

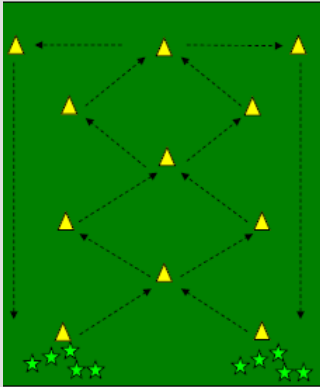
YES SESSION PLANNER

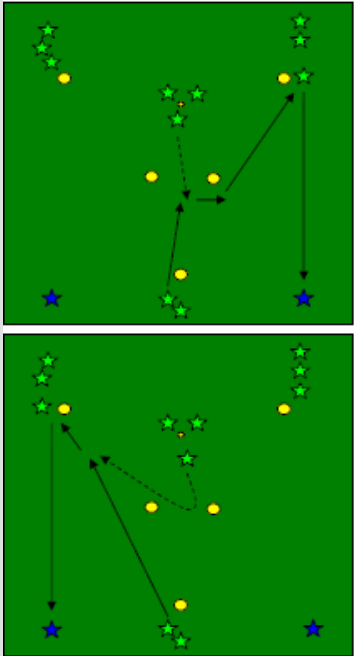
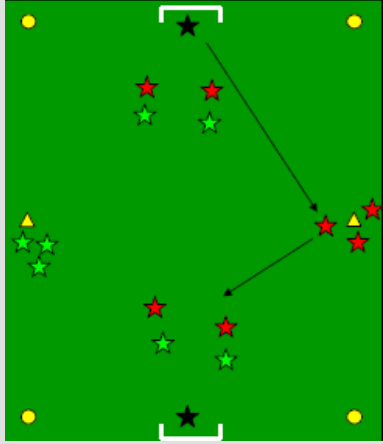


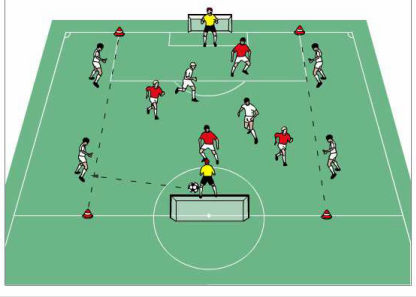
Age Group-	13+	Equipment Needs-	Cones Pinnies
Ability Level-	Competitive		



Objective of the Practice Session- 'Running With The Ball' to cover ground quickly – (Week 2)

WARM-UP/ ACTIVATOR	Outline & Progressions	Coaching Points	Organizational Diagram	Min.
	<p>Work inside / outside of the cones</p> <ul style="list-style-type: none"> • Cut the ball with the outside of the left foot at the 1st cone, right foot at the next cone; • Drag the ball with the sole of the foot with the right foot at the first cone, left foot at the next cone; • Dribble around the cone and accelerate to the next cone / repeat with other foot; • Dribble to cone turn back on next cone & cut ball with left foot back and then across to next cone, repeat at next cone with right foot; • Dribble to the outside cones and pass ball to one side of the cone move to receive ball on other side; • Dribble to first cone, disguise to pass or shoot and cut ball with right foot across front of cone, repeat with other foot 	<ul style="list-style-type: none"> • Ball Mastery, encourage lots of touches, use of both feet, variety of turns etc. <p>Do the players use all parts of their feet?</p> <p>Do they substitute speed for quality when they race?</p>	 <p>Players are organised into two groups at the end of the practice area, with a ball each. Players work through the course performing dribbling and turns with the ball using both feet.</p> <p>Players work with particular emphasis placed on coordinating movements with both feet.</p> <p>Players switch sides after completing one go.</p>	20

<p style="writing-mode: vertical-rl; transform: rotate(180deg);">TECHNICAL DEVELOPMENT/ SKILL BUILDING</p>	<p>Practice relating to movement of attackers / midfielders</p> <ul style="list-style-type: none"> • Four groups positioned in a “Y” shape; • Player one passes into the player at the front of the central group; • This player creates space to receive, checks around the corner and passes to the player at the front of the group on the left / right and follows the pass • (Work left/right groups alternately) • Receiving player dribbles the ball to the back of the bottom group or you can place a GK here for the players to play into. <p>Progressions</p> <p>Add defenders One twos Long passes to miss middle men out</p>	<p>Are the players creative enough to make their own decisions to influence the passage of play?</p> <p>Do they give the correct instructions of how and when to turn?</p> <p>Do they make use of their body and half turn to protect the ball?</p> <p>Do they look over the shoulder before receiving the pass?</p> <p>Are they ready to receive the pass on their toes etc?</p>		<p>20</p>
	<ul style="list-style-type: none"> • Players are organised into 2 groups, one group of attackers (reds), defenders (greens) • Rotate attacking and defending players • Area; Width of 18 yard box / 18 yard box + 10 yards • Recommendations: • Play starts from a GK who plays to one of the attacking wide players; • The attacker drives inside to create a 3 v 2 overload • The defending players can move once the attacking team is in possession • Add in recovery defender from opposite wide group to create 3 v 3 	<ul style="list-style-type: none"> • Key Factors; • Break / recover quickly • Compact defending / Pressure on the ball / Cover & Support • Counters quick and direct • Type of support for strikers / quick combination • Angles and distances to ensure defenders can swing across quickly if ball transferred; • Communication; 		<p>20</p>

CONDITIONED GAMES/ SMALL SIDED GAMES	<p>Players on the outside play for both teams and look to get crosses in</p> <p>Win by 1</p> <p>You can never lead the game by more than one goal, so team must retain possession</p> <p>4 minute games</p> <p>Condition – start one team with a one goal lead</p>	<p>Do the players look to get the ball wide as quickly as possible?</p> <p>Do they re-organise when they lose possession?</p> <p>Do players look to overlap / join in?</p>		25
WARM-DOWN GAMES	<p>Light jog dynamic movements side to sides , stretches led by team.</p>			5

Coach: Andrew Stockton

Date: 28/08/2013

Location: Colchester