
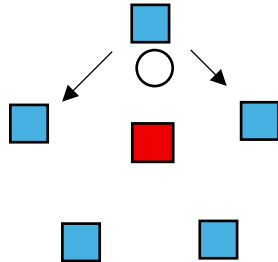
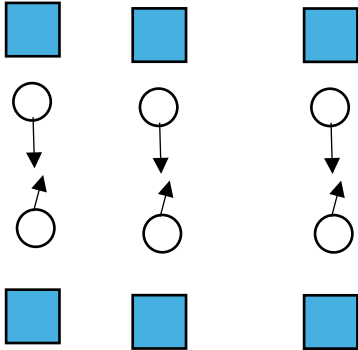
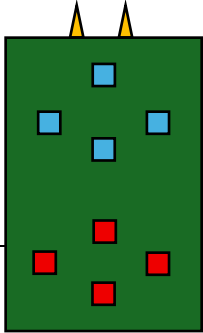



Coach Name(s):	Sport/Theme/Game Category: Soccer
Date: 15/9/25	
Venue: Sturt Gym	Equipment needed: Cones 18 Balls
Session Duration: 30mins	
Pedagogical Framework:	Skill & Drill Game-Sense/Game-Based TGfU Constraints led approach
Coaching Styles:	Command, Practice, Reciprocal, Convergent Discovery (Problem 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	 <p>Now they move forwards 10 steps while palms stay joined and then reciprocate and step back the same ladder style 10 paces.</p> <p>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/</p>	5min

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

<p>Football Marbles</p>	<p>Passing Accuracy and Control</p>	<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? 		<p>10 mins</p>
<p>Coaching Episode 4 4v4 game (small groups)</p>				
Drill/Game Concept	Drill/Game Objective	Rules/Constraints/Modifications / Questioning	Drill/Game Design (diagram)	Duration
<p>4v4 Football</p>	<p>Combine all football skills in a fun, engaging format</p>	<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. 		<p>10 mins</p>

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