

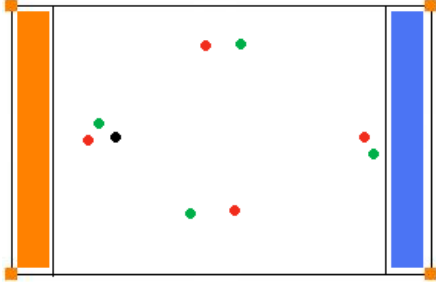
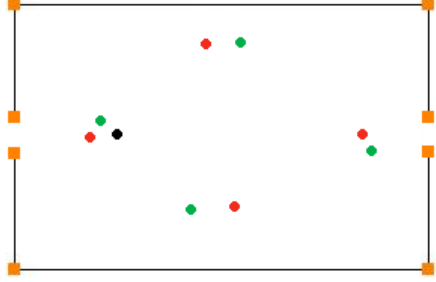
# COACHING SESSION PLAN

<b>Session Type</b>	U14 week 4, practice 1
<b>Theme of Session</b>	Long Passing

Key phrases for today's theme;

- FFW- *bend your knees, play on the balls of your feet, keep your body low, pump your arms*
- Long passing- *accuracy before power, chip (sweet-spot) under the ball or drive (laces) through the ball*
- End-zone- *look to play an early long ball to a runner going into the end-zone*
- Game- *FREE PLAY!*

<b>Focus</b> <i>Key points and things to watch out for.</i>	<b>Diagram</b> <i>Equipment and example</i>	<b>Timing</b> <i>Minimum time to be spent on exercise</i>
<p><b>Fast footwork with ball control</b></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"> <li>• <i>inside foot</i>- to be played straight back</li> <li>• <i>laces</i>- to be played straight back</li> <li>• <i>thigh</i>- control then played back</li> <li>• <i>chest</i>- control then played back</li> <li>• <i>head</i>- to be played straight back</li> </ul> <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><b>Long Passing; Bantock's drill</b></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"> <li>• <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</li> <li>• <i>Chip pass</i>- players should be aiming to strike the lower section of the ball, and should simply strike the ball, <b>not strike through the ball</b>, they should lean back so that their head is behind the ball, as it is struck.</li> </ul> <p>Players should 'pass and move' inside their box, the</p>		25mins

<p>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><b>Small-sided-games; end zone soccer</b></p> <p>Maximum of 4v4 players for U14s. End-zone soccer should be used for running with the ball, dribbling and long passing practices.</p> <p>The aim for the players is to get the ball, <b>under control</b>, into their target end-zone.</p> <p>The set up should be a 25x35 yard area, with two 25x5 yard end-zones on each end.</p>	 <p>The diagram shows a rectangular field with two narrow end zones at each end. The left end zone is orange and the right end zone is blue. A black dot representing the ball is in the center. There are four red dots and four green dots representing players, with two of each color positioned near the center and two near each end zone.</p>	<p>10mins</p>
<p><b>Small sided games; regular mini game</b></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>The diagram shows a rectangular field with two small goals at each end, marked with orange squares. A black dot representing the ball is in the center. There are four red dots and four green dots representing players, with two of each color positioned near the center and two near each goal.</p>	<p>Until practice ends</p>