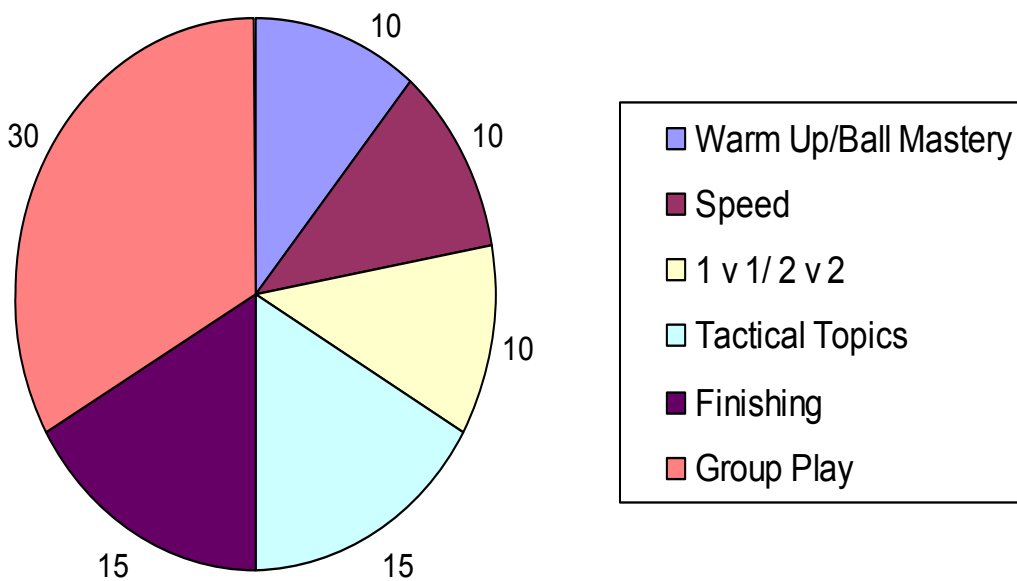


U13 & U14 SESSION PLANNER

SESSION OUTCOMES

1. Exercises that improve physical, technical, mental speed
2. Advanced Ball Mastery in warm up for reinforcement and interval training.
3. Tactical Development, defined as group dynamics that utilises systems of play for a predicted outcome.
4. Group Play games that challenge players decision making processes and reinforce these techniques under full game pressure
5. Group play as a teacher of the game in small segments building up to 11 v 11



TRAINING FACTORS

The duration of the session is to be 90 minute in length. High dynamic coaching sessions that incorporate intermittent exercise simulation that implements technical skills under full pressure activities with a learning outcome to understand team tactical development.

Tactical Development Topics:

- Creating and scoring goal
- Team defending
- Width and overlapping play
- Set plays

GROUP PLAY: (POSS / FBA / MULTI / COND/ 11 v 11 Phase Play)