



Quality Session Planning and Implementation

Effective Date	1 July 2002
Class Length	1 hour 15 minutes

Change Summary	
September 2002	Reviewed for format
October 2006	Reviewed for 2007 Section Conferences
October 2008	Reviewed for 2009 Section Conferences
November 2011	Reviewed for 2012 Section Meetings
November 2013	Reviewed for 2014 AYSO EXPO
October 2014	Reviewed for 2015 AYSO EXPO

LESSON PLAN- Quality Session Planning and Implementation

1. Lesson Goals

Provide an understanding of how a successful training session (practice) should be developed.

To include:

What a training session should look like and how to develop a training session that fits the team being coached.

2. Class Length

1 hour 15 minutes

3. Instructor Requirements

Advanced Coach Instructor

4. Learning Objectives

What a training session should look like – age appropriate

How to develop a training session that fits the team being coached

5. Student Skills Acquired

What a training session should look like – age appropriate

How to develop a training session that fits the team being coached

6. Prerequisites

None

7. Materials

Power Point Presentation which is preloaded to meeting laptop and also available on www.ayso.org along with lesson plan

8. Equipment

LCD projector and screen

Flip chart and markers

9. Instructor Notes:

None

10. Body (Lesson Procedure)

Quality Session Planning and Implementation

Discuss importance for all coaches to create age appropriate 'quality' training sessions. One of the 4 key elements introduced at the US Soccer Federation Summit.

What is the purpose of the training session (formally known as practice)?

(Ask and document, using flip chart and markers to document answers)

Prepare

Plan

Perform

Evaluate

Amend

Preparation

How to prepare

What do you work on? (*Ask the audience & document answers*)

How do you know what to work on? (*Ask and document*)

At the first practice of the season use the "Free Play" method to evaluate strengths and weaknesses of the team. Why?

What is "Free Play"? (*Ask and document*)

What should you be evaluating? (*Ask and document*)

Create an evaluation chart for each player.

At the first practice of the season use the “Free Play” method to evaluate strengths and weaknesses of the team. Why?

What is “Free Play”? (*Ask and document*)

U-12 team - use free play to decide what to work on.

- Roster size should be 12
- Make four teams (balanced if possible)
- You take two teams; your assistant coach takes the other two.
- Teams Play 10 minutes of keep away, the team with the highest number of consecutive touches wins!
- Winning teams play 10 more minutes against each other, as do the non-winners (competitive games!).
- You and your assistant Observe & Evaluate

What should you be evaluating? (*Ask and document*)
Create an evaluation chart for each player.

What should the U-12 player experience?

Players age U-12 will experience:

Attacking Objectives

Advance the ball

Score

Maintain Possession

Defending Objectives

Delay the opponents

Prevent Scoring

Regain Possession

What do they need to know?

What objective should our players emphasize?

It depends on who has the ball!

- What else?
- Where is the player on the field?
- Where is the goal?
- Where are teammates?
- Where are opponents?
- Where the ball is?
- How much time is left?
- What's the score?

Now that we know what objective to pursue, how to we achieve it?

The Principles of Play!

Attacking Principles	Defending Principles
Penetration	Delay
Support	Cover
Width	Compactness
Mobility	Balance
Creativity	Composure

What should the content of the evaluation chart be? *(Ask and document)* There is a sample evaluation chart in Appendix 'E' of the U-12 coaching manual.

I would recommend adding to this chart three more columns.

Attitude Work Rate Coachability

(Give detailed explanation of these three topics)

After the first training session you should know a lot more about the players than you did and will be able to plan for future practices.

Planning

How long should a training session (AKA practice) last?

(Ask and document)

(Hopefully someone will refer to the age of the players. If not, it must be brought up and discussed. Everything should be age and skill specific. Give the length and frequency as recommended by the National Coaching Advisory Commission. This information may be found in the National Coaching Program Manual.

The activity portion of any practice should be the same as the length of the game. The key word in this statement is "Activity"!!

If you are a coach that likes to talk, then you will have a long (very long) practice.

So, if you are coaching U-12, the activity portion of your practice should be 60 minutes. If

you are coaching U-19; the activity portion of your practice should be 80 minutes.

No practice should be longer than 90 minutes. Players of ANY age group cannot physically and mentally perform longer that.

Before each practice you should write a practice plan. What should this plan contain?
(Ask and document)

This plan should contain all the activities that you want to do along with the time to be spent on each activity.

The practice can be broken down into four parts.

What are the four parts? (Ask and document)

They are:

- Technical Warm-up, free play on the theme of the training session
- Activity 1, Individual and pairs, technical polishing going to 2v2 and 3v3 where it becomes tactical
- Activity 2, directional with goals, increasing numbers to 3v3 to 6v6 incorporating the remaining principle of play
- Small sided match (O&E, did they get they improve and develop the theme of the training session)
- Cool down

Your training plan should be detailed enough that you know how long is to be spent on each part of the practice.

Performing

The warm up can be broken down into three parts.

What are they?

1. Light activity to warm the muscles (3 player weave, dribbling the field width using moves, 50 quick touches with teammate alternating right and left feet, etc.)
2. Dynamic stretching (Appendix D in AYSO U-12 Coaching Manual, FIFA 11+)
3. Free play game based on the theme of the training session (keep away, 5 v 2, etc.)

A correct and proper warm up is essential for the well being of the players. It should also be used to prepare the athletes for the activity to be worked on.

If you, as the coach, are planning to work on passing, then step three of the warm up should lead into the passing activity.

A sample of training activity plans can be found in U-12 Training Plans, P.71 of the U-12 coaching course manual.

How many of these activity plans do you need? One each technique on which you plan to work.

If you are really organized, you can have these all filled out before the first practice and be fully prepared for the season.

The technique activity should also build towards the small sided game. For instance for passing, the game could be 4 v 4 in a grid (size to be determined by the age and skill level of the players) with a goal scored by completing 6 consecutive passes.

Another great game that emphasizes passing in 4 vs 4 is that all 4 players must touch the ball before going to goal.

The practice should end with a cool down period consisting of some light jogging and some static stretching.

Evaluate

Why is there a need to evaluate the practice?
(Ask and document)

The coach needs to know:

- What worked?
- What didn't?
- What did the players like?
- What they didn't like?
- What kept their interest?
- What didn't?
- What was too long?
- What wasn't long enough?

In Appendix D of the U-12 coaching manual you will find a Coach Evaluation form. This is really a self evaluation. Do yourself (and your players) a favor and be honest and candid when fill this out. This is the only reference that you will have to help you with the next practice.

Amend

Now is the time to decide what should be changed for the next practice. By using the evaluation form any necessary adjustments can be made.

This leads us back to.....What? **Preparation**

11. Conclusion (Closure)

12. Bridge

None

