs, Secondary - Midfielders**

**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

Tonight, I had my second In-Situ visit which added a bit more pressure to my session but I think it went well. Some great feedback from Chris which has got my mind thinking of how to improve.

This session was following on from last week and initially, the players did not play with intensity so I had to stop the group and ask them for more effort, which they did.

I started the play with the GK of the team I was coaching defensive shape and compactness to. Chris suggested this might not of been the best place to start and to consider this going forwards. I also didn't use off sides so Chris asked me to add them in for realism so the players had to think about that.

Chris advised me to let it play out for the first 10 minutes to see how the players carried out the instruction. This really helped me as its not something I'm used to doing. My primary players were my 3 centre backs so my coaching position was in-between them and the GK which helped keep my focus on them. The primary players understood there role in the exercise and performed it well. I didn't link the midfield unit well enough so that's something I need to work on going forwards.