

Coaching Session Planner

Session Twelve

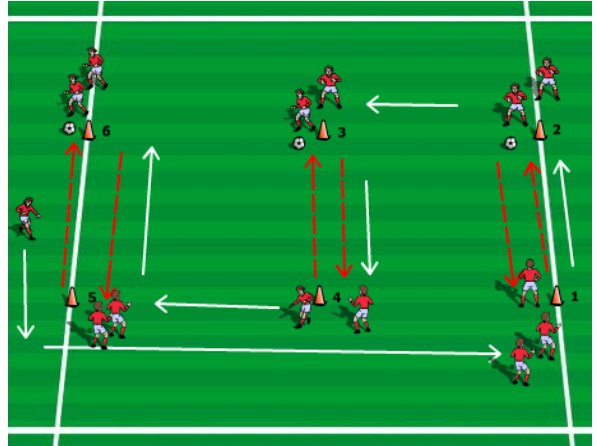
Warm Up

Players pass ball and move on to next station.

Starts with two touch passing ball played at pace. Progress to weighted one touch pass followed by 5 metre sprint when players fully warmed up.

Players move to next station and long run from 6 back to 1.

Objectives are for quality passing.

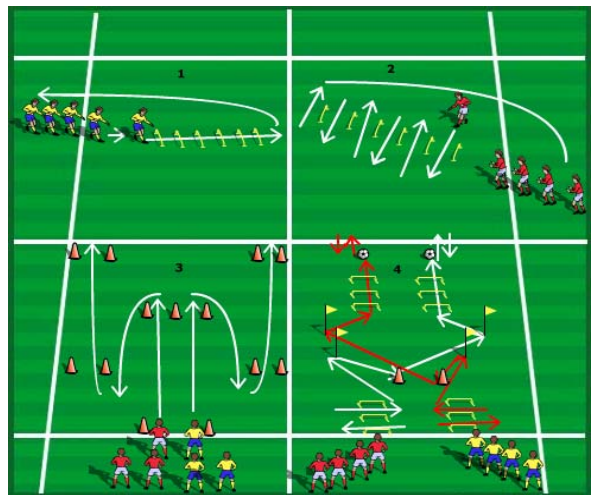


Speed and Agility

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.

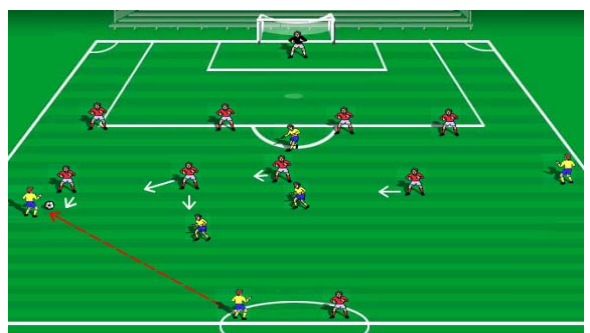


Team Shaping

Midfield Four Defending

Wide Option

Show wide player 2 options: down the line and across the field. Balance the remaining midfielders in relation to where the ball is.



Central Option

Show central midfielder 2 options: in or out. Balance remaining defenders in relation to where the ball is and the goal.

Finish with free play.



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Game Related Practice

Objective for red midfield is to stop ball going to two yellow target players – red team attack goal with midfielders allowed in zone to support. When win ball attack goal as normal.

Progression: Red defender allowed in midfield zone to create a 5 v 4 against yellow team. Allow defensive midfielders to track supporting players in attacking third.



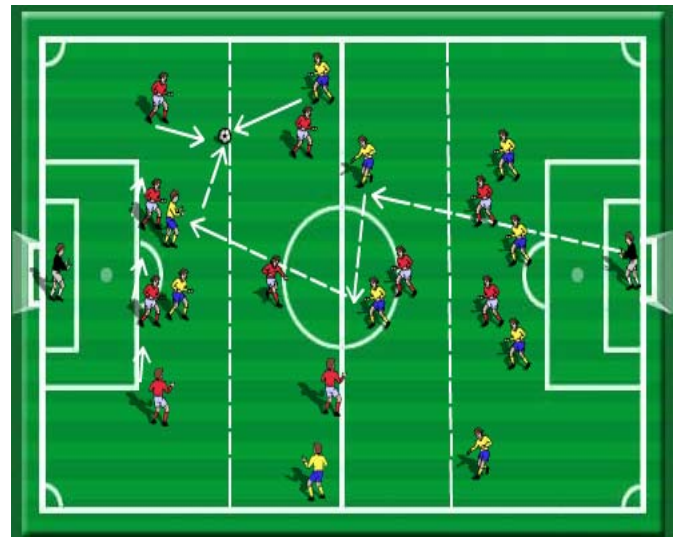
11 v 11 Game

Focus on midfield 4 Defending Principles - Pressure, Cover and Balance

Initial play is through zones to enable the coach to monitor and balance the 4 midfield players.

Progress to more direct play by allowing passes from back to front.

Free play for final 10 minutes.



Cool Down

Sequence Passing in Fours

Emphasise tempo of session to slow down.

Encourage players to stretch and review objective of session.

