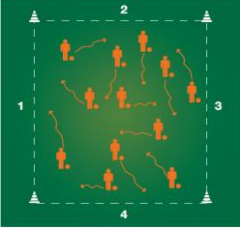






Session Plan



Topic (Session Objective)	Runing with the Ball - At speed (with a lot of space) or 'dribbling' (in tight areas), this includes techniques for protecting the ball and changing direction				Comments and Evaluation
Date / Team					
S.E.T.U.P	Balls	Bibs	Markers	Players	Look for your players to run with ball, not pass it.
	one per player	50% Orange, 50% Green	8		
Skill Introduction Grid 30 x 30 (as long as its square)			<p>Players running ball freely in Grid 30 x 30 to warm up. 2-3 mins low inensity, then 2-3 minutes at a quicker pace. Then split team into 4 groups, number them 1 to 4 and have them stand on their side. Call a single number to start, and they move to the over side as quickly as they can. Then call multiple numbers.</p>		Look', 'Space', Accelerate.
Skill Training Grid 30 x 20, 4 small goals, shooting zone at 5-7m.			<p>Version of Relay - Coach signals, players from one end, run towards the other end, and attempt to score. As soon as the ball passess the goal line, the player from that end, starts.</p>		Ensure players are running with the ball and not dribbling.
Skill Game Grid 30 x 20, 4 small goals, shooting zone at 5-7m			<p>Evenly split teams. Min 4 - Max 8 per practice (create a 2nd practice if required). Excercise starts with Yellow running the ball towards goal. They must get into the shooting zone before they shoot. As soon as the shoot, the orange player starts, and then yellow player chases, trying to prevent them from scoring. Count who scores the most goals.</p>		Players running with ball, then 'Transitioning' into defence.

C.H.A.N.G.E. I.T