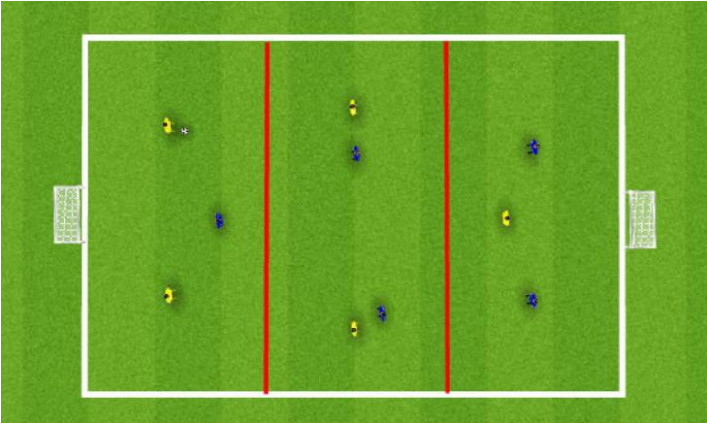
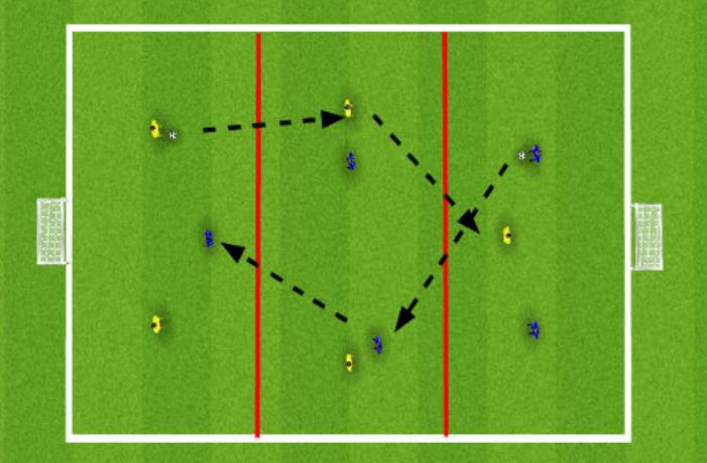
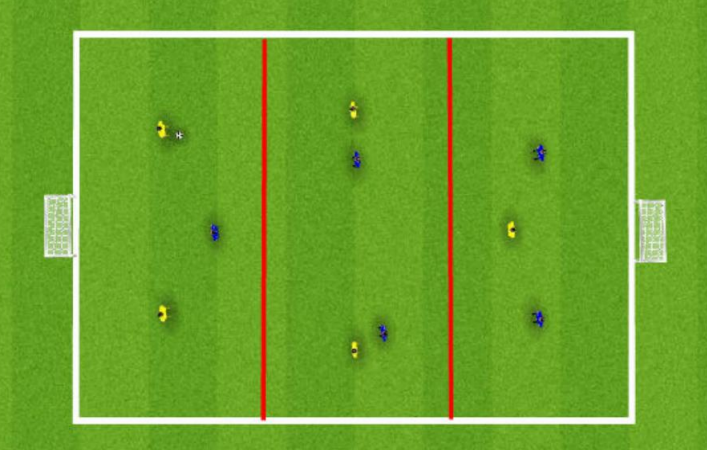


Age group	Session length	Topic	
U7	1 hour	Playing through the zones	
Main Coaching points & progressions			Organisation
<p>Progression/Regression: Introduce challenges for defender to man mark striker.</p> <p>Interventions: Lots of fly-by's, drive-byto introduce challenge.</p> <p>Physical: 8 minutes work : 2 minute rest : 4 minute work : 1 minute team meeting : 4 minute work.</p> <p>Social: Team meeting to get players working together. Team work, communication between others.</p> <p>Technical: Mechanics of the pass - eye on the ball, standing foot next to the ball, contact with inside of foot, follow through towards target.</p> <p>Tactical: Similar formation to played in matches (usually 1-2-1) working with midfield and attack.</p> <p>Psychological: Decision making.</p>			<p>10 players, 5 yellow, 5 blue. 40m x 30m. Two mini goals either end. Pitch split into 3 with flat cones.</p> <p>Key factors: Small sided game, normal rules apply. Players can go anywhere.</p>
Main Coaching points & progressions			Organisation
<p>Progression/Regression: Competitions between the two teams who can get the most points the quickest. Then 1 ball, yellows needs to try and get the ball to the other end whilst blues try and tackle, once the ball is won back they can try and do the same. After mini-goals can be used striker can try and score once they get the ball.</p> <p>Interventions: Fly-by's for encouragement to keep intensity high. Drive-by for any players struggling.</p> <p>Physical: Rest when introducing the progressions, 3 stoppages around 30 seconds - 1 minute each.</p> <p>Social: Lots of communication between players, working together as a team.</p> <p>Technical: Mechanics of the pass - eye on the ball, standing foot next to the ball, contact with inside of foot, follow through towards target.</p> <p>Tactical: Similar formation to played in matches (usually 1-2-1) working with midfield and attack.</p>			<p>10 players, 5 yellow, 5 blue. 40m x 30m. Two mini goals either end. Pitch split into 3 with flat cones. 2 footballs</p> <p>Key factors: Each team has a football, plays the ball to each player through the zones and the back again. All players must stay in their zone.</p>
Main Coaching points & progressions			Organisation
<p>Progression/Regression: Introduce challenges for defender to man mark striker.</p> <p>Interventions: Lots of fly-by's, drive-byto introduce challenges to players, coaching process used to correct poor pass or incorrect decision made by player.</p> <p>Physical: 5 minutes work : 3 minute rest : 6 minute work : 2 minute team meeting : 4 minute work.</p> <p>Social: Team meeting to get players working together. Team work, lots of communication between players.</p> <p>Technical: Mechanics of the pass - eye on the ball, standing foot next to the ball, contact with inside of foot, follow through towards target.</p> <p>Tactical: Similar formation to played in matches (usually 1-2-1) working with midfield and attack. Team meeting having tactical input how can they get the most points by playing through the zones.</p>			<p>10 players, 5 yellow, 5 blue. 40m x 30m. Two mini goals either end. Pitch split into 3 with flat cones.</p> <p>Key factors: Small sided game, normal rules apply. Players can go anywhere. Normal goal = 1 goal. If team can pass through all 3 zones (from defender to midfielder to striker) = 3 goals.</p>
Review			
what went well			
Even better if			
Changes for next time			