

HOW TO DESIGN YOUR TRAINING SESSION?



Below you will see three sections to a successful training session for your team. A training session should contain lots of ball contact and exploration of the game. Check our typical session plan design to help you plan your sessions.

SECTION 1 - ARRIVAL ACTIVITY - 0 TO 20 MINS

The arrival activity is extremely important to have prepared and set up as the players arrive to training. This is extremely important as players have been at school all day sitting behind a desk so the last thing a players wants is to sit down and be spoken to for twenty minutes! LETS GET THEM PLAYING!

SECTION 2 - SESSION TOPIC - 20 TO 40 MINS

This is your main topic! Pick your topic and stick to it! You will see mistakes by your players across the whole spectrum of the game BUT STICK TO YOUR TOPIC! Your players need to know what their measurement of success is! If you move from topic to topic it becomes diluted on what you are trying to achieve in your session!

SECTION 3 - SMALL OR LARGE SIDED - 40 TO 60 MINS

This is why we play the game...The game is at the end of training! Players will count down the seconds until they can play a small or large-sided game at the end of training. You can mix this up with small and large-sided games 1v1, 2v2, 3v3, and full-sided. Let the players player but challenge them to perform what you worked on this training session in the game!