

# MONTROSE SOCCER CLUB - SESSION DESIGN



## TRAINING SESSION OBJECTIVE:

- WHO is the focus group? Specific positions / groups of players
- WHEN we have the ball OR WHEN we don't have the ball? Attacking or Defending
- WHERE are we on the field? Attacking Half or Defending Half (or thirds)
- WHAT are we trying to do?
- WHY are we trying to do it?

## COACHING POINTS:

- The majority should be aligned to the objective
- Designed around specific player actions you wish to see
- ALWAYS coach: technique, communication, attitude/behavior

## ACTIVITIES:

- All are related and address the objective
- As many players as possible involved at all times
- Most should be game-like

Game-Like Activities Include:

- Ways to score or earn points
- Player decision-making
- Opposition
- Directionality