
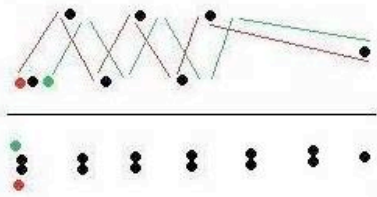
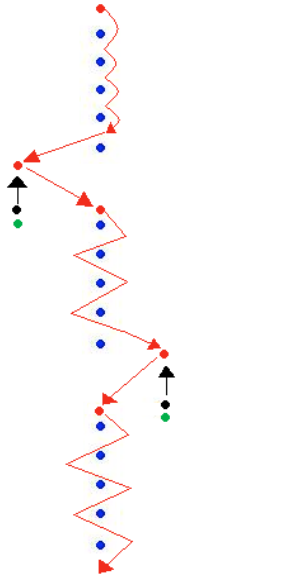
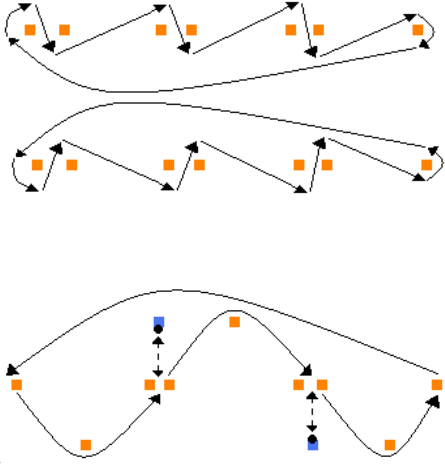


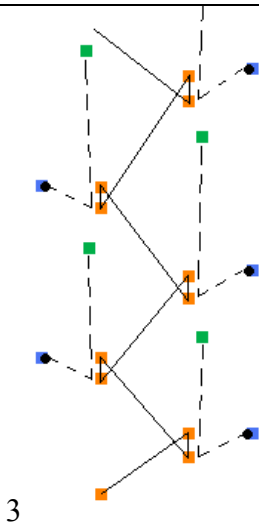
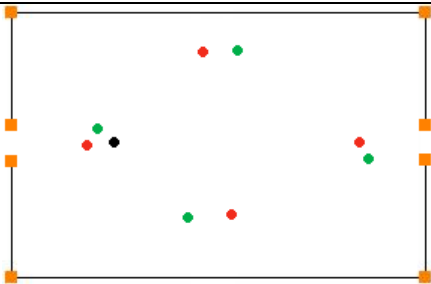
COACHING SESSION PLAN

Session Type	U14 week 3, practice 1
Theme of Session	ADVANCED FAST FEET AND CONDITIONING

- Key phrases for today's theme;
- Connecting our brain with our body
 - Focus on bending the knees
 - Moving the feet smoothly over the ground
 - Pumping our arms
 - Lowering our body
 - Using our 'core' muscles

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; 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>		10mins
<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,</p>		10mins

<p>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>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>		10mins
<p>Fast footwork with creating space</p> <p>The three drills work on three aspects of creating space, through fast footwork training methods. The top diagrams (1) are a drill designed to work on <i>diagonal dash</i> runs, the diagram in the middle of this page (2) is a drill designed for working on <i>curved</i> runs, and the final drill at the bottom of this page (3) is designed for working on <i>checked</i> runs.</p> <p>The first drill will have players showing a good turn of pace, as the short diagonals (done as side-steps) will be fairly slow, the players should then 'drop their shoulder' toward the way they were going and then dash, diagonally following the direction of the longer arrow they then repeat this down to the end. The distance between the cones that are closer together should be around a yard/a metre, with the distance to the next cone being around 8-10 yards.</p> <p>The second exercise will have players ensuring they are facing inside the curve the whole time, as well as speeding up showing a 'quick turn of pace' as with the diagonal dashes. At the end of each curve the players should perform a 1-2 with a server at the blue cones before going on to the next curved run. The arc of the curve should be</p>		15mins

<p>around 3 yards wide and the length between the start and end cones (for each curve) should be about 10 yards.</p> <p>The final exercise, with the diagram at the bottom of the page, looks the most complex but it's straight forward when the players have been through it once! The most important thing for players to understand is that the moment where they check their run (at the end of the first diagonal line), should be a sudden move, where they then take two steps back to the cone behind them to receive a pass from the blue server. They should then try to play a first time pass to the green server before making a diagonal dash to the next cone, repeating the exercise.</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>15mins</p>