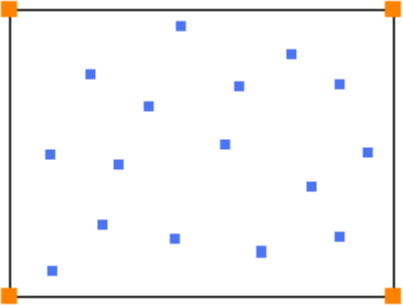



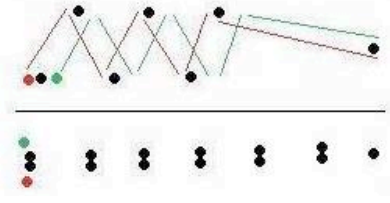
COACHING SESSION PLAN

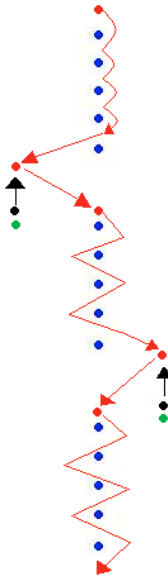
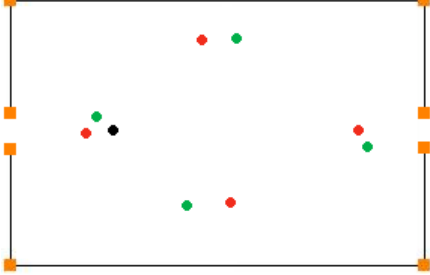
Session Type	U12 week 9, practice 2
Theme of Session	ADVANCED FOOTWORK WITH CONDITIONING

Key phrases for today's theme;

- Warm-up- *don't stop moving!*
- FFW- *all previously learnt techniques, players to practice at a higher intensity without losing technique!*
- 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>15mins</p>

<p>Basic fast feet; single work</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"> • <i>one step between</i>- getting the knees up over the cones, players put one foot in each gap as they go through • <i>two steps between</i>- as above, but this time players making two steps in each gap • <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 • <i>facing left</i>- as above but right foot first, left foot meeting • <i>big zigzag</i>- players do big zigzags in and out of the cones • <i>small zigzag</i>- players use little steps to move in and out of the cones • <i>zigzag backwards</i>- as above but players face the 'wrong' way through the cones, moving in and out backwards <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>Basic fast feet; paired work</p> <p>The following exercises should be done in pairs, and with the younger players, they should be done as 'mirroring' exercises not 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>Fast footwork with ball control</p> <p>Players should perform any of the single fast footwork drills between the cones, then after each fifth cone, the player should dart out the line to a coach who should throw a ball toward a 'control surface' for the player to control. The player should control the ball and then play it back to the coach</p> <p>Examples of control surfaces are;</p> <ul style="list-style-type: none"> • <i>inside foot</i>- to be played straight back • <i>laces</i>- to be played straight back • <i>thigh</i>- control then played back • <i>chest</i>- control then played back • <i>head</i>- to be played straight back <p>Start with the coach deciding which surface and which footwork technique, but then let the players decide and call out the surface they want, while doing the footwork.</p> <p>Players should go through all fifteen cones and then go back round to the start.</p>		<p>10mins</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>