

YES SESSION PLANNER



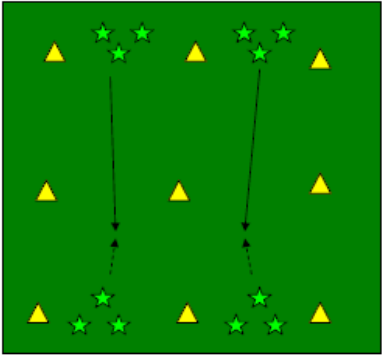
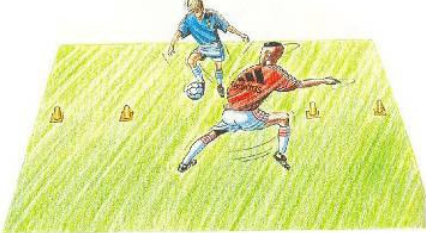
Age Group-	9-12	Equipment Needs-	Cones Pinnies
Ability Level-	Competitive		

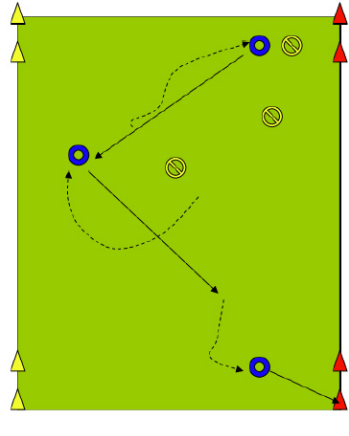


Objective of the Practice Session- 'Running With The Ball' to cover ground quickly

Outline & Progressions	Coaching Points	Organizational Diagram	Min.
<p>Players are organised as shown in a 30 x 20 area;</p> <ul style="list-style-type: none"> • Players in the middle start with the ball and dribble the ball to an end player. <p>Receiving players then dribble back across area to opposite end</p> <ul style="list-style-type: none"> • Ensure players take lots of touches and keep the ball close. <p>Progressions</p> <ul style="list-style-type: none"> • Don't run straight, run in a slalom, using both inside / outside of feet to turn with • Players to play a 1-2 with end players • Players to perform a skill in the middle area / zone • Keep ball up to half way and pass across; • 1 touch / 1 bounce across; • Fake to pass when dribbling across; • Toe taps and pass when ten yards away; • Keep ball up all the way; • Add in 5 yard central zone – dribble to zone, leave ball, pick up new ball and continue; • Bring in end line so players work at a higher tempo; • Coach stands in middle zone and attempts to block / pressure players. 	<p>Lots of touches using both feet, turns, quality of passing, movement across area. Getting the ball out of feet</p>		20

WARM-UP/ ACTIVATOR

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TECHNICAL DEVELOPMENT/ SKILL BUILDING</p>	<p>Players are organised into 4 groups, 2 groups are attackers, 2 act as defenders.</p> <ul style="list-style-type: none"> • Players take it in turn to attack and defend. • Attackers score points by reaching the end lines. • Players switch roles following activity. • Progression • Players play 2 V 1, 2 V 2, 3 V 3 • Extend size of the area • If an attacker is having difficulty, an extra attacker can join in to support play. • If an extra attacker joins in so can an extra defender. 	<ul style="list-style-type: none"> • Ensure players close down quickly • Keep the ball close • Keep your head up • Change of direction at pace. • Player movement (Defending/Attacking) • Angle & Distance of player support <p>Is the ball always on the move do the players make penetrating runs</p>		<p>20</p>
	<p>Mirror game</p> <p>Players must use the skills learnt in the earlier drill to change direction quickly to move through one of the goals.</p> <p>Defender passes the ball across then must not pass yellow line. Eventually progress into full 1 v 1</p>	<p>Do they manipulate the ball to make sharp turns?</p> <p>Are they using their body to fool defenders and change direction at pace?</p>		<p>20</p>

CONDITIONED GAMES/ SMALL SIDED GAMES	<p>20m x 20m – As many as desired</p> <p>Both teams start on goal line. Yellows pass to blues who must then score by passing into either of the goals in the corners.</p> <p>If defenders steal ball they can score for double points.</p> <ul style="list-style-type: none"> • 3 attempts each then rotate blue team • Extra points for 'nutmegs' / reward skill & creativity <p>Progressions:</p> <ul style="list-style-type: none"> • Dribble through goals to score. 	<p>1st touch out of your feet, feints, dummies – try something new. Commit player by putting him on the back foot. Movement off the ball to create space/ Work as a unit to create space and options. Can players beat a player in wide areas to score.</p>		25
WARM-DOWN	<p>Warm down will consist of short movements and changes of directions, commands of organizing into groups to stimulate concentration.</p> <p>Static stretches</p>			5

Coach: Andrew Stockton

Date: 19/08/2013

Location: Colchester