EXAMPLE SESSION PLAN

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| **NAME** | John Smith | **DATE** | 15th March 2021 | **SPORT** | Football |
|  | **DESCRIPTION of ACTIVITY** | **DIAGRAM of ACTIVITY** | **TIME** | **KEY POINTS**  | **EQUIPMENT** |
| **WARM UP** | * Jogging with ball
* Various commands – different directions and different parts of feet
* Dynamic Stretching – Lower Body Focus – Leg Swing Forward, side and back; hip mobility exercises
 |  | 5 mins | * Warm Body up gradually
* Increase tempo as warm up progresses
* Lots of touches of ball in warm up
 | 10 x size 5 Footballs4 Orange Cones |
| **DRILL/PRACTICE 1** | Passing Drill 1* Players will Pass and Move around outside of square
* A1 to B; B to C; C to D; D to A2
 |  | 5 mins | * Correct weight of pass
* Follow ball once played
* Pass on outside of square
* Angle off cone to receive
* 1st touch sets up the pass
 | 8 Orange Cones8 x Size 5 Footballs |
| **DRILL/PRACTICE 2** | Passing Drill 2* 3 v 1 Possession Rondo
* Player in middle works for 30 seconds and is trying to win ball or force a mistake
* Players on outside are trying to keep ball away from player in middle
* Change player after 30 seconds
 |  | 5 mins | * Identify best space to move to and best option to pass
* Provide an option for the passes
* Passes must be made quickly
 | 8 Orange Cones20 x Size 5 FootballsStopwatch3 x Yellow Bibs |
| **CONDITIONED GAME/ACTIVITY** | Passing Game* 4 v 4 game – with 2 side players
* Can’t pass ball backwards – encourages forward passes and movements
* Side players can be used as extra players on each team – they have 1 touch
 |  | 10 mins | * Normal game
* Condition forces players to try to pass and move forward – encouraging attacking play
* Attacking and defensive principles apply
 | 2 x 7 a side goals4 Red Bibs4 Blue Bibs2 Yellow Bibs6 x Size 5 Footballs |
| **COOL DOWN** | Gentle Movement around the pitchSlowing down to a walkStatic Stretches |  | 5 mins | Return body and mind to natural state – reduce breathing and pulseStretches to start recovery | N/A |