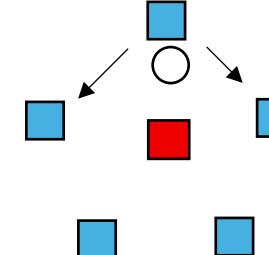


Coach Name(s): Date: 15/9/25	Sport/Theme/Game Category: Soccer		
Venue: Sturt Gym	Equipment needed: Cones 18 Balls		
Session Duration: 30mins			
Pedagogical Framework:	Skill & Drill	Game-Sense/Game-Based	TGfU
Coaching Styles:	Command, Practice, Reciprocal, Convergent Discovery (Problem Solve)		
Session Focus (Intention)		Session Outcomes (Success criteria)	
Passing The Ball		If players are able to pass the ball to teammates	

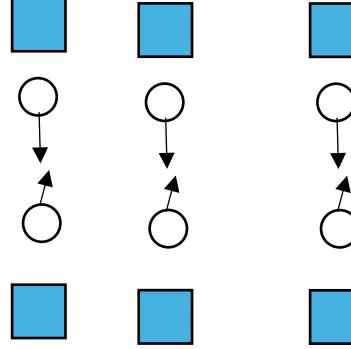
Coaching Episode 1 Warm-Up				
Drill/Game Concept	Drill/Game Objective	Rules/Constraints/Modifications / Questioning	Drill/Game Design (diagram)	Duration
A balance and co-ordination exercise. Group divides into two groups who face each other in lines. Feet in a staggered stance and the best hand up and with the palm upwards. Each person partners with the person in the line they are facing, and they join palms. The partners then move as one or type of dance drill, they move forwards one partner going forwards, one partner moving backwards, one step at a time with their palms connected and footwork in a ladder style, then reciprocate.	Partner reciprocal concept like tai chi push hands. Palms are joined with a bent elbow and a simple forward movement for one partner and a reciprocating backwards movement of footwork for the other.	Partners breath out as they exercise movement down the ladder style footwork and push with their palm while joined to other partner. As one partner advances the other must retreat. This foot work for at least 10 steps both forwards and then backwards and pushing with each partner using their palm every step. Mirror each other. Aiki		5min Now they move forwards 10 steps while palms stay joined and then reciprocate and step back the same ladder style 10 paces. Redefining Strength. (2025). Partner Pushes (C. lefkowith, Ed.) [Review of Partner Pushes]. https://redefiningstrength.com/try-these-20-partner-exercises-for-a-fun-full-body-workout/

Coaching Episode 2 Piggy in the Middle (Command,Practice)

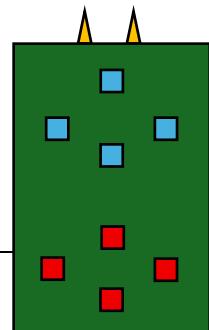
Drill/Game Concept	Drill/Game Objective	Rules/Constraints/Modifications / Questioning	Drill/Game Design (diagram)	Duration
Piggy in the middle	Improve passing accuracy, decision-making, and defensive pressure	Rules: <ul style="list-style-type: none"> • 3 or more players form a circle or triangle. • One player stands in the middle (the “piggy”). • Outer players pass the ball around, trying to avoid interception. • If the piggy intercepts or forces a mistake, they swap with the player who lost possession. 		5 Mins

Coaching Episode 3 (Reciprocal)

Drill/Game Concept	Drill/Game Objective	Rules/Constraints/Modifications / Questioning	Drill/Game Design (diagram)	Duration

Football Marbles	Passing Accuracy and Control	<p>Rules:</p> <ul style="list-style-type: none"> • Players work in pairs, each with a ball. • Stand 1 metre apart, facing each other. • Take turns passing their ball to hit their partner's ball. • Score a point for each successful hit • Keep a tally and aim to beat their best score. <p>Question Prompts to be worked out in pairs</p> <p>What helps you improve your accuracy?</p> <ul style="list-style-type: none"> • How do you adjust your technique after a miss? • What strategies help you beat your previous score? 		10 mins
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Coaching Episode 4 4v4 game (small groups)

Drill/Game Concept	Drill/Game Objective	Rules/Constraints/Modifications / Questioning	Drill/Game Design (diagram)	Duration
4v4 Football	Combine all football skills in a fun, engaging format	<p>Rules:</p> <ul style="list-style-type: none"> • Teams of 4 players compete in small-sided games. • Goals scored by passing to a teammate in the goal area. • Rotate teams after each goal or after a short time. 		10 mins

		<p>Modifications</p> <ul style="list-style-type: none">• Start by limiting touches to 3 touches (ask why this is happening)• End the game (last 5 minutes to open and just playing) knowing that you're successful if more passes are made in the game	
Summary			
Conclusion:			
Review/Evaluation:			

