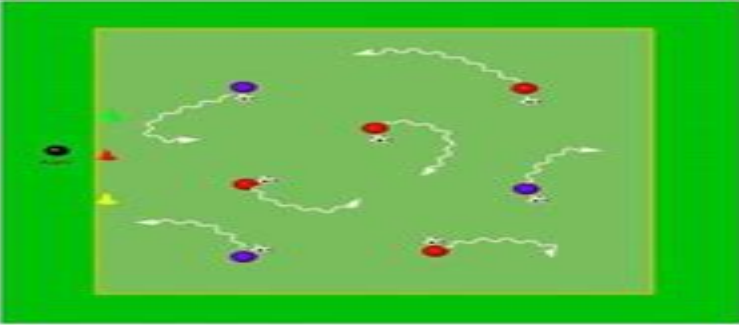


Coaching Session Planner (Level 1 - Traffic Lights)

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	 SET UP: 40m x 40m area, each player to have a ball - nothing else needed 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. Progression: To progress the game the introduce a Yellow Cone - when the players see the Yellow Cone they must change direction with a "turn". The Second progression can be to introduce a Green Cone: when the players see the Green Cone they must increase speed. 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. OUTCOME: This game is great for teaching players to keep their head up, introduces drilling, running with the ball, changes of		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

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