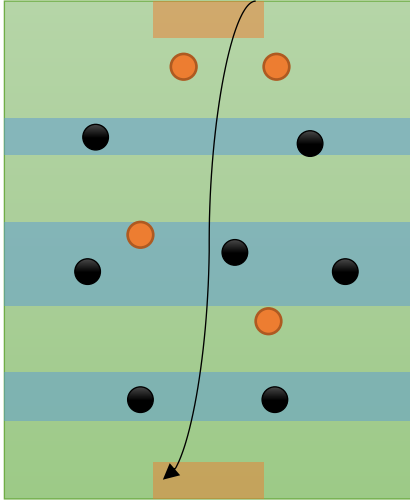
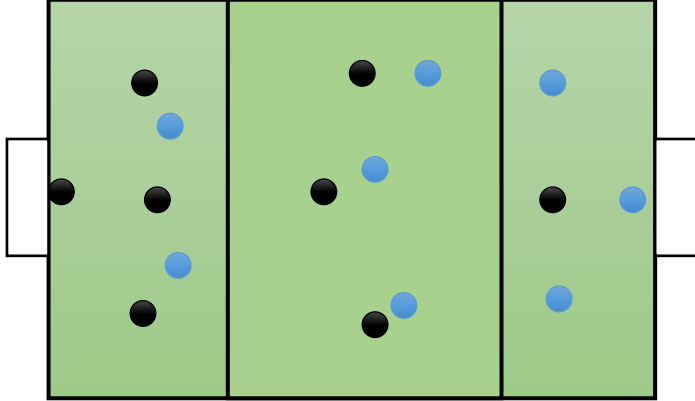
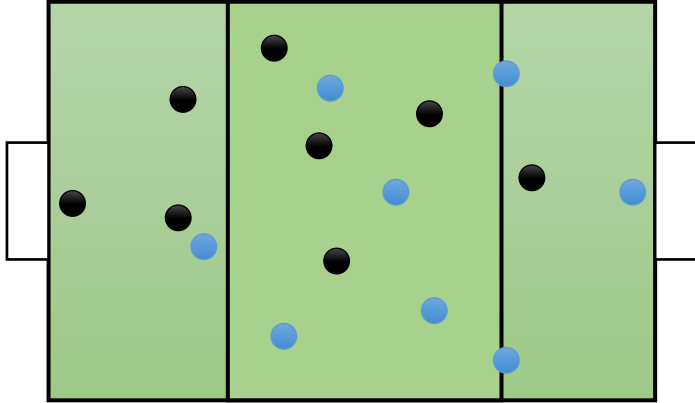


Age group	session length	Topic	
U12 - YDP	60 min	Playing though the 3rds	
<b>Main Coaching points &amp; progressions</b>			<b>Organisation</b>
<p><b>Coaching points</b></p> <ol style="list-style-type: none"> <li>1 Challenge players to use changes of speed and direction to add disguise to get past the guard with and without the ball</li> <li>2 when working with a partner, work together move the ball away from danger to get past the guard</li> </ol>			<p><b>Arrive activity</b> -</p> <p>Power Tag Pitch will be split into 3 zones in the pitch in each zone there must be at least 1 guard (2 or 3 in larger zones) players must get from 1 end zone to the other without a guard catching them. If they get caught they go back to the start. Guards cannot leave these zones! swap guards every 3-5 min.</p>
<p><b>Questions for players</b></p> <p>how do you identify where the danger is? Where is the space? How can you work together to move the ball away from danger</p>			
<p><b>Progressions</b></p> <ol style="list-style-type: none"> <li>1-players now have a ball and must dribble through the zones.</li> <li>2. players can now partner up in 2s or 3s to work together to get to the endzone.</li> <li>3. Add a floating defender who can go anywhere in the pitch</li> </ol>			
<b>Main Coaching points &amp; progressions</b>			<b>Organisation</b>
<p><b>Coaching points</b></p> <ol style="list-style-type: none"> <li>1.Players movement to create space to receive the ball - open up body to receive the ball</li> <li>2.Players decision making on who to best to pass the ball to - don't force it forward identify where the danger and space is.</li> </ol>			<p><b>Tactical &amp; technical practice</b></p> <p>Pitch will be split into 3rds to start off with players will be locked into these zones. Players must work together to move the ball from zone to zone players can skip a zone if they feel the need to do so allow players to come up with a formation that will give them the best opportunity to play through the 1/3rds - allow players to change this after progression</p>
<p><b>Questions for players</b></p> <p>Where is the best space to move into? How can we move through the 3rds quickly? When do we need to take our time?</p>			
<p><b>Progressions</b></p> <ol style="list-style-type: none"> <li>1. Players can now either dribble into the next zone or move into support - only 1 extra player can move into the next zone</li> <li>2. as well as above players can now select 1 player who can move into any zone</li> </ol>			
<b>Main Coaching points &amp; progressions</b>			<b>Organisation</b>
<p><b>Coaching points</b></p> <p>try to let the players play without coaching them</p>			<p><b>End Game</b></p> <p>players will be split into teams and play a game pitch will be split into 3 but no restrictions if players play through all the 3rds before scoring it is worth 5 points if only two 3rds = 2points 1rd =1 point</p>
<p><b>Questions for players</b></p> <p>Try to play through the 3rds. How can we move to ball to get away from danger? When can we play quickly?</p>			
<p><b>Progressions</b></p> <ol style="list-style-type: none"> <li>1. Players can chose a formation</li> <li>2.change the point system to encourage players to play through the 3rds</li> </ol>			
<b>Review</b>			
<b>what went well</b>			
<b>Even better if</b>			
<b>Changes for next time</b>			