

Coaching Session Planner (Level 1 - Traffic Lights)

Coach		Session Date	
Session Goals/aims	Fun game to encourage players "heads up" and introduce dribbling skills		
Information on Participants			Timing
Warm Up	Gentle Jogging - raise heart rate Stretches Jogging at increased rate - increase heart more Stretches		10 min
Particular Needs			40 Min
Key Factors	<p>SET UP: 40m x 40m area, each player to have a ball - nothing else needed</p> <p>PLAY: Each player has a ball, the players run around with the ball at their feet and when the coach holds up the Red Cone they must all stop with their foot on the ball.</p> <p>Progression: To progress the game the introduce a Yellow Cone - when the players see the Yellow Cone they must change direction with a "turn".</p> <p>The Second progression can be to introduce a Green Cone: when the players see the Green Cone they must increase speed.</p> <p>REPITITION: Repeat the game (10 min each) with both Groups giving each group a 10 min rest between games. Play twice to cement the idea.</p> <p>OUTCOME: This game is great for teaching players to keep their head up, introduces drilling, running with the ball, changes of</p>		
Cool Down	Gentle Jogging Light Skipping Walk		10 min
Aims of the next session would be	Introduce shooting incorporating "running with the ball" from this session		

Fa Youth Coaching Session Plans

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Fa Youth Coaching Session Plans:

Unveiling the Energy of Verbal Beauty: An Psychological Sojourn through **Fa Youth Coaching Session Plans**

In a global inundated with monitors and the cacophony of instantaneous interaction, the profound energy and psychological resonance of verbal beauty usually disappear in to obscurity, eclipsed by the constant assault of sound and distractions. Yet, located within the lyrical pages of **Fa Youth Coaching Session Plans**, a charming perform of fictional brilliance that impulses with organic emotions, lies an memorable trip waiting to be embarked upon. Penned with a virtuoso wordsmith, this enchanting opus courses visitors on a psychological odyssey, lightly exposing the latent possible and profound influence embedded within the delicate internet of language. Within the heart-wrenching expanse of the evocative evaluation, we will embark upon an introspective exploration of the book is central subjects, dissect its fascinating publishing type, and immerse ourselves in the indelible effect it leaves upon the depths of readers souls.

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