

Coaching Session Planner (Level 1 - Traffic Lights)

Coach		Session Date	
Session Goals/aims	Fun game to encourage players "heads up" and introduce dribbling skills		
Information on Participants			Timing
Warm Up	Gentle Jogging - raise heart rate Stretches Jogging at increased rate - increase heart more Stretches		10 min
Particular Needs	 <p>SET UP: 40m x 40m area, each player to have a ball - nothing else needed</p> <p>PLAY: Each player has a ball, the players run around with the ball at their feet and when the coach holds up the Red Cone they must all stop with their foot on the ball.</p> <p>Progression: To progress the game the introduce a Yellow Cone - when the players see the Yellow Cone they must change direction with a "turn".</p> <p>The Second progression can be to introduce a Green Cone: when the players see the Green Cone they must increase speed.</p> <p>REPITITION: Repeat the game (10 min each) with both Groups giving each group a 10 min rest between games. Play twice to cement the idea.</p> <p>OUTCOME: This game is great for teaching players to keep their head up, introduces drilling, running with the ball, changes of</p>		40 Min
Key Factors			
Cool Down	Gentle Jogging Light Skipping Walk		10 min
Aims of the next session would be	Introduce shooting incorporating "running with the ball" from this session		

Football Training Session Plan

Lei Huang



Football Training Session Plan:

This book delves into Football Training Session Plan. Football Training Session Plan is an essential topic that must be grasped by everyone, from students and scholars to the general public. This book will furnish comprehensive and in-depth insights into Football Training Session Plan, encompassing both the fundamentals and more intricate discussions.

1. This book is structured into several chapters, namely:
 - Chapter 1: Introduction to Football Training Session Plan
 - Chapter 2: Essential Elements of Football Training Session Plan
 - Chapter 3: Football Training Session Plan in Everyday Life
 - Chapter 4: Football Training Session Plan in Specific Contexts
 - Chapter 5: Conclusion
 2. In chapter 1, this book will provide an overview of Football Training Session Plan. This chapter will explore what Football Training Session Plan is, why Football Training Session Plan is vital, and how to effectively learn about Football Training Session Plan.
 3. In chapter 2, this book will delve into the foundational concepts of Football Training Session Plan. This chapter will elucidate the essential principles that must be understood to grasp Football Training Session Plan in its entirety.
 4. In chapter 3, this book will examine the practical applications of Football Training Session Plan in daily life. This chapter will showcase real-world examples of how Football Training Session Plan can be effectively utilized in everyday scenarios.
 5. In chapter 4, this book will scrutinize the relevance of Football Training Session Plan in specific contexts. This chapter will explore how Football Training Session Plan is applied in specialized fields, such as education, business, and technology.
 6. In chapter 5, the author will draw a conclusion about Football Training Session Plan. The final chapter will summarize the key points that have been discussed throughout the book.
- This book is crafted in an easy-to-understand language and is complemented by engaging illustrations. It is highly recommended for anyone seeking to gain a comprehensive understanding of Football Training Session Plan.

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