

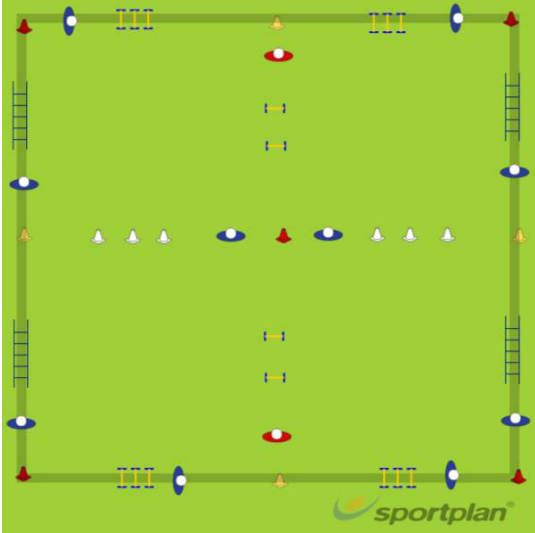
DATE	VENUE Football Pitch	DURATION 1.30 hours	NO OF PLAYERS 16	ABILITY / LEVEL Any Age or Ability	EQUIPMENT Balls, Cones, Bibs, Poles, Goals, Hurdles, Ladders, Reaction Belts
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SESSION GOALS Players should develop a range of football specific movements related to positions on the pitch.	PERSONAL COACHING GOALS Encourage players to develop their understanding on how important fitness in football is in the modern game
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WARM UP & ACTIVATION

TIME	TASK / ACTIVITY / SESSION CONTENT	COACHING POINTS
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PAC MAN

20 mins	<p>Objective: Initial pulse raiser to get players focus & physically prepared for the session.</p> <p>Detail:</p> <ul style="list-style-type: none"> Mark out a 20 x 20 grid with cones every 10m. On each line of the grid put a piece of equipment (poles, ladders, hurdles, cones). Put 2 players into bibs (pac men) and everyone else starts spread out next to cone. You can only move along the lines from cone - cone. If a player comes to a piece of equipment they need to go through it efficiently. If you are caught then you're out or can join the pac men chasing. Introduce balls after a couple of games, where players can take turns to enter skill zone with ball, perform skill & pass to partner (swap). 		<h4>Coaching Points</h4> <ul style="list-style-type: none"> Emphasis is on quality of movement with and without equipment. Speed / transfer ratio - going in and coming out. Don't concentrate on technique yet. Make rotations as necessary. <p>When balls are introduced make sure quality ball manipulation & allow players to "show off" a trick / feint in the skill zone.</p>
			<h4>Progression</h4> <ul style="list-style-type: none"> Introduce footballs as discussed above. Enforce specific rules (ie. no sharing lines). Introduce time specific challenges (how many pieces of equipment can you get through in 30 seconds). Allow players to demonstrate specific movements relating to pieces of equipment (for example quick footwork on ladders).

POSITION SPECIFIC PRACTICES

30 mins

Objective: Explore the specific football movements required in each position.

Detail:

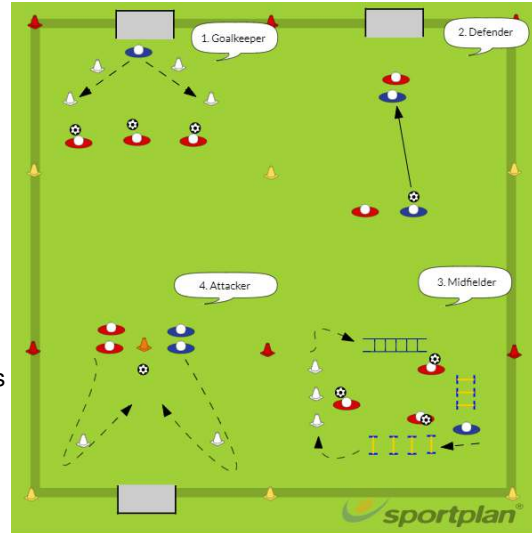
- Mark out 30 x 40 and split area into 4 quarters (15 x 20 each).
- Split players into 4 groups of 4.
- Each quarter will be a position specific practice.

Goalkeeper - 3 servers with balls and one player (GK) defending a goal. GK needs to make movements to & from poles, cones before receiving a shot from server (high intensity for 30 seconds).

Defender - 1 V 1 when spare player serves the ball. Defender needs to make sure that the reaction belt (or bib) isn't broken as the attacker receives the ball and when in possession when defending the goal.

Midfielder - Spread out different equipment. 3 servers with footballs & 1 player working. The working player needs to go through equipment (high intensity) and react to servers by passing/heading/volleying back to them. Ensure rest periods due to being physically demanding practice.

Attacker - 1 v 1 on a players call, both players need to run around the pole, through the ladders and be first to the ball to then attack and try and score.



Coaching Points

- The emphasis in all 4 practices are quality of movement first then high intensity & speed.
- Make sure to add in appropriate rest periods for you age group / ability.
- In each position specific practice ask players to relate to their role models / favourite professionals in that position to challenge and inspire them.
- Everything done with a ball to make it football related.



Progression

- Players can dictate intensity on each practice.
- Get players to organise themselves into groups (for example of all the defenders together etc).
- Allow players to create their own position specific practice using the equipment and narrative provided. Then feedback, explain and demonstrate to the rest of the group (ownership / leadership)

GOAL GAME

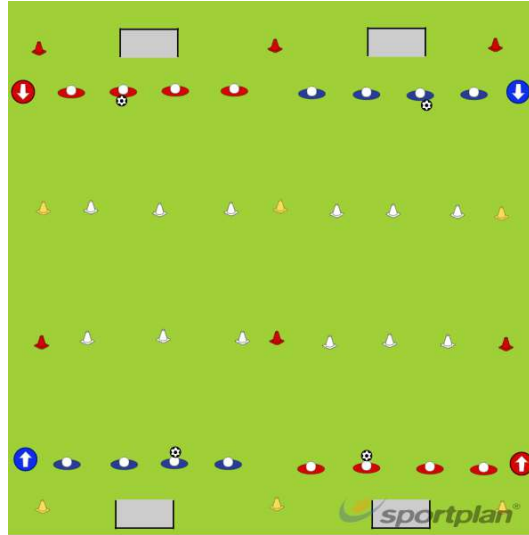
4 V 4

20 mins

Objective: High intensity 4 v 4 goal game in which players need to work together & avoid disturbance.

Detail:

- Using the same 30 x 40 area as above, set up 2 small sided pitches within.
- Put 6 poles on each pitch to cause obstruction for players to work through.
- Split the players into 4 teams of 4 with each team starting at a goal with a football.
- Aim of the game is to move as a team with the ball and score in the opponents goal before they do it yours.
- Players have to combine with each other as they move up the pitch.



Coaching Points

- Angles & distances of support.
- Quality of pass to keep momentum (accuracy, weight, timing).
- Team work and communication between the players.
- Quality of movements with and without the ball to keep balance and speed.



Progression

- Increase pace of the practice so teams are going as quick as possible.
- Challenge teams to see how many touches they can get before shooting.
- Stipulate number of touches which each team or player can have before shooting.
- Add defenders to the practice (standing next to the poles),
- Allow teams to introduce their own rules or adapt / change pitch to increase the challenge,

SMALL SIDED GAMES

20 mins

Objective: Allowing players free play 4 v 4 matches to apply football specific movements.

Detail:

- Use same areas and pitches from above goal game, remembering to remove the poles.
- Emphasis on applying techniques and movements developed during the session.



Coaching Points

- Recognise the different movements they have to perform.
- Monitor intensity and provide appropriate rest periods.
- Reward players for demonstrating fluid movements and high intensity levels.

OTHER COMMENTS

When setting up you can have the activation & position specific practice organised separately to save time & manage the session. Otherwise give ownership to players to help set up.

EVALUATION

Organisation is key to this session being successful from a management point. Allows players a lot of opportunities to problem solve & trail and error.