

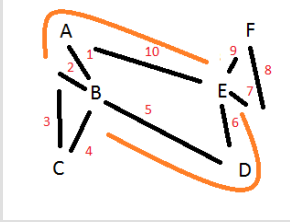
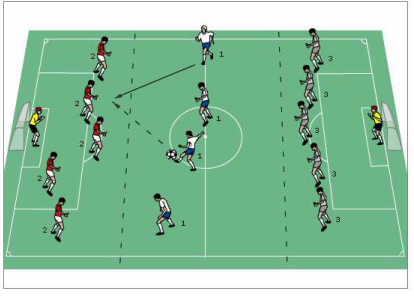
YES SESSION PLANNER



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



Objective of the Practice Session-		Creating space as a team		
	Outline & Progressions	Coaching Points	Organizational Diagram	Min.
WARM-UP/ ACTIVATOR	<p>30x30 square is divided into 9 squares.</p> <p>2 players (numbered 1 & 2) in each square, 1 ball between players.</p> <p>Players look to operate and move in their own squares moving the ball quickly. Trying to keep the ball up short passes / turns / skills.</p> <p>Number is called and player must find a new square / partner</p> <p>Set conditions on touches i.e. Sequences inside, outside, sole, laces etc.</p>	<p>Do the players identify space,</p> <p>Do they communicate to find free partners?</p> <p>Are passes and first touches crisp?</p> <p>Quality of turns dribbling using all parts of the foot.</p> <p>Are the players out of their comfort zone / not afraid to experiment.</p>		20
TECHNICAL DEVELOPMENT/ SKILL BUILDING	<p>10x10 square</p> <p>4 players</p> <p>3 in a corner one in the middle.</p> <p>Players start by passing to each other then following pass.</p> <p>Progresses into player D stays in the middle and players on the outside must run to the free corner.</p> <p>Introduce more than one ball</p>	<p>Fast short sharp frequent movement.</p> <p>Quality of pass.</p> <p>Communication</p> <p>Introduce give and goes</p> <p>Swapping with players without the ball. Etc.</p>		20

	<p>A passes to B B back to A A passes to C C passes to B B passes to D B runs around D as D plays to E E sets B who plays to F. etc</p>	<p>Crisp passes.</p> <p>Quality overlapping runs</p> <p>No more than two touches</p> <p>Sprint to change direction</p> <p>Always moving into new space</p> <p>Creating angles on returned passes.</p>		<p>20</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">CONDITIONED GAMES/ SMALL SIDED GAMES</p>	<p>In this game 3 even numbered teams play to 2 goals with keeper in 3 zones.</p> <p>Team 1 will attack, team 2 will defend and team 3 will be waiting.</p> <p>Team 1 attacks team 2 – should team 2 win the ball, they must clear out of the back zone into the middle zone with ball possession.</p> <p>They can then regroup and build an attack vs. team 3 at the opposite end of the field.</p> <p>If an attacking team scores, they keep the ball and attack the third team</p>	<p>Do players look to make the overlapping runs like earlier?</p> <p>Sharp give and goes into space.</p> <p>Exploit the wide areas to produce good quality crosses.</p> <p>Do defenders communicate?</p> <p>Etc.</p>		<p>25</p>
<p style="writing-mode: vertical-rl; transform: rotate(180deg);">WARM-DOWN</p>	<p>Players write their names with dynamic movements.</p> <p>Recap</p>			<p>5</p>

Coach: Andrew Stockton

Date: 09/03/2013

Location: Colchester