
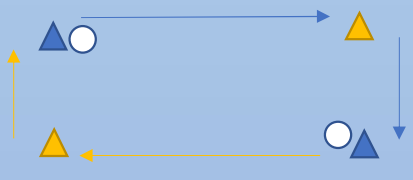
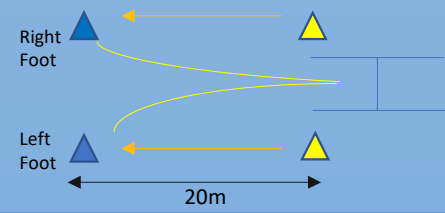


22nd July 2023

Date

Session Plan #7 – Circle back on HP/KP/Shoot

Session Theme

Activity	Description of activity	Diagram
<p>Warm Up (10/15 mins)</p> <ul style="list-style-type: none"> Agility Balance Coordination Physical Capacities – e.g. speed, strength <p>4 groups with 4 different colour bibs</p>	<p>Warm Up 2: with approx. 12 players inside a 20m x 20m square (2 sets of bibs)</p> <p>Activities: SRETCH-GAME-STRETCH-GAME</p> <ul style="list-style-type: none"> Child Screen Movement exercises x 3 i.e. Toe Touch, Overhead squat, Single leg balance, Lunge 2 games – Tag – 2 catchers, one saver per group Zig Zag Relay Race – with the ball, first team with leader to the top wins 	<p>Required Equipment: - 8 poles/cones</p> 
<p>Skill Development #1 (15 mins)</p> <ul style="list-style-type: none"> Kick Pass Hand Pass 	<p>Kick Passing & Hand Passing Drill</p> <ul style="list-style-type: none"> Kick Pass 15-20 metres, Hand Pass 3-5 metres <p>Aim is to ensure the players master both skills but also to understand when to handpass & when to kick pass</p>	<p>Approx 6 players per drill (2 on blue cone, 1 on yellow)</p> <p>kick pass long side, hand pass short side, follow your pass</p> 
<p>Skill Development #2 (10 mins)</p> <ul style="list-style-type: none"> Shooting Tackling <p><u>Set up this drill X 2 on one pitch(1 colour bib 1 drill)</u></p>	<p>1. Practice shooting right foot and left foot (uncontested)</p> <p>Player at yellow cone kick passes to player at blue, player at blue then shoots off right foot or left foot</p> <p>2. Shooting/Tackling/block</p> <p>As 1. but player giving kick pass now applies pressure on the shooter.</p>	<p><i>Even if left/right foot is weaker encourage effort and accuracy</i></p> 
<p>Game 3 (15mins)</p> <ul style="list-style-type: none"> Go Games – 2 x small sided 6-8 a side Conditions: Only 2 plays Encourage support of team mate 	<p>Key points after all our games to date:</p> <ul style="list-style-type: none"> Tackle the ball not the man – need to ensure all our players are tackling RESET – mark up at restarts Very important our players are competing for every ball (no standing back) Take 4 steps once they gain possession(no standing still) 	<p>Pitch Size for 6-8 a side should be approx. 60m x 30m – lets go with 2 pitches of this size and see how it works out</p> <p>For 8 a side we will have 1 GK(rotated), 3 DEFENDERS, 1 MF & 3 FORWARDS</p>
<p>Cool Down/Group Discussion on Session (5 mins)</p>	<p>Ask the players how session went and what to practice at home for the week</p>	

25 Footballs, 40 Cones, 4 Poles, 30 Bibs, 2 sets of goalposts

Equipment Required