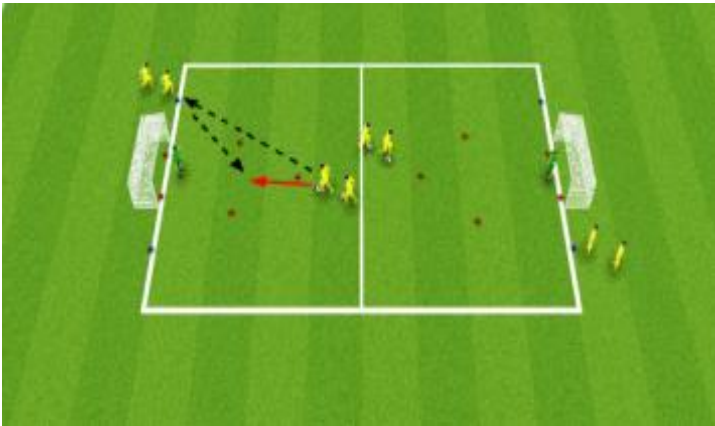
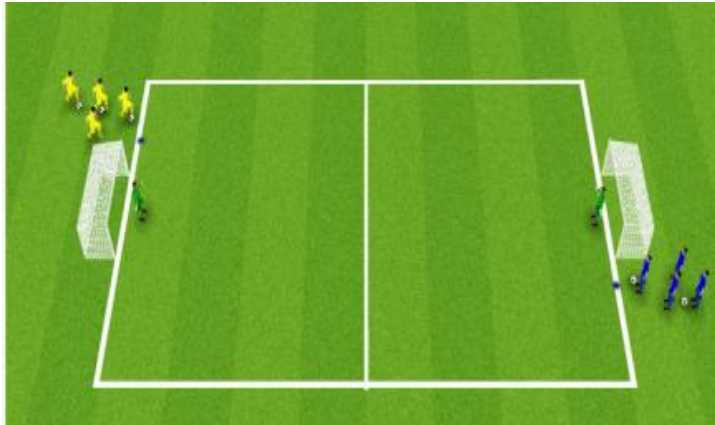
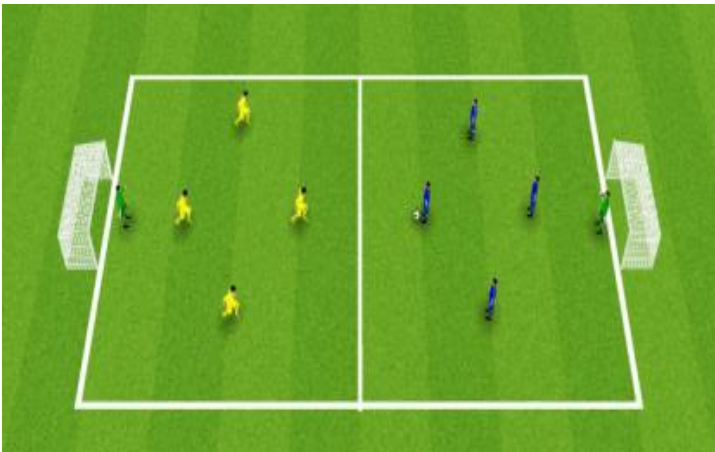


Age group	Session length	Topic	
U7	1 hour	Technical: Shooting	
<b>Main Coaching points &amp; progressions</b>			<b>Organisation</b>
<p><b>Progression/Regression:</b> If shot is in the corners marked by flat cones then 2 points will be awarded. Competition introduced which team can get the most points in 1 minute. Lots of fly-by, coaching process used when player does poor shot.</p> <p><b>Physical:</b> Low work rate for players. Rest when coaching process is being used. High work rate when in competition.</p> <p><b>Social:</b> Lots of communication between players especially when in competition</p> <p><b>Technical:</b> Mechanics of shot, head over ball, side foot, follow through.</p> <p><b>Tactical:</b> Learning position to be in when ball is cut back.</p> <p><b>Psychological:</b> Decision making.</p>			<p>10 players including 2 goalkeepers, two red triangles marked by flat cones.</p> <p>Mirrored practice.</p> <p><b>Key factors:</b> Player plays ball into player on blue spot, then passed back into the red triangle for a cut back and first time shot. Players then switch places and go again.</p>
<b>Main Coaching points &amp; progressions</b>			<b>Organisation</b>
<p><b>Progression/Regression:</b> If shot is in the corners marked by flat cones then 2 points will be awarded.</p> <p>Interventions: Lots of fly-by's, coaching process used when player does poor shot or wrong decision is made.</p> <p><b>Physical:</b> High work rate for players, rest when waiting for go.</p> <p><b>Social:</b> Lots of communication between players especially due to competition.</p> <p><b>Technical:</b> Mechanics of shot, head over ball, side foot, follow through. When to use the side foot shot.</p> <p><b>Tactical:</b> Learning position to be in when ball is cut back.</p> <p><b>Psychological:</b> Decision making, what type of shot to do.</p>			<p>10 players including 2 goalkeepers, 40m x 30m area. 5 yellow team, 5 blue team.</p> <p><b>Key factors:</b> Player runs up and has a 1v1 with keeper, as soon as (s)he shoots (s)he then defends a 2v1, this will then turn into a 3v2, 4v3 then 4v4. Once this is complete this will restart with the other team.</p>
<b>Main Coaching points &amp; progressions</b>			<b>Organisation</b>
<p><b>Progression/Regression:</b> If shot is in the corners marked by flat cones then 2 points will be awarded.</p> <p>Interventions: Lots of fly-by's, drive-by for player who is struggling, coaching process used when wrong decision is made or shot is poor.</p> <p><b>Physical:</b> High work rate for players, rest for team meeting.</p> <p><b>Social:</b> Lots of communication between players half way through to promote communication.</p> <p><b>Technical:</b> Mechanics of shot, head over ball, side foot, follow through. When to use a side foot shot.</p> <p><b>Tactical:</b> Learning position to be in when ball is cut back. Same formation as what they would usually play.</p> <p><b>Psychological:</b> Decision making, what type of shot to do.</p>			<p>10 players including 2 goalkeepers, 40mx30m area. 5 yellow team, 5 blue team.</p> <p><b>Key factors:</b> 5v5 small sided game, emphasis on using cut back shot. 1 goal = normal goal scored, 2 goals = score from cut back, 3 goals = score from cut back in the corners.</p>
<b>Review</b>			
<b>what went well</b>			
<b>Even better if</b>			
<b>Changes for next time</b>			