

YES SESSION PLANNER



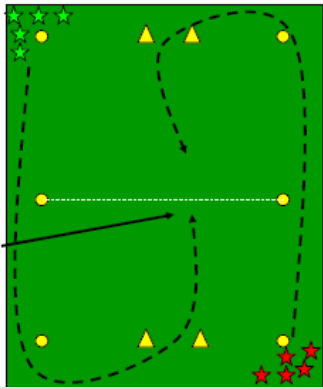

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| Age Group- | 9-12 | Equipment Needs- | Cones Pinnies |
| Ability Level- | Competitive | | |



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

| | Outline & Progressions | Coaching Points | Organizational Diagram | Min. |
|---------------------------|---|--|------------------------|------|
| WARM-UP/ ACTIVATOR | <p>The players with a ball dribble to the center of the square cutting the ball tightly across their bodies with the inside and outside of the same foot.</p> <p>At the center they cut the ball to their right and pass to the first player in the next group then sprint to join the end of that group.</p> | <p>Make sure the players cut across their bodies not too far in front</p> <p>Have them make as many quick, tight cuts as possible without losing control.</p> <p>Tell them to keep their head up as much as possible without losing control.</p> <p>Suggest players use both weak and strongest feet.</p> <p>Use the inside and outside of feet to cut across and outside of body.</p> <p>Receive the ball at different angles.</p> <p>First touch must be positive out of feet.</p> | | 20 |

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| <p>TECHNICAL DEVELOPMENT/ SKILL BUILDING</p> | <p>Player 1 runs with the ball to the red cones & passes across to the opposite group. Repeat.</p> <p>Progressions:</p> <p>Add more balls to allow greater player involvement.</p> <p>Passing player chases receiver.</p> <p>Increase tempo where each player tries to catch up the player in front.</p> <p>Add in central cones x 3 that players must run through before progressing to the passing gates;</p> <p>Speed up practice by allowing players to run straight across through yellow poles;</p> <p>Players play a 1-2 from passing gates;</p> <p>Players perform a “step over” with next player in the queue, who plays ball into path of 1st player.</p> <p>Players perform a “step over” with next player playing back to passer, passer plays round corner into path of runner.</p> | <p>First touch out of feet, Laces to move the ball</p> <p>Head up / Get into stride, Movement to receive ball</p> <p>Touch the ball forward with the foot closest to the ball so you don't disrupt your stride.</p> <p>Pass on the run by using the outside of your foot</p> <p>Quality of pass, Communication</p> <p>Attack the space with speed</p> |  | <p>20</p> |
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| CONDITIONED GAMES/ SMALL SIDED GAMES | <p>Players are organised into 2 teams and positioned at the far corners of the area.</p> <ul style="list-style-type: none"> • Each player is given a number and runs around the outside of the area and through the goal on the coach's command. <p>The coach then serves a ball into the area.</p> <ul style="list-style-type: none"> • The 1 Vs 1 game finishes when a goal is scored or the ball leaves play. <p>Progressions;</p> <ul style="list-style-type: none"> • The coach shouts more than one number; • The number of players in your team represents the number of passes you must make before scoring a goal; • Perform a skill eg, tip taps etc to score a goal; • Players can run straight into the area from there corner; • Play for an allocated time to gain a training effect; • Limit the number of touches per player; • An extra attacking player can join in at any given time; • An extra attacking player can join in at any time – A defending player can react to this by joining in. | <p>Attack at speed, change of direction at speed, use both feet.</p> |  | 20 |
| | <p>End zone game</p> <p>Players must dribble the ball into the end zone to score a goal.</p> <p>Develop into pass into end zone</p> | <p>Do the players identify when to dribble and when to pass.</p> <p>Do the players attack space.</p> <p>Do the players space the field</p> <p>Are the players brave enough to attack defenders 1v1.</p> <p>Change direction of the play by turning with the ball.</p> |  | 25 |

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| WARM-DOWN | Warm down will consist of short movements and changes of directions, commands of organizing into groups to stimulate concentration. | | | 5 |
| | Static stretches | | | |

Coach: Andrew Stockton

Date: 26/08/2013

Location: Colchester