

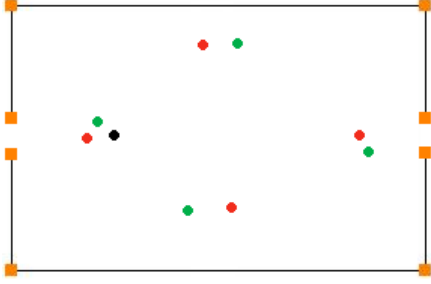
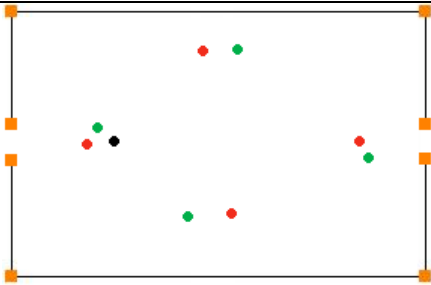
# COACHING SESSION PLAN

<b>Session Type</b>	U14 week 5, practice 1
<b>Theme of Session</b>	SPATIAL AWARENESS AND CREATING SPACE

Key phrases for today's theme;

- FFW- players to move at "game intensity", players to understand 'where and when' to use either a diagonal, curved or checked run in a game. They should also understand how they are used to open up spaces between defenders.
- Game 1- players to use newly learnt techniques to create space off the ball, firstly to score and secondly to retain possession.
- Game 2- 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><b>Fast footwork with creating space</b></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 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, 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>15mins</p>

<p><b>Small-sided-games; score and keep away</b></p> <p>Maximum of 4v4 players for U10s. '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>20mins</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>Until practice ends</p>