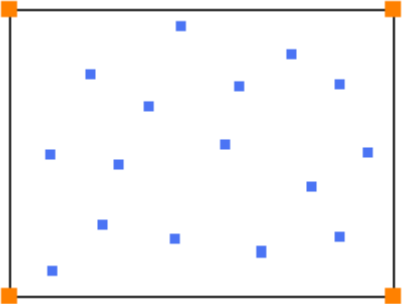


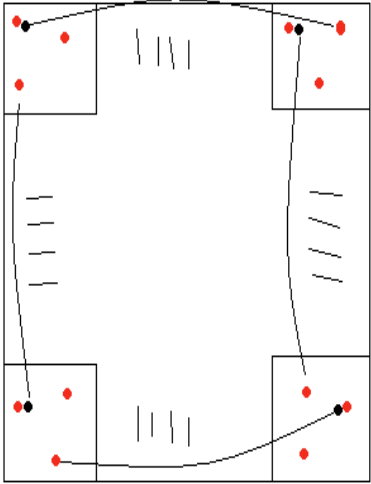
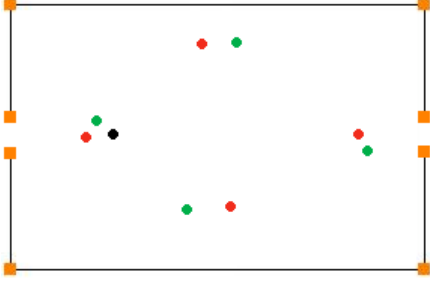
COACHING SESSION PLAN

Session Type	U12 week 6, practice 2
Theme of Session	FIRST TOUCH, BALL CONTROL AND LONG PASSING

Key phrases for today's theme;

- Warm up/ball control- *stay moving the whole time, focus on cushioning the ball*
- Long passing- *build on previously learnt skills and increase pace as players gain confidence*
- Game- **FREE PLAY!**

Focus <i>Key points and things to watch out for.</i>	Diagram <i>Equipment and example</i>	Timing <i>Minimum time to be spent on exercise</i>
<p>Warm-up; Movement/Dynamics/Ball Control</p> <p>Set up a 12x10 yard area- within this area tell the players to take a cone and put it down in some space (near no-one else's cone). The players should be told that throughout the exercise they will never be stood still and so when the coach says stop, they should stand next to a cone- bouncing from toe-to-toe on the spot whilst listening to the coach.</p> <p>The coach should then go through the following movements, with the players moving from cone-to-cone (visiting all cones as many times as possible) within the area;</p> <ul style="list-style-type: none"> • Jogging- <i>minimum of three minutes</i> • Wide sidesteps- <i>sideways movement, stretching the groin</i> • Skipping- <i>ensure players bend knees as they land on each foot, warms up ligaments and tendons</i> • Bum flicks- <i>players to flick their bum with their heels, stretching quadriceps</i> • Kick the gate- <i>players mimic kicking open a gate, stretching out the hamstrings</i> • Slow/explode- <i>players go slow to a cone then explode off of the next cone in a different direction</i> • Backwards/forwards- <i>backwards to one cone then forwards to the next.</i> • Freestyle- <i>players to combine all movements for minimum of three minutes</i> <p>COACH TO GIVE HALF THE PLAYERS A BALL, players with a ball lightly bounce on the spot, others do the following exercises (swap after each exercise);</p> <ul style="list-style-type: none"> • Inside volley pass- <i>players move to each player, and volley a ball thrown at shin height (volley should be controlled- pass pace)</i> • Laces volley pass- <i>as above</i> • Thigh control- <i>players to bring ball down on thigh and pass it to server</i> • Chest control- <i>players to bring ball down with chest and pass it to server</i> <p>Server should now pass the ball from the floor;</p> <ul style="list-style-type: none"> • Player receives pass and takes first touch into space (behind/left/right not back in front of themselves), they then turn back and return the ball 		<p>15mins</p>

<p>to the server before finding the next ball</p> <ul style="list-style-type: none"> • Servers become bounce-pass players, receiving players control into space and then go and find another server, with the new server they play a 1-2 and continue to dribble around the area visiting all servers 		
<p>Long Passing; Bantock's drill</p> <p>Set up a 35x45 yard area with 5x5 yard squares in each corner, as in the diagram. Also lay out 5 SAQ cones between each box (where the lines are in the diagram). There needs to be a minimum of three players per corner, and they should be numbered. There needs to be one ball per corner.</p> <p>Coaches should teach the players the low, driven pass and the long, chipped pass, the key points for each are below;</p> <ul style="list-style-type: none"> • <i>Driven pass</i>- strike the ball with the laces, coming up to the ball from the side, and striking with power, keeping the knee and head over the ball • <i>Chip pass</i>- players should be aiming to strike the lower section of the ball, and should simply strike the ball, not strike through the ball, they should lean back so that their head is behind the ball, as it is struck. <p>Players should 'pass and move' inside their box, the coach should then call out a number and that player needs to play a long pass into the next box, clockwise around. They then follow their pass into the box at speed.</p> <p>The first progression is to have the players complete the SAQ cones as they move into the next box. The SAQ (fast footwork) techniques that are done should be decided by the coach.</p> <p>A second progression is to have the players passing the ball clock wise but then moving around the area anti-clockwise.</p>		<p>20mins</p>
<p>Small sided games; regular mini game</p> <p>Maximum of 6v6 players for U12s. 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>