

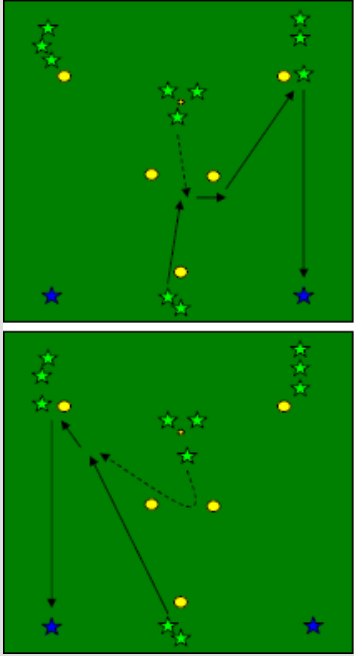
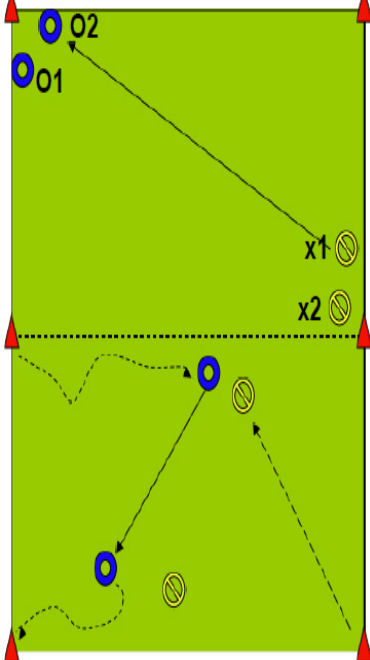
## YES SESSION PLANNER



<b>Age Group-</b>	<b>9-12</b>	<b>Equipment Needs-</b>	<b>Cones Pinnies</b>
<b>Ability Level-</b>	<b>Competitive</b>		



Objective of the Practice Session-		‘Dribbling’ to beat an opponent & ‘Turning’.		
	Outline & Progressions	Coaching Points	Organizational Diagram	Min.
WARM-UP/ ACTIVATOR	<p>20 x 20 area, half of the group on the outside of the square with half of the group in a central position.</p> <ul style="list-style-type: none"> <li>• Players on the outside of the pitch have a ball each, with players in the central area travelling through a gate before performing the following:                             <ul style="list-style-type: none"> <li>• Volley, ½ volley, thigh volley, chest head, double header, etc</li> <li>• Players must always return through a gate before leaving through a different gate to perform another technique</li> </ul> </li> </ul>	<p>Players must move through two gates before performing a technique;</p> <ul style="list-style-type: none"> <li>• Players on the inside can start with the ball, moving through a gate before changing over with a player on the outside, who then dribble through the gates</li> <li>• Players defend a gate by blocking players for a maximum of three seconds (Strength);</li> <li>• Players perform Power related activities at each partner (Squat &amp; header etc);</li> <li>• Keep the practice moving by swapping roles on the move.</li> </ul>		20
TECHNICAL DEVELOPMENT/ SKILL BUILDING	<p>Play starts from a GK who plays to one of the attacking wide players;</p> <ul style="list-style-type: none"> <li>• The attacker drives inside to create a 3 v 2 overload</li> <li>• The defending players can move once the attacking team is in possession</li> <li>• Add in recovery defender from opposite wide group to create 3 v 3</li> </ul> <p>Can the targetman look after possession and use his body to create openings</p>	<p>Break / recover quickly</p> <ul style="list-style-type: none"> <li>• Compact defending / Pressure on the ball / Cover &amp; Support</li> <li>• Counters quick and direct</li> <li>• Type of support for strikers / quick combination</li> <li>• Angles and distances to ensure defenders can swing across quickly if ball transferred;</li> <li>• Communication;</li> </ul> <p>Do the front players look after the ball and keep possession?</p>		20

CONDITIONED GAMES/ SMALL SIDED GAMES	<p><b>Practice relating to movement of attackers / midfielders</b></p> <ul style="list-style-type: none"> <li>• Four groups positioned in a “Y” shape;</li> <li>• Player one passes into the player at the front of the central group;</li> <li>• 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</li> <li>• (Work left/right groups alternately)</li> <li>• 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.</li> </ul> <p><b>Progressions</b></p> <p>Add defenders                  One twos                  Long passes to miss middle men out</p>	<p><b>Are the players creative enough to make their own decisions to influence the passage of play?</b></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>		20
	<p><b>3 Way Goals (2v2)</b></p> <ul style="list-style-type: none"> <li>• 20m x 10m – As many as desired</li> <li>• X1 passes to O2 who with O1, must then beat X1 and X2 to either of the 3 corners. 1 point to corner goals, 3 points for the goals behind defenders.</li> <li>• 3 points for the goal behind defenders starting position.</li> <li>• 3 attempts each then rotate blue players</li> <li>• Extra points for nutmegs / reward skill &amp; creativity</li> </ul>	<p>1st touch out of your feet, feints dummies. Commit player by putting him on the back foot. Movement off the ball to create space – try something new.</p>		25

<b>WARM-DOWN</b>	<b>Players write their names with dynamic movements.</b>			<b>5</b>
	<b>Recap</b>			

**Coach: Andrew Stockton**

**Date: 09/08/2013**

**Location: Colchester**