



COACHING SESSION PLAN TEMPLATES NO.2

Lesson Plan no. 1

Warm Up:

- Dynamic stretches focused on mobility.
- Light jogging and agility exercises.

Skills Circuit:

- Four stations, each focusing on a different skill (passing, dribbling, shooting, defending).
- Rotate through each station after a set time.

Tactical Play:

- Small-sided game emphasizing tactical positioning and decision-making.

Scenario-Based Gameplay:

- Divide into teams and create scenarios (e.g., defending a lead, pressing high up the field).
- Play out each scenario for a few minutes.

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- Play out each scenario for a few minutes.

Cool Down:

- Light jogging and stretching.

Brief team discussion on the day's focus and performance.

Lesson Plan no.2

Warm Up:

- Partner drills for passing and movement.
- Quick feet exercises (e.g., ladder drills).

Technical Skills:

- Focus on individual ball control and technique.
- Drills to improve accuracy and consistency.

Team Drills:

- Half-field/court setups working on team coordination and communication.
- Exercises to improve team transitions between offense and defense.

Conditioning Gameplay:

- Short-sided games with specific rules to increase intensity (e.g., limited touches, fast break).

Cool Down:

- Gentle stretching and cool-down movements.
- Team talk focusing on tactical awareness.

Lesson Plan no.3

Warm Up:

- Cone drills to enhance agility and speed.
- Ball-handling exercises to engage focus.

Positional Drills:

- Drills tailored to specific positions (e.g., defenders work on marking, attackers on finishing).
- Rotate players through different positions to build versatility.

Tactical Breakdown:

- Analyze common game situations and practice responses.
- Small-group work to focus on roles within these situations.

Competitive Gameplay:

- Simulated matches with a focus on executing the day's tactical themes.
- Incorporate specific game rules to emphasize the learned skills.

Cool Down:

- Group stretching and recovery exercises.
- Open discussion on the lessons learned and areas for improvement.

Lesson Plan no.4

Warm Up:

- Relay races with and without the ball.
- Dynamic movements to raise heart rate and flexibility.

Skill Progression:

- Start with basic drills and progressively add complexity (e.g., start with simple dribbling, add defenders later).
- Ensure skills build on each other throughout the session.

Conditioning Circuit:

- Stations focusing on different fitness aspects (speed, endurance, strength).
- Each station integrates sport-specific skills (e.g., sprints with ball control).

Tactical Challenges:

- Set up mini-games that require players to solve tactical problems.
- Emphasize quick decision-making and teamwork.

Cool Down:

- Slow jog and deep stretching.
- Review key takeaways from the session.

Lesson Plan no.5

Warm Up:

- Fun partner activities to get moving (e.g., passing challenges, relay races).
- Dynamic stretching sequences.

Focus Skill Drill:

- Deep dive into one key skill (e.g., shooting, passing accuracy).
- Drills designed to master this skill under different conditions.

Strategic Play Drill:

- Set up plays that highlight the use of the focus skill.
- Practice these plays in controlled settings before moving to open play.

Controlled Match Play:

- Small-sided games where the focus skill must be utilized.
- Adjust rules to emphasize the importance of the skill.

Cool Down:

- Team cooldown drills and light stretching.
- Group discussion on the execution of the focus skill during the session.

Lesson Plan no.6

Warm Up:

- Group activities focusing on coordination and teamwork.
- Light ball handling and passing exercises.

Fitness Intervals:

- High-intensity interval training (HIIT) to boost fitness levels.
- Mix short bursts of activity with brief rest periods.

Skill Integration:

- Combine fitness and skill drills (e.g., sprinting to a cone, then executing a skill move).
- Ensure drills are fast-paced to maintain intensity.

Positional Game:

- Split into teams and play with positional focus.
- Assign players to specific roles and focus on executing those roles effectively.

Cool Down:

- Slow-paced walking or jogging to lower heart rate.
- Stretch and review session highlights.

Lesson Plan no.7

Warm Up:

- Individual and team-based agility drills.
- Incorporate movement with the ball to prepare for the session.

Technical Skills Focus:

- Drills that focus on refining technical abilities (e.g., precise passing, controlled dribbling).
- Emphasize repetition and consistency.

Fitness and Skills Combo:

- Drills that challenge both fitness and skill (e.g., shuttle runs with ball control).
- Push for high effort and focus on maintaining technique under fatigue.

Situational Play:

- Simulate various game situations (e.g., defending a lead, attacking with a deficit).
- Players work in teams to solve these situations effectively.

Cool Down:

- Gentle stretching and breathing exercises.
- Group reflection on the session's tactical and technical lessons.

Lesson Plan no.8

Warm Up:

- Light jogging and stretching focusing on major muscle groups.
- Incorporate some fun movement-based games.

Skills Workshop:

- Focus on developing one or two key skills deeply.
- Use varied drills to practice these skills in different contexts.

Small Group Play:

- Small-sided games to apply skills in a game-like environment.
- Rotate groups to ensure everyone gets ample practice.

Game Scenario Training:

- Practice specific game scenarios that may arise during competition.
- Focus on tactical understanding and execution.

Cool Down:

- Progressive stretching focusing on areas used during the session.
- Debrief on individual and team performance.

Lesson Plan no.9

Warm Up:

- Quick mobility drills and light aerobic activities.
- Ball handling exercises to engage players.

Skills and Drills Rotation:

- Set up several stations, each focusing on a different skill.
- Players rotate through stations, practicing a variety of skills.

Team Tactics:

- Focus on team play and understanding tactics.
- Drills that emphasize team movements and coordination.

Competitive Scrimmage:

- Divide into teams for a competitive match.
- Implement the day's focus into gameplay.

Cool Down:

- Walking and stretching to relax muscles.
- Team discussion on what worked well and areas to improve.

Lesson Plan no. 10

Warm Up:

- Interactive warm-up games to engage players.
- Dynamic stretches and light cardio activities.

Core Skill Development:

- Focus on core skills fundamental to the sport.
- Drills designed to enhance proficiency and confidence in these skills.

Tactical Drill:

- Drills that incorporate strategic elements (e.g., positioning, movement off the ball).
- Practice executing these strategies in controlled settings.

Endurance Play:

- Longer duration game or drill to build endurance.
- Emphasize maintaining quality of play over extended periods.

Cool Down:

- Light stretching and relaxation techniques.
- Final review and feedback session.