

L1ACF Coaching Activity Session Planner

Learner coach:		Date produced:	17.3.14
FA Tutor:		Time available for the session:	20 MINS

Information on Players

Number of players:	Max 6	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:	17.3.14
Facility needs:	PLAYING AREA, WATER BOTTLES, TOILET FACILITY		
Equipment needs:	BALLS, CONES, APPROX SIZE 20x30 to start		
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:	TRIOS	
		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, AWARENESS, DRIBBLING, TURN OF SPEED, COMMUNICATING WITH TEAM MATES	