

Coaching Session Planner

Session Nine

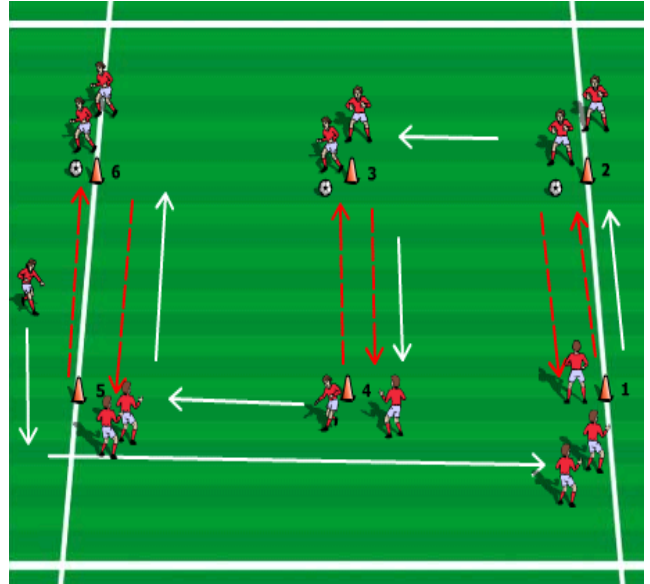
Warm Up

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.



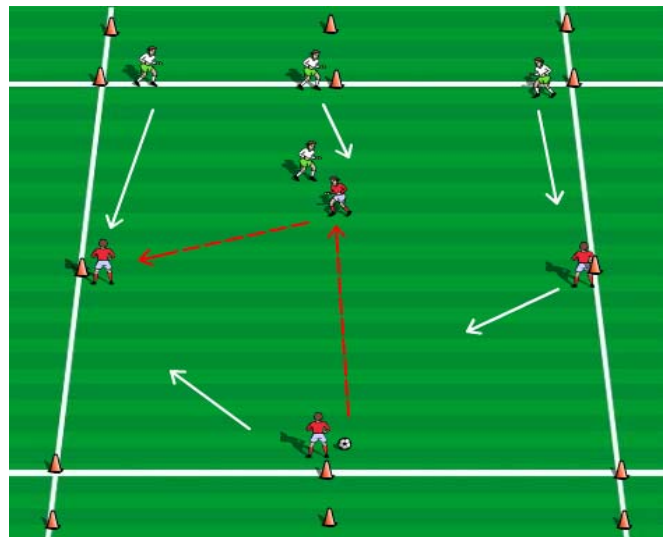
Game Related Practice

4 v 4 Attacking Principles

Objectives dribble ball over line - if defender wins ball dribble through opposite goals.

Coaching Points

- Good first touch forward
- Change of pace
- Change of Direction
- Disguise
- Overlapping runs
- Depth, Width and Length



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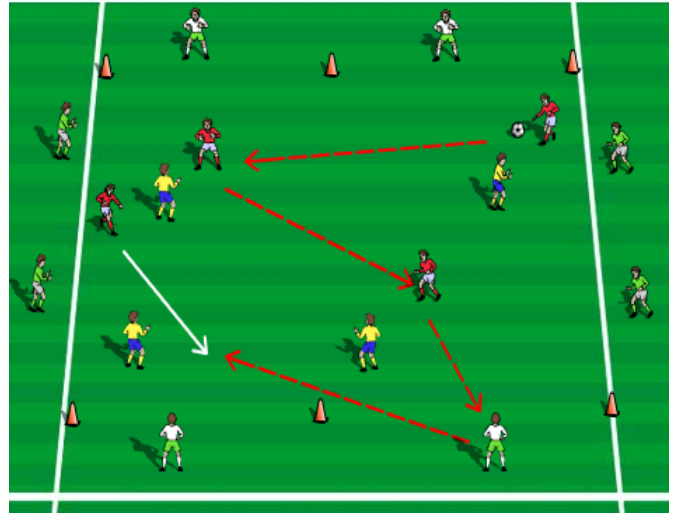
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Game Related Practice Progression 4 v 4 (2 + 2 target players)

4 v 4 in playing area, reds play ball off white end players, yellows play off green end players.

Emphasis on attacking principles and make advantage of extra support players.

Conditions two touch side players no restrictions in playing area.
When ball goes out one side cannot be returned must go in other direction.



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.

