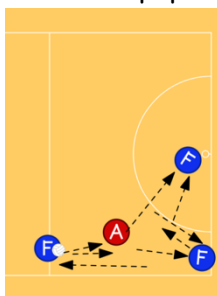
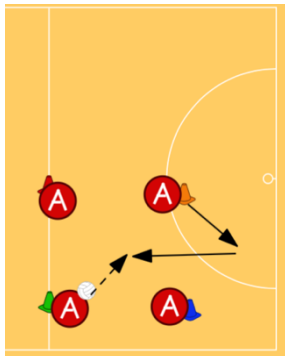
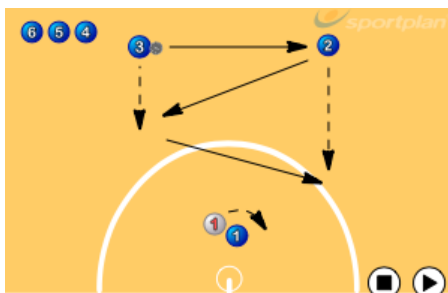


SPARKS SESSION PLAN

Date	Venue	Duration	No of Participants	Equipment
21 st September 2022	West Hill Park outside courts	2 hours	Up to 37 (U14 & U16)	Balls, posts, bibs, cones,
Session Goals/Principles			Personal Coaching Goals	
Principles Identifying the gaps Playing together Session goals – generating space, balancing court space			Asking lots of open questions through the session and during each practice.	
Content	Time	Task/Group Management		Coaching Points
Welcome time	5-8 min	Free time to move around with a ball and catch up with friends		
Group Warm Up	10-15 min	Slap Chase In pairs, start on the goal line with one partner facing down the length of the court and the other facing their partner. The partner with their back to the length of the court needs to 'slap' the hands of their partner and as soon as they do must change direction and sprint to the opposite end of the court before their partner can catch them. Once at the other end swap roles. Repeat x 2-3 each (4-6 lengths of the court) <i>2 minute drink break</i> Golden Child Split the group evenly between both courts and then again in to two teams. One team takes it in turns to have a shot at goal whilst the other team runs along the lines of the court, one at a time, until they are back 'home'. Next runner goes once their team mate is either home or been stopped by a goal. Each time a goal is scored the coach will shout "stop" and the runner must stop where ever they are along the route. Players that have stopped along the route can only be released by the last runner, the 'golden child,' by a tap on the shoulder as they run past. The aim is to get as many of your team 'home' as possible before the shooting team stops all runners. Number of people that make it home are the number of points scored. Swap over and play 2 rounds to determine the final winner.		Turn hips quickly on the change of direction Swing arms to accelerate Eyes up
Skill Practice Nikki Half the group each and then swap over	30 min (1 hr total)	Practice One Two feeders, one static shooter, one worker. Passings the long ball between the two feeders, moving towards the feeders to receive a short pass, then the worker making the long shoulder pass. On the third pass, pass in to the circle and hit circle edge to receive the pass back out, pass to pocket feeder, back to worker and pop in to shooter.		Worker needs to make strong movement towards the feeders and strong long shoulder passes. Eyes up looking to the space that you need to move to Awareness of the circle edge landing



		<p>Practice Two</p> <p>Set up four cones and four players. Constant movement to balance the areas, move to a different cone every time a pass has been made. Need to read off each other all the time to balance the area, see who the pass is going to be made to or to clear out of the space.</p> 	<p>Try to build up to using preliminary movements to challenge timings of passes and movement of the other players.</p>
<p>Skill Practice Linzi</p> <p>Half the group each then swap over)</p>	<p>30 min (1 hr total)</p>	<p>1 v 1 Defending in the circle White 1 is the defender and is marking the attacker inside the circle.</p> <p>Blues 1 and 2 have a ball between them and start outside the circle.</p> <p>Slowly the two attackers pass the ball back and forth down the court towards the circle. The defender must move to the ball side of the player inside the circle.</p> <p>The defender must remain on their toes and keep moving as the two attacking players can put the ball into the circle at any point.</p> 	<p>Defender must watch the ball and use quick footwork to get around the attacking player.</p>
<p>Game</p>	<p>30-40 mins</p>	<p>Game play - round robin for everyone to play everyone.</p> <p>Stop games where needed to work on goal line, side line of centre pass strategies.</p>	
<p>Cool Down/ Feedback</p>	<p>5 min</p>	<p>Slow jog around the court, down to a walk. Bring the girls in for feedback of the session</p>	
<p>Other Comments</p>			