

How to Fill Out the Session Form

This is to be used with the BLANK SESSION FORM found at this URL.

https://bsbproduction.s3.amazonaws.com/portals/7144/docs/forms/blank_coaches_session_planner.pdf

Section 1:

Name: - Should contain the Coaches Name

Team: - Should contain the Teams Name

Date: - Should be the Date of the Session

Mesocycle: - Optional Field. Made up of multiple Microcycles. Would contain where this Session falls into a much larger Session. For more information –

(https://bsbproduction.s3.amazonaws.com/portals/7144/docs/forms/mesocycle_information.pdf)

Microcycle/Day: - Should be the DAY of the Week of the Session. For more information –

(https://bsbproduction.s3.amazonaws.com/portals/7144/docs/forms/microcycle_information.pdf)

Training Objectives:

This should contain the main objective of this session (things like Passing/Dribbling/Defense/Fitness and such) followed by a brief statement of what you want the sessions results to be.

In the same box you need to answer the following questions as well:

WHO: What players is this session will focus on. This is usually written as numbers that correlate to the field position (1-11) - <http://the18.com/soccer-learning/soccer-positions-explained-names-numbers-and-roles>

WHERE: What part of the field or formation is this session for.

WHEN: What condition(s) set up the session.

WHY: Why is this session important.

WHAT: What is going to achieve a positive session result.

HOW: What skills/techniques are you going to stress to get the positive result.

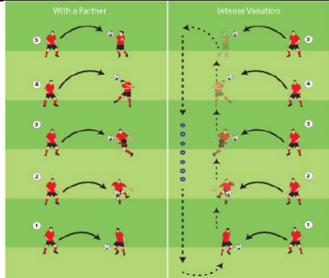
An example would be the following:

DEFENDING: Improve my team's ability to defend against a counter attack. WHO? 7,9,11,10,8,6,4,5 primarily plus 1,2,3 indirectly WHERE: Central channels and flank areas of both attacking and defending half. WHEN: the ball is turned over to the opponent in the middle or attacking thirds of the field. WHY? To prevent the opponents from penetrating forward and quickly attacking our goal. WHAT? By applying immediate pressure on the opponent and staying organized and compact. HOW? Speed, body position, good cover and support, good tackling technique, heading and redirecting aerial serves by the opponent.

SESSION BREAK DOWN:

Sessions are broken down into 4 sections: **Warm-Up**, **Small-Sided Activity**, **Expanded Activity**, and Finally **Game**. Each section as a place on the left for diagrams and a spot on the right for **Organization** (Physical Environment / Equipment / Players), **Duration** (length of section), **Intensity** (level of pressure/speed), **Activity Time** (Length of Activity), **Intervals** (How many Reps), and **Recovery time** (time in between Intervals). Finally, each section also has a section for **Coaching Points / Key Concepts** for you to jot down points you want each player to get from each session.

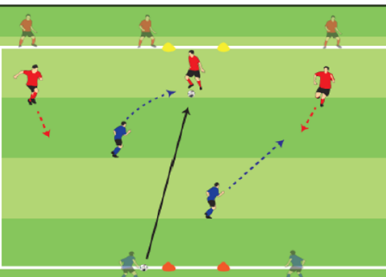
Here is an example of the Warm Up Section:

	I. WARM-UP	Intensity:	LOW	Activity Time:	2min.
	Duration:	17min.	Intervals:	8	Recovery Time:
ORGANIZATION (Physical Environment / Equipment / Players)					
10 x 30 yard area (optional use 10 cones 1ft. apart to create a speed ladder). Group players into pairs. EQUIPMENT: 5 or more soccer balls and 10 cones.					
COACHING POINTS / KEY CONCEPTS					
Technique re-directing aerial serves and heading. Pair up, thrower/receiver stay on the toes. 1. Laces Volley 2. Inside Foot Volley 3. Thigh to Foot Volley 4. Header 5. Chest to Foot Volley. Stationary w/partner or 1-5 run thru order. Dynamic Stretching					

This warm up lasts for a total 17 mins with a LOW Intensity, an activity time of 2 mins, then a small 5 sec break, then continue until you have done 8 reps. It gives the dimensions of the field and other equipment needed and makes notes of what to stress as the players pass the ball back and forth.

Here is an example of the Small-Sided Activity:

This should be used to target what you are looking to work on with this session in a small sided activity that gets as many players involved and they get as many opportunities as possible to learn and practice what you are coaching.

	II. SMALL-SIDED ACTIVITY	Intensity:	HIGH	Activity Time:	30sec
	Duration:	8min.	Intervals:	8	Recovery Time:
ORGANIZATION (Physical Environment / Equipment / Players)					
30 x 25 yard area. 3 reds attack and initially 2 blue press to stop/slow counter attack. When red makes 1st pass a 3rd blue enters field. Dribble thru cones 1 point.					
COACHING POINTS / KEY CONCEPTS					
Cut passing options for red, angle of run by 1st def as he presses ballcarrier. 2nd defender must recognize 1st defenders body position, cover and squeeze red into a pocket working together. Immediate pressure, force red to turn back under duress.					

Here is an example of Expanded Activity:

This should be a bit more complex and a natural progression from the small sided to a larger area.

III. EXPANDED ACTIVITY

Intensity:

HIGH

Activity Time:

1min.

Duration: 16min.

Intervals:

8

Recovery Time:

1min.

ORGANIZATION (Physical Environment / Equipment / Players)

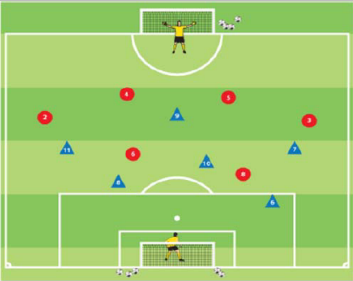
Half field. Full sized goal on half line and 6 large cones (3 mini goals) at opposite end goal line. 11 players, 1 GK. Blue 2pts for dribble thru cones, 1pt pass back to GK.

COACHING POINTS / KEY CONCEPTS

Compact and balanced, stay organized, support 1st defender, slide as a defensive unit. Immediate pressure, force red to turn, eliminate passing options and try to intercept aerial or ground passes. (restrict red to 2-touch) Blue +1 on red pass.

Here is an example of Game:

Should be played as close to game like conditions as possible and again focusing on the ideas introduced in the sections above.

	IV. GAME		Intensity:	MED	Activity Time:	2min.
	Duration:	20min.	Intervals:	8	Recovery Time:	30sec.
	ORGANIZATION (Physical Environment / Equipment / Players)					
	6 v 6 with 2 goalkeepers, half field, 2 full sized goals, colored pinnies, 4-6 soccer balls at each goal. 1 point for a goal on either side.					
	COACHING POINTS / KEY CONCEPTS					
	Unrestricted play, blue should work hard to prevent red from counter attacking. Continue coaching points from stages II and III during natural stoppages or in-flow. Don't forget 10 minute cool down and static stretching.					