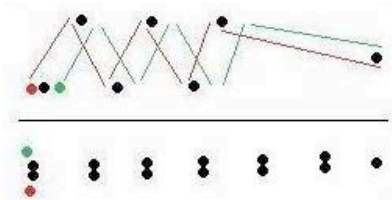
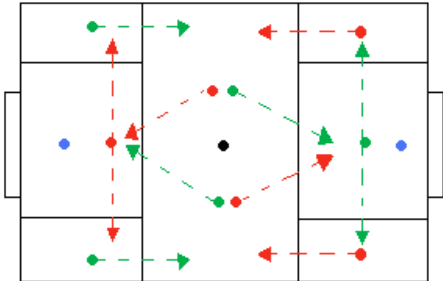


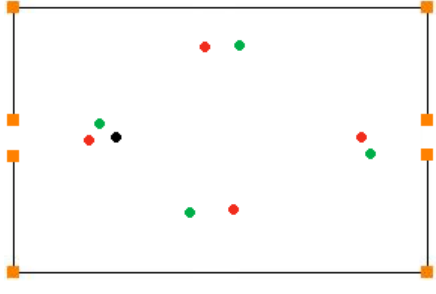
COACHING SESSION PLAN

Session Type	U14 week 10, practice 1
Theme of Session	UNDERSTANDING PLAYER ROLES AND ALL POSITIONS

Key phrases for today's theme;

- *Teach players about positions go through the following:*
 - *Central Defender-* defends from within the penalty area, up to the halfway line, marks the opposition striker
 - *Full Back-* defends the sides of the defence, supports the wide midfielders, stops opposition crosses
 - *Defensive Midfielder-* supports the defenders, links defence to midfield, moves side to side with play
 - *Centre Midfielder-* Box-to-box player who supports both defence and attack
 - *Attacking Midfielder-* plays 'in the hole' behind the striker to link midfield and attack, finds space more than other players
 - *Wingers-* Play in the channels on the side of the field, runs at defenders, provide opportunities for the striker
 - *Striker-* scores goals!
- *Tell players to understand what position they feel most suited to and play them there or nearest to there in the netball game and then the scrimmage*

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>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>Positional play; Netball to soccer</p> <p>Set up a 60x40 yard area and split players into two teams of six. The field should then be split into the areas as in the diagram, firstly, split into three 20x40 yard areas, and then secondly, split each end into three areas, two 20x10 yard areas with a central 20x20 yard area in front of the goal. Two mini-goals should be set up at either end.</p> <p>The game should be played, to begin with, with the ball being thrown not passed around, and the players being unable to move when holding the ball. The dash-lined arrows in the diagram show the</p>		<p>20-25mins</p>

<p>areas each player is allowed in. The blue players must stay in the 20x20 yard area at their end as a goalkeeper/central defender, then the two players wide of the blue player, in the 20x10 yard areas can play in both the area they are in and the area their arrow ends in, however, they can only move into that area if they pass it in there. The two central players can go into either end, although, as with the wide defenders, they can only go forwards if they ball the ball. They can also only go back if one of the opposition players has passed into that area and then moved into it. Finally, the furthest forward player, with a dashed arrow that goes over the three end boxes, should play like a striker, with their primary aim to score in the goal but, to create space for attacking midfielders, they can move into wither wide area.</p> <p>Coaches should look for players to move the ball quickly, but also move a lot off of the ball, making sure they stay in their correct areas. Once the players are doing the practice well, the coach can get the players to play the same game but using their soccer skills, so that now they can either 'pass and move' into their more forward position or they can dribble into their area.</p>		
<p>Small sided games; regular mini game</p> <p>Maximum of 4v4 players for U14s. 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><i>Until practice ends</i></p>