**Training Session Plan Example**

**TEAM: Smithtown Seniors VENUE: Smithtown Rec Reserve DATE: 03/05/2022**

**TIME: 5-6:30pm**

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| **PROGRAM FOCUS AREAS** | **WAS THIS ACHIEVED?** |
| **1. Kicks to Advantage** |  |
| **2. Clean Hands** |  |
| **3. Outnumbering at Contest** |  |
| **4. Player Communication** |  |

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| **TIME** | **ACTIVITY** | **ACTIVITY DESCRIPTION** | **ACTIVITY PURPOSE/FOCUS** | **COACH** | **EQUIPMENT** | **DURATION** |
| 5:00 | Training Session Brief | Explain the session and goals | Set Clear Purpose and Goals | Matt | Nil | 5-10mins |
| 5:10 | Dynamic Warm Up | Dynamic Stretching and Run-Throughs | To Warm Up | Sally | Cones | 10-15mins |
| 5:25 | Craft Work (Focus on Kicking) | * Stationary Handballing
* Kick-to-Kick (Both Feet)
* Kick to Leads (in 3’s)
 | Practice clean hands | Jonno | Footballs | 15mins |
| 5:40 | Game Sense Drills (3v1 Kicking in Square) (4v2 Handballing in Square) | Keepings off from opposition | * Assess decision making off both hand and foot
* Outnumbering at contest
 | Jonno | Footballs Bibs Cones | 20mins |
| 6:00 | Split into Positions (Position specific drills) | Backs – Kicking out Drill Forwards – Goalkicking Mids – Midfield setups | Work on position specific skills | Matt/Rick/ Jonno | Footballs Bibs Cones Goal Posts | 20mins |
| 6:20 | Warm Down | Players go for a jog and complete static stretching | To Warm Down | Sally | Nil | 5-10mins |
| 6:30 | Training Session Debrief | Discuss training and outcomes | Get players thinking about what they want to achieve | Matt | Nil | 2-5mins |

**Training Session**

**Diagram**

Craft Work Dynamic Warm Up

Goalkicking Drill

Kicking Out Drill

Game Sense (Square Drills) Midfield Setups