

## Session Planner

|                  |  |                 |  |
|------------------|--|-----------------|--|
| Candidate Coach: |  | Date Produced:  |  |
| Coach Educator:  |  | Time Available: |  |

### **Information on Players**

|                      |  |      |  |                |  |
|----------------------|--|------|--|----------------|--|
| Number of Players:   |  | Age: |  | Ability Level: |  |
| Medical Information: |  |      |  |                |  |
| Particular Needs:    |  |      |  |                |  |

### **Information on Facilities and Resources**

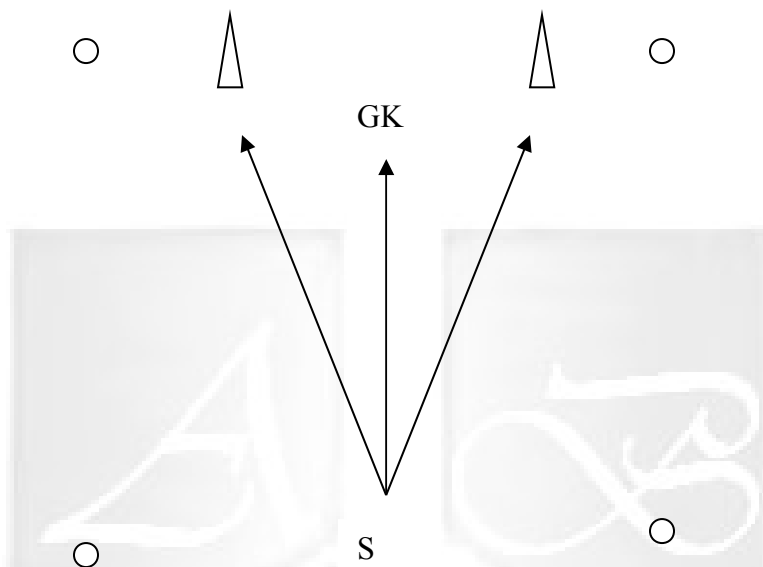
|  |  |               |  |
|--|--|---------------|--|
| Location:                                  |  | Session Date: |  |
| Facility Needs:                            |  |               |  |
| Equipment Needs:                           |  |               |  |
| Health & Safety issues:                    |  |               |  |
| Action plan points from previous sessions: |  |               |  |

### **Session Plan**

|                       |                |         |
|-----------------------|----------------|---------|
| Session Aim:          | Basic Handling |         |
| Session Type:         |                |         |
|                       |                | Timings |
| Warm Up Activities:   |                |         |
| Cool Down Activities: |                |         |

## Session Planner

|                |                |          |
|----------------|----------------|----------|
| Session Title: | Basic Handling | Timings: |
|----------------|----------------|----------|



Cones used to mark out a 10yard x 10 yard grid.  
Different color cones are used to make small 4yard goal.  
Gk starts in the goal and S has a supply of balls.

### **Phase 1:**

S then throws, strikes the ball, half volley and dipping volley ball to the GK – straight to the GK.  
Work through Scoop, Cup technique and W technique.

### **Phase 2:**

Extend the goals to for 6 yard goal.  
S now strikes the ball to the corners of the goal allowing the GK to perform a collapsing save.  
Vary the strike of the ball to cover low diving save and high diving save.

### **Key Technical Aspects:**

- Set position
- Footwork
- Technique based on the height of the ball