


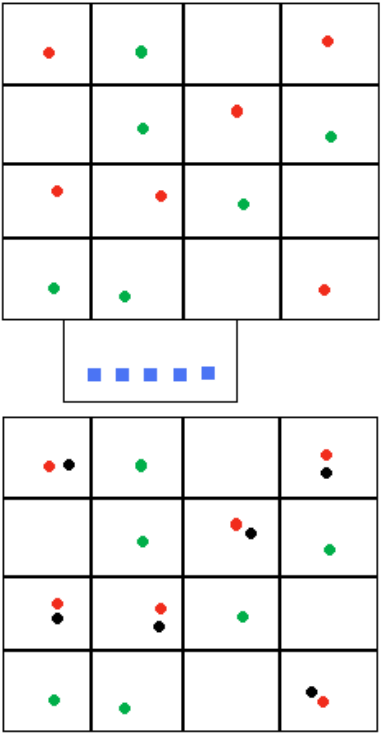
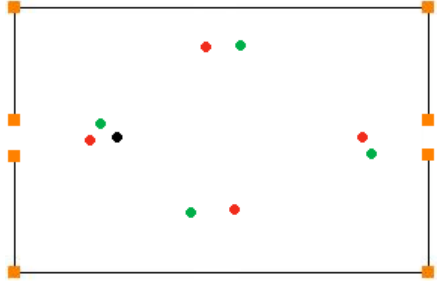
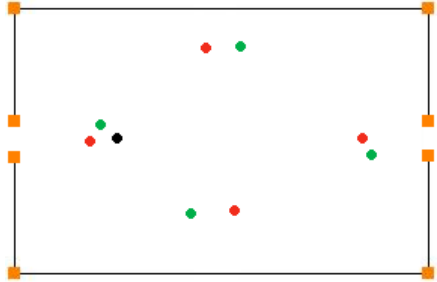
# COACHING SESSION PLAN

<b>Session Type</b>	<b>U10 week 4, practice 1</b>
<b>Theme of Session</b>	Spatial Awareness

Key phrases for today's theme;

- Fast feet- *bend your knees, pad the ground on the balls of your feet, glide over the grass- don't raise your feet too high*
- Space- *players should play with their head up, always look for the most space (if a player is standing in space not being chased and they don't move that is GOOD!)*
- Keep away- *use all the space provided to keep the ball away from the other team*
- Game- *FREE PLAY!*

<b>Focus</b> <i>Key points and things to watch out for.</i>	<b>Diagram</b> <i>Equipment and example</i>	<b>Timing</b> <i>Minimum time to be spent on exercise</i>
<p><b>Basic fast feet; single work</b></p> <p>The area set up is very easy, simply line up 10 cones and then have a target cone/goal at the end, for the players to race down to. Ideally, set up as many as these as you can next to each other, so that players are not waiting long to go through the cones.</p> <p>The exercises through the cones should be as follows;</p> <ul style="list-style-type: none"> <li>• <i>one step between-</i> getting the knees up over the cones, players put one foot in each gap as they go through</li> <li>• <i>two steps between-</i> as above, but this time players making two steps in each gap</li> <li>• <i>facing right-</i> players place left foot into the gap and then the right foot meets it, will mean that legs don't cross over</li> <li>• <i>facing left-</i> as above but right foot first, left foot meeting</li> <li>• <i>big zigzag-</i> players do big zigzags in and out of the cones</li> <li>• <i>small zigzag-</i> players use little steps to move in and out of the cones</li> <li>• <i>zigzag backwards-</i> as above but players face the 'wrong' way through the cones, moving in and out backwards</li> </ul> <p>Coaches should make sure that players keep their bodies upright, that they're on the balls of the feet, and players should be told to try not to knock any cones. (Start with 100 points, lose 10 points for every cone knocked- if they get to 0 then they do a funky forfeit!)</p>		<p>10mins</p>

<p><b>Creating space (spatial awareness); find the space.</b></p> <p>The area should be set up like a grid, and the game is, essentially, a game of 'tag', with the group split into two teams, one team who are searching for space, and others who are doing the tagging.</p> <p>The players who are looking for space should be told to be attempting to stay within an empty box in the grid. If/when they are 'tagged' they should go and do one of the previously learnt fast footwork drills in the 'penalty' box (where the blue squares are in the top diagram). When they return they can continue looking for space. The coach should swap the teams every few minutes.</p> <p>Key points;</p> <ul style="list-style-type: none"> <li>• <i>Players should look to turn sharply, and run across diagonals to get in a free box</i></li> <li>• <i>If a player is not being chased in a free box, applaud him/her, they are using their initiative not being lazy!</i></li> <li>• <i>Players should be discouraged from aimlessly running (noticeable with players running in circles)</i></li> <li>• <i>Taggers can be coached to work as a team, picking on players together instead of going one-for-one</i></li> </ul> <p>The progression for this exercise is to give one team a ball, to begin with, the ball players should be the taggers (allowing those looking for space an easier ride!) however, once both teams have done this, those with the ball should be the team looking for space, so coaches can assess dribbling techniques, and turning ability.</p>		<p>20mins</p>
<p><b>Small-sided-games; score and keep away</b></p> <p>Maximum of 4v4 players for U10s. 'Score and keep away' is designed to enhance teamwork.</p> <p>The aim for the players is to score in their target goal as in a normal game. However, after a team scores, their goal is closed up and they have to complete 5 passes before it is open again. If the other team win back the ball they have to try and score in their target goal, if they do then their goal closes and it opens the other teams goal.</p> <p>The set up should be a 25x35 yard area, with two 3 yard goals (no keepers), placed at either end.</p>		<p>12-15mins</p>
<p><b>Small sided games; regular mini game</b></p> <p>Maximum of 6v6 players for U10s. Regular games should be played after other controlled small-sided games.</p> <p>The aim for the players is to score in their target goal.</p> <p>The set up should be a 30x40 yard area, with two 3 yard goals (no keepers), placed at either end.</p>		<p>Until practice ends</p>