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 Footballs  4 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 Cones  8 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 Cones  20 x Size 5 Footballs  Stopwatch  3 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 goals  4 Red Bibs  4 Blue Bibs  2 Yellow Bibs  6 x Size 5 Footballs |
| **COOL DOWN** | Gentle Movement around the pitch  Slowing down to a walk  Static Stretches |  | | 5 mins | Return body and mind to natural state – reduce breathing and pulse  Stretches to start recovery | N/A |