

Tulla United



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Tulla United FC Coaching Session Practice Plan

Coach Name	Practice Date	Duration
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Team	Venue	The Cragg, Tulla United AFC
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Practice Objective	Practice Outcome
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What?	
Where?	
Who?	
When?	
Which?	

Pre-Practice Planning:

Team Function	
Team Task	
Area of the Pitch:	
Organization:	

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Role of the Opposition:

Coaching Practice Plan

1.

Football Action

Communication

↓
Decision

↓
Execution

Method:

Progression

Coaching Points:

2.

Orientation

- * Prepare for the learning phase
- * Clarification of the problem & objective
- * Problem must occur in this phase
- * Focus on opposition's role

Method:

Progression

Coaching Points:

3.

Learning

*Interventions, questions, repetitions, methodology, Demonstration

* Using different scenarios

* No over coaching

Method:

Progression

Coaching Points:

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4.

Implementation

* Uninterrupted play
allowing sufficient
time for the learning
to be applied

* Even numbers

* Guided coaching

Method:

Progression

Coaching Points:

Coaching Practice Review and Reflection:

1. Did you meet your objective & explain how?

2. Did your organization allow your practice to meet your objective?

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3. What are your personal improvement areas?