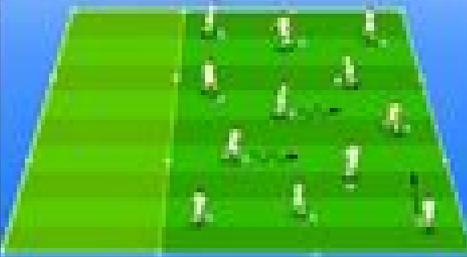
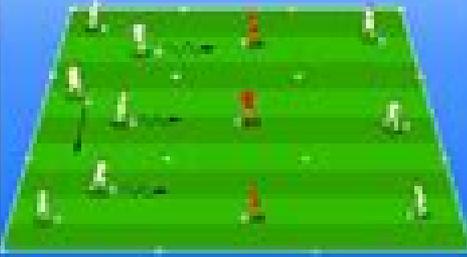


Time	Type	Learning Activities	Coaching Points	Q & A Method
15mins	Technical Warm Up	 <p>Captains Deck</p> <p>Area size: 20 x 30</p> <ul style="list-style-type: none"> Each player dribbles the ball inside the area. Coach shouts 'Captains Deck' players must stop the ball and shout 'Yes, Aye Captain' with a salute sign. Coach shouts out 'South The Deck' players must travel to the shaded end zone, stop the ball and shout the floor with their side of their feet on top of the ball. <p>Progression 1: The coach will have a cone in their hand. When the coach shouts 'TREASURE' the players must swim and reach in the direction the cone is pointing. For example if the cone is pointed North, the players must dribble their ball to that direction and stop on the line.</p> <p>Mix up where you want your players to go. For example: TREASURE at the North, Not Down the South, now over to the West.</p>	<p>Keep the ball close</p> <p>Use surfaces of the foot (inside, outside, toes)</p> <p>Keep head up but know where the ball is</p> <p>Look to change of direction with pass</p> <p>Use body feet and instantly area to turn with the ball</p> <p>Use body to shield/protect the ball - BALANCE</p>	<p>Can you tell me what foot to use when dribbling?</p> <p>What surfaces do we use, and why?</p> <p>Do we keep our head up, and why?</p> <p>Where do we dribble? not speed? with pass, why?</p> <p>Use these Q & A Methods during the session or in the debrief. Each intervention must be 30 seconds long</p>
20mins	Skill Practice	 <p>Gladiator</p> <ul style="list-style-type: none"> Every player must have a ball, hanging out like a tail. 2 gladiators inside the middle zone with a ball each, and must not step into the end zones. The players must dribble the ball from the end zone to the opposite end zone, while the gladiator attempts to steal their ball. Each gladiator who steals a ball is awarded a point. The gladiator must stop the ball on the floor so that the player can retrieve it and continue to play. Rotate players after every 2-3mins of play. <p>Progression 1: Players must dribble past the gladiator with a trick. Demonstrate a number of skills to the group such as; the step-over, nutmeg and feints.</p> <p>Progression 2: Remove the 2 cones in the middle, and play 'KING OF THE KING' using the whole area. The gladiators can now tackle the players.</p>	<p>Keep the ball close</p> <p>Use surfaces of the foot (inside, outside, toes)</p> <p>Keep head up but know where the ball is and scan the area</p> <p>Look to change of direction with pass</p> <p>Use body feet and instantly area to turn with the ball</p> <p>Be positive and take chances</p>	<p>Decision making</p> <p>When to move - When a player see space (Head up developing awareness)</p> <p>Why? - To advance forward and not pass the defender</p> <p>How? - Changing their speed and direction</p>
20mins	SSG	 <p>4 Goal and 2 Goal Game</p> <ul style="list-style-type: none"> 4 Teams consist of 3 players in each. Diagram shows Red + Blue in the 2-Goal Game. Diagram shows White + Yellow in the 4-Goal Game. Players must dribble through the gates to score a point. After 2-3mins of play, the coach shouts 'Switch' - teams change games. <p>Contingency Plan: If you have 24 players or more in a small area, split the group into half and condition the game time for a total of 4 minutes. One group plays, while the other group sits out until it their turn to play.</p> <ul style="list-style-type: none"> 12 players starts the game. After 3mins, switch games. After 6mins, call full-time and rotate the players while the players coming off have their break where they can go to the toilet or refresh with drinks. 	<p>Keep the ball close</p> <p>Use surfaces of the foot (inside, outside, toes)</p> <p>Keep head up but know where the ball is and scan the area</p> <p>Look to change of direction with pass</p> <p>Use body to shield/protect the ball - BALANCE</p> <p>Players aim to play with width and depth - do not bunch</p>	<p>Decision making</p> <p>When to move - When a player see space (Head up developing awareness)</p> <p>Why? - To advance forward and not pass the defender</p> <p>How? - Changing their speed and direction</p> <p>To pass or to dribble?</p> <p>Did the players support? Did they communicate well?</p>

Football Training Session Plan

M Walker



Football Training Session Plan:

Enjoying the Tune of Phrase: An Emotional Symphony within **Football Training Session Plan**

In a world eaten by displays and the ceaseless chatter of fast communication, the melodic splendor and psychological symphony developed by the published term usually fade into the back ground, eclipsed by the constant noise and disruptions that permeate our lives. However, nestled within the pages of **Football Training Session Plan** a charming literary value full of fresh feelings, lies an immersive symphony waiting to be embraced. Crafted by an elegant musician of language, that interesting masterpiece conducts visitors on a mental journey, well unraveling the hidden melodies and profound influence resonating within each cautiously crafted phrase. Within the depths of this emotional evaluation, we will explore the book is central harmonies, analyze its enthralling writing fashion, and surrender ourselves to the profound resonance that echoes in the depths of readers souls.

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