

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 8 OFF SAME COLOUR		
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:	SCALETRIX	
		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, LOOKING FORWARD, DRIBBLING, TURN OF SPEED, COMMUNICATION WITH TEAM MATE(S)	

Session Title :	SCALETRIX		Timings
Practical Focus of Game	Physical Movement, Short, Long Sprints Balance, co-ordination	Technical Turning, Dribbling, Passing Receive, Attacking	20 MINS
	Social Communication, Team Work Awareness of Others	Psychological Focus, Challenge, Decisions	
Game description/diagram	<div style="display: flex; align-items: center; justify-content: center;"> <div style="margin-left: 20px;"> <p>KEY:</p> <p>CONES ●</p> <p>Receiver ▲</p> <p>Player's ●</p> <p>Task:</p> <p>1) Player to dribble to first gate then pass to receiver</p> <p>2) Player then to sprint to end cone and swap</p> <p>3) Receiver then to dribble ball back to start</p> <p>4) See progression 1</p> <p>5) See Progression 2</p> <p>NOTE:</p> <p>Swap players & recivers around to suit</p> </div> </div>		
Progressions	<p>Progression 1: Player after the pass to receiver is to sprint around receiver and go left or right, the receiver then passes to player (aim towards outside cone) player then to dribble back to start.</p> <p>Progression 2: After player receives ball on outside cone they are then to pass back to the start which makes the game continuous</p>		