

CASSIOBURY RANGERS FC



HOW TO START A SUCCESSFUL TRAINING SESSION

THE SUCCESS OF A SESSION DEPENDS ON HOW SWITCHED ON THE PLAYERS ARE. TO ACHIEVE THIS THE COACH MUST BE PREPARED AND ARRIVE 15 MINUTES EARLY TO SET UP THE AREA.

PLAYERS WITHOUT DIRECTION WILL NATURALLY HEAD FOR GOAL WITH A BALL AND SHOOT. IN NO TIME TRAINING BALLS ARE SCATTERED AROUND THE AREA AND THE SESSION GETS OFF TO A CHAOTIC START.

AN EASY WAY TO AVOID THIS IS TO GIVE PLAYERS A FUN AND FOCUSED START TO THE SESSION.

PLAYERS WANT TO PLAY FOOTBALL SO THERE IS NO BETTER WAY TO START YOUR SESSION THAN WITH A CHANCE TO PLAY A GAME. A SMALL SIDED GAME IS THE BEST COACHING TOOL FOR YOUNG PLAYERS.

USE ONE GOAL, ONE KEEPER, ONE HALF OF THE PITCH AND ONE BALL. PLACE A PARENT OR COACH ON THE HALF WAY LINE. NOMINATE A GOAL KEEPER AND DIVIDE PLAYERS INTO TEAMS AS THEY ARRIVE. START WITH 1 V 1 AND INCREASE TO 2 V 2, 3 V 3, 4 V 4 ETC AS PLAYERS ARRIVE.

CONDITION THE GAME TO 3 TOUCHES TO ENCOURAGE PASSING. IF YOU HAVE AN ODD NUMBER OF PLAYERS USE A FLOATER WHO CAN PLAY FOR WHICHEVER TEAM IS IN POSSESSION.

WHEN A TEAM WINS POSSESSION THE BALL MUST BE PLAYED BACK TO THE PARENT OR COACH ON THE HALF WAY LINE BEFORE THEY CAN ATTACK THE GOAL. THIS TEACHES PLAYERS TO PLAY BACK AS WELL AS FORWARD, REWARDS POSSESSION AND CREATES THE DESIRE TO WIN THE BALL BACK.

IT DEMONSTRATES TRANSITION PLAY - SWITCHING QUICKLY FROM ATTACK TO DEFENCE AND VICE-VERSA. TEAMS MAY ATTACK FROM THROW INS AND CORNERS WITHOUT PLAYING BACK TO THE HALF WAY LINE.

ALLOW THE GAME TO CONTINUE UNTIL THE OFFICIAL START TIME OF YOUR SESSION. PLAYERS WILL ARRIVE EARLY TO MAKE SURE THEY DON'T MISS OUT ON THE PRE SESSION GAME.

BE SURE TO START YOUR SESSION ON TIME. ANY LATE ARRIVAL MISSES THE FUN PRE SESSION MATCH AND SOON GETS INTO THE HABIT OF ARRIVING EARLY AND READY TO TRAIN.

MARK THE START OF THE SESSION WITH A SIMPLE WARM UP. WORK ACROSS THE PITCH AND START WITH A SLOW JOG. THEN USE A VARIETY OF FOOTBALL MOVEMENTS SUCH AS SIDE TO SIDE, RUNNING BACKWARDS, HIGH KNEES, RUN AND JUMP ETC. FINISH WITH SPRINTS. VARY THESE EACH WEEK.

BY THIS STAGE THE PLAYERS MINDS ARE FOCUSED AND THEY ARE READY TO START THE SESSION.

BY DOING THIS REGULARLY YOUR PLAYERS WILL SOON BE ABLE TO SELF START EACH SESSION WITH MINIMAL ADULT INVOLVEMENT ALLOWING THE COACH TIME TO ORGANISE AND PREPARE.

PLAYERS GAIN VALUABLE MATCH RELATED EXPERIENCE WHILE HAVING FUN. THE PERFECT COMBINATION FOR A SUCCESSFUL TRAINING SESSION.