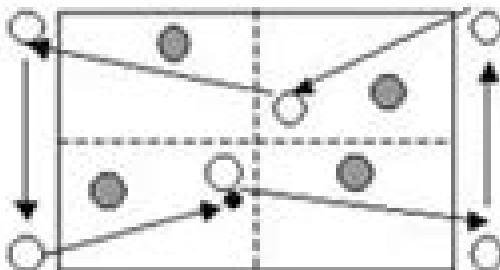
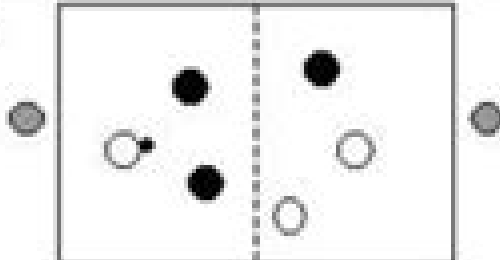
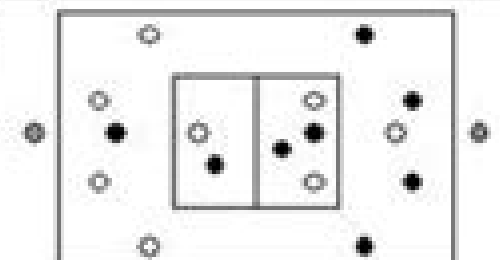


Coaching Session Plan – from English Academy

Coach Name: Dan Leivers / Ed Burton		Age Group: Under 13	Tactical Midfielders making angles to receive & play forward	Physical Balance, Speed, Core, Acceleration, Flexibility
Coaching Style: Various as necessary		Group Size: 16 – 18		
Location: Notts County Academy		Date: 14/08/13	Mental / Social Confidence, Creativity, Self-expression, Respect	Technical Passing, Receiving, Weight & Timing of Pass
Surface: 3 rd Generation Turf		Time: 7.30 – 9pm		
Session Theme: Creating Angles to Keep Possession				
Week Number: 2		Learning Block: 1		
Warm-up			The warm-up at this club is done without a ball and involves various dynamic stretches, flexibility and core stability	
Passing & Movement				<p>Key Points: Body position to receive Timing of pass Weight of pass Timing of movement/ run Communication</p> <p>Objectives: Test them in terms of the Benefits of creating a good passing angle for a team mate; Out of sight of the defender</p>
Possession				<p>Key Points: Body position to receive Timing of pass Weight of pass Timing of movement/ run Communication</p> <p>Objectives: Encourage midfield 3 to rotate and never be on the same line; Make unselfish runs to create space for others.</p>
Scheme of Work 'Playing Through Midfield'				<p>Key Points: Body position to receive Timing of pass Weight of pass Timing of movement/ run Communication</p> <p>Objectives: Encourage players to attempt rotations; Look for ways for midfield players to combine; Relate to rest of game.</p>
Game			Sessions always end with an unrestricted small-sided game	

Hockey Session Plan Template

Lei Shi

A red circular graphic with a gradient, appearing as a semi-circle or a partial circle, located to the right of the name 'Lei Shi'.

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