
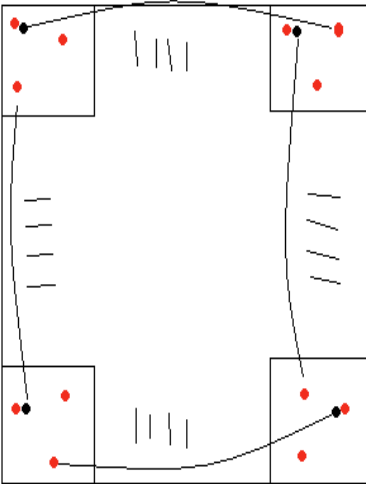
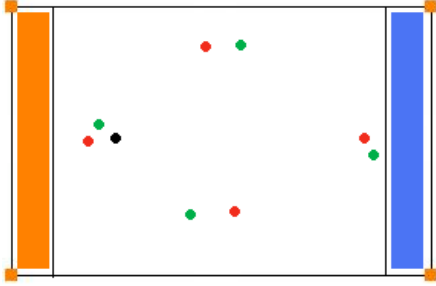
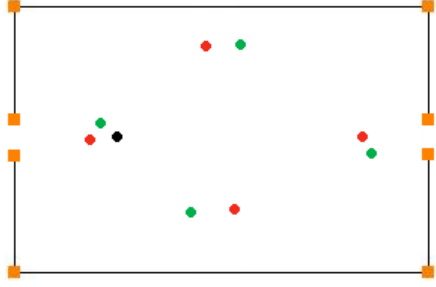


COACHING SESSION PLAN

Session Type	U14 week 9, practice 2
Theme of Session	LONG PASSING WITH FAST FOOTWORK AND CONDITIONING

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>		<p>10mins</p>

<p>Long Passing; Bantock's drill</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"> • <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 • <i>Chip pass</i>- players should be aiming to strike the lower section of the ball, and should simply strike the ball, not strike through the ball, they should lean back so that their head is behind the ball, as it is struck. <p>Players should 'pass and move' inside their box, the 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>20mins</p>
<p>Small-sided-games; end zone soccer</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, under control, 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>10mins</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>Until practice ends</p>