

SAPCC Session Planner

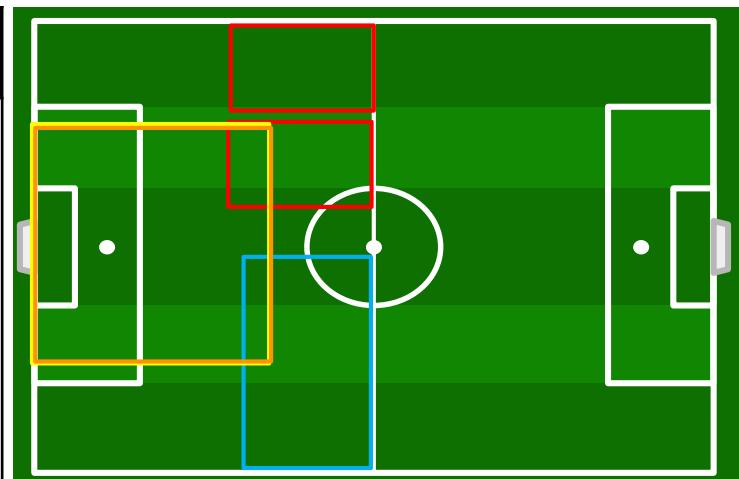
Cycle #	4	Week #	2	Session #	2	Duration	70min
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Session Details

Session Objective	By the end of the session the players will have improved their ability to use the correct body positioning to take a nice first to play forward
Core Skill	First Touch
Specific Aspect	Body position for first touch to play forward
Key Player/Team Inspiration	Mooy, Van Egmond, Logarzo, Berisha,
Delivery Method	Whole – Part – Whole (Game Related Practice – Isolated Practice - 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.
Game Related Practice (W)	Ball Movement 
Isolated Practice (P)	Player Movement 
Game (W)	Running With The Ball 

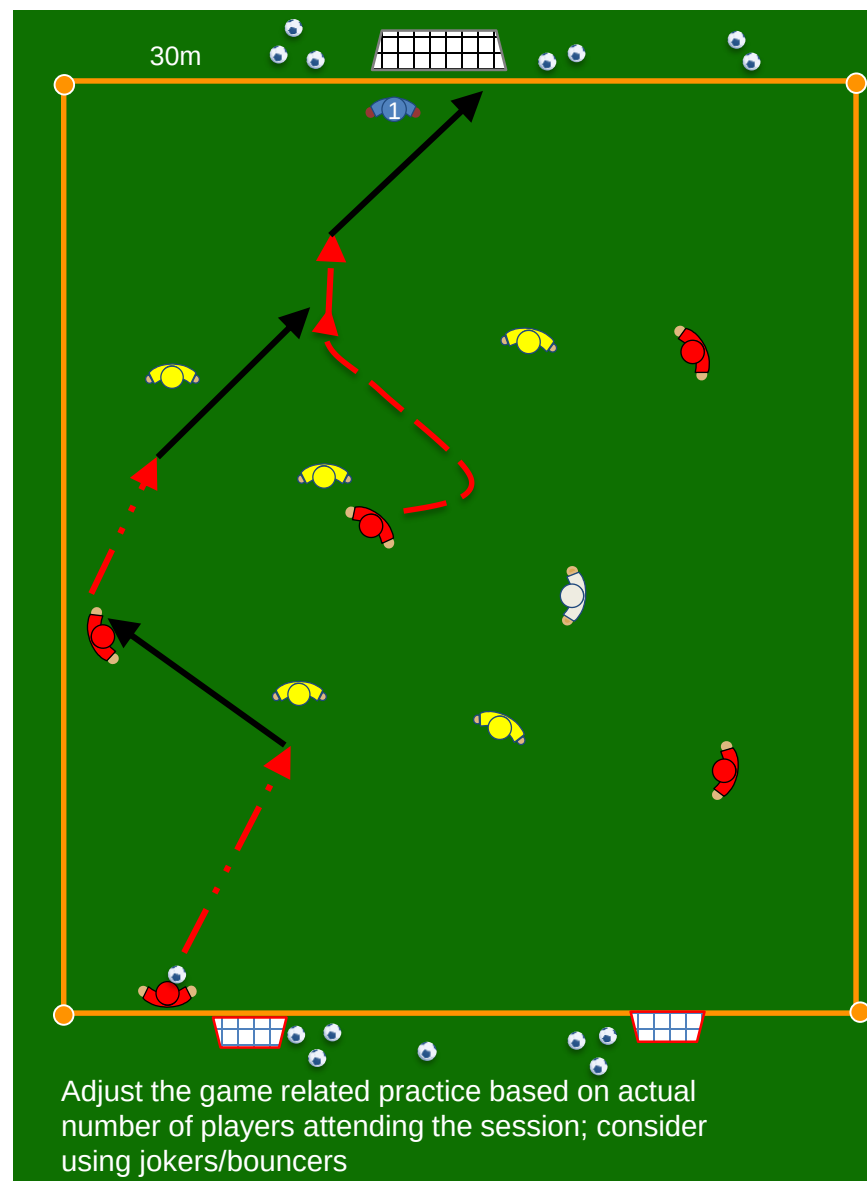


Players Arrival Activity

Coach: "Boys/Girls, anything you like linked to receiving with your first touch going forwards!" OR Coach to refer to Arrival Activities Examples

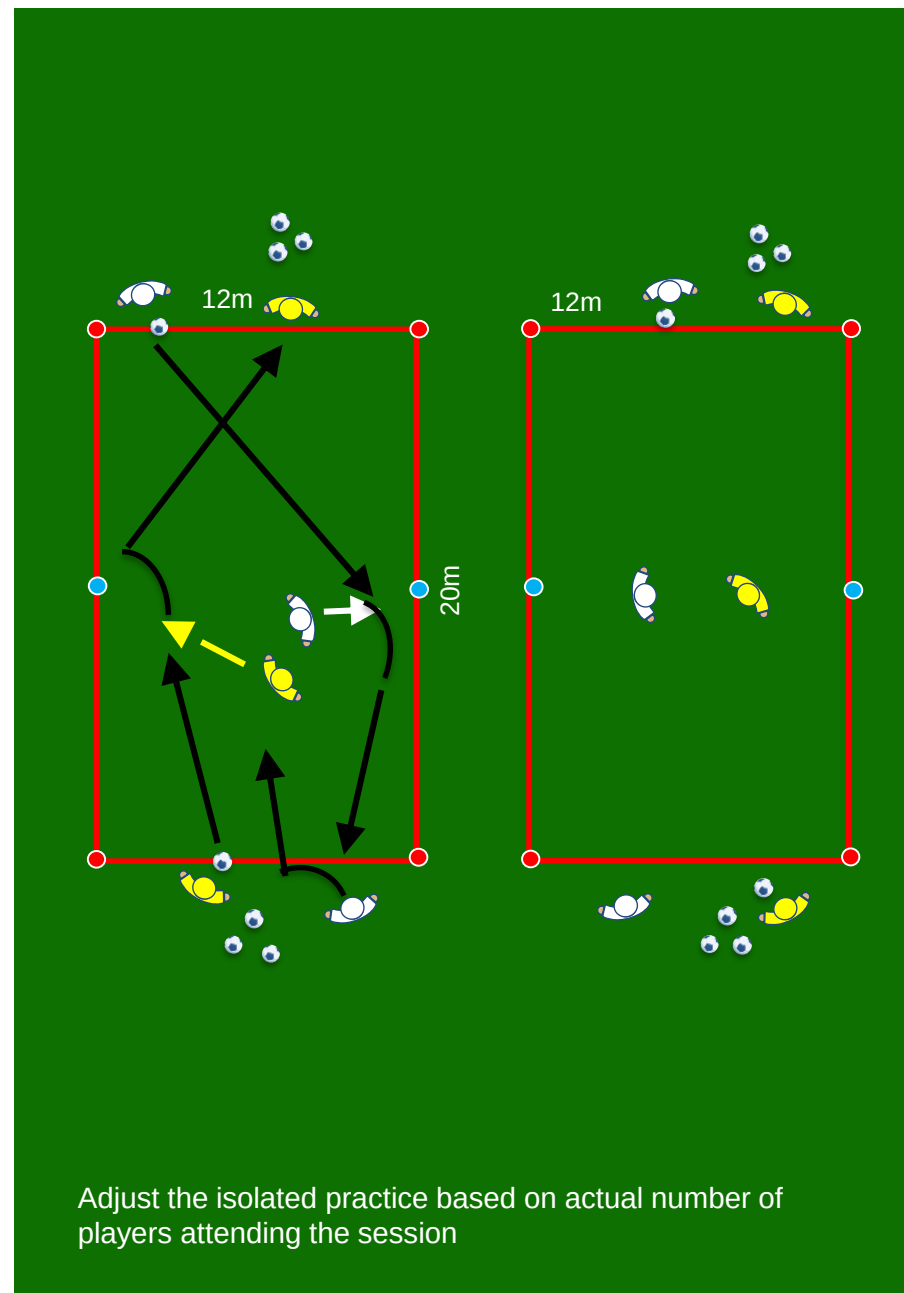
Game Related Practice (Whole)

Players Involved	ALL: 11 + GK
Areas & Size	2 areas of approx. 25m x 15m
Timing	20min
Shape/Formation	2x 3v3's
Rules/Explanation & Scoring Method	3v3's in each area Goal = +1pt Goal after the last touch before the shot was forwards = +3pt
Step Up	Reduced size of field
Step Down	Increase size of field Players have a "free first touch"
Exercise Task / Challenge	"Today it is all about progressing forward with our first touch to score a goal."
Player Task / Player Actions	- Can you receive the ball with your <u>furthest foot</u> so you can take your <u>touch forwards</u>? - Can you <u>fix an opponent</u> before passing to a teammate so they can <u>take their touch forwards</u>? - Can you find <u>space</u> to be able to <u>see the ball carrier</u> and take your <u>touch forward</u>?
Coaching Cues	- As the ball travels, can you scan over your shoulder to judge if you can take a forward touch? - If your teammate is running with the ball at a defender, can you drift out so you can receive the ball in-line or beyond them? - If you are about to receive the ball but can't take your touch forwards, can you find someone who can take their touch forwards?



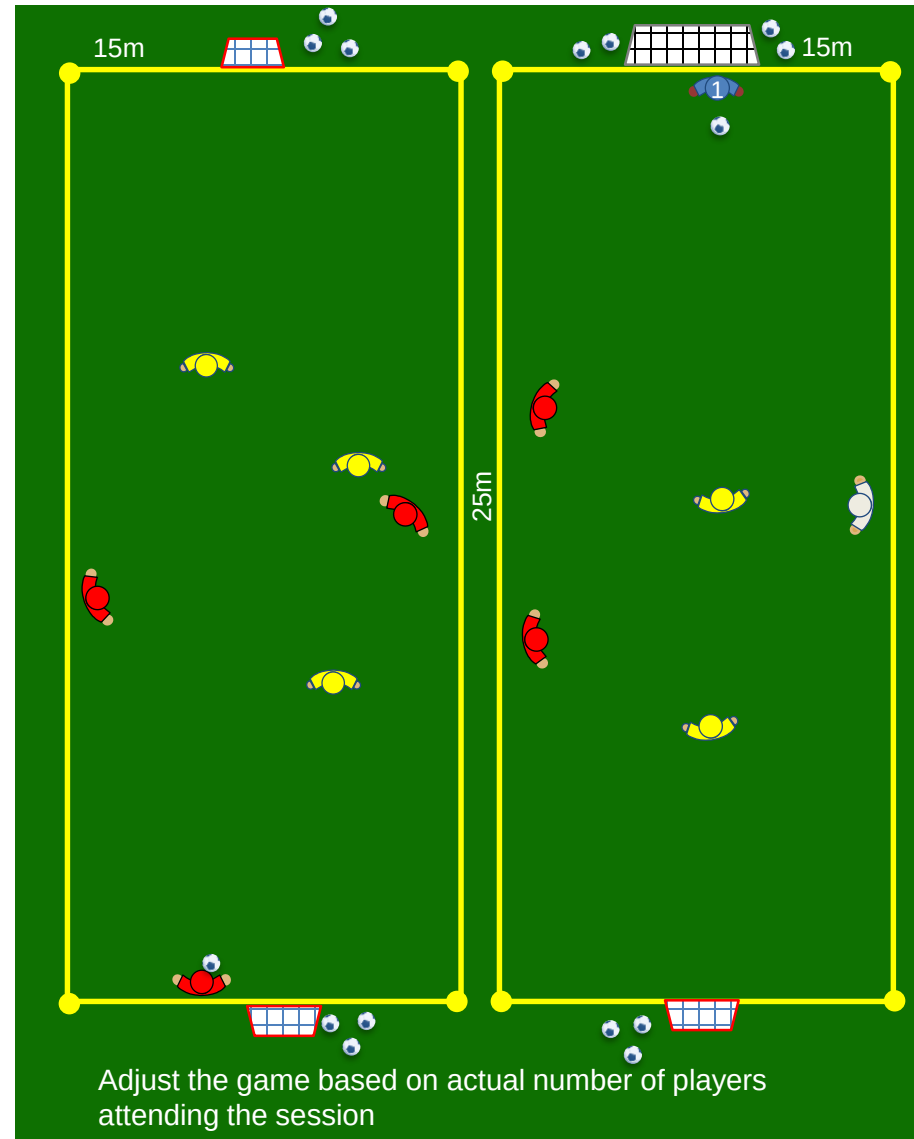
Isolated Practice (Part)

Players Involved	ALL: 11 + GK
Areas & Size	2 areas – 20m x 12m
Timing	15min
Rules/Explanation & Scoring Method	- Players are split in to 4 teams - One player at the top pass to the player in the middle which has a first touch to play forward to the other player; the receiver must have a first touch before playing the middle player again. 2 balls are played at the same time (one per team). - Every player must take a minimum of two touches. - Rotate player in the middle after 10 passes. - Progression: the player receiving the ball on the end line is then allowed to drive in, and a player must rotate to the opposite end line to become the new receiver.
Step Up &	Reduce size of field
Step Down	Reduce size of field
Competition	First team to 10 passes wins this round
Player Behaviors	- Players <u>positioning their body</u>, so they can receive the ball with their <u>furthest foot</u> and move forwards. - Players finding space so they can <u>receive</u> the ball <u>without pressure</u> - Layers to scan to see where to receive and where to pass. - Use of movement / double movement to put defender off balance



Game (Whole)

Players Involved	ALL - 11 + GK
Areas & Size	2 areas of approx. 25m x 15m (same as game related practice)
Timing	24min (4 x 6min)
Rules/Explanation & Scoring Method	Free game 3v3 If needed, make one side a 2v2 +joker and the other a 3v3 +joker to gain more opportunities for success. Scoring team retains the ball Goal = 1pt + 1st touch towards goal = 1pt Rotate teams at the end of each game



Home Challenge

Coach: "Love to see if you all can master the move that Laura did in the game in the 1v1 static situation!" – OR Coach to refer to Home Challenge Examples