

## Coaching Session Planner

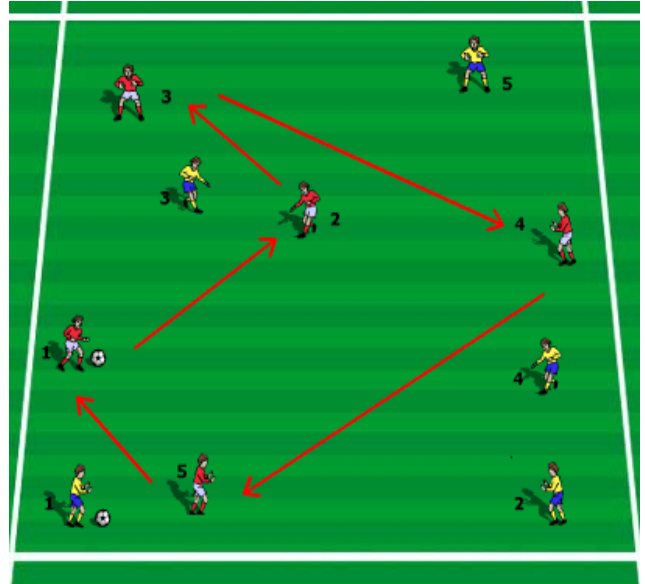
### Session Two

#### Warm Up

Players pass ball in groups in numbered sequence.  
Progress to first pass long second pass is short.

#### Objectives

Quality of Passing  
Timing of supporting run  
Awareness and timing of pass



#### 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.

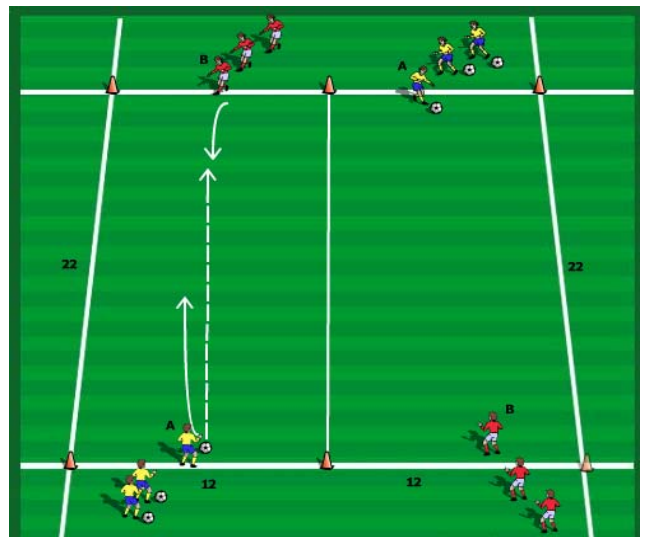


#### Game Related Practice 1 v 1

Players in channels focus on defending principles.

#### Coaching Points:

Defending - Close down space  
Don't overcommit  
Channel in to area  
Delay or win ball



## Coaching Session Planner

### Session Two

#### Game Related Practice Progression

Defenders now look to win possession within the central area and/or direct the attacker to the side. Objective is not to allow the attacker into the end zone.

#### Coaching Points:

Defending - Close down space  
Don't overcommit  
Channel to sideline  
Delay or win ball



#### Conditioned Game

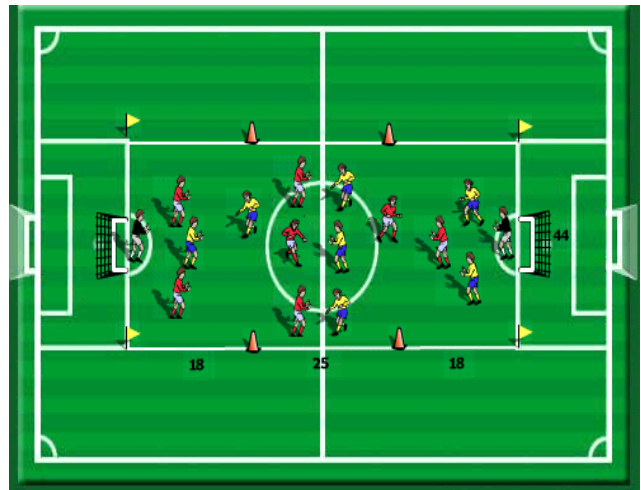
Three zone game 8 v 8 (1-2-3-2)

#### Conditions:

1, 2 or more than 4 touches. Possession is lost if a player touches the ball 3 or 4 times.

#### Coaching Points:

The players are encouraged to control the ball with one touch and play quick passes. When the opportunity of a 1v1 arises the defending player should be coached on the defending principles.



#### Cool Down

Sequence Passing in Fours

Emphasise tempo of session to slow down.

Encourage players to stretch and review objective of session.

