

SESSION PLAN

Number

Session date

Topic focus

Short, sweet and focused

Activity summary

What it is

Why I'm doing

What I want to achieve

WHAT'S IN FOCUS

Principles of play

IN POSSESSION

- Penetrate
- Creativity
- Movement
- Support play
- Create space

OUT OF POSSESSION

- Delay
- Patience
- Press
- Provide cover
- Being compact
- Balance

Capabilities

- Scanning
- Timing
- Movement
- Positioning
- Deception
- Technique

4 corners

- Social
- Physical
- Psychological
- Technical/tactical

STEP options

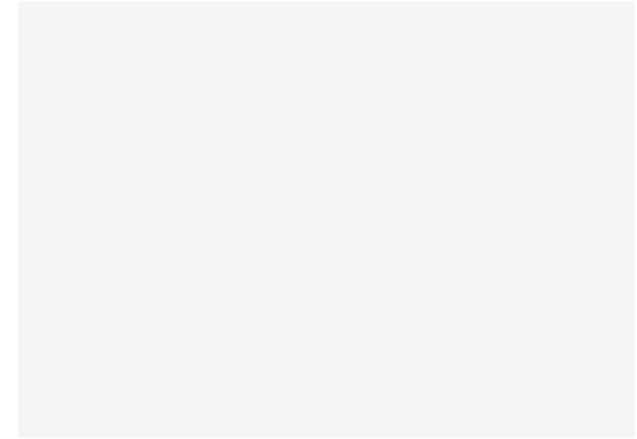
SPACE	TASK	EQUIPMENT	PLAYERS

Equipment

- _____
- _____
- _____
- _____
- _____
- _____
- _____

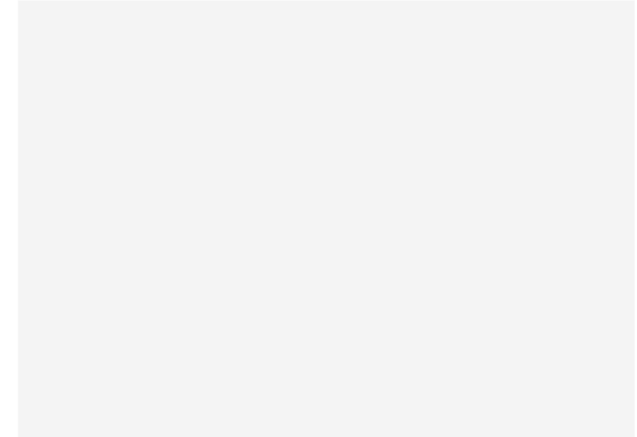
Priority coaching points

Activity 1 - diagram



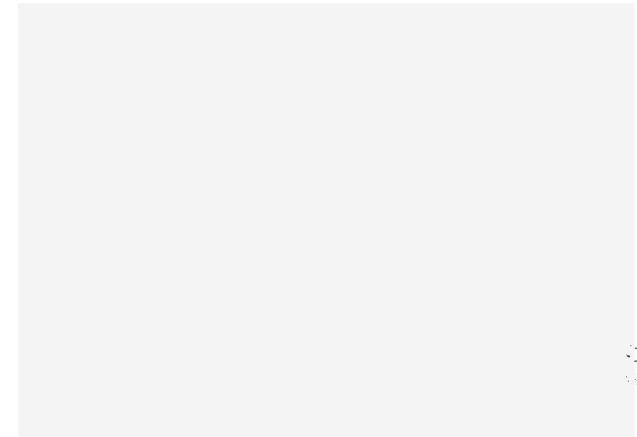
- 1
- 2
- 3

Activity 2 - diagram



- 1
- 2
- 3

Activity 3 - diagram



- 1
- 2
- 3



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SESSION REFLECTION

Summary of session

Review of outcomes, coaching points and session

Lessons I've learnt