

Coaching Session Planner

Session Four

Warm Up

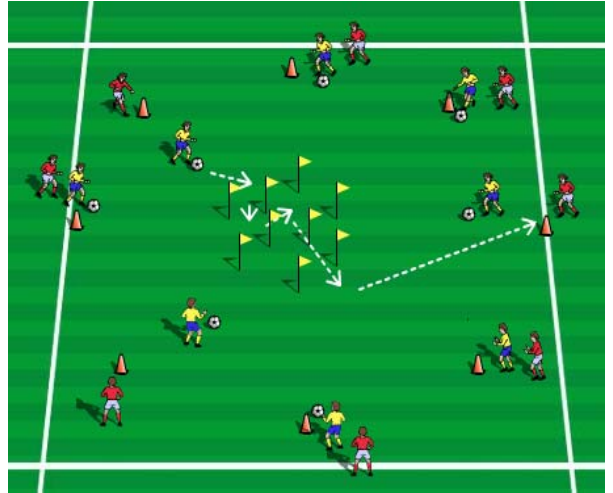
Players dribble ball in through poles in middle area. Players encouraged to make sure they find a route through without colliding with team mates or touching poles.

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

Defenders (Red) prevent attackers (Yellow) crossing the end line.

Coaching Points

- Nearest defender closes and channels
- Display patience and force attacker to the side
- Communication and positioning of covering defender





South East Region Development Squads



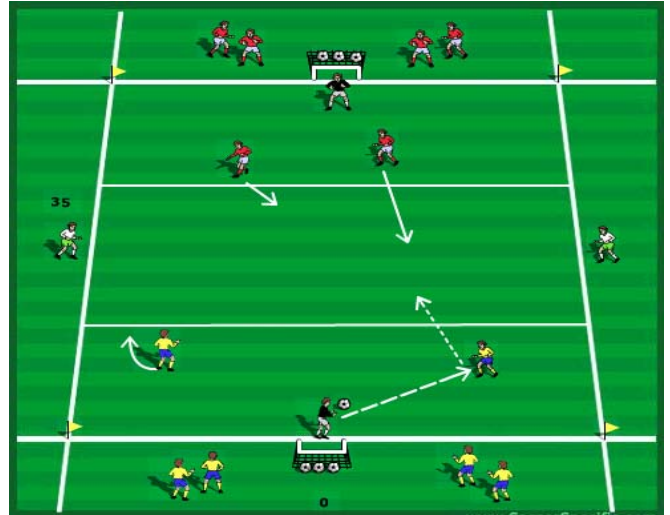
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Game Related Practice Progression 2 v 2

Introduce goalkeepers and side players. Attacking players can use side players to regain possession or penetrate in behind defenders.

Defenders are coached using principles from previous game related practice as well as how they react when attackers pass the ball.

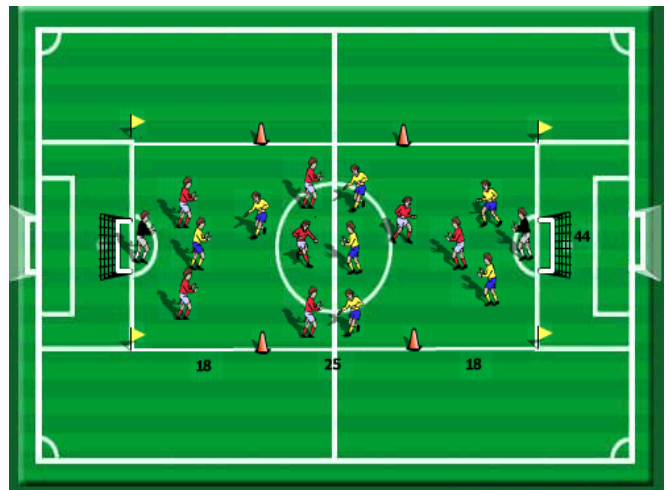


Conditioned Game (1-2-3-2)

Conditions

Players are restricted to initial zone. Ball must be played through zones encouraging movement to receive ball. When passes are played into the final third a 2 v 2 situation arises. Defenders relate to previous coaching points as well as ensuring no 1 v 1 are created.

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.

