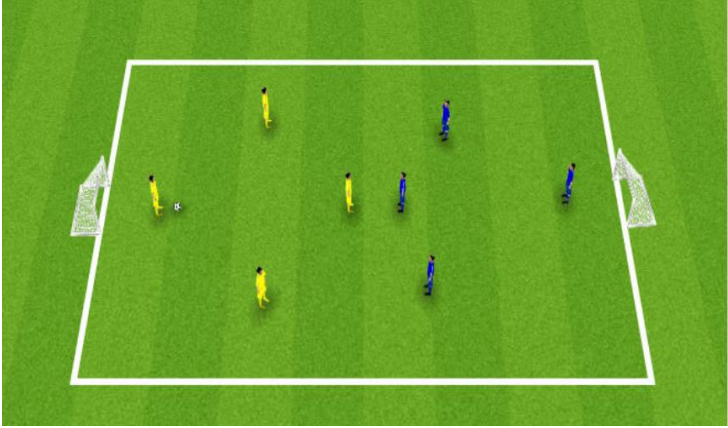
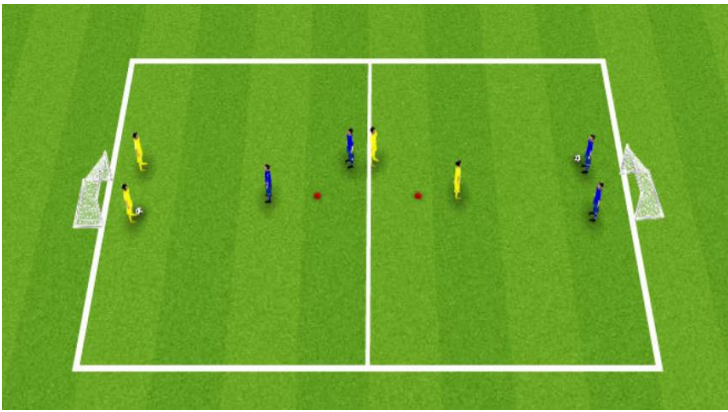
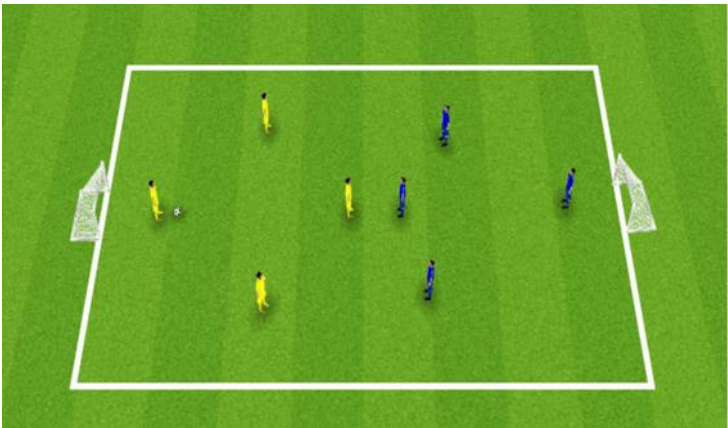


Age group	Session length	Topic	
U7	1 hour	Passing and movement off the ball	
<b>Main Coaching points &amp; progressions</b>			<b>Organisation</b>
<p><b>Interventions:</b> Let the game play, step in when incorrect decision was made and use coaching process to highlight what should of been done. Use drive-by to pull out a player if point is not valid to whole group.</p> <p><b>Physical:</b> Hard physically to keep playing for length of time. 8 minute work: 4 minute rest: 8 minute work. 40mx30m area size</p> <p><b>Social:</b> Working as a team, communication, sorting out own positions in team.</p> <p><b>Technical:</b> Mechanics of pass, movement into space</p> <p><b>Tactical:</b> Where is the best place to move when finding space away from defenders.</p> <p><b>Psychological:</b> High levels of decision making, when to pass and when to dribble, timing of those movements.</p>			<p>10 players no goalkeepers, 4 yellow bibs, 4 blue bibs, 1 ball, 40mx30m area size. Keyfactors: 4v4 game, normal game, playing 1 defender to encourage overload in attack. If not getting outcome, overload one team to create overload and the decision of when to pass and when to dribble..</p>
<b>Main Coaching points &amp; progressions</b>			<b>Organisation</b>
<p><b>Progression/Regression:</b> If it is too hard for 2 on ball, introduce a third player to make it 3v1.</p> <p><b>Interventions:</b> Can stop one side and keep the other going, movement off the ball, where to move to receive.</p> <p><b>Physical:</b> More physical output on defender so they are swapping after each go.</p> <p><b>Social:</b> Working as a team to get past defender, communication needed.</p> <p><b>Technical:</b> Where to move when player has ball, mechanics of pass to be sustained.</p> <p><b>Tactical:</b> Where to move into space, when to dribble pass defender, when to pass.</p> <p><b>Psychological:</b> High levels of decision making.</p>			<p>8 players, 4 yellows, 4 blues, 2 footballs. 40mx30m area size split in half. Keyfactors: 2v1 mirrored practice. Team of 2 have to pass the ball around the defender and stop it on the spot. If the defender gets the ball can they score in the mini goal. Defender switches every go</p>
<b>Main Coaching points &amp; progressions</b>			<b>Organisation</b>
<p><b>Progression/Regression:</b> If not getting outcome, overload one team to create overload and the decision of when to pass and when to dribble.</p> <p><b>Interventions:</b> Let the game play, step in when incorrect decision was made and use coaching process to highlight what should of been done.</p> <p><b>Physical:</b> Hard physically to keep playing for length of time. 8 minute work: 4 minute rest: 8 minute work. 40mx30m area size</p> <p><b>Social:</b> Working as a team, communication, sorting out own positions in team.</p> <p><b>Technical:</b> Mechanics of pass, movement into space. SSG (20 mins) Tactical: Where is the best place to move when finding space,</p> <p><b>Psychological:</b> High levels of decision making, when to pass and when to dribble, timing of those movements</p>			<p>10 players no goalkeepers, 4 yellow bibs, 4 blue bibs, 1 ball, 40mx30m area size. Keyfactors: 4v4 game, normal game, playing 1 defender to encourage overload in attack.</p>
<b>Review</b>			
<b>what went well</b>			
<b>Even better if</b>			
<b>Changes for next time</b>			