

Training Session Plan

30 March 2023

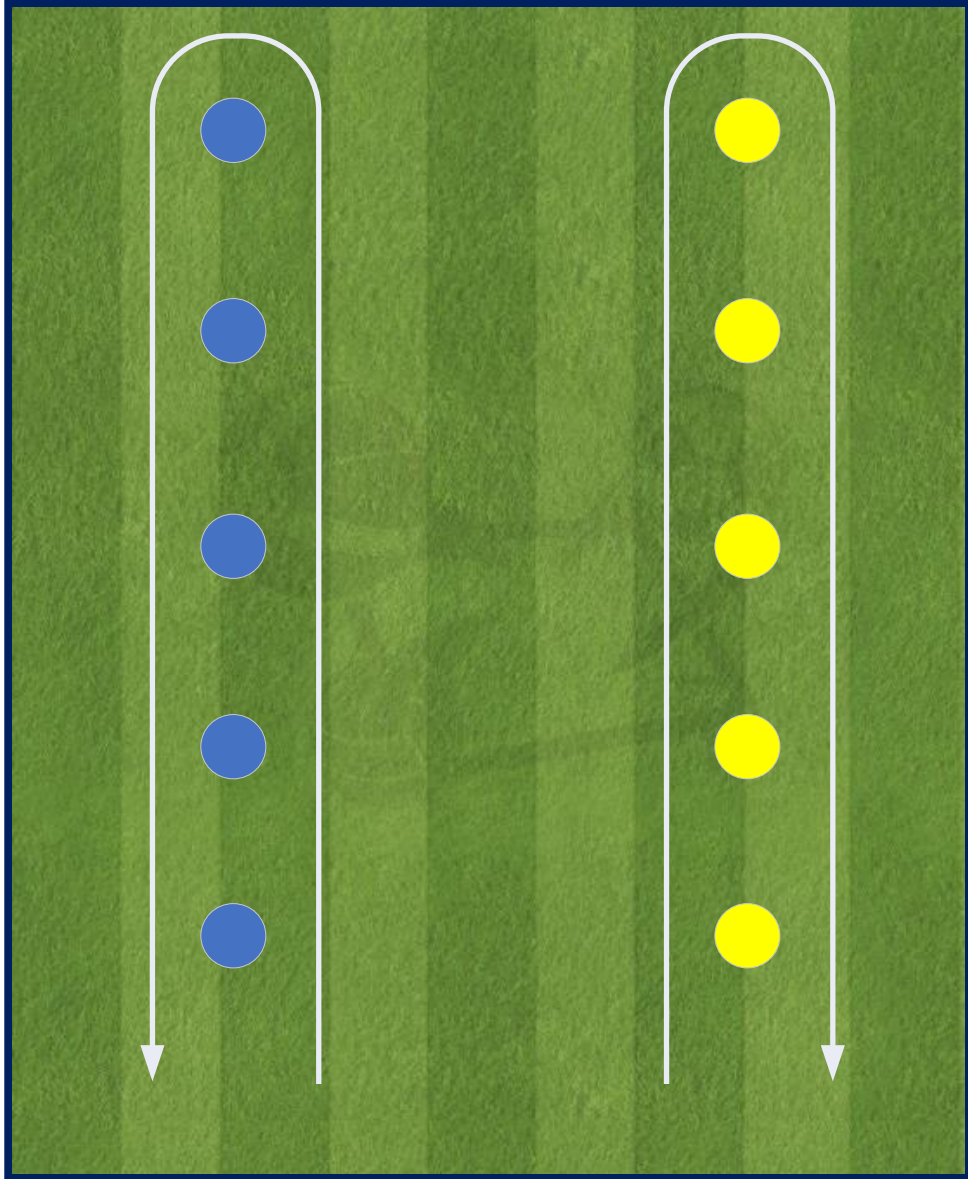


Lead Coach - Ben Starr

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: | 30 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:

Our defenders tend to be in poor positions when it comes to defending in wide areas. They often run to the player and the ball rather than look to run on an angle to impact on any cross or cut back.

Individual Player Considerations:

Technical/Tactical
Understand when and where to run when the ball goes into a wide area.
Run on the angle to give best chance of effecting a cross or cut back.

Psychological
Stay focused and be aware of where the ball is and where it is going. React fast when passes are made.

Physical
Correct body shape to allow a quick change of direction. Be on the balls of your feet to enable a fast response.

Social
Look for opposition body language and their communications to try to pre-empt their next play.

Session Objective:

This practice is designed to work on the Primary player of Right back defending in wide areas. I want to see correct body shape in regards to location of the ball to enable a fast change of direction when needed. The defender is to attempt to stop the attackers from playing the ball into the mini goals and also when it is played into the wide area, to stop them from crossing and scoring in the large goal.

WHAT – WHY - WHERE – WHEN – WHO - HOW

WHAT What is your session focus?

Right back defending in wide areas

WHY Why are you focusing on this subject?

Our defenders often “sell” themselves by being in the wrong position

WHERE Where on the pitch does this happen?

Defensive third

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?

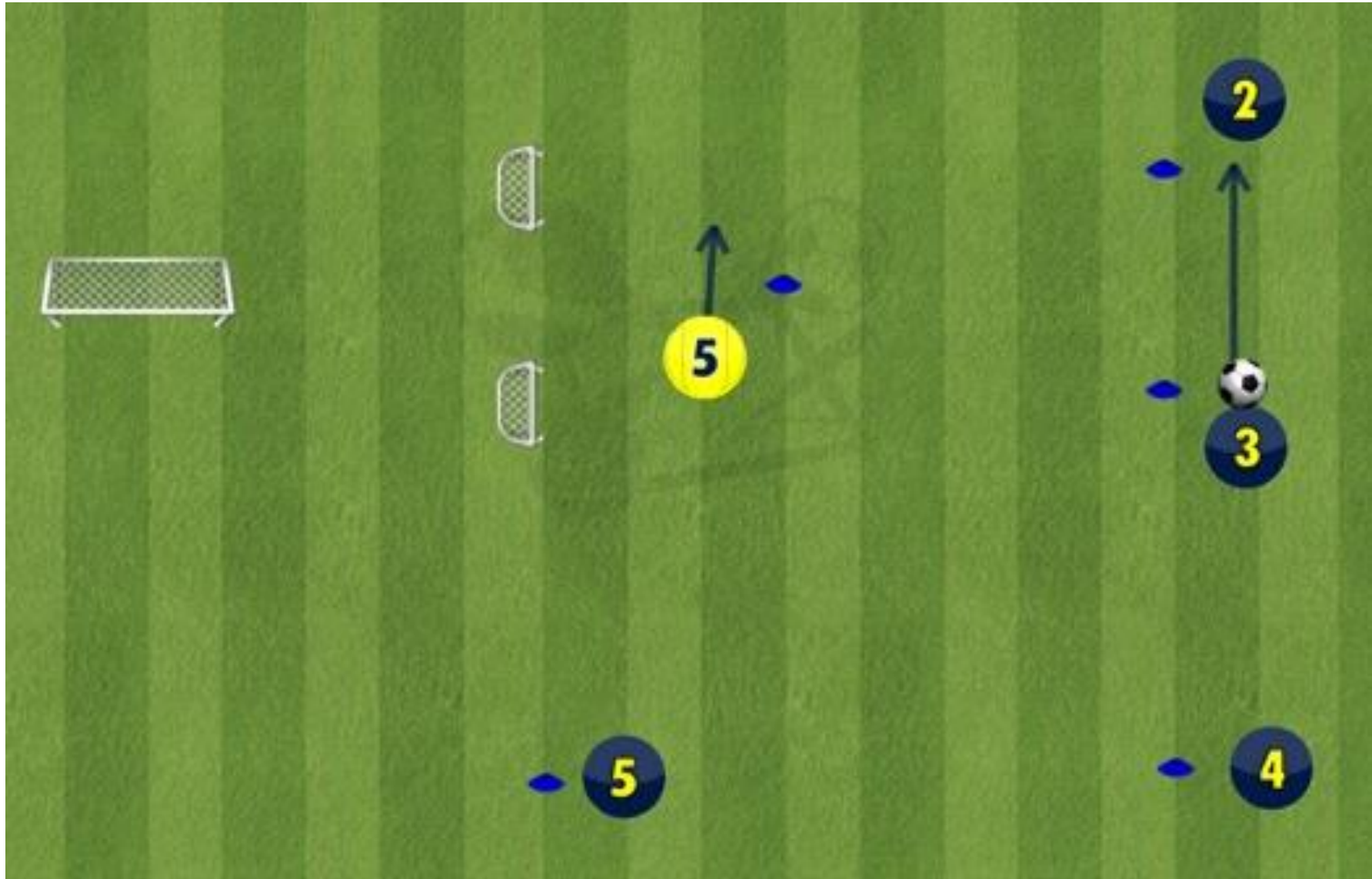
Primary – Right back

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

Discussion, Tactics Board, On-Field Coaching

Practice Set-Up – 20 Minutes

Defending in Wide Areas – Right and Left Backs



Practice Objectives

Defending in Wide Areas – Right and Left Backs

Individual Objectives:

- Ensure you have the correct body shape to change direction quickly
- Be on the balls of your feet
- Focus on where the ball is and look to pre-empt where it is going
- When the ball goes wide, can you intercept it?
- If not, ensure your run is on an angle to try and impact on the cross or cutback

Team Objectives:

- Attackers to pass to each other. Control then pass, two touches maximum
- Attackers to play at pace
- Look to deceive the defender
- After a set number of passes, pass to the wide player to attack

Coaching Session Reflections

Reflections

I set up the practice and ran through it with the players that I chose for this exercise.

It took a while for the players to understand that I needed this done at pace. The two attackers looking to play the ball into the mini goals were not focused so we had to remind them of the effort needed. The defending player didn't have his body shape correct and was closed to the play initially but once we explained, he did this correctly. He was also stood too upright so we had to demonstrate what we meant by being low to give more agility and fast movement.

On the first few attempts, when the ball went wide the right back ran direct to the winger and got beat most of the time so we stepped in and explained that if an interception wasn't on, an angled run was required to stop a cross or cut back. After that, he understood and made the correct run and prevented most of the cross attempts. We then switched it around so our left back work on the same.