

## L1ACF Coaching Activity Session Planner

Learner coach:		Date produced:	8.1.14
FA Tutor:		Time available for the session:	20 MINS

### Information on Players

Number of players:	6-8	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:	8.1.14
Facility needs:	PLAYING AREA, WATER BOTTLES, TOILET FACILITY		
Equipment needs:	BALLS, CONES 6 or 8 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:	DUO'S	
		Timings
Warm-up activities:	GENTLE JOG, DYNAMICS & STATIC STRETCHES, SIDE STEP JOG SWAPPING LEAD LEG.	3 MINS
Cool-down activities:	LIGHT JOG, STATIC STRETCHES, RE-HYDRATE	3 MINS
Top Tips	OBSERVATION, COMMUNICATION, EXECUTION, ACCELERATION	

Session Title :	DUO'S		Timings
Practical Focus of Game	<b>Physical</b> Movement, Short Sprints Balance, co-ordination	<b>Technical</b> Pass & receive Creating space, Cleaver play	20 MINS
	<b>Social</b> Communication, Team Work	<b>Psychological</b> Focus, Decision making	
Game description/diagram	<div> <div> <p>Progre. 2 Overlap</p> </div> <div> <p>Progre. 1 "Take"</p> </div> <div> <p>Task 1 "Foot on"</p> </div> </div> <div> <p>KEY:</p> <p>CONES     ●</p> <p>Player 1     ▲</p> <p>Player 2     ●</p> </div> <div> <p>Task:</p> <p>1) Two players line up oppsite each other</p> <p>2) Pass in striaght line</p> <p>3) Player 1 to dribble forward, player 2 at the same time job to middle and then call foot on, player one places foot on ball and player 2 dribbles back to oppsite cone</p> </div>		
Progressions	<p>Progression 1: Swap the 'foot on' call to, 'take' thus meaning player 1 has to leave and make sure they don't bump into each other</p> <p>Progression 2: Player 1 to dribble to player 2, player 2 to place foot on ball then while player 1 sprints behind player 2. Player 1 is to call the ball and player 2 passes back to him moving forward back to cone</p>		