**Training Session Plan Example**

**TEAM: EDFL Rep U14 Boys**

**VENUE: Jacana Reserve**

 **DATE: 2/05/2022**

**TIME: 6:15pm to 7:15pm**

|  |  |
| --- | --- |
| **PROGRAM FOCUS AREAS** | **WAS THIS ACHIEVED?** |
| **1. Ground ball gathers** |  |
| **2. Kicks to space** |  |
| **3. Outnumbering at Contest** |  |
| **4. HB in congestion** |  |

| **TIME** | **ACTIVITY** | **ACTIVITY DESCRIPTION** | **TEACHING POINTS/FOCUS** | **COACH** | **EQUIPMENT** | **DURATION** |
| --- | --- | --- | --- | --- | --- | --- |
| 6:00 | Coaches and players arrive | Create a fun environment for players and staff | Engage players. Introduce staff to plyers. All players to introduce themselves to players from other clubs. | Matt | Nil | 7 mins |
| 6:15 | Admin | Explain the training session and goals | Set clear purpose and goals | Matt | Nil | 5 mins |
| 6:20 | Dynamic Warm Up | Dynamic Stretching and Run-Throughs | Use all balls. Players to share the ball while warming up | Jonno | Cones | 8 mins |
| 6:30 | Ground balls | In 3s, rolling ball* towards the player
* away from player

TM to stay in the ‘V’ & receive HB | “Low and slow beats fast fumbles”* Slow down
* Fingers under ball
* Bend knees
* Cover ball with your body
 | Sally | Footballs | 8 mins |
| 6:40 | Grid games - Handball4 V 2 | Keepings off from oppositionRelease player to ‘hit up’ leading forward | Teach players to HB in a triangle in congestion to find a release player* Outnumbering at contest
 | Matt/Sally/ Jonno | Footballs Bibs Cones | 7 mins |
| 6:50 | Kicking to advantage | Groups of 3. Work & kick in a triangle.  | “Kick to the space, not the face”. | Matt/Sally/ Jonno | Footballs | 7 mins |
| 7:00 | Game simulation | High energy & high speed gameChange lanes, change angles & change direction as much as possible | Coaches DO NOT interrupt game.* No slow or stop plays in back half
* Give HB to 1st & easiest option - everytime
 | Matt/Sally/ Jonno | Footballs | 6 mins |
| 7:10 | Warm Down | Slow jog and complete slow and dynamic stretching | Warm down | Sally | Nil | 5 mins |
| 7:15 | Training concluded | Players return to parents |  |  |  |  |
| 7:20 | Training debrief | Discuss training and outcomes with all coaches | 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