

## L1ACF Coaching Activity Session Planner

Learner coach:		Date produced:	3.12.13
FA Tutor:		Time available for the session:	20 MINS

### Information on Players

Number of players:	Max 8	Age range:	ANY	Ability level:	ANY
Medical information:	INJURIES, ASTHMA, ILLNESS				
Particular needs:	NO SPECIAL NEEDS / REQUIREMENTS				

### Information on Facilities and Resources

Location:	FLEETDOWN UNITED FC	Session date:	4.12.13
Facility needs:	PLAYING AREA, WATER BOTTLES, TOILET FACILITY		
Equipment needs:	BALLS, CONES X 5 OFF		
Health and safety issues:	CHECK PLAYING & SURROUNDING AREA, FIRST AID KIT, CHECK FOR INJURIES, ENSURE APPROPRIATE EQUIPMENT IS IN PLACE SUCH AS SHIN PADS, CORRECT FOOTWEAR, MOBILE PHONE, EXIT STRATEGY.		

### Session Plan

Session title:	<b>ATTACK</b>	
		Timings
Warm-up activities:	GENTLE JOG, DYNAMICS & STATIC STRETCHES, SIDE STEP JOG SWAPPING LEAD LEG MIXED IN WITH HELL FLICKS	3 MINS
Cool-down activities:	LIGHT JOG, STATIC STRETCHES, RE-HYDRATE	3 MINS
Top Tips	OBSERVATION, PLAYING FORWARD, DRIBBLING, TURN OF SPEED, SHOOTING, COMMUNICATING WITH TEAM MATES	

Session Title :	ATTACK		Timings
Practical Focus of Game	<b>Physical</b> Movement, Short Sprints Balance, co-ordination	<b>Technical</b> Turning, Dribbling, Passing Attacking	20 MINS
	<b>Social</b> Communication, Team Work Awareness of Others	<b>Psychological</b> Focus, Challenge, Decisions	
Game description/diagram	<p>KEY:            CONES     ●            Attackers     ▲            Keeper     ●            Defender     ×</p> <p>Task:            1) Ball on centre cone            one attacker to sprint to ball. Defender to position themselves between keeper and ball             2) Attacker to head towards goal to shoot            defender to stop             Repeat process             3) See Progression 1             4) See Progression 2             5) See Progression 3</p>		
Progressions	Progression 1: Send two attackers out with one defender  Progression 2: Send three attackers out with one defender  Progression 3: Send three attackers and two defenders		