



SESSION PLAN

Session Title

PACE

Objectives

To Improve Directional Change

PHASE & ACTIVITY	DIAGRAM	COACHING POINTS
<p>1. Warm up: Dynamic Flex</p> <p>Players move around the outside of the area performing from:</p> <p>Skips, wide skips, high skips, carioca, calf walk, hamstring walk, deep lunge walk All the above can be performed forwards and backwards. Intersperse with ball work (ball each), such as toe taps, boxing, rolling etc.</p> <p>2. Hoop Work</p> <p>Players perform a range of movement patterns through the hoops which emphasise forward, backward and sideways movement. Hoops are about five yards apart.</p> <p>The coach gives the players a number pattern which they must follow through the hoops. Players must face forward throughout the movement and repeat the movement as many times as possible in a given time period e.g. 10 seconds.</p> <p>Set the above up 2 or 3 times to ensure max. movement. Can also run relays.</p> <p>3. Ladder Work</p> <p>The ladder is set out as a cross as shown in the diagram. Players move through the ladder performing designated patterns and then sprint to a different ladder e.g. Ladder to the left/right/ahead. Can also include ball work e.g. dribbling across etc. Vary the start position.</p> <p>4. Cool down</p>	<div style="border: 1px solid black; width: 150px; height: 100px; margin: 20px auto; display: flex; flex-direction: column; align-items: center; justify-content: center;"> <div style="display: flex; justify-content: space-around; width: 100%;"> XXXX </div> <div style="display: flex; justify-content: space-around; width: 100%;"> XXXX </div> <div style="display: flex; justify-content: space-around; width: 100%;"> XXXX </div> </div> <div style="display: flex; justify-content: space-around; width: 100%; margin: 20px auto;"> <div style="text-align: center;"> <div style="border: 1px solid black; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 5px;">1</div> <div style="border: 1px solid black; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 5px;">4</div> <div style="border: 1px solid black; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 5px;">7</div> </div> <div style="text-align: center;"> <div style="border: 1px solid black; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 5px;">2</div> <div style="border: 1px solid black; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 5px;">5</div> <div style="border: 1px solid black; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 5px;">8</div> </div> <div style="text-align: center;"> <div style="border: 1px solid black; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 5px;">3</div> <div style="border: 1px solid black; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 5px;">6</div> <div style="border: 1px solid black; border-radius: 50%; width: 40px; height: 40px; display: flex; align-items: center; justify-content: center; margin: 5px;">9</div> </div> </div> <div style="display: flex; justify-content: center; align-items: center; margin: 20px auto;"> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> </div> <div style="display: flex; justify-content: space-around; width: 100%; margin: 20px auto;"> <div style="border: 1px solid black; width: 100px; height: 20px;"></div> <div style="border: 1px solid black; width: 100px; height: 20px;"></div> </div> <div style="display: flex; justify-content: center; align-items: center; margin: 20px auto;"> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> <div style="border: 1px solid black; width: 20px; height: 20px; margin: 2px;"></div> </div>	<p>The movements are game related.</p> <p>Ensure fluid movement before the stretch walks</p> <p>Get low for change of direction Drive from the knees</p> <p>Posture Use of arms Use of legs Body position for change of direction</p>