

# Session Plan Template

Author:

Topic:

Age:

Equipment:

Activity Name	Description	Diagram	Coaching Points
1			
2			
3			
4			

(The following two slides are a sample training session)



# Session Plan

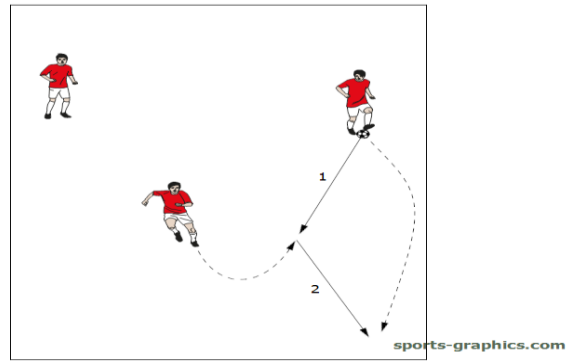
## U14 Midfield Attack

Activity	Description	Diagram	Coaching Points
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### 1 Technique - Skills (Warm-Up)

In one half of the field all groups of players warm-up. Goalkeepers should warm-up separately.

Field players in groups of three in the shape a triangle. The high player makes a checking run and then plays a wall pass with the overlapping player. The third player stays for support. Turn around and execute again with the support player now as the high player.



What are the visual cues to make pass 1?

- Plant foot is set
- Hips rotate

Where should pass 2 go?

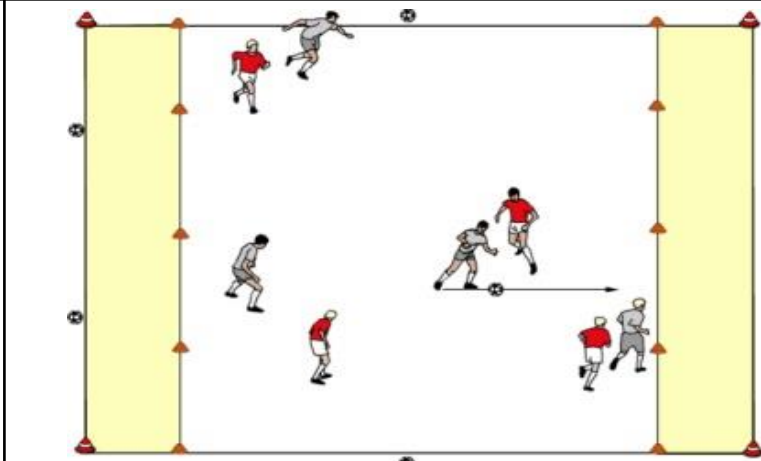
- Diagonally forward about 1 yard ahead of the runner

### 2 Small-Sided Activity: End Zone

Play 4v4 in a 40 x 20 to a 60 x 40 yard grid, dependent upon the players' abilities. Using disc cones mark off an end zone at each end of the grid. The zone can be 2-5 yards in width. Use a smaller zone for more proficient players.

Score by making a pass into the end zone. After a point is scored the opposing team collects the ball and attacks the opposite end zone.

Variation: score only counts if a receiver collects the ball successfully in the end zone from an off-the-ball run.



Can we get a player high to make a checking run?

- Triangular positioning

When should the run to get open begin?

- As the teammate in possession gets into a good passing lane.

Where to place the forward pass?

- To the forward's foot farthest from the opponent.

**Equipment:** 8 balls, 2 large goals, 8 red pinnies, 8 grey pinnies, 12 tall cones, 4 large disc cones & 20 small disc cones.



# Session Plan

## U14 Midfield Attack

### Activity

### Description

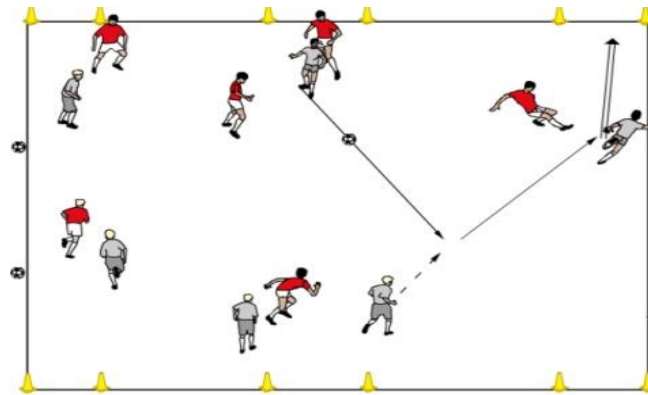
### Diagram

### Coaching Points

#### 3 Expanded Small-Sided Activity: Six Goal Game

Use the same grid as for the End Zone activity. Remove the end zones and use those cones or tall cones to make three small goals on each touchline.

Play 4v4 up to 6v6. Use possession passing to set up the chance to penetrate for a shot on goal at one of the three goals. If a goal is blocked then keep possession. The ball and players must move to create a passing lane to penetrate towards goal. Play for a set time or until a set number of goals.



When should you pass square or backwards?

- When the opponents block a goal or passing lane.

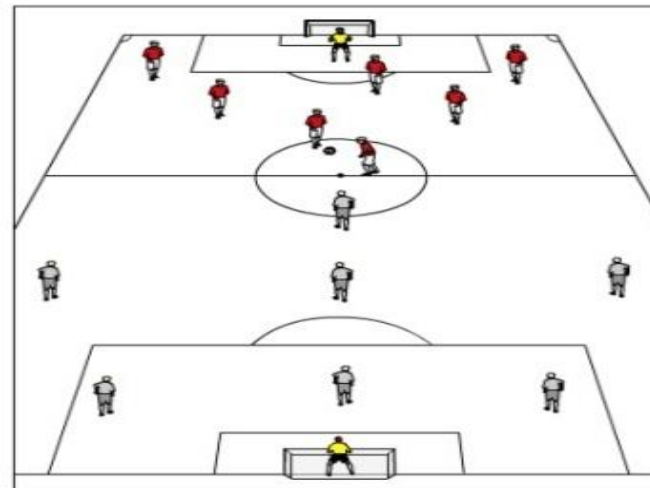
How do you know the chance to penetrate is on?

- There's a gap between opponents or their group shape is flat.

#### 4 Game: 8 vs. 8 Match

Use an 80 x 55 yard grid with regulation goals at each end. Mark the corners with corner flag posts or tall cones.

Play for a set amount of time. Enforce the Laws of the Game. Have a few spare balls to the outside of each goal.



Make few if any coaching comments now. Let them play and observe their attacking decisions.

Praise their efforts at recognizing to play possession or penetration.