Example Season Session Planners

These planners are designed to give ideas as to how sessions can be organised and delivered over the course of a season. Please feel free to use these examples for inspiration as you see fit.

1. By individual principle (3 session blocks)

+ Allows detailed exploration of an element of the gameplay model over a number of weeks and helps to embed learning through repetition. Very easy to link sessions over multiple weeks.

* Takes time to cover all topics in such detail. Players may struggle to recall principles from earlier in the season

|  |  |  |
| --- | --- | --- |
| Coaching Block | Session Number | Session Topic |
| A  | 1 | READ THE SITUATION  |
|  | 2 | READ THE SITUATION  |
|  | 3 | READ THE SITUATION  |
| B | 4 | DENY SPACE  |
|  | 5 | DENY SPACE  |
|  | 6 | DENY SPACE  |
| C | 7 | ENTER THE CIRCLE  |
|  | 8 | ENTER THE CIRCLE  |
|  | 9 | ENTER THE CIRCLE  |
| D | 10 | APPLY PRESSURE ON RECEIVE  |
|  | 11 | APPLY PRESSURE ON RECEIVE  |
|  | 12 | APPLY PRESSURE ON RECEIVE  |
| E | 13 | SCORE GOALS  |
|  | 14 | SCORE GOALS  |
|  | 15 | SCORE GOALS  |
| F | 16 | WIN THE BALL BACK  |
|  | 17 | WIN THE BALL BACK  |
|  | 18 | WIN THE BALL BACK  |

1. By all attacking and defending principles (3 session blocks)

+ Can cover all main principles of the gameplay model within six weeks. Easy to link sessions over multiple weeks.

* Less opportunity to explore topics in depth as principles will need to be repeated over the course of the season. Some delay on sessions focussed on defensive principles (or attacking principles if defensive principles are covered first)

|  |  |  |
| --- | --- | --- |
| Coaching Block | Session Number | Session Topic |
| A  | 1 | READ THE SITUATION  |
|  | 2 | ENTER THE CIRCLE  |
|  | 3 | SCORE GOALS  |
| B | 4 | DENY SPACE  |
|  | 5 | APPLY PRESSURE ON RECEIVE  |
|  | 6 | WIN THE BALL BACK  |
| C | 7 | READ THE SITUATION  |
|  | 8 | ENTER THE CIRCLE  |
|  | 9 | SCORE GOALS  |
| D | 10 | DENY SPACE  |
|  | 11 | APPLY PRESSURE ON RECEIVE  |
|  | 12 | WIN THE BALL BACK  |
| E | 13 | READ THE SITUATION  |
|  | 14 | ENTER THE CIRCLE  |
|  | 15 | SCORE GOALS  |
| F | 16 | DENY SPACE  |
|  | 17 | APPLY PRESSURE ON RECEIVE  |
|  | 18 | WIN THE BALL BACK  |

1. Alternating attacking principles and defensive principles (6 session blocks)

+ Covers all key principles within six weeks. Minimal delay in covering defensive principles (or attacking principles if defensive principles are covered first)

* Sessions can be hard to link for some as the constant alternating between attack and defensive focus can feel disjointed.

|  |  |  |
| --- | --- | --- |
| Coaching Block | Session Number | Session Topic |
| A  | 1 | READ THE SITUATION  |
|  | 2 | DENY SPACE  |
|  | 3 | ENTER THE CIRCLE  |
|  | 4 | APPLY PRESSURE ON RECEIVE  |
|  | 5 | SCORE GOALS  |
|  | 6 | WIN THE BALL BACK  |
| B | 7 | READ THE SITUATION  |
|  | 8 | ENTER THE CIRCLE  |
|  | 9 | SCORE GOALS  |
|  | 10 | DENY SPACE  |
|  | 11 | APPLY PRESSURE ON RECEIVE  |
|  | 12 | WIN THE BALL BACK  |
| C | 13 | READ THE SITUATION  |
|  | 14 | ENTER THE CIRCLE  |
|  | 15 | SCORE GOALS  |
|  | 16 | DENY SPACE  |
|  | 17 | APPLY PRESSURE ON RECEIVE  |
|  | 18 | WIN THE BALL BACK  |