



## Conducting A Coaching Session

### **ORGANISATION**

- ✓ Select players and put into position prior to the session
- ✓ Set out the pitch in accordance to your topic
- ✓ Make sure goals are correctly erected and fastened down
- ✓ Go through your coached check list and see you have the correct equipment
- ✓ Introduce your topic to the players and out line relevant instructions

### **OBSERVATION**

- ✓ Check that all players are in the correct positions and are playing in accordance to instructions
- ✓ Establish a starting position in which players can return to after coaching points are made, make sure these are realistic to the topic
- ✓ Look at the play as a unit, are the plays in the correct position and are you performing to the requested standard
- ✓ Maintain a reality effect in the practice to simulate real game play. Make sure all plays are aware of the focus points and are switched on

### **COMMUNICATION**

- ✓ Once you have established a relevant coaching point use the most effective way to explain the solution to the players
- ✓ Use examples, questions, mini lectures, and demonstrations. Engage auto and democratic talks
- ✓ When ever demonstrations are used they must hold this structure:
  1. Recreate the situation
  2. Autocratic questions to what went wrong
  3. Ask for solution and other options available
  4. Demonstrate the quality of play you expect
  5. Let players rehearse
  6. Return to live play

### **TECHNICAL INPUT**

- ✓ All technical input must be accurate and precise as well as relevant to the age group and situation!

- ✓ Information that you relay to your players must be coaching points you have been taught on football courses and NOT from personal experience if it inflicts on FA rules

## Recommended kit

1. Footballs
2. Markers
3. Cones
4. Bibs
5. Water bottles
6. 1<sup>st</sup> Aid Kit
7. Whistle
8. Football Pump
9. Register
10. Session Planner
11. Emergency Contact Number
12. Mobile Telephone

1	Defenders Supporting Each Other
2	Defending - Stop Opponents Turning
3	Defending - The Area Around The Far Post
4	Defending Pressuring In A SSG
5	Defending In Your Attacking Half
6	Defending Stop Opponents Turning
7	Supporting Defenders
8	Compactness In Defence
9	Prevent Opponents Playing The Ball Forward
10	Recovering Defenders
11	Corners Defending/Attacking
12	Attacking In The Air
13	Dribbling To Shoot Or Cross
14	Running With The Ball From The Middle Third
15	Diagonal Forward Running
16	Quick Play In The Penalty Area
17	Support In Attack
18	Dribbling In Your Attacking Half
19	Forward Turning And Shooting
20	Dribbling To Shoot
21	Goal Keeper Supporting His/Her Defence
22	Goal Keeper Communication With Him/Her Defence
23	Switch Play
24	Set Plays
25	Force Play In One Direction
26	Improving Crossing
27	Team Movement
28	Receiving And Turning
Topic Of Session:	

<b>1<sup>st</sup> Activity (warm-up)</b> <i>Name</i>	▪ Key Factors
<b>2<sup>nd</sup> Activity</b> <i>Name</i>	
<b>3<sup>rd</sup> Activity</b> <i>Name</i>	

5 year old	<ul style="list-style-type: none"> <li>• Introduction of basic ball work</li> <li>• SSG 2v2 - 4v4</li> </ul>
6 year old	<ul style="list-style-type: none"> <li>• Control in movement</li> <li>• Turning techniques</li> <li>• Dribbling techniques</li> <li>• SSG 2v2 - 4v4v</li> </ul>
7 year old	<ul style="list-style-type: none"> <li>• Named turned moves</li> <li>• Receiving and control</li> <li>• Running with the ball</li> <li>• SSG emphasis on passing</li> </ul>
8 year old	<ul style="list-style-type: none"> <li>• Named turned moves and when to use them</li> <li>• Named dribbling techniques</li> <li>• Receiving the ball in different positions</li> <li>• Shooting</li> <li>• Heading techniques</li> <li>• SSG 8v8</li> </ul>
9 year old	<ul style="list-style-type: none"> <li>• Turning and shielding techniques</li> <li>• Dribbling</li> <li>• Receiving the ball and movement</li> <li>• Passing techniques</li> <li>• Different styles of shooting</li> <li>• Heading</li> <li>• Basic defending</li> <li>• Creating space off the ball</li> <li>• Reading the game</li> <li>• SSG with condition</li> </ul>
10 year old	<ul style="list-style-type: none"> <li>• Advancement on turning</li> <li>• Advancement on dribbling</li> <li>• Advanced passing in different areas</li> <li>• Shooting from different areas</li> <li>• Styles of shooting</li> <li>• Defending as a unit/individual defending</li> <li>• Communication and space</li> <li>• Basic support play</li> <li>• SSG conditions</li> </ul>
11 & 12 year olds	<ul style="list-style-type: none"> <li>• Turing and shielding in different positions</li> <li>• Turing</li> <li>• Dribbling</li> <li>• Passing</li> <li>• Running at goal</li> <li>• Moving to shoot</li> <li>• Creating space with and without the ball</li> <li>• Support play - angles, distances</li> <li>• Goal keeping</li> <li>• SSG conditions</li> </ul>



## Practical Session

Future Coaching Points:

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Name Of Coach:	
Date:	
Age Group:	
Topic Of Session:	

13 year olds	<ul style="list-style-type: none"> <li>• Goal keeping techniques and communication</li> <li>• Defending as a unit</li> <li>• Support defending</li> <li>• Positional play</li> <li>• Attacking from the wing/centre</li> <li>• Crossing from different pitch positions</li> <li>• Running at opponents</li> <li>• Skills - turning - body positioning</li> <li>• Finishing</li> <li>• Team play</li> </ul>
14 year olds	<ul style="list-style-type: none"> <li>• Communication</li> <li>• Reading the game</li> <li>• Advanced control with different body parts</li> <li>• Switch play and passing</li> <li>• Moving forward from the final third</li> <li>• Set plays</li> <li>• Corners</li> <li>• Shooting</li> </ul>
15 year olds	<ul style="list-style-type: none"> <li>• Goal keeper distribution</li> <li>• Defense and midfield links</li> <li>• Midfield and forward links</li> <li>• Positional playing</li> <li>• Passing and shooting with different body parts</li> <li>• Attacking in the final third</li> <li>• Support play</li> </ul>
16 year olds	<ul style="list-style-type: none"> <li>• Set plays</li> <li>• Positional cover</li> <li>• Passing options</li> <li>• Taking on the opposition</li> </ul>
17 year olds	<ul style="list-style-type: none"> <li>• Build up play</li> <li>• Game play: forward and backwards</li> </ul>

Every aspect of football should be covered with these age groups, with extra emphasis on the subjects listed.

Small Sided Game

<b>MANAGER</b>	
<b>AGE GROUP</b>	
<b>MONTH &amp; YEAR</b>	



