

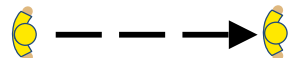
SAPCC Session Planner

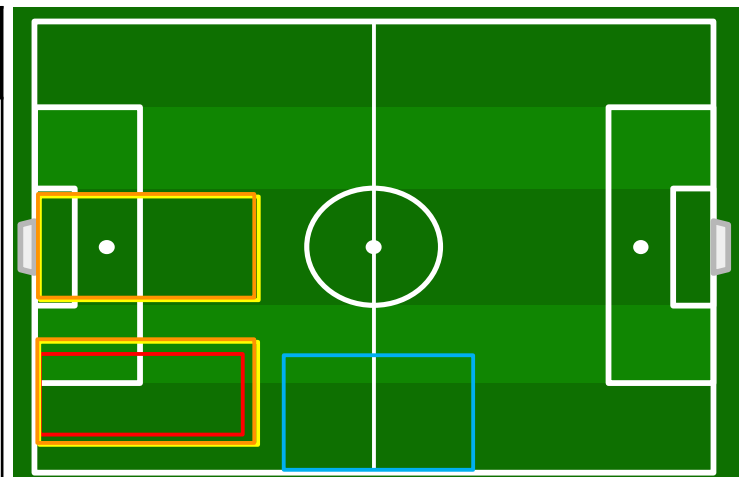
Cycle #	2	Week #	1	Session #	1	Duration	70min
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Session Details

Session Objective	In this session I aim to improve my players' first touch to be able to set up a pass (possibly forward)
Core Skill	First Touch
Specific Aspect	First touch to set up a pass
Key Player/Team Inspiration	Scholes, Berisha, Aaron Mooy, Polkinghorne, Tameka Yallop...or a player in the team!
Delivery Method	Progressive Part (Skill Intro – Skill Training – Skill Game)

Prepare – Pitch Organisation

Arrival Activity (AA)	Adjust the size and position of each box to accurately match the size and space where the exercises will (or should) occur.
Skill Introduction (SI)	Ball Movement 
Skill Training (ST)	Player Movement 
Skill Game (SG)	Running With The Ball 

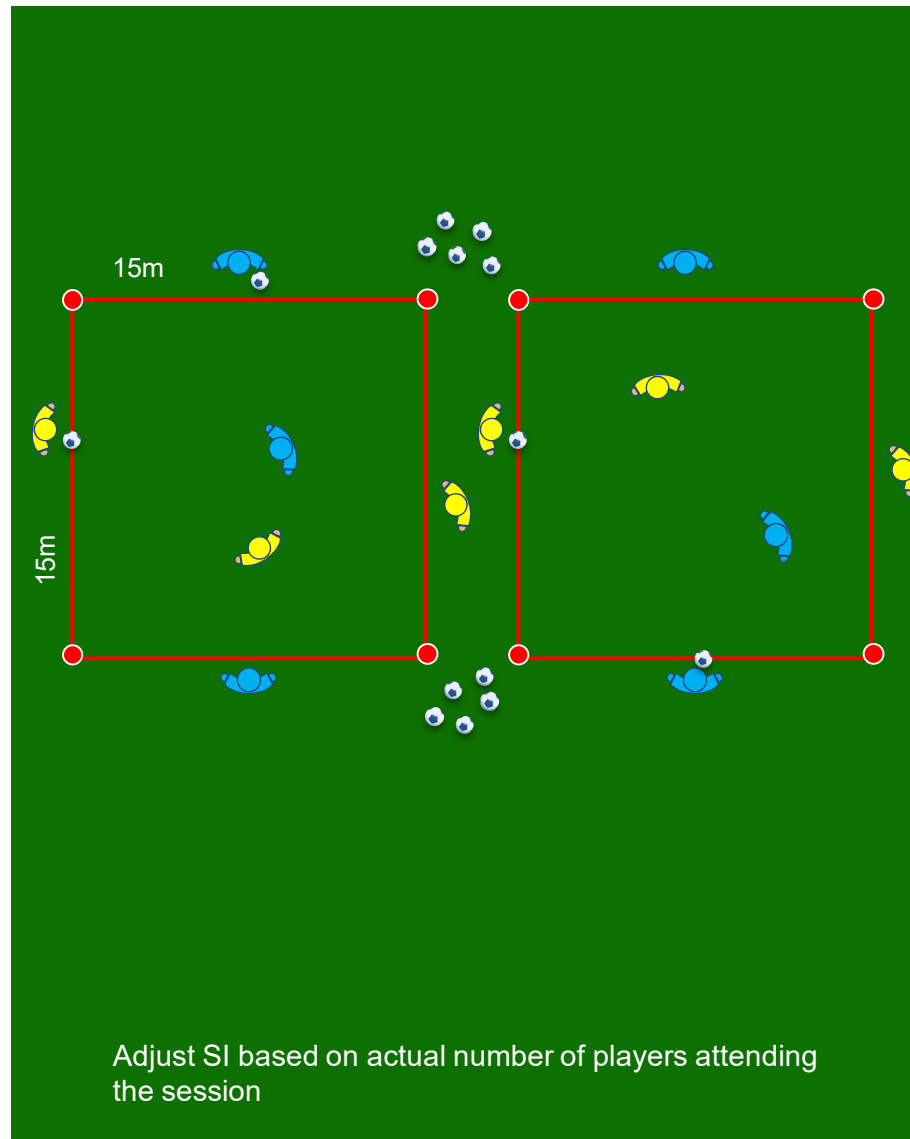


Players Arrival Activity

Coach: "Boys/Girls, anything you like linked to the FT" OR Coach to refer to Arrival Activities Examples

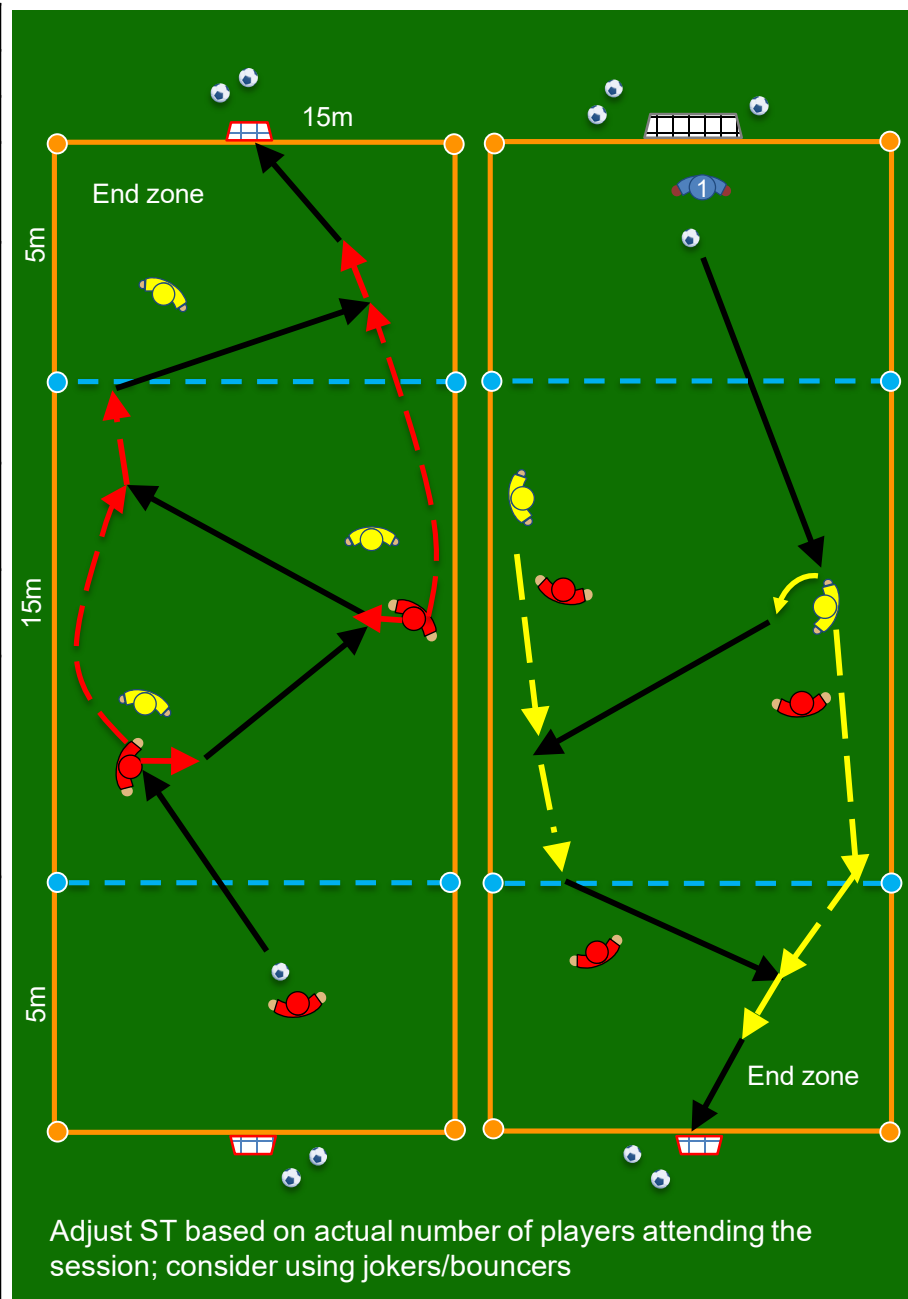
Skill Introduction

Players Involved	ALL : 11 + GK (+/-2)
Areas & Size	2 areas 15m x 15m
Timing	15min
Rules/Explanation & Scoring Method	- Minimum of 2 touches for every player - Each team with one ball try to go from end to end. - Rotate players position every 1 min Progression: players in the middle can interfere and win the ball
Step Up	Smaller area 3v3 in each square (no rotations)
Step Down	Bigger field area 4 areas with 3 players each, remove chaos/resistance
Competition	Highest amount of passes (rom end to end) in 1 min wins. Best of 3 rounds
Player Behaviors	<u>Scan</u> to identify BOTS (Ball, opposition, team mates, space) <u>Body position open</u> so to receive and play forward <u>Cushioning the ball</u> with their first touch with a clear direction in mind for their pass - Identify where the first and second defender are so you can take your touch away from pressure and find the free player.



Skill Training

Players Involved	ALL : 11 + GK
Areas & Size	2 areas of approx. 15m x 25m
Timing	20min
Shape/Formation	3v3 in each area – one player of each team must stay in the end zone <u>Man marking</u> in the middle area on start/restart
Rules/Explanation & Scoring Method	Play starts from either end Rotate players in end zone regularly. Players can score from anywhere. Normal goals = 1pt If your team score with every player only taking 2 touches per pass goal = 3 pts.
Step Up	Mandatory 2 touches (min 2, max 2)
Step Down	No touch restriction
Exercise Task / Challenge	"Try to use <u>smart movement</u> and a <u>great first touch</u> so you can keep the ball and score"
Player Task / Player Actions	- Look to <u>scan</u> for <u>BOTS</u> (Ball, opposition, teammates, space) - Can you use <u>cushion</u> the ball taking your first touch <u>slightly away</u> from your body - Can you make your <u>touch decision early</u> to help you get away from the defender
Coaching Cues	- When the ball is moving look to scan so you can see where you could receive it in space or where a defender might be. - As the ball is travelling, can you take your first touch away from your body and away from the closest defender. - As you receive the ball look to take your touch away from the defender where you can play your next pass early. - If you can take your first touch forward and play forward, can you adjust your body so that you are able to take your first touch in-front of you and play a forward teammate quickly.

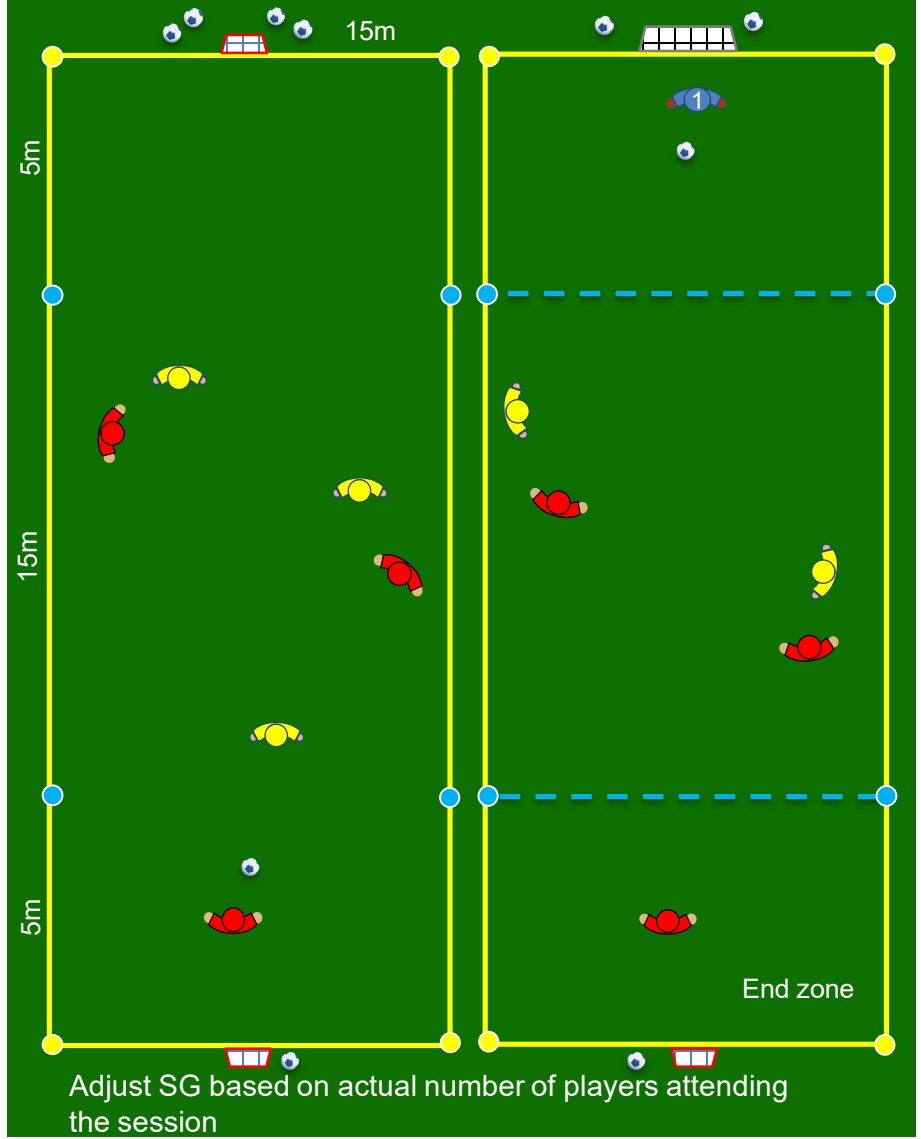


Skill Game (Free game)	
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Players Involved	ALL : 11 + GK
Areas & Size	2 areas of approx. 15m x 25m
Timing	25min (4 x 6min)
Shape/Formation	Man marking or high pressure for the defending team One player must stay in the end zone (unless number is even)
Rules/Explanation & Scoring Method	Free game 3v3 Normal game rules Man marking at every start/restart Scoring team retains the ball Swap player in the end zone regularly Goal = 1pt Goal + 2 touches in lead up to goal = 3pts At end of each quarter rotate teams (GK stays) and/or swap playing direction.
Step Up	-
Step Down	Player in the end zone can join in



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Home Challenge

Coach: "Try to master what he/she did today. Working on taking your first touch out from your body to set up a pass with your second touch!"
OR Coach to refer to Home Challenge Examples