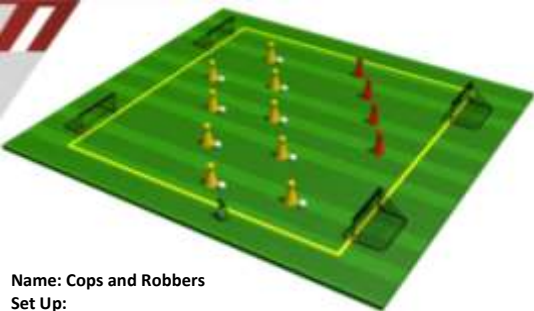




SESSION FORMAT

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

START: Introduce the session (make them feel welcome). Explain they will be playing 3 FUN games (Cops and Robbers, Corner Ball and Fox n Box). These games will help players with dribbling, control, changing direction, striking the ball, shooting, awareness and team work. After the opening game, give the players an overall grade on how they perform the above the skills. (1 = Excellent / 5 = Poor)

		SKILL LEARNING	PROBLEM SOLVING GAME	ZONE IN			
		15 mins	15 mins	15 mins			
OPENING GAME 5 mins					CLOSING GAME 5 mins		
		<p>Name: Cops and Robbers Set Up: Big Square 25x25m Choose 4 Cops - No Ball - wear bibs. Rest of players are robbers [Ball each] Four goals one in each corner</p> <p>GAME DESCRIPTION Scenario: The Robbers have stolen balls from the coach and the coach has called the cops to get the balls back. The cops must take the balls of the robbers by tackling the robbers; however, the robbers are not out until the cops score a goal in one of the four goals. The robbers, once they have been tackled, have a chance to stay in game by winning the ball back or by becoming a goalkeeper. If they save the shot, then the cop must go and chase another robber - the robber joins back in. If the cop scores, then the robber gets his ball and stands by the coach. If the cops miss their shot at goal and it goes off the pitch, then the robber collects their ball and joins back in.</p> <p>COACH TIPS: The robbers practice shielding the ball and turning away from danger. When shielding - make sure their body is between player and ball - use your arms to make yourself big and harder to get around. Shielding is a skill designed to make space, when shielding players shouldn't stay on the same spot for too long [split second]. Cops practice winning the ball back and counter attacking to shoot. Once the robbers lose the ball they must react quickly. When they lose the ball, their game is not over; either block the goal or work hard to get ball back, quick thinking should be encouraged.</p>	<p>Name: Corner Ball Set Up 6. 25m x 25m main grid 7. 1 Goal each corner facing length wise to opposite corner 8. Teams can be anywise between 4-7, anymore rotate players or create a fifth side which can feed in after every rotation.</p> <p>GAME DESCRIPTION: CORNER BALL is a multi team and multi ball game that provides high intensity training both physically and mentally. Four teams are formed with each team designated a goal to defend - however there are NO GKs, each team can score in any of the other 3 teams' goals. Each game lasts for 4mins and after 4mins each team rotates so after four games they have all had a chance to defend each goal. The challenge for players is devising a strategy that allows them to attack other goals while defending their own but remembering there are two balls in play.</p> <p>Coaching Tips 9. Teams should be encouraged to switch play/change direction when they see bodies defending the goal there heading towards - switching play with disguise [changing direction last minute] will create opportunities in other goals. 10. Two balls help improve peripheral vision and decision making - to much deliberating can lead</p>	<p>Name: Fox n Box Set Up 12. Use a Penalty box or make a grid 18x30m 13. 4 points [Cones] around penalty box • 3 teams and 1 GK 14. 2 teams play, 1 team feeds. 15. 1 Neutral GK 16. Multiple balls</p> <p>GAME DESCRIPTION: FOX n BOX is a fun shooting game. The group is split into three teams - coach positions himself in the middle but outside the playing area. Two teams compete while the third team feeds. The coach calls out a color cone or name of player on cone. That player feeds ball into the box away from any competing players. The two teams then compete - the team that scores stays on and gets one point, the team that concedes swaps with feeders. If the shot misses the target, is saved by keeper, or a pass goes out of the box, the coach calls for another player to feed the ball into the box. If the play continues for more than 4mins without a goal, the team that's been on the longest swaps with feeders. First team to 10 points wins.</p> <p>Coaching Tips: 17. This game is supposed to resemble random situations that form when play is in the penalty box. Players are to react fast and shoot at the earliest opportunity while being unselfish if team members are in better positions. Encourage players [Non striking] to follow shots up. 18. Feeders are neutral and most play balls into the space - they cannot play balls into the six yard box or pick out certain individuals. 19. Players that don't have balls to feed - retrieve quickly to</p>			
	1						1
	2						2
	3						3
4					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