


YES SESSION PLANNER



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



Objective of the Practice Session-		'Passing and ball control'		
	Outline & Progressions	Coaching Points	Organizational Diagram	Min.
WARM-UP/ ACTIVATOR	<p>Players complete different dribbling exercises.</p> <p>If they are at the bottom of the field then they dribble diagonally through the crazy cones.</p> <p>If they are at the top then they dribble through the slalom.</p>	<p>Look to use and put restrictions on types of touches to encourage ball familiarity. Strong and weak foot etc,</p> <p>One two with player at start of the cone to start to implement good quality passes.</p>		20
	<p>The players take turns to pass to the middle, follow their pass.</p> <p>Middle player must turn.</p> <p>Either with inside, outside of foot. Can also open out using back foot.</p> <p>Develop into turn around outside of cones or turn inside of cones.</p>	<p>Quality of first touch turn.</p> <p>Awareness of cones.</p> <p>Look over shoulder.</p> <p>Communication.</p>		20
TECHNICAL DEVELOPMENT/ SKILL BUILDING	<p>Set up two grids and divide group into two teams.</p> <p>One team in each grid.</p> <p>The two teams look to keep possession away from two defenders, they have 45 seconds to put together as many passes as possible.</p> <p>If the defenders win the ball they look to dribble the ball across into their own grid.</p> <p>Repeat with other team.</p> <p>Try to keep a scoring system to add incentive to retain possession.</p>	<p>Make sure players have good body shape.</p> <p>Don't allow players to be static</p> <p>Encourage the defenders to work hard, when a defender wins the ball try to get them to dribble quickly back to their teams grid.</p> <p>Switch defenders.</p>		20

CONDITIONED GAMES/ SMALL SIDED GAMES	<p>This game can be played with 4 teams or 2 teams depending on numbers.</p> <p>Two teams stand on either end of the field and spread out as the diagram shows.</p> <p>The goal of the game is for the team in possession to play to an end of the square. Once the team at the end receives the ball they come on and attack the team that played them the ball. (This can be changed on team no.s)</p> <p>Progression:</p> <p>Limit touches Keep ball on the ground.</p>	<p>Help players spot gaps in between the defense in order to play balls through to the end.</p> <p>Players should look to play to the end whenever possible.</p> <p>Make sure players are creating good supporting angles and are moving off the ball.</p>		25
	<p>WARM-DOWN</p> <p>Light movements</p> <p>Pass and stop. Find another ball.</p>			5

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Location: Colchester