

Foundation Phase – Session Plan

Session Diagrams – In Possession



Instructions: Key Skills

Passing and Receiving

Dimensions:

Timing: Play 3 mins > Me 30 secs

Notes:

Body Shape

Angle/Movement to Receive

Detail of Pass/Set

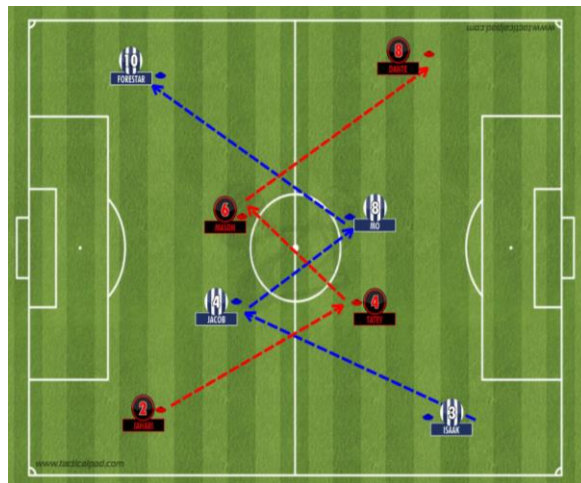
Tempo

Progression:

RB/CDM/CAM/W

Play from LB

Diagram:



Instructions: Game Related

4 Zone Game

Dimensions: W48 x L36

Timing: Play 5mins > Me 30secs

Equipment: 2x Goals, Cones, Bibs, Footballs

Notes: Combine centrally, be patience, movement off the ball

Formation: 1-3-2-3

Notes: How can I get GK involved?

Movement off the ball

Tempo

Coach - On, Around, Away

Diagram:



Instructions: SSG

Dimensions: W48 x L36

Timing: Play 5mins > Me 30secs

Equipment: 2x Goals, Footballs, Bibs, Cones

Challenge: Combine centrally to score double

Formation: 1-3-2-3

Notes: How can I get GK involved?

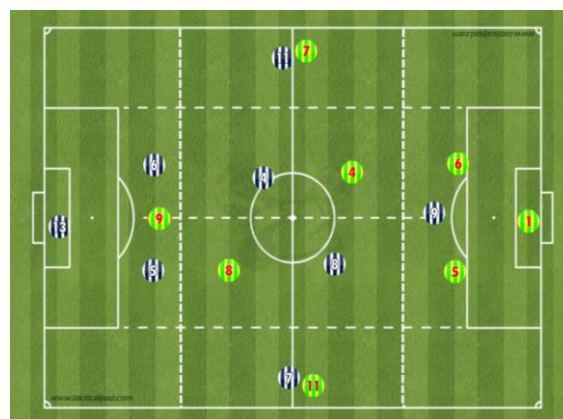
1v1's

Tempo

Skills

Can only pass backwards?

Diagram:



Instructions: Opposed

1v1 Transition

Dimensions: W5 x L10 x2 x2

Timing: Play 3 mins > Me 30 secs

Notes:

Tempo

Skills

Direct Mentality

Body Shape

Diagram:



Foundation Phase – Session Plan

Session Diagrams – Out of Possession



Instructions: Key Skills

1v1/2v2 Defending

Dimensions: W5 x L10 x2 x2

Timing: Play 3 mins > Me 30 secs

Notes:

Tempo – Meet high

Body Shape – Angle of Run/body

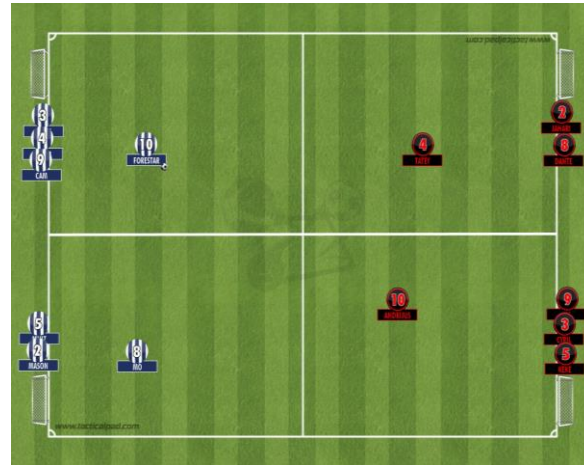
Be aggressive

Decision making – Patience/Win the Ball

Contact

Use line as 2nd defender

Diagram:



Instructions: Opposed

3v3 Defending

Dimensions: W30 x L20

Timing: Play 3 mins > Me 30 secs

Notes:

Defend the half way

Cover and balance

How big are gaps? - Depth and Width

Progression:

Add No.9 to bounce and play

(No offside for No 9)

Diagram:



Instructions: Game Related

Diagonal Football

Dimensions: W40 x L50

Timing: Play 5mins > Me 30secs

Equipment: 2x Goals

Notes: You must pass diagonally to score

Defend in a 3

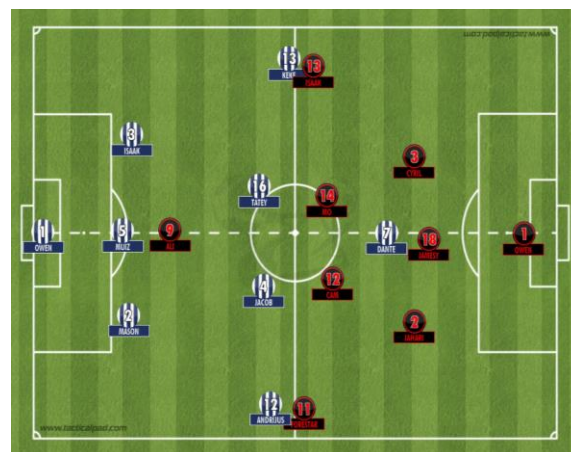
Cover and Balance

Shift and Shuffle

Delay, Deny, Dictate

Formation: 1-3-2-3

Diagram:



Instructions: Opposed

Goalie Wars

Dimensions: W30 x L24 x2 x2

Timing: Play 3 mins > Me 30 secs

Notes:

Tempo

Shift and shoot

Type of shot

Shooting techniques

Diagram:



Foundation Phase – Session Plan

Session Diagrams – Transition



Instructions: Key Skill
1v1 Transition

Dimensions: W5 x L10 x2 x2
Timing: Play 3 mins > Me 30 secs

Notes:
Tempo
Skills
Direct Mentality
Body Shape

Diagram:



Instructions: Opposed
Albion Game

Dimensions: 8x8 x4
(Small Zone in middle)

Observation:
Spatial Recognition – Shape - Diamond
Tempo
Detail of Pass
Movement
Transition - Reaction

Diagram:



Instructions: Game Related
3 Zone Games

Dimensions: W50 x L40
Timing: Play 5mins > Me 30secs
Equipment: 2x Goals

Notes:
5 passes and switch (5v2)
Defenders transition
Angle to receive
Passing Detail
Progression:
5 passes to attack

Diagram:



Instructions: Opposed
2v2 Transition

Dimensions: W40 x L36
Timing: Play 3 mins > Me 30 secs

Notes:
Tempo
Shift and shoot
Type of shot
Shooting techniques
Transition - Reaction

Diagram:



Foundation Phase – Session Plan

Session Diagrams – Other Idea's



<p>Instructions: 21</p> <p>Players in a circle with 2 defenders in the middle, each pass is a point, whoever is in the middle when 21 passes is reached completes a forfeit.</p> <p>If defenders win the ball they swap with the player who gave it away and the players to their left.</p> <p>Megs and Splits add a turn to defenders</p>	<p>Instructions: 3v2 Waves</p> <p>Attack > Defend > Off</p>	<p>Instructions: Head, Shoulders, Knee's and Toes</p> <p>Choose an animal</p> <p>Players in a circle start by heading the ball, next player uses shoulder, next player uses knee and next player uses foot.</p> <p>Player who messes up gains a letter from that animal, first player to spell the animal does a forfeit of acting like the animal</p>	<p>Instructions: Snake</p> <p>Each player has a position, when snake is called position move on 1 position. GK>RB, RB>CB, CB>LB, LB>RW Etc.</p>
<p>Instructions: 4 Goal Football</p> <p>Score and goal and that goal changes to your colour, change all goals to your colour to win the game</p>	<p>Instructions: Goalie Scores</p> <p>Score and become the goalie, the first team with the whole team as goalies wins</p>	<p>Instructions: Links</p> <p>2x Teams</p> <p>Each player has a number</p> <p>Everyone is linked by arms and numbers are called out. No.1's play 1v1 the rest of the link has to stay together. If the links breaks the opposition get the point.</p>	<p>Instructions: Numbers</p> <p>2x Teams</p> <p>Each players has a number</p> <p>When a number is called that player has to run around the pitch.</p>