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| Name: Heber Ackland | | | EH Coach Course Session Plan | | | |
| Date: 12 Nov 17 | | Time: 11am | Venue/facility: STV | | Risk assessment complete: Yes | |
| Session no.: ‘Guest’ Session | | |
| Group and age: U9 Mxd, U12 Boys | | | Coaches/personnel: 2 - 3 Lead Coaches per session | | Equipment/resources: Balls, bibs (2 colours), throw downs | |
| Ability: Mixed | | | Others: TBBTV to be used to consolidate what learned | | Participants’ needs: Enthusiastic Junior Academy groups in need of ongoing technical shaping | |
| Objective: Run a guest coach session for Juniors on the theme of ‘**Carry the Ball to Go Forward’** using the Golden Thread to deliver  technical shaping as opposed to Team Play, additionally providing an environment for participating coaches to develop ideas on Small  Sided Games in order to pass their UKCC Level 2 Sessional Coaching Qualification. | | | | | | |
| Time | Activity/Session Content (including Progression) | | |  | | Coaching Points |
| 11 – 11.05 | Intro & Safety | | |  | | 1. Welcome. 2. Aim & session outline. 3. Risks / health & safety. |
| 11.05 – 11.20 | **Warm Up - Me and My Ball time**:  Allow players to carry the ball forward and undertake skills on the move.  Encourage players to juggle the ball and practice skills | | | Fun  ☐  Lots of touches of the ball  ☐  Constant decision making  ☐  Looks like the game  ☐  Stretch  ☐ | | Key coaching points:   * Stick length (mid hip) / shape / size / weight & balance point * V – Grip, ‘tell the time’ position * Loose right hand * 1 0’clock carry * Stick on ball (SOB) and pass off right foot. * Head up. * Discuss practising skills at home / TBBTV |
| 11.20 - 11.50 | **Scenario 1:** Elimination Skills.  Set up 3 x pairs of cones:  3 groups of 6 / 8 players practicing 1o’clock carry; drag right to left; drag left to right.  Introduce receiving player so players can either drag right to left or pass right to the receiver. | | | Key coaching points:   * 1 o’clock carry / stick on ball / right foot pass / head up (BASICS). * Move to one hand on the stick and / or advanced grips to extend reach.   Plus build in:   * drop to 3 o’clock position for right foot pass (past defenders left foot channel). * or rip to the left. |
| 11.50 – 12.00 | **Me and My Ball time 2 (if required)**  1 x 1 me and my ball time in pairs.  Defender to shadow but not tackle then alternate  Introduce the drag right and associated coaching points (see opposite). Also cover the reverse process for pull left. | | |  | | Technical:   * To drag the ball, push left hand out to left to get best contact on ball * On receiving on right, allow right hand to come up stick * Improves reach and contact on ball |
| 12 – 12.30 | **Small sided Game:**  3 small sided game areas divided into 3 thirds. You can only carry the ball into the next third, you cant pass across them etc, mixed the rules up on this.  3 x 3 with a ‘joker’ in a bib who only plays for the side with possession. | | |  | | Key coaching points:   * 1 o’clock carry, SOB, heads up hockey. * Communication. * Drop to 3 o’clock and pass right (bonus point) * Rip left and eliminate (bonus point) |
| o/c | Cool-down and recap. Link to next week’s session. | | | | | |
| Contingency plan: There may not be time for all 4 sessions and there is a lot to cover here, so it depends on how the session goes. This sessions plan covers the maximum range of elements for this session, so if its too much them do not undertake Me and My Ball Time 2, we can cover this in Session 4 when we do ‘3D and Elimination Skills’. If goalkeepers turn up, invite them to play outfield and will refund their fees! | | | | | | |

**Coaching Session Evaluation**

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| Describe how you feel you met the objectives of the session and if there is anything that you would change: |  | | | | |
| Describe how you feel you managed to incorporate the elements of the Golden Thread into your session. Describe how you would adapt future sessions to include or enhance any of the elements. | | | | | |
| Fun: | Lots of touches of the ball: | Constant decision making: | | Looks like the game: | Stretch: |
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| Feedback from Others | | | | | |
| Did you receive feedback from others?  What was the method of feedback and who from? |  | | | | |
| Self-evaluation | | | | | |
| What were your areas of strength? |  | | | | |
| Priorities for own personal development/action plan: | Development: | | Action plan: | | |