

D COURSE: COACHING TRAINING SESSION TEMPLATE

Name:		Date (day)		Location	Age Group	Gender
KW		Today		Here	U12	Boys
Game Moment		Area of Field	Session Duration	# of Activities	# of players	
Attacking		Attacking Half	80 Min	4	6-12	
Session Objective(s)	Develop team to score from wide areas. Identify differences between crosses from left and right (typical strong foot/weak foot). Develop body shape and technique to score from cross.					

DESIRED BEHAVIOR	Coaching Points
Principles: Finish the Attack Sub-Principles: Fill Zones in front of goal, Cross to player in front of goal, Finish from cross Player Actions: Passing, Shooting, Adapting Body Shape, Supporting	Scan from wide area looking for players in front of goal Move into position to support cross of ball Plant foot pointed toward target of cross Body shape open to receive cross (open hips towards ball)
Additional Notes – Timing of runs, placement of runs of multiple players entering box based on position. Acknowledge that crosses from left side (with predominately right footed players) will look different that crosses from right side	

WARMUP:



Activity Objective	Score from a cross
# of players/Opponent	Arrival game – 1v1 to 4v4
Size/Shape of Field	Wider than long – 35x25
Ways of Scoring	Finish ball into inverted nets
Active/Recovery Duration	5-6 min/1 minute
Repetition	2 times
Total Activity Duration	12-14 minutes
Rules	Player play 1v1 to 4v4 as player arrive to field. Goal are faced backwards about 5 yards from end lines.
Constraints/Restrictions	
Rotations (Substitutions)	

Coaching Interactions

WHAT (Coaching Points) Timing of run to meet ball, open hips to ball, block ball into net with far foot, Keep eyes on coach with ball when running into position,

WHEN (You will enter the activity) Natural stoppage, Planned stoppage,

HOW (You will deliver the information) Demonstrate :

ACTIVITY 1: (In Video)

	Activity Objective	Score by passing a ball through the goal cones (6-7 yards apart) perpendicular to goal line from wide area
	# of players/Opponent	4v4
	Size/Shape of Field	Wider than long – 35x25
	Ways of Scoring	Play ball through side of box – if no teammate touched it, 1 point. If teammate receives in the goal, 2 points, If ball passes through one side and out the other side and a teammate receives it, 3 points.
	Active/Recovery Duration	4 min/1 minute
	Repetition	4 times
	Total Activity Duration	20 minutes
	Rules	Goal is scored by passing ball through sides of box created by cones.
	Constraints/Restrictions	
	Rotations (Substitutions)	As needed dictated by attendance

Coaching Interactions

WHAT (Coaching Points), What's the easiest way to score in this setup? Why? How can you maximize your score per shot? (Scan for teammate in endzone)

WHEN (You will enter the activity), Planned Stoppage, Freeze

HOW (You will deliver the information) Guided questions, demonstration, player action.

ACTIVITY 2:

	Activity Objective	Score into red goal area/nets (6-7 yards wide)
	# of players/Opponent	4v4
	Size/Shape of Field	Wider than long –35x25
	Ways of Scoring	Finish into goal directly – 1 point. Finish by a cross to teammate – 3 points
	Active/Recovery Duration	4 min/1 minute
	Repetition	4 times
	Total Activity Duration	20 minutes
	Rules	Goal worth 3 points if finished from cross, 1 if direct.
	Constraints/Restrains	Enforce offside if needed
	Rotations (Substitutions)	

Coaching Interactions

(WHAT (Coaching Points), Where is the space available? Why? How can you maximize your score per action? (Scan for teammate in front of net) How do we need to shape our bodies to receive cross? (open hips to ball, 45 degrees, far foot block to redirect),

WHEN (You will enter the activity), Planned Stoppage, Freeze

HOW (You will deliver the information) Guided questions, demonstration, player action.

ACTIVITY 3:



Activity Objective	Score from wide areas
# of players/Opponent	6v3/6v4 +GK
Size/Shape of Field	Half of full field
Ways of Scoring	Attackers score on large goal. Defenders score on small outlet goals at half or return ball to coach at center
Active/Recovery Duration	4 min/1 minute
Repetition/Sets	6 times
Total Activity Duration	30 minutes
Rules	Offside. Restart with coach playing ball to 6
Constraints/Restrictions	Optional – wide players cannot enter 18 except from sides
Rotations (Substitutions)	Swap roles every 2 times

Coaching Interactions (WHAT (Coaching Points), What's different on the full size field? (distance, speed of ball required, timing, spacing)What is different from crosses coming from left? (Earlier since players cut in onto strong foot)Right? (Cross can come from deeper with stronger foot) Where should attackers move to in the box? (PK, Near Post, Far Post, Top of box) When do they move? (Time with cross and defender positions – offside) WHEN (You will enter the activity), Natural stoppage, Planned Stoppage HOW (You will deliver the information) Demonstrate, Guided questions,