

# COACHING SESSION PLAN

**Session Type**

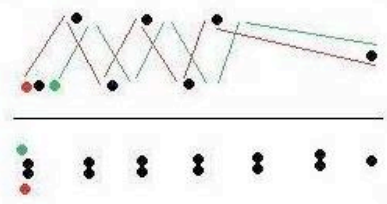
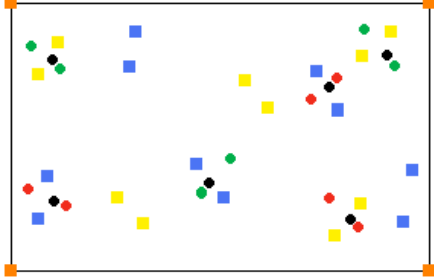
U12 week 9, practice 1

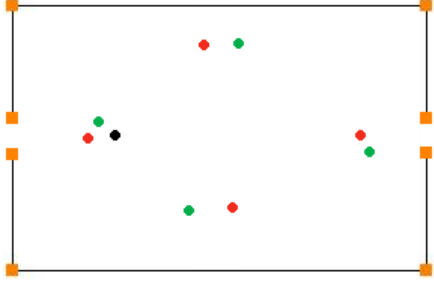
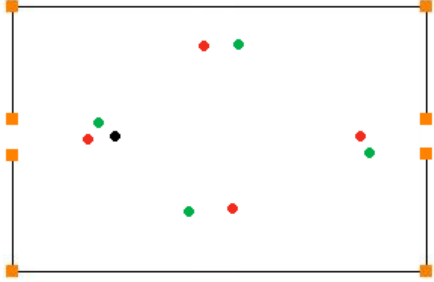
**Theme of Session**

PASSING WITH OFF-THE-BALL MOVEMENT

Key phrases for today's theme;

- FFW- *work together, think forwards when going backwards, keep feet low to the ground*
- Gates- *move off the ball to cover the whole field, keep your eyes on the ball the whole time*
- Game 1- *Move off the ball quickly after you score to open up the field and keep the ball away for as long as possible*
- Game 2- *FREE PLAY!*

<p><b>Focus</b> <i>Key points and things to watch out for.</i></p>	<p><b>Diagram</b> <i>Equipment and example</i></p>	<p><b>Timing</b> <i>Minimum time to be spent on exercise</i></p>
<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>10mins</p>
<p><b>Passing and Basic Control; Golden Gates</b></p> <p>Set up a 30x40 yard area, with a collection of mini "gates" inside, ensuring that some of the gates are golden (yellow).</p> <p>Players are then split up into pairs and given a ball between two. To start off the players are told to try and go to all the gates in the area as quickly as they can, playing the ball with a soft pass to their partner.</p> <p>Later, the players should be told that golden gates are worth 10 points, while other gates are worth just 1 point. They are only allowed to go through golden gates once but other gates as many times as they like. If the ball leaves the area, they lose 5 points.</p> <p>Key points for passing are;</p> <ul style="list-style-type: none"> <li>• <i>Inside pass</i>- players should pass with the instep of either foot</li> <li>• <i>Punch pass</i>- players should look to punch the ball the ball to their partner, giving it more power but maintaining accuracy</li> </ul>		<p>15mins <i>(high intensity)</i></p>

<ul style="list-style-type: none"> <li>• <i>Making 10</i>- players should make a 10 or 01 with their non kicking foot next to the ball</li> </ul> <p>Key points for basic control are;</p> <ul style="list-style-type: none"> <li>• <i>On your toes</i>- players should be on their toes, showing readiness to receive the ball</li> <li>• <i>Cushion</i>- players should aim to 'cushion' the ball with the instep</li> <li>• <i>Adjust the body</i>- the player should adjust their body prior to controlling the ball so that they are facing the way they wish to play</li> <li>• <i>Rolling not stopping</i>- there should be a focus on keeping the ball rolling not stopping it</li> <li>• <i>'baby-pass'</i>- players should be more mobile, moving into the ball and playing a small 'pass' into space to open the body up before passing the ball to a teammate</li> </ul>		
<p><b>Small-sided-games; score and keep away</b></p> <p>Maximum of 4v4 players for U12s. '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>15mins</p>
<p><b>Small sided games; regular mini game</b></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>