

SAPCC Session Planner

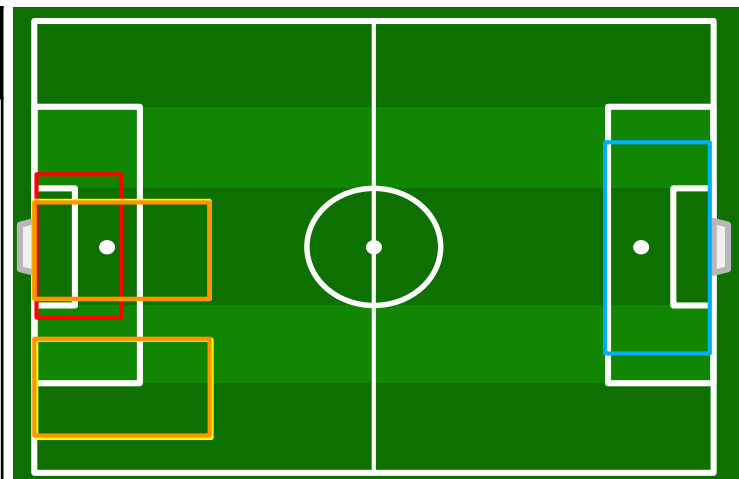
Cycle #	4	Week #	2	Session #	1	Duration	70min
---------	---	--------	---	-----------	---	----------	-------

Session Details

Session Objective	In this session I aim to improve my players ability and technique to finish first time
Core Skill	Striking the ball
Specific Aspect	Finishing first time
Key Player/Team Inspiration	J. Vardy, Benzema, J. Vardy, Benzema, Adam Taggart, Caitlin Foord
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 

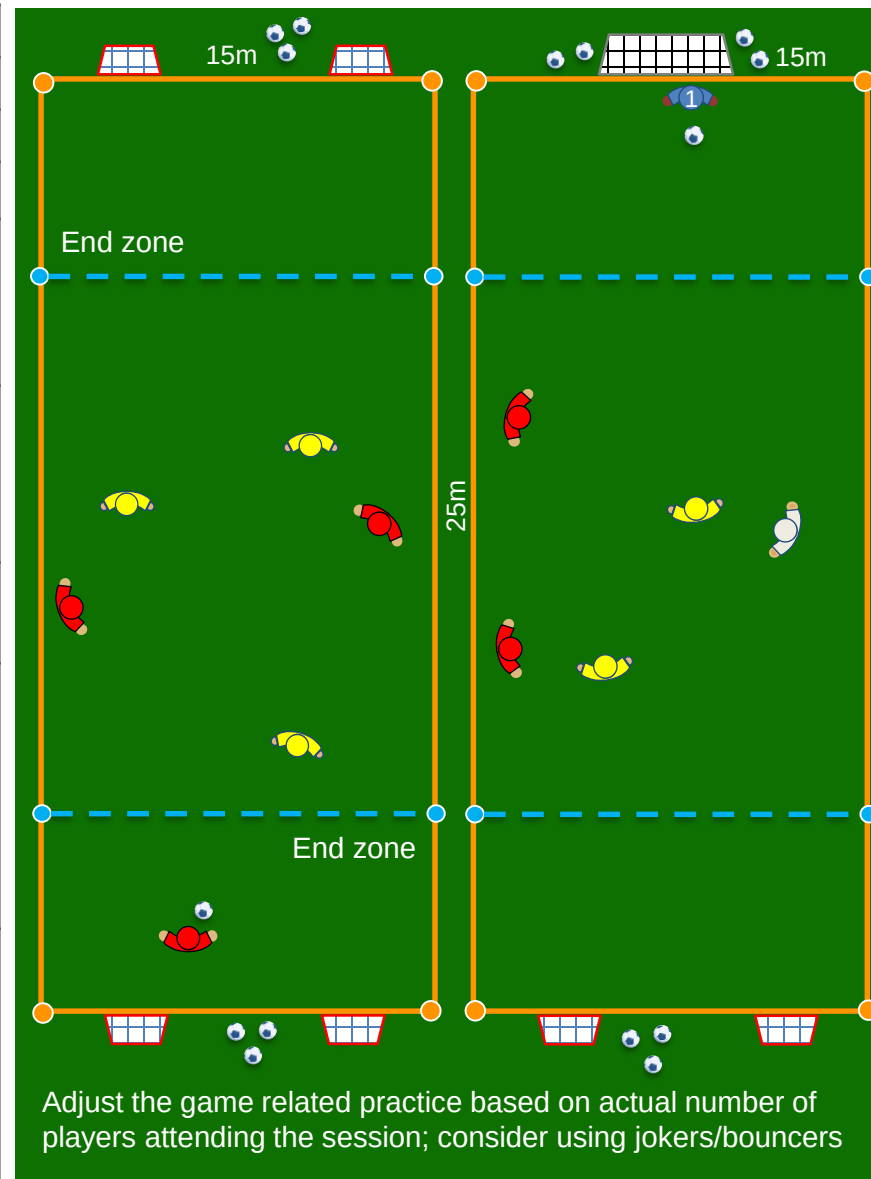


Players Arrival Activity

Coach: "Boys/Girls, time to have some fun - go and practice your first time finishing!" OR Coach to refer to Arrival Activities Examples

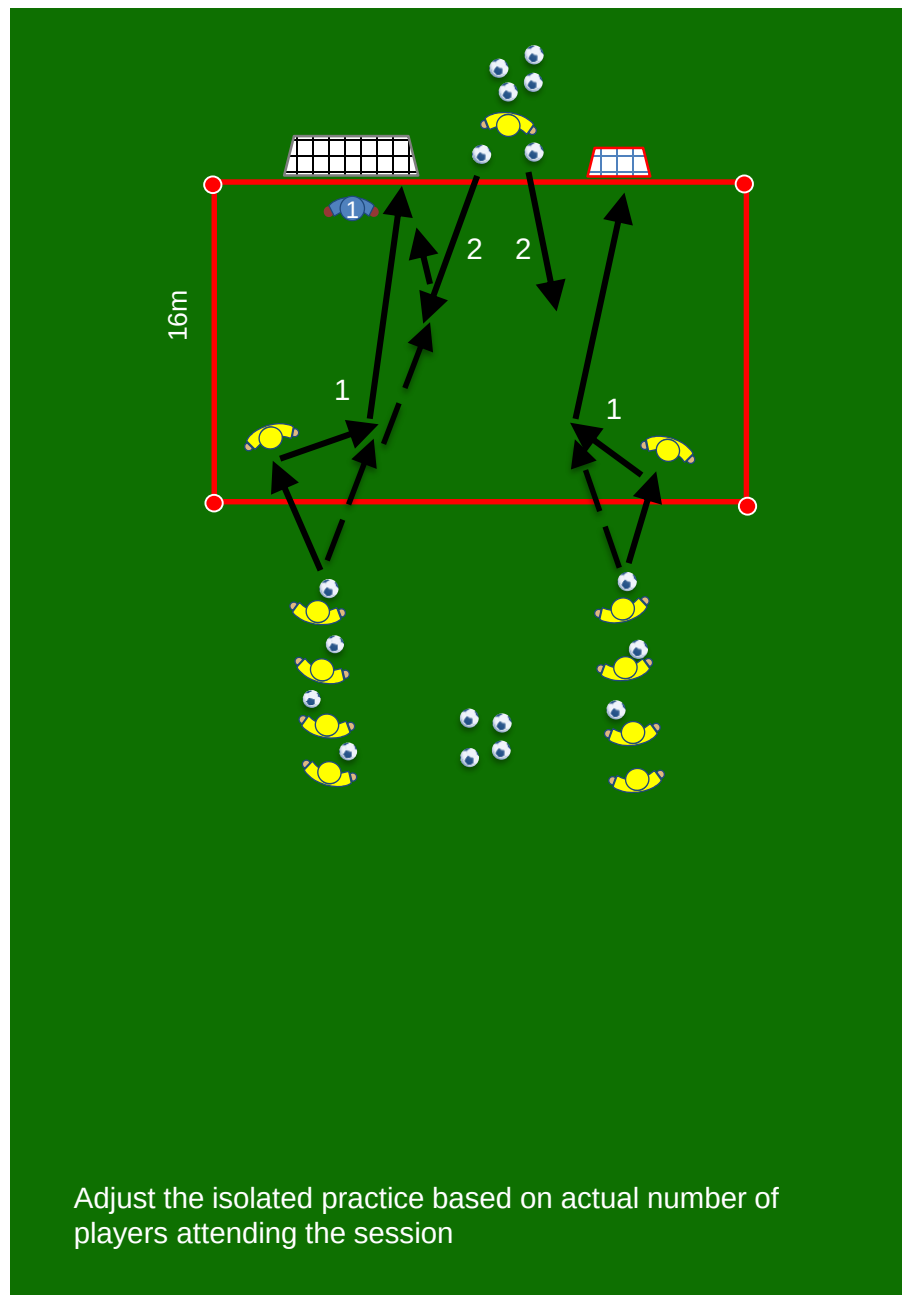
Game Related Practice (Whole)

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 first time from the end zone = 3 points
Step Up	Reduced size of the goals Reduce size of the end zone
Step Down	Increase size of the goals Increase nr of goals
Exercise Task / Challenge	"Today it is all about using smart movements and positioning to finish first time and score"
Player Task / Player Actions	- Can you get in <u>good positions</u> so to have more time and space to finish first time - Try to <u>have a look</u> at the ball and the position of the GK/goals before finishing. - Try to be calm and quick in the end zone in making your decisions - Look to use <u>good technique</u> when finishing
Coaching Cues	- If your teammate has time and space on the ball, look to use smart movement and positioning to receive free. - When the ball travels to you try to look up to identify where the shoot. - When you enter the end zone, breath out to calm down and make your decision early.



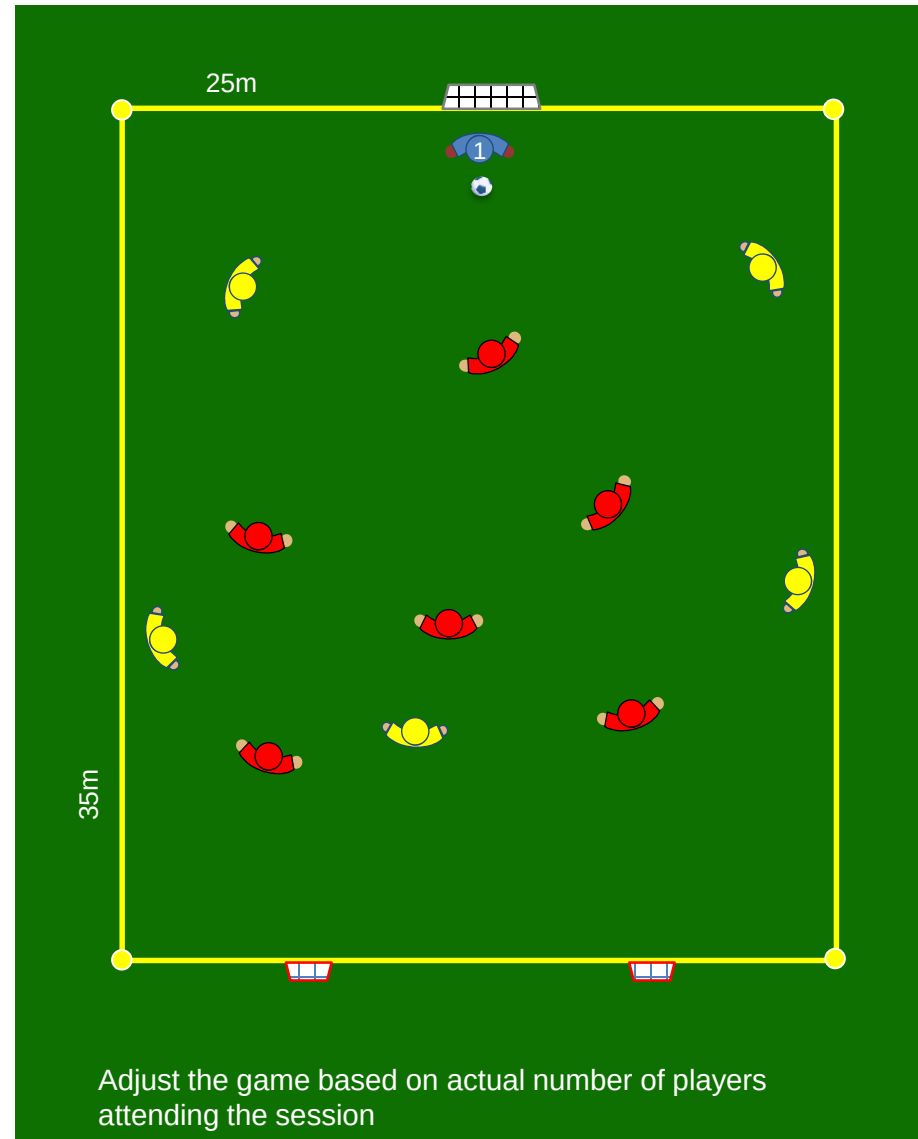
Isolated Practice (Part)

Players Involved	ALL: 11 + GK
Areas & Size	1 area – size of penalty box
Timing	15min
Rules/Explanation & Scoring Method	- Shooting routine with 2 groups of players making a 1-2 before shooting to goal (1) - players must finish first time - After the first shot, a second ball is served from behind; players have to finish first time again - After taking the shot the player becomes the assisting player (wall-passer); swap the server behind goals every 5 go. - Swap groups regularly so players practice with both feet.
Step Up &	Change position of assisting player (wall-passer) – increase distance, more angle, etc.
Step Down	Vary method of assistance Change position of assisting player (wall-passer) – reduce distance, less angle, etc.
Competition	The 3 players scoring the highest number of goals wins
Player Behaviors	- Try to use good technique by: - Using short step when approaching the ball - Positioning the supporting foot parallel to the shot direction and at the right distance from the ball - Locking the ankle – semi-rigid - Bending your supporting knee - Swinging upwards your opposite arm - Etc. etc. - Eyes up to identify position of GK/goal



Game (Whole)

Players Involved	ALL - 11 + GK
Areas & Size	1 area of approx. 25m x 35m (no zones)
Timing	24min (4 x 6min)
Rules/Explanation & Scoring Method	Free game 6v6 Scoring team retains the ball Goal = 1pt Goal first time = 2pt Swap teams at the end of each game



Home Challenge

Coach: "Try to master your first-time finishing skill – be creative!"
 OR Coach to refer to Home Challenge Examples