

EXAMPLES

OF

GAMES & LESSON PLANS

From the Coaching Director



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Designing a Practice Session

PRIOR TO THE SESSION

- 1.) What are the objectives of the session?
 - a) Pick one main objective (KISS – Keep It Short and Simple)
 - b) Teach one option, then when the players achieve that option, add another choice.
- 2.) How does it happen in the game?
- 3.) Where does it occur on the field?
- 4.) In how much space does it occur in a game?
- 5) Which players are involved?
 - a) Which player from your team?
 - b) Which opposing players?
- 6) Why does it occur?
 - a) What are the most likely exceptions to the rule?
 - b) Why is it important?
- 7) What is your best coaching position?
- 8) What kind of warm-up will lead to this activity?
- 9) How will you start and restart the exercise in order to get plenty of repetitions of the targeted action?

Now you have enough information to design a practice session to achieve your Targets. Depending on the level of players and how close your team is to the target to begin with, you will determine how realistic you want to begin. You must develop it to the point where it will look like a section of the game - proper support players, a proper number of opponents who have a goal of some sort to play against.

DURING THE SESSION

An Example of an Evaluation

- 1) Does the coach set about things in a confident and authoritative manner?
- 2) Do the players get straight into the session or does the coach slow things down with lengthy explanations?
- 3) Is the warm-up appropriate? Is it simple? Can the players actually do it as described?
- 4) Key Factors: The example given is for training the center forward for attacks on goal.
 - a) Good contact on the ball

TECHNICAL: DRIBBLING

Training for Individual Possession

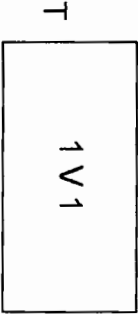
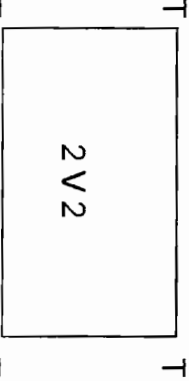
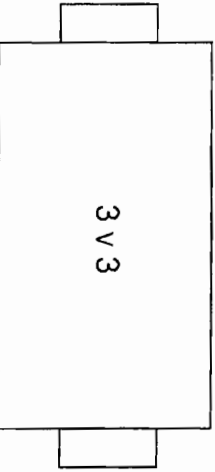
FUNDAMENTAL (Warm-up)	ORGANIZATION	KEY COACHING POINTS
<u>MATCH RELATED ACTIVITY</u>	<p>ONE V. ONE</p> <ul style="list-style-type: none"> ❖ Circle of Fire <ul style="list-style-type: none"> - Area: approximately 15 yards in diameter - Four or five goals ❖ Player in pairs ball between pair <ul style="list-style-type: none"> - Group of 12 or more (Work/rest ratio 1/3) - Player score by dribbling through goal from inside of circle to outside (1 point) - Loss of possession if attacking player dribbles into other pair, or if attacking player knocks down cone, or if defender wins ball from attacker 	<ul style="list-style-type: none"> ❖ Turning away from opponent ❖ Change of direction & pace ❖ Body shape ❖ Exposing the ball ❖ Transferring ball from one foot another
<u>MATCH RELATED ACTIVITY</u>	<p>TWO V. TWO</p> <ul style="list-style-type: none"> ❖ Cone Game <ul style="list-style-type: none"> - Area: 3 cones or triangles - Approx. 5 to 7 yards apart in triangle shape ❖ Player in pairs ball play against another pair <ul style="list-style-type: none"> - Group of 16 (Work/rest ratio 1/3 or ½) - Teams try to score by dribbling and knock down cone/triangle - 1 point of score; 1 or 2 points to win game - Keep track of time so game doesn't last longer than 2 to 3 minutes (monitor fitness) 	<ul style="list-style-type: none"> ❖ Turning away from opponent ❖ Change of direction & pace ❖ Body shape ❖ Exposing the ball ❖ Transferring ball from one foot to the other ❖ Support of teammate ❖ Combining with teammate
<u>GAME CONDITION ACTIVITY</u>	<p>3 V 3 OR 4 V 4</p> <ul style="list-style-type: none"> ❖ Zone Game <ul style="list-style-type: none"> - Area: 25/30 x 35/40 - Two zones at each end ❖ Add goals at end to finish 	<ul style="list-style-type: none"> ❖ Technical application & corrections ❖ Tactical application

TECHNICAL: PASSING

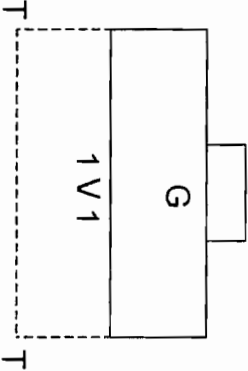
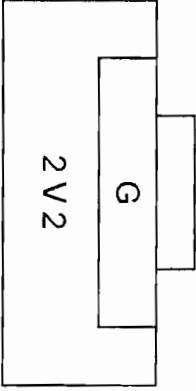
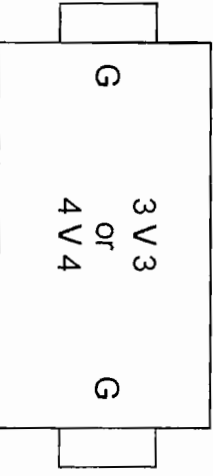
Training for Group Support

FUNDAMENTAL (Warm-up)	ORGANIZATION	KEY COACHING POINTS
<p>MATCH RELATED ACTIVITY</p> <div style="border: 1px solid black; width: 80px; height: 60px; margin: 20px auto; text-align: center; line-height: 60px;">3 V 1</div>	<p><u>THREE v. ONE</u></p>	
<p>MATCH RELATED ACTIVITY</p> <div style="border: 1px solid black; width: 80px; height: 60px; margin: 20px auto; text-align: center; line-height: 60px;">4 V 2</div>	<p><u>FOUR v. TWO</u> (or 2 V 2 +2)</p>	
<p>GAME CONDITION ACTIVITY</p> <div style="border: 1px solid black; width: 120px; height: 80px; margin: 20px auto; text-align: center; line-height: 80px;">4 V 4</div>	<p><u>FOUR v. FOUR</u></p>	

TECHNICAL: RECEIVING & TURNING

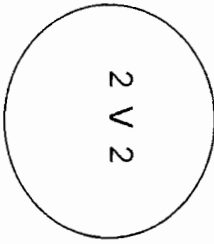
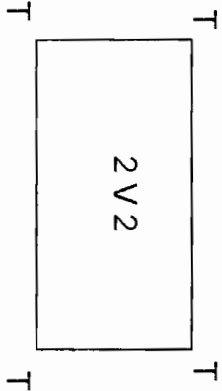
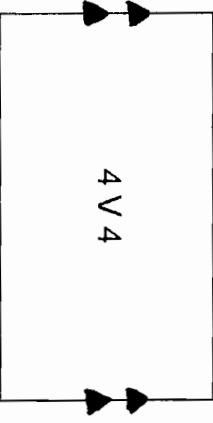
<u>FUNDAMENTAL (Warm-up)</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
<p><u>MATCH RELATED ACTIVITY</u></p> 	<p><u>ONE v. ONE</u> (to targets)</p>	
<p><u>MATCH RELATED ACTIVITY</u></p> 	<p><u>TWO v. TWO</u> (to targets)</p>	
<p><u>GAME CONDITION ACTIVITY</u></p> 	<p><u>THREE v. THREE</u></p>	

TECHNICAL: SHOOTING

<u>FUNDAMENTAL (Warm-up)</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
<p><u>MATCH RELATED ACTIVITY</u></p> 	<p><u>ONE v. ONE</u> (with targets)</p>	
<p><u>MATCH RELATED ACTIVITY</u></p> 	<p><u>TWO v. TWO</u> (to goal)</p>	
<p><u>GAME CONDITION ACTIVITY</u></p> 	<p><u>THREE v. THREE</u> (or four v. four)</p>	

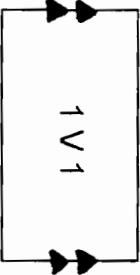
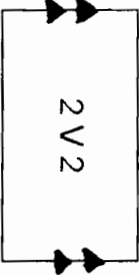
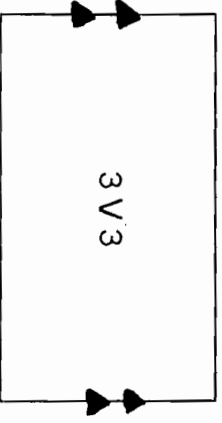
PRINCIPLES OF PLAY

Penetration – Wall Pass

<p><u>(WARM-UP)</u> Individual Activity</p>	<p><u>ORGANIZATION</u> ❖ Ball Between two</p>	<p><u>KEY COACHING POINTS</u></p>
<p><u>SMALL GROUP ACTIVITY</u></p> 	<p><u>TWO v. TWO</u></p>	
<p><u>SMALL GROUP ACTIVITY</u></p> 	<p><u>TWO v. TWO</u> (to targets)</p>	
<p><u>LARGE GROUP ACTIVITY</u></p> 	<p><u>FOUR v. FOUR</u></p>	

PRINCIPLES OF PLAY

DEFENDING

<u>(WARM-UP)</u>	<u>ORGANIZATION</u>	<u>KEY COACHING POINTS</u>
<p style="text-align: center;"><u>INDIVIDUAL ACTIVITY</u></p> 	<p style="text-align: center;"><u>ONE v. ONE</u></p>	
<p style="text-align: center;"><u>SMALL GROUP ACTIVITY</u></p> 	<p style="text-align: center;"><u>TWO v. TWO</u></p>	
<p style="text-align: center;"><u>LARGE GROUP ACTIVITY</u></p> 	<p style="text-align: center;"><u>THREE v. THREE</u></p>	

- ❖ Ball Between two
- ❖ Ball Between three

