

## L1ACF Coaching Activity Session Planner

Learner coach:		Date produced:	23.11.13
FA Tutor:		Time available for the session:	20 MINS

### Information on Players

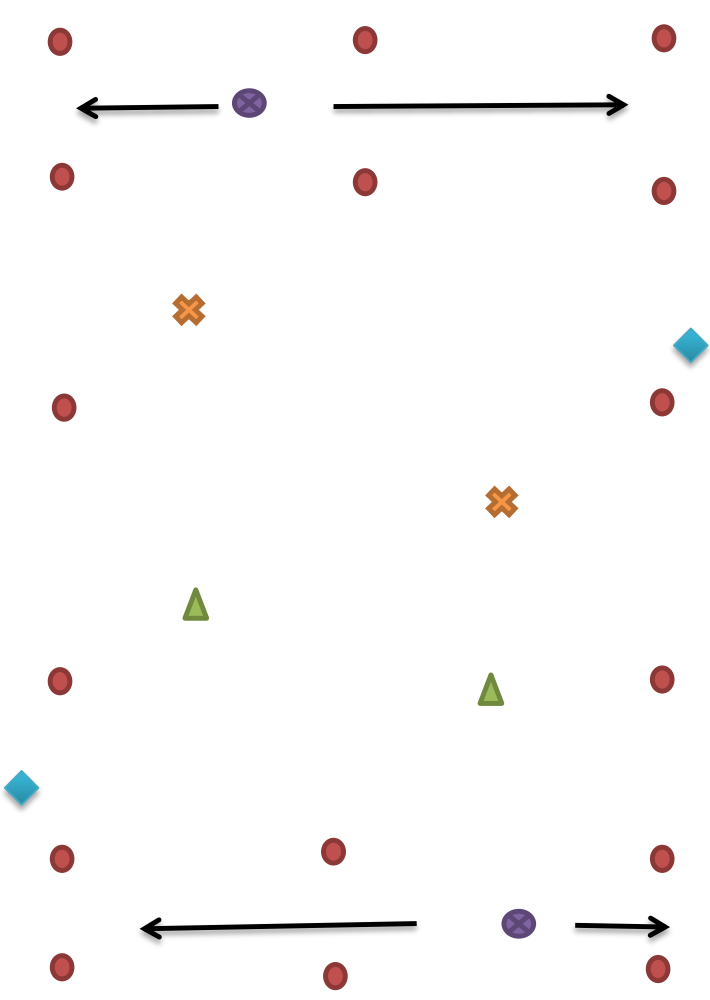
Number of players:	8	Age range:	ANY	Ability level:	ANY
Medical information:	INJURIES, ASTHMA, ILLNESS				
Particular needs:	NO SPECIAL NEEDS / REQUIREMENTS				

### Information on Facilities and Resources

Location:	FLEETDOWN FC	Session date:	23.11.13
Facility needs:	PLAYING AREA, WATER BOTTLES, TOILET FACILITY		
Equipment needs:	BALLS, BIBS (4 X RED & 4 BLUE), CONES		
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:	TARGET	
		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, KEEPING THE BALL (RETENTION), PROTECTION, CAN WE KEEP THE BALL AND STILL ADVANCE FORWARD, COMMUNICATION WITH TEAM MATE(S)	

Session Title :	TARGET		Timings
Practical Focus of Game	<b>Physical</b> Movement, Short, Long Sprints Balance, co-ordination	<b>Technical</b> Turning, Dribbling, Passing Receive, Defending, Attacking	20 MINS
	<b>Social</b> Communication, Team Work Awareness of Others	<b>Psychological</b> Focus, Challenge, Decisions	
Game description/diagram	 <p>KEY:</p> <p>CONES     ●</p> <p>TEAM A    ▲</p> <p>TEAM B    ✕</p> <p>KEEPER    ●✕</p> <p>FLOATERS   ◆</p> <p>Task:</p> <p>1) Keeper to roll ball out to a team to start game. Keeper can move across the coned area</p> <p>2) Team to keep ball by passing to each other progressing forward towards other keeper</p> <p>3) Floaters to keep ball in play if exiting zone</p> <p>4) See Progression 1</p> <p>5) See Progression 2</p>		
Progressions	<p>Progression 1: Introduce one floater to be part of attacking team.</p> <p>Progression 2: Introduce a 3v3 game, first team to 3 wins, to score a point you have to keep ball retention by passing into both keeper areas.</p>		