

SESSION FORMAT

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

START: Introduce the session (make them feel welcome). How many ways can I and my teammates score? Shooting skill- shooting after a spin, shooting first time, shooting in a 1on1 with the GK, shooting on the half volley... so technique in a range of contexts. 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					CLOSING GAME 10 mins	
		<p>Name: Shooting Range</p> <p>Set Up: 5 players set up as in the diagram (1 goalscorer, 1 GK and 3 feeders) 4 balls as shown The shooter starts between two cones</p>	<p>Name: Noughts and Crosses or TIC TAC TOE</p> <p>Set Up: 2 teams (Xs v Os), normal pitch and match ball. Design an Xs and Os 'grid' (like the one shown) with 9 different ways of scoring a goal outlined.</p>	<p>Name: Shot On Target Bonus</p> <p>Set Up: 9v9 game</p>		
	1	<p>GAME DESCRIPTION: The aim of the shooter is to score 4 goals or as many as they can. After each shot they must return to the cones before receiving another ball/pass They start by touching and shooting with their second touch their own ball</p>	<p>GAME DESCRIPTION: Teams try and score in different ways to complete a line of 3 (horizontal, vertical or diagonal). If a goal scored matches one of the 9 squares then that team (X or O) get to place an X or O in that square (this is now locked and can't be changed). If a goal scored matches the criteria for more than one of the grids – the team must decide and choose which one grid is to be used.</p>	<p>GAME DESCRIPTION: Normal game but additional rule: every shot on target (that isn't a goal) = an attacking set piece to the attacking team. The coach can decide whether that set piece is a throw in, direct/indirect free kick, or a corner (very occasionally it could be a penalty). Decide whether a shot on target from the set piece equals another set piece or play on.</p>		1
	2	<p>They then receive a pass from the side (player no2) and shoot with a first time shot They then receive a volley/half volley from player no 3. Finally, they receive a through ball from player no 4 (first time finish). Players then rotate positions.</p>	<p>After every goal both teams move to the Xs and Os grid, and have a time out to discuss how the state of the grid influences their tactics in attacking, and their tactics in trying to stop the opposition from scoring. Example Xs and Os grid being used:</p>	<p>OPTIONS, PROGRESSIONS & VARIATIONS: The players can decide which set piece they have but they can't have the same twice in a row. The type of save equals the type of set piece they get e.g. a comfortable save = a throw in, a one handed save = a corner, hitting the post = a direct free kick</p>		2
	3	<p>OPTIONS, PROGRESSIONS & VARIATIONS: There is a stop clock (e.g. all shots must be completed in 25 secs) Keep varying the types, angles and distances of shots required. After feeding for the volley, player 3 becomes a defender.</p>				3
	4		<p>Which team can get a line of 3 first and win the game?</p>			4
5		<p>OPTIONS, PROGRESSIONS & VARIATIONS: If teams score in a way that has already been 'covered' allow them to steal back that square Have a few empty squares and allow the players to decide what goes in there</p>		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	