

Age group	Session length	Topic	
U7	1 hour	Passing & Receiving	
Main Coaching points & progressions			Organisation
<p>Planned interventions: Can stop an individual whilst rest of group still going. Helping with close control and dribbling with the ball.</p> <p>Physical: Intensity increases as session goes on. 3 minutes work : 1 minute rest. 20x20m square.</p> <p>Social: Working against other players, trying to win, competition and communication between players.</p> <p>Technical: Controlling the ball & dribbling. Eye on the ball, striking of ball, follow through.</p> <p>Tactical: Coaching philosophy: Quick movements to accelerate into space.</p> <p>Psychological: Decision making, where to go next, scoreboard and point scoring, competitions to enhance performance.</p>			<p>8 players, 20x20m area, 8 gates, Ball each (8)</p> <p>Practice Design:</p> <ol style="list-style-type: none"> 1. Each player running around in the square keeping the ball close dribbling through gates. 2. Competition - see how many gates you can dribble through in 1 minute (x2) every gate = 1 point. 3. When whistle is blown, pass t
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<p>Planned interventions: Can give pair feedback, between each other (peer feedback) and coach interventions to highlight technique/mechanics.</p> <p>Physical: Intensity increases as session goes on. 3 minutes work : 1 minute rest. 20x20m square.</p> <p>Social: Working as a pair, interaction with another, problem solving - where to go next. Communication between pair how to get most points.</p> <p>Technical: Controlling the ball, dribbling & Passing to a partner, eye on the ball.</p> <p>Tactical: Working in pairs as advancing down the pitch</p> <p>Psychological: Decision making, where to go next, scoreboard and point scoring, competitions to enhance performance.</p>			<p>8 players, 20x20m area, 7 gates. Players in pairs, ball per pair</p> <p>Practice Design:</p> <ol style="list-style-type: none"> 1. Players passing within the pair. Competition see how many passes they can get in the pair. 2. 5 passes in a gate then go find another gate, can you visit every gate. 3. 1 pass in a gate then find a different gate. 4. One pair becomes opposition trying to get the ball off other pairs. Introduces opposition and competition - who can keep the ball the longest.
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<p>Planned interventions: Decision of when to pass/dribble around defender, correct or incorrect decision made and use coaching process if incorrect.</p> <p>Physical: High intensity game, quick sharp movements and change in direction and pace. 3 minutes work : 2 minutes rest (x4).</p> <p>Social: Working as a team, communication. Players can pick own positions in given shape.</p> <p>Technical: Mechanics of dribbling, control and passing the ball in a controlled game situation.</p> <p>Tactical: same formation as played in 5v5 match (without goalkeepers).</p> <p>Psychological: Decision making - when to dribble and pass in a game situation.</p>			<p>8 players, 4 yellow bibs, 4 blue bibs, 2 mini goals, 1 football.</p> <p>Practice Design: 4v4 small sided game</p>
Review			
what went well			
Even better if			
Changes for next time			