



South East Region Development Squads



Coaching Session Planner

Session One

Warm Up

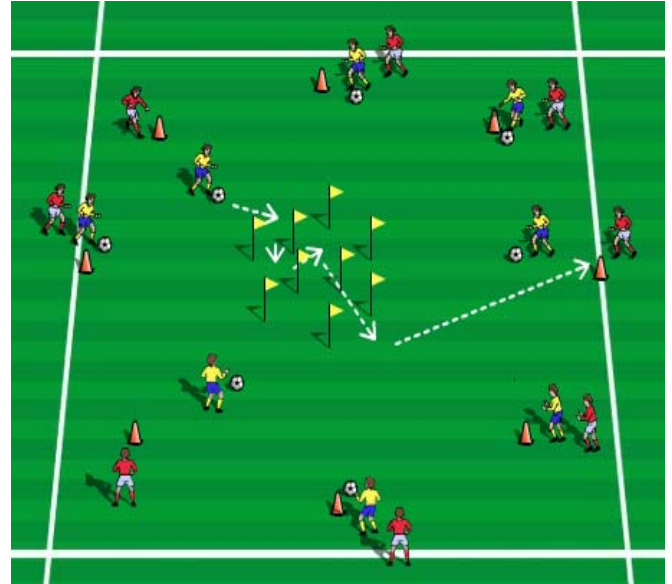
Players dribble ball in through poles in middle area. Players encouraged to make sure they find a route through without colliding with team mates or touching poles.

Player then finds free player on outside of circle and exchanges ball by performing takeover.

Progression:

Players pass ball one-two go back through poles then takeover.

Increase footballs to increase intensity.



Speed and Agility

In groups of four or five players work on acceleration, deceleration and lateral movement in game related exercises to improve players speed and agility.

Ball is gradually introduced to each exercise.

Work on technique.



Game Related Practice 1 v 1

Players in channels in fours and work on attacking and defending principles.

Coaching Points:

Attacking – Good first touch out of feet.

Change of pace

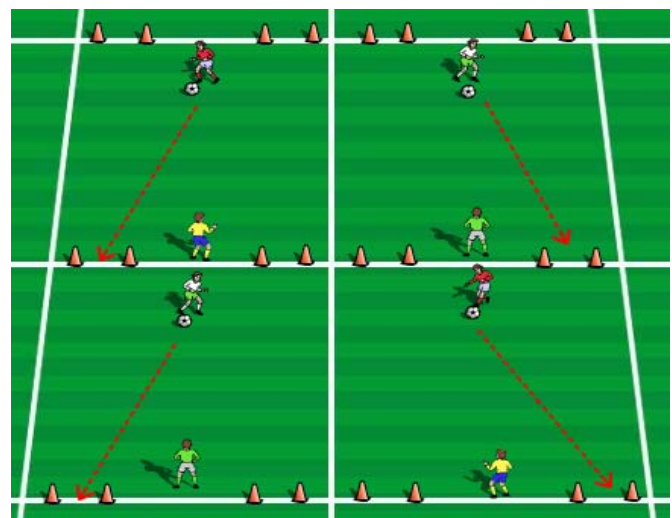
Disguise

Defending - Close down space

Don't over commit

Channel in to area

Delay or win ball





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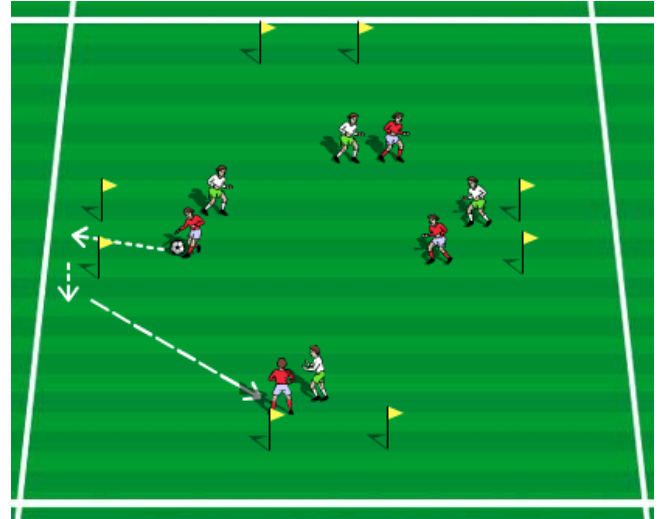
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Game Related Practice Progression

Four Goal Dribbling Game

Players must try to score goals by dribbling through either of four goals. Game is non directional and if goal scored game continues with team in possession trying to score in any of other three goals.

Encourage coaching points from 1 v 1.



Conditioned Game

8 v 8 three zone game

Encourage players to get on ball and in attacking zone take on defenders.

Conditions

Ball to be played through zones encouraging movement to receive ball.

One player from each zone can support in each zone.

Progress to ball can be played from defending third to attack and encourage support from middle zone.



Cool Down

Sequence Passing in Fours

Emphasise tempo of session to slow down.

Encourage players to stretch and review objective of session.

