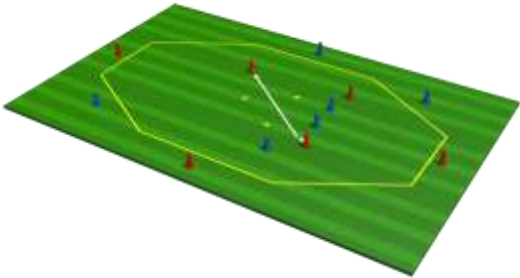




SESSION FORMAT

GAME >> SKILL LEARNING >> PROBLEM SOLVING GAMES >> ZONE IN >> GAME

START: Introduce the session (make them feel welcome. Focusing on transitions (from defence to attack): Playing against a team that likes to build play through high % of possession. After the opening game, give the players an overall grade on how they perform the above the skills. (1 = Excellent / 5 = Poor)

		SKILL LEARNING 20 mins	PROBLEM SOLVING GAME 20 mins	ZONE IN 20 mins			
OPENING GAME 10 mins		 <p>Name: Transition Breakout Set Up: Organise an Octagon shaped pitch with a goal at both ends, and a triangle shape in the middle of the pitch 3v3 inside the pitch With the remaining players spread out on the outside of the pitch</p>	 <p>Name: Regains, Not Turnovers Set Up: Normal pitch with middle third marked out (bigger middle third)</p> <p>GAME DESCRIPTION: Goals are worth 3 points in this game but points can be gained or lost in other ways STAGE 1 Team gain an extra point if they regain the ball in the middle third. STAGE 2 Teams lose a point if they regain the ball in the middle third but do not maintain possession for at least 2 passes after the regain.</p> <p>OPTIONS, PROGRESSIONS & VARIATIONS: Sin bin rule: Player that was closest to the player who gave the ball away after a regain is sin binned for short period of time</p>	 <p>Name: The Game Set Up: 11v11 (or similar) The blue team are instructed to play like the opposition and the coach tells them their formations and how they are to play. The yellow team are set up how they will play on match day</p> <p>GAME DESCRIPTION: Every time the ball leaves the pitch the coach will play the ball into the blue team – they also get every set piece decision. The coach observes how well the yellow regain the ball and how well they transition into attack.</p> <p>OPTIONS, PROGRESSIONS & VARIATIONS: The pitch is divided into thirds and the coach focuses on one third at a time</p>	CLOSING GAME 10 mins		
	1	<p>GAME DESCRIPTION: The game begins as attack v defence in the middle of the pitch. The attacking team (reds) can combine with their team mates inside and outside the pitch.</p>				1	
	2	<p>The challenge for the attacking team is to score by passing the ball across the triangle to a team mate who receives the ball. The challenge for the defending team is to regain the ball and pass out to one of their players on the outside. They must make one pass inside the pitch before passing out.</p>				2	
	3	<p>If the defending team manage this, then all 6 inside players quickly change with all outside players. Blues are now the attacking team.</p>				3	
	4	<p>OPTIONS, PROGRESSIONS & VARIATIONS: Only the defending players change on the transition If the attacking team score through the triangle they must pass out to, and swap with, their players on the outside.</p>				4	
	5					5	
SCORE					SCORE		
FINISH:		Summarize the session to players. Ask players what they have learnt? What is the importance of the session? How will it benefit them? What did they enjoy the most? What did they least enjoy? What were their strengths and what would they like to improve? During the Closing Game, observe your players. Does the closing game look different to the Opening Game? Have they applied your session content?					

COACH AND SESSION EVALUATION

CHANGES I MADE TO THE ABOVE PLAN	
WHAT WENT WELL? WHAT DID I DO WELL?	
WHAT COULD HAVE BEEN BETTER ABOUT THE SESSION? HOW COULD I HAVE BEEN BETTER?	
WHAT WOULD I CHANGE ABOUT THIS SESSION NEXT TIME? WHAT WILL I DO DIFFERENTLY ABOUT MY COACHING NEXT SESSION?	

PLAYER EVALUATIONS

PLAYER NAME		PLAYER NAME		PLAYER NAME	
PLAYER NAME		PLAYER NAME		PLAYER NAME	
PLAYER NAME		PLAYER NAME		PLAYER NAME	
PLAYER NAME		PLAYER NAME		PLAYER NAME	
PLAYER NAME		PLAYER NAME		PLAYER NAME	