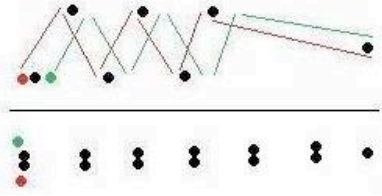
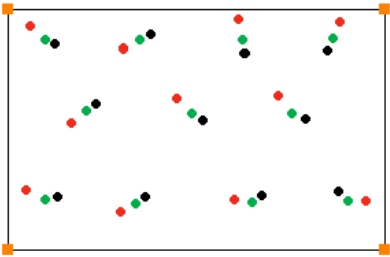


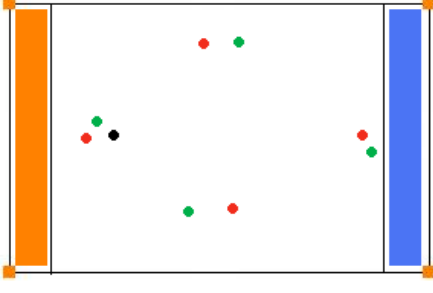
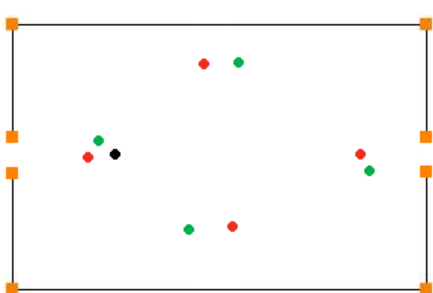
# COACHING SESSION PLAN

<b>Session Type</b>	<b>U12 week 1, practice 2</b>
<b>Theme of Session</b>	<b>Running-with-the-ball</b>

Key phrases for today's theme;

- Fast feet- "work together in your pairs", "glide over the ground", "on your toes"
- Running with the ball- "big touches into space", "use it to get away from players", "use it to get into space", "charge towards the goal"
- End-zone- "get into the end zone whenever you can", "run with the ball when there is space ahead"
- Regular- "remember to run with the ball when you have space to", "get into space"

<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; paired work</b></p> <p>The following exercises should be done in pairs, and with the younger players, they should be done as 'mirroring' exercises <b>not</b> races.</p> <p>The top exercise involves one player (green) doing a backwards zigzag, changing direction, with the other (red) doing a forwards zigzag, attempting to mirror the movements of the green player. When they reach the end of the zigzag the green player should turn and get to the end cone quickly with the red player.</p> <p>The second exercise should involve the two players working together. They should go to the second double cone and then go backwards, back to the first. They then go the third cone, and go back to the second, then the fourth going backwards to the third, and so on. In other words, going two steps forward and then one step back.</p>		<p><i>Starter activity</i> <b>10 minutes</b></p>
<p><b>Running with the ball; Tom and Jerry</b></p> <p>Set up a 35x45 yard area and split the players into pairs (one ball between two). With the area being bigger than the game played with the younger age groups, the players are advised to seek space and run with the ball into it.</p> <p>Players should understand the difference between dribbling and running with the ball (<i>dribbling</i> meaning to have the ball under close control (when there is a defender in front), and <i>running with the ball</i> meaning there is space ahead of the player and they play the ball into the space, taking bigger touches and running at speed.</p> <p>To begin the session the players with the ball should be given 5 seconds to get away from their partners. If they are caught then they should swap over and the new players who have the ball are also given 5 seconds to get away from the new chaser.</p> <p>To progress the session, the coach can call "STOP"</p>		<p><i>Minimum of 15 minutes</i></p>

<p>at any point, if the chasing player can touch the player with the ball then they get a point but if they can't then the player with the ball can win a point.</p> <p>Key points for running-with-the-ball;</p> <ul style="list-style-type: none"> <li>• <i>players should use their laces</i></li> <li>• <i>players should be running at their fastest</i></li> <li>• <i>touches should be greater, 'driving' into space</i></li> </ul>		
<p><b>Small-sided-games; end zone soccer</b></p> <p>Maximum of 4v4 players for U10s. End-zone soccer should be used for running with the ball, dribbling and long passing practices.</p> <p>The aim for the players is to get the ball, <b>under control</b>, into their target end-zone.</p> <p>The set up should be a 30x40 yard area, with two 30x5 yard end-zones on each end.</p>	 <p>The diagram shows a rectangular field with two vertical end zones at each end. The left end zone is orange and the right end zone is blue. A black dot representing the ball is in the center of the field. There are four red dots and four green dots representing players, with two of each color on each side of the field.</p>	<p><i>10 minutes (maximum)</i></p>
<p><b>Small sided games; regular mini game</b></p> <p>Maximum of 4v4 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>The diagram shows a rectangular field with two small goals at each end, marked with orange squares. A black dot representing the ball is in the center of the field. There are four red dots and four green dots representing players, with two of each color on each side of the field.</p>	<p><i>Until practice ends!</i></p>