

Coaching Session Planner

Candidate Coach:	Stephen Mead	Date produced:	12/07/2008
Coach educator:	John Beck	Time available for the session:	60 mins.

Information on players

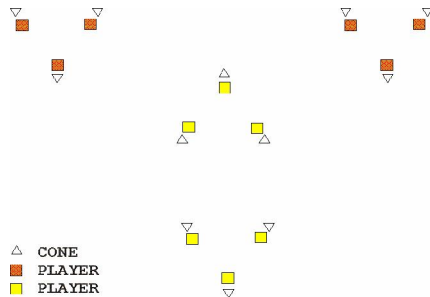
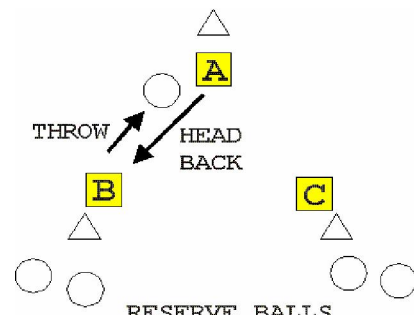
Number of players:	12	Age:	U15	Ability level:	Intermediate
Medical information:	None				
Particular needs:	None				

Information on Facilities and Resources

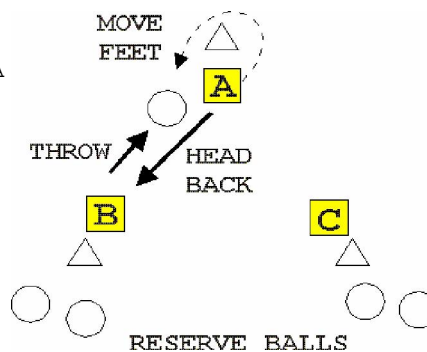
Location:	Needingworth village green	Session date:	18/07/2008
Facility needs:	Car park, changing rooms, toilets, grass playing area		
Equipment needs:	50 cones (white), bibs (6 x orange, 6 x yellow, 2 x green), 4 poles, 20 balls, whiteboard and magnetic markers		
Health and Safety issues:	Check equipment is safe (esp. poles), balls should be slightly de-pressurised, check asthma inhalers, check playing area for hazards, first aid kit and mobile tel required, check players' equipment		
Action plan points from previous sessions:	First session		

Session Plan

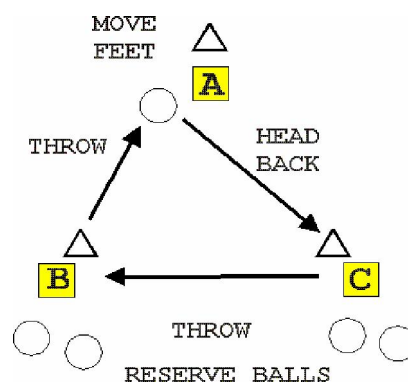
Session aim:	To improve heading technique when trying to score a goal	
		Timings
Warm-up activities:	Jog. Dynamic stretches focussing on neck and back muscles, shoulders, legs. ½-pace dynamic stretching. ¾-pace with changes of direction. Sprints.	15 mins.
Cool-down activities:	Sprints. ½-pace runs. Dynamic stretching. Jogging. Series of static stretches (hold for 30 seconds). Focus on lower back, neck, shoulders and legs.	10 mins.

Session title:	ATTACKING HEADERS	Timings
<p>Key technical aspects (Key Factors):</p>	<p>On toes to adjust body position in line with ball. Contact on forehead with power. Positive attitude. Head down. Accuracy (down and across goal). Attack down the line of the ball (curve run if necessary).</p> <p>Secondary: Find space for header. Alert to rebounds.</p>	<p>TOTAL 60 mins.</p> <p>Duration for each section shown below.</p>
<p>Session content:</p>	<p>Warm up</p> <p>Introduction:</p> <p>Coach name(s) Session title Health & Safety issues (these have already been covered)</p> <p>Technique set-up:</p> <p>Arrange 12 white cones to form four equilateral triangles (of side length 5m) as shown. Place a bib by each cone.</p>  <p>Coach to split players into four groups of three. For each group, the three players must stand inside the triangle, each beside a cone position. Two of the players within group have at least two balls each, the third has none.</p> <p>Technique Step 1:</p> <p>Description - In group of three, player B throws ball to player A who heads it back to B. The player C throws ball to player A who heads it back to C.</p>  <p>Coach demonstrates this (player A steps out). Then gets player A to show him.</p> <p>After A has headed it 5 times, players rotate clockwise to next cone position so that player B becomes the header. Then C.</p>	<p>15 mins.</p> <p>1 min.</p> <p>2 mins.</p>

<p>Session content:</p>	<p>Technique Step 2:</p> <p>Teaching point: On toes to get in line with ball.</p> <p>Description - Same as Step 1, except this time player A moves his feet in a small circle around the cone behind him, before heading the ball. Player A should always be facing thrower.</p> <p><i>Coach demonstrates this (player A steps out). Then gets player A to show him.</i></p> <p>Players rotate clockwise to next cone position after 5 headers.</p>	<p>2 mins.</p>
	<p>Technique Step 3:</p> <p>Teaching point: Positive attitude</p> <p>Description - Same as Step 2, except this time player A heads ball back to feet of server with an aggressive 'head butt'-style action.</p> <p><i>Coach demonstrates this (player A steps out). Then gets player A to show him.</i></p>	<p>2 mins.</p>
	<p>Technique Step 4:</p> <p>Teaching point: Contact on forehead with power.</p> <p>Description - Same as Step 3, except this time player A heads ball back with forehead.</p> <p><i>Coach demonstrates this (player A steps out). Then gets player A to show him.</i></p>	<p>2 mins.</p>



Session content:	<p>Technique Step 5:</p> <p>Teaching point: Head down.</p> <p>Description - Same as Step 4, except this time player A heads ball back to feet of server.</p> <p><i>Coach demonstrates this (player A steps out). Then gets player A to show him.</i></p>	2 mins.
	<p>Technique Step 6:</p> <p>Teaching point: Accuracy</p> <p>Description - B and C now stand <u>behind</u> their cones. C throws a ball to B. B throws the ball to A who tries to head it down on to cone in front of C. C collects ball, throws it to B and cycle repeats.</p> <p><i>Coach demonstrates this (player A steps out). Then gets player A to show him.</i></p> <p>Remember: After A has headed it 5 times, players rotate clockwise to next cone position so that player B becomes the header. Then C.</p>	3 mins.



Session
content:

Small-sided game set-up:

A 30 x 50yd pitch has a goal at each end (use poles to form 8 yd goals if necessary). The 5yd touchline channels are not used. Start with at least 6 balls in each goal.

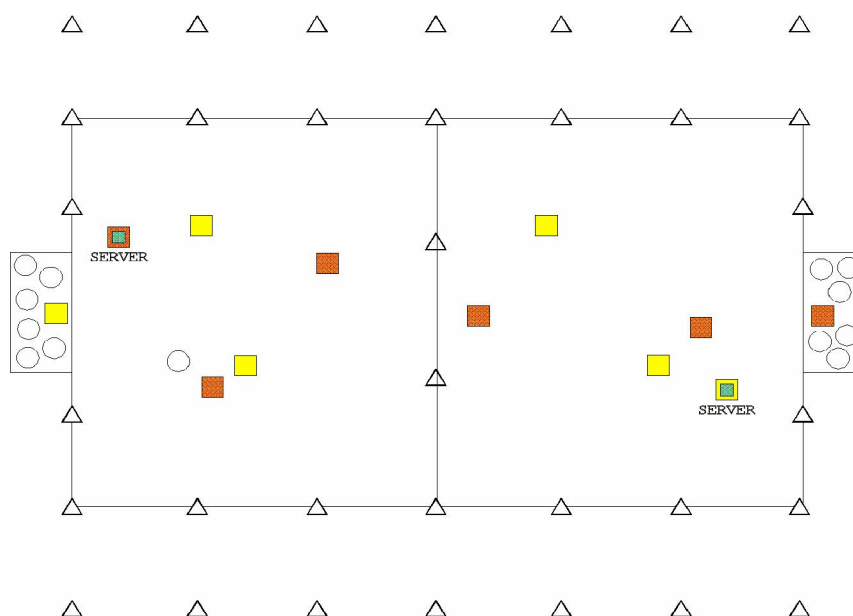
The yellow bibs play the orange bibs in a 4 v 4 game (plus each team has a goalkeeper). The object is to score a headed goal.

Each team has one additional player who is designated a server. He can move anywhere on the pitch and pick up the ball. When he has picked up the ball he must stop moving and throw the ball to one of his team mates to score with a headed goal. The servers will wear a green bibs and should stay near the goal they are attacking. The other players on the pitch play normally.

Teams to rotate touchline servers as players tire.

Coach intervenes as necessary - make point about **creating space as a team**. When a goal is scored, play restarts with conceding goalkeeper when coach permits.

10 mins.



Cool Down

Debrief:
Coach goes over key teaching points with players.

11 mins.