


YES SESSION PLANNER

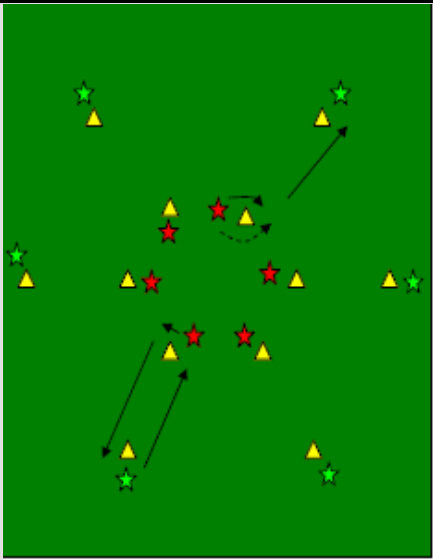


Age Group-	13+	Equipment Needs-	Cones Pinnies
Ability Level-	Competitive		



Objective of the Practice Session- Creating space as an individual

	Outline & Progressions	Coaching Points	Organizational Diagram	Min.
WARM-UP/ ACTIVATOR	<ul style="list-style-type: none"> Players complete a variation of toe taps, stepovers, dragbacks, pullbacks, etc before completing 5 yard pass. <p>Progressions</p> <ul style="list-style-type: none"> Players throw the ball to their partners who receive with the thigh then pass back on the ground. Players toss and partners control with the thigh let the ball drop, flick it up and catch it. (using opposite feet). Passers throw a higher toss and receivers control it with the chest, thigh, other thigh foot and other foot before flicking it up and catching it. Progress into volleys into hands, headers, passes. 	<ul style="list-style-type: none"> The quality of the serve pass? First touch out of the receivers feet, is it positive and using the furthest foot? Are they on their toes ready to receive the ball? <p>Do the players bodies act as cushions at impact?</p>	 <p>A ball to each pair Place pairs around 5-10 yards apart</p>	20

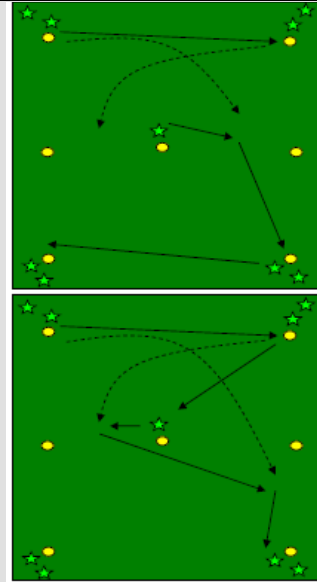
<p>TECHNICAL DEVELOPMENT/ SKILL BUILDING</p>	<ul style="list-style-type: none">• Inner / Outer Circle set up as shown• One player stands on each yellow cone, opposite a partner, ball between two• Players start passing the ball two touch• Use both feet <p>Progressions</p> <ul style="list-style-type: none">• Players with ball work around back of cones, 1st touch across cone and 2nd to pass back (Both inside / outside)• Players 1st touch in front of cone, players move around back of cone, 2nd touch to pass across• Red 1 passes to Green 1 and moves towards him to act as a defender; Green 1 performs turn to beat Red 1 and dribbles to cone;• Middle players move in a clockwise direction after they have taken their turn, so play against a different attacker;• This ensures that players are always switching roles and facing each other.	<p>Quality of Dribble / Attacking Movement</p> <p>Quality of movement on / off the ball</p> <p>Tempo of work, Quick play</p>		<p>20</p>
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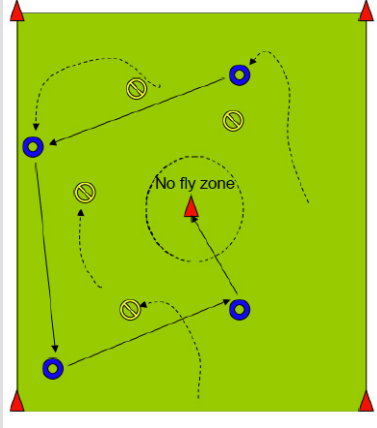
- **Squad practice incorporating 14-18 players**
- **Player 1 plays to player 2 who controls and passes into the striker.**
- **Both players make overlapping runs with the striker passing into the path of the running player.**
- **Alternative add the same area so players go through practice twice.**

Progressions:

- **The Player at the front of the group plays a 1-2 with the playing passing the ball before it is transferred across the area.**
- **The striker plays a 1-2 with the player he received the ball off who then plays in the running player.**
- **The runner runs down the line / diagonally behind the striker.**
- **Players moving across the area can play 1-2's with players on the end**

Quality of passing
Body Position to receive the ball
Angle and distance of support
etc



CONDITIONED GAMES/ SMALL SIDED GAMES	<p>Cone attack (4v4)</p> <ul style="list-style-type: none"> • 30x 30m – with 3m circle (no fly zone) • No players are allowed into the 'no fly zone' • Both teams have to keep possession and work the space in the area until they can create the space to take a shot at the cone • Use tricks and skills to beat the player to create space for the shot • Reward creativity with goals and bonuses <p><i>Progressions:</i></p> <ul style="list-style-type: none"> • 1 touch finish • Time Limit – 1 minute to defend the cone - 1minute to score as many goals as possible 	<p>Do the players focus on creating space and retaining the ball to create the best possible opportunity to knock down the cone?</p> <p>Do the players look to switch the passage of play quickly to score at different angles?</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: 08/20/2013

Location: Colchester