

## 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**

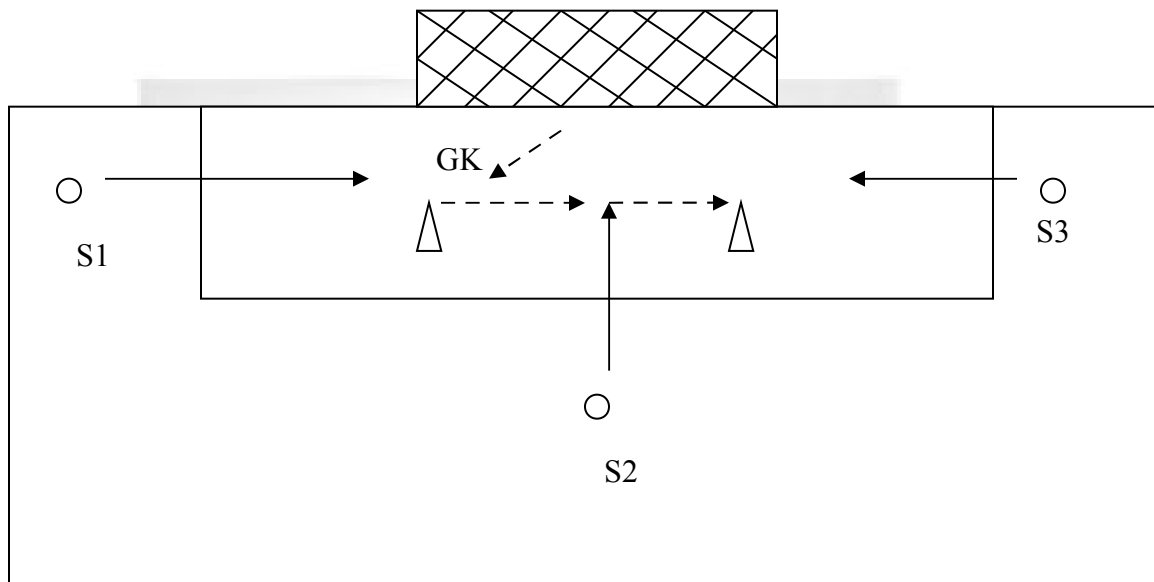
Location:		Session Date:	
Facility Needs:			
Equipment Needs:			
Health & Safety issues:			
Action plan points from previous sessions:			

### **Session Plan**

Session Aim:	Basic Handling and shot stopping	
Session Type:		
		Timings
Warm Up Activities:		
Cool Down Activities:		

## Session Planner

Session Title:	Basic Handling and shot stopping	Timings:
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GK starts at the centre of the goal facing S2. All S players have a ball. GK moves into line to receive ball from S1 using scoop technique, GK saves and returns to S1, moves back and then into line with S2 to save at head height using W technique, back into centre into line with S3 scoop technique

Progression:

GK can move to either side.

Vary technique from the servers allowing low and high collapse saves to be practiced.

### **Key Technical Aspects:**

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