

**SESSION FORMAT**

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

**START:** This session will allow technical work to be aligned to a tactical situation, i.e. how to be effective in central midfield areas. Lots of decision making 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 20 mins	PROBLEM SOLVING GAME 20 mins	ZONE IN 20 mins			
OPENING GAME 10 mins					CLOSING GAME 10 mins		
		<p><b>Name:</b> Midfield 3 Passing <b>Set Up:</b> Teams of 3 pass to each other within the 9 squares.</p> <p><b>RULES TO TRY:</b> Players are not allowed in the same square as a team mate (- awareness – scanning) Try to exit a square from a line different to the line it was passed across – 1<sup>st</sup> touch (quality and variety) Can you play between 2 players? Split pass/movement between / behind players. Disguise of pass.</p>	<p><b>Name:</b> Passing Through The Middle Of The Pitch <b>Set Up:</b> Set up pitch with a diamond marked in the middle Anyone can enter/leave the diamond during the game</p> <p><b>GAME DESCRIPTION:</b> Goals count as usual. Add in the rules below when suitable; - must play through the diamond to score two goals - goal scored if you dispossess the opposition within the diamond - goal scored if you can play one touch within the diamond, then progress to one touch followed by another one touch - goal scored if you can play out of the top half of the diamond</p> <p><b>OPTIONS, PROGRESSIONS &amp; VARIATIONS:</b> The extra bonus points only count if a goal is scored</p>	<p><b>Name:</b> Midfield Three – Scenario Card <b>Set Up:</b> 9v9 game</p> <p><b>GAME DESCRIPTION:</b> Both team are given a formation with 3 central midfield players Both teams are given the scenario card After every goal or set time period, both teams discuss: How well has our midfield 3 shape been helping us keep possession? How well has our midfield 3 shape been helping us stop the opposition from penetrating? What are the other team doing with their midfield 3? Should we change anything about our midfield 3?</p> <p><b>OPTIONS, PROGRESSIONS &amp; VARIATIONS:</b> Only one team has the card</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	