

Mt Colah SAP League Session Planner



Mt Colah SAP U/10 and U/11

Date

4th June

2020

Session Details

Main Moment / Key Principle/ Core Skill

Running with the Ball

Specific Aspect

Running with the ball in a general game sense with big longer touches for longer runs and smaller tighter touches in smaller areas in when needed for turning

Session Objective

Return to Training with focus on reacquainting players with ball in a team environment.

Reference / Context

Cycle # (and focus)

Cycle 1 Week 1

Key words/phrases

Engage defender quickly with **composure**, taking **big touches or small touches** using the , **top of your foot** for longer or faster running and **all parts of your feet** for shorter and **quicker turns and changes of direction**. Try to use an **accelerate or change of pace** past the opponent, keep ball **out of tackling range** of opponent and **protect the ball**.

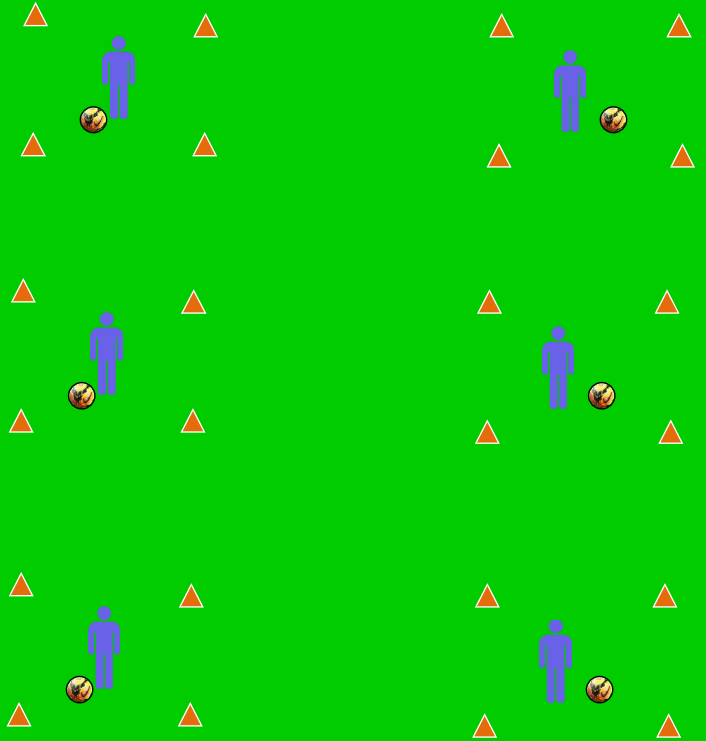
Key Player/Team Inspiration

Conduct



Juggling

Players Involved	groups of 3 or 4
Area and Size	6m x 6m grids
Duration	10 minutes
Starts/Restarts	Ball Juggling Practice
Rules/ Explanation	1. All players to do 10 minutes of ball juggling and must try to stay inside their own grid
Added Extras?	
Progressions	
Competition	

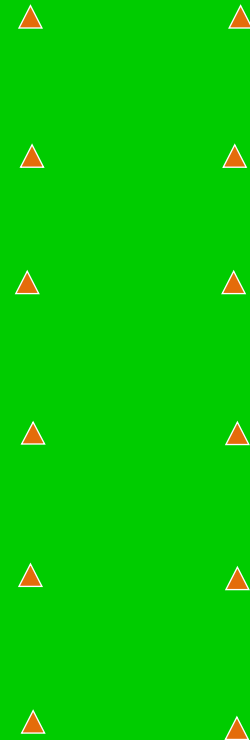


Conduct



Strengthening / Balance / Coordination / Injury Prevention

Players Involved	groups of 3 or 4
Area and Size	30m x 5m
Duration	5 minutes
Starts/Restarts	Exercises from FIFA 11+ Refer to Manual Running Exercises 1-4. Pages 18-25
Rules/ Explanation	1. Running Straight Ahead 2. Running Circle Partner 3. Running Hip Out 4. Running Hip In
Added Extras?	
Progressions	
Competition	

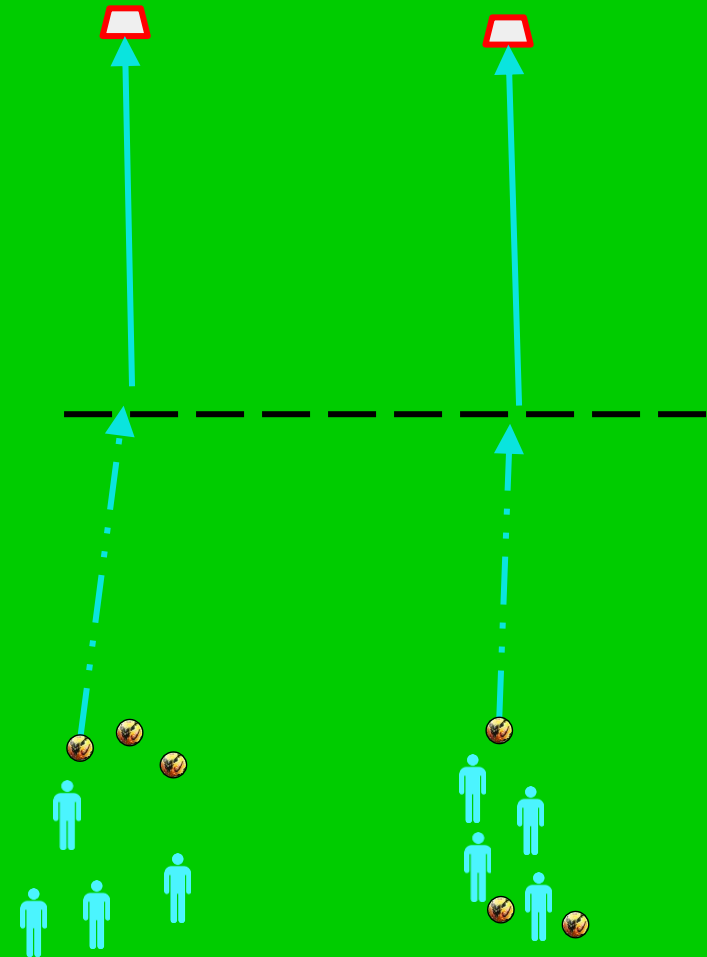


Conduct



Skill Introduction – Skill Training – Skill Game

Players Involved	groups of 3 or 4
Area and Size	30m x 30m
Duration	15 minutes
Starts/Restarts	Player runs at pace to the designated line. Next player starts once player has gone 5m in front.
Rules/Explanation	Payer runs to line then passes/shoots ball into small goal. If they miss target they quickly fetch ball and return back to start. If they score they wait until all teammates have had a turn and then fetch ball from small goal and return back to start.
Added Extras?	
Progressions	1. Demonstrate quicker running with longer touches using the top of the foot. 2. Have a time limit to score 3. Use manikins as defenders so players have to run between defenders into the gap.
Competition	If enough numbers for 2 or more groups then competition to see which group can score 10 goals first.



Conduct



Skill Introduction – Skill Training – Skill Game

Players Involved	6+ players.
Area and Size	areas 20m x 20m up to 40m x 40m
Duration	15 minutes
Starts/Restarts	Just use small goal.
Rules/ Explanation	Attacker has ball on line. Defender starts 5m behind and can only start chasing once attacker takes first touch. Attacker can decide when to start. When attacker gets to scoring zone they have to try to score in big goal.
Added Extras?	Use inside bigger touches to get more speed and smaller touches in tight areas. Block running line of defender. Keep body between defender and ball.
Progressions	1. No GK in big goal to start. 2. Add GK in bog goal.
Competition	Make a competition to see which team can score the most goals.

