




OISC Club Coach Training 2010

***Practice Planning
"Session Planning"***


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*OISC Club Coach Training 2011
Practice Planning*

- Any has 4 Basic Parts
 1. Warm-up
 2. Session (s)
 3. Fitness
 4. Cool Down


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Session Planning*

- Warm-up
 1. Prepares the body & mind for work
 2. Must include flexibility training (stretches for suppleness)
 3. Two warm-ups
 1. Practice Warm-ups
 2. Game Warm-ups

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- Warm-up - Practice
 1. Prepares the body & mind for work
 2. Must start General and Progress to Specific leading into the Practice Theme
 3. Coach can discuss the practice theme (s) while team is stretching
 4. Cool Down (5 minutes) must include low intensity work and stretching

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- Warm-up - Game
 1. Prepares the body & mind for work
 2. Must start General and Progress to Game Specific exercises.
 3. Stretch

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- Sample Game Warm-up (30 Minutes – times are approximate)
- ◆ All Players must arrive 45 minutes before the game.
 - General running (5 min)
 - Dynamic Stretch (5 min)
 - Small sided Game in a Small (Confined) Space (e.g. 7v7 in 10 x10 area). Area size will depend on ability of players. Control and passing under pressure is the theme (8 min)
 - Possession Game across field between half way line and 18 yd box. Long & Short Passing (8 min)
 - Shooting outside 18 yard box with pass to coach who lays off to preferred foot of shooter. Mids & Strikers only.
 - Backs hit long balls to each other (4 min)

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- Session(s)
 1. Select 1 or 2 themes per session with themes (e.g. shooting & passing)
 2. Must include a game related activity Small Sided Game (SSG) on each theme that simulates game conditions of pressure, a target and time restrictions (pressure)
 3. Correct using the "Sandwich" Method. Say something Positive, offer any criticism (Negative) required and end with something Positive
 4. Coach using Key Factors

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- Sample Session 7 Year Olds
Theme: Passing
 1. Drill: Passing through cones OR at cones (bowling)
Coaching Points: Accuracy, use inside of foot, follow-through, part of the ball
 2. SSG: Several 3 v 3 games in a 20 x 15m grid with 1m goals

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**OISC Club Coach Training 2011
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Fitness – Every Session (Ages 13 years - adult)

1. Fitness Training can either be done at the beginning of the session or at the end.
2. If teaching [New] skills put fitness training at the end to ensure players are fresh when learning a new skill
3. Doing fitness at the front of the session will teach players how to perform while tired
4. Select 1 or 2 systems to train per session. Aerobic Training and Anaerobic Lactic (short sprints of up to 10 seconds in length with a rest period of 5 seconds for each second of sprints) or Aerobic and Anaerobic Lactic (running at 85% up to 1.5 minutes with a rest period of 6 seconds for each second of work)
5. Strength Training consisting of pushups, sit-ups, burpees, etc.
6. Players must work hard and coaches must push players to push themselves

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Fitness – Every Session (Ages 7-12 years)

1. Fitness Training can either be done at the beginning of the session or at the end.
2. If teaching [New] skills put fitness training at the end to ensure players are fresh when learning a new skill
3. Doing fitness at the front of the session will teach players how to perform while tired
4. Select 1 or 2 systems to train per session. Aerobic Training using intervals of work for 1.5 minutes to 3 minutes and rest for twice the work time. Progress to resting for only the same amount of time as the work) and Speed (short sprints of up to 10 seconds in length with a rest period of 5 seconds for each second of sprints). Younger players (6 & 7 year olds) may be taken on a run with stoppages for stretches, pushups, sit-ups etc. and playing fun fitness games like tag in a confined area to ensure everyone is active.
5. Strength Training consisting of pushups, sit-ups, burpees, etc. Make it fun and keep the repetitions low. Teach correct technique.
6. Players must work hard and coaches must push players to push themselves BUT in a FUN environment

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Cool Down (5 Minutes)

1. Light jog
2. Stretch

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Keys to Running a Successful Practice

1. PLAN your Sessions
2. Be EARLY
3. ORGANIZE your field (cones, bibs etc.)
4. Allow for FUN activities
5. Set HIGH standards of performance
6. Do not let your practices run LATE
7. Allow time for a SCRIMMAGE

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