

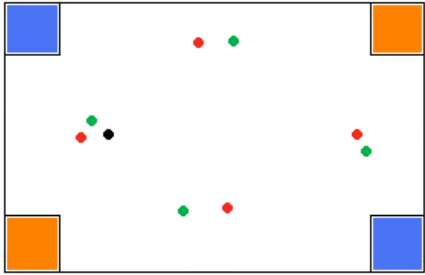
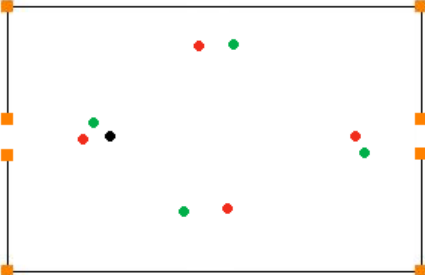
COACHING SESSION PLAN

Session Type	U14 week 7, practice 2
Theme of Session	RECEIVING TO TURN

Key phrases for today's theme;

- FFW- normal techniques, ensure ball is controlled well and players move continuously through the exercise
- Gates- players move quickly to each gate and stand waiting to receive the ball between the gate, players should understand when to use no touches or 1/2/3 touches to turn (dependant on pace of pass)
- Game 1- turn quickly when receiving the ball to alter the direction of play
- 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>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>Receiving-to-turn; Golden gate in 4s (turn through the gate)</p> <p>Set up a 30x40 yard area, placing a collection of gates (two cones a yard apart) around the inside of the area.</p> <p>Players should be split into groups of four and numbered, 1-4. The players then have to pass and move around the area. Each time they receive the ball they should be looking to turn through a gate using a 0-touch, 1-touch, 2-touch or at most a 3-touch turn, to go through the gate. Players should look to visit all gates as a team, using the full space that's available.</p> <p>Coaches should cover the following points;</p> <ul style="list-style-type: none"> • <i>Look over your shoulder before receiving the ball</i> • <i>Assess the speed of the pass and the space available</i> • <i>Players next in line to receive the ball should look</i> 		15mins

<p><i>to be ready to receive the ball in a new gate</i></p> <ul style="list-style-type: none"> • <i>Communication will allow the turning player to know where to go quickly</i> • <i>Use different surfaces to control the turn (inside, outside, laces)</i> 		
<p>Small-sided-games; four-corner model</p> <p>Maximum of 4v4 players for U14s. Four-corner soccer should be used for short passing, turning and ball control practices.</p> <p>The aim for the players is to get the ball, under control, into one of their two target corners. If one team is doing far better than the other, remove one of their target areas so that the weaker team has two target corners but the stronger can only aim for one.</p> <p>The set up should be a 25x35 yard area, with four 5x5 yard corners.</p>		<p><i>10mins</i></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>