



HEART OF MIDLOTHIAN FOOTBALL CLUB

ACADEMY - U16 BOYS – TEAM TRAINING

WEDNESDAY 10TH JANUARY, 2024 – 6.15PM – 6.45PM



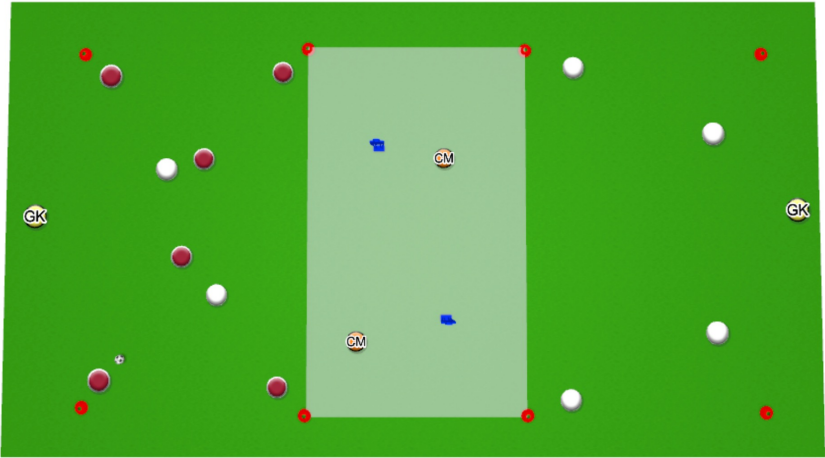


PRACTICE OVERVIEW

PRACTICE DETAILS

TEAM	DATE (MATCH DAY)	TIME (DURATION)	LOCATION	PLAYERS
Hearts FC Academy - U16 Boys	Wednesday 10 th January, 2024 (MD -4)	6.15pm – 6.45pm (30 Minutes)	Oriam Sports Performance Centre, Edinburgh	12-16 Players (2 x Goalkeepers)

TECHNICAL ACTIVATION – POSSESSION ACTIVITY



CONDITIONED GAME – 6 ‘GOAL’ GAME



GAME RELATED PRACTICE – GAME SITUATIONS

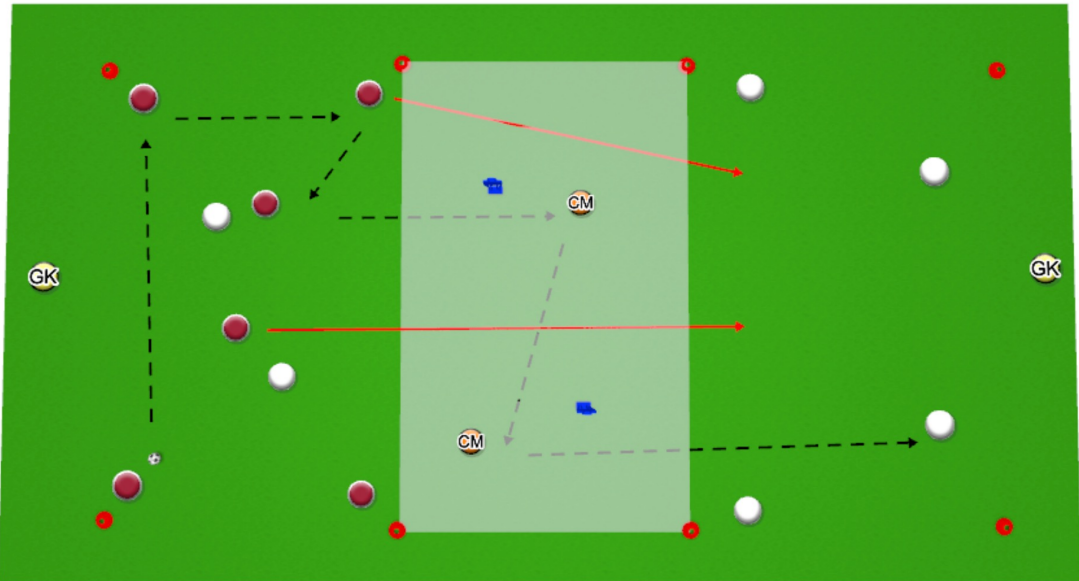


GAME MODEL

MOMENT OF GAME	IN POSSESSION
PHASE OF PLAY	CREATE THE ATTACK
GAME CONCEPTS	SPEED OF PLAY / SWITCH OF PLAY
INDIVIDUAL INFLUENCE	CENTRE MIDFIELDERS (HM / CM / AM)
PERFORMANCE OUTCOME	# KEY PASSES / CHANCE CREATION
COACH CONSIDERATIONS	INTRODUCTORY SESSION



TECHNICAL ACTIVATION



TOTAL
DISTANCE
TBD

HIGH SPEED
RUNNING
TBD

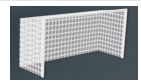
SPRINT
DISTANCE
TBD

NO. OF PLAYERS	DURATION	AREA	INTENSITY (RPE)
12-16 x Players (inc 2 GK's)	2 x 3 Mins (30 Secs Rest)	20 (W) x 30 (L) Yards	Medium/Hard (6-7)

ORGANIZATION & OBJECTIVES
- 6v6 + 2 x CM's + 2 x GK's Possession Activity - Adapt numbers if necessary - Can Play 5v5 or with 1 x CM - Teams play 6v2 in area - Must make 5 passes before linking with CM to other side - 2 x players across to defend as ball travels - Balls with coach to allow for quick entry pass on resets and to allow for quick coaching points between actions (if needed)

PROGRESSIONS / CONSTRAINTS	ADAPTATIONS
- Put touch limit on players to increase speed - 1-2 touch - CM's need to link with each other before playing ball across - Ball can be played into GK hands and they play from there	- Reduce area size to encourage quicker decision making and increase speed of play - Change position of mannequins to change CM behaviour

COACHING POINTS	COACH BEHAVIOUR / QUESTIONS / DISCUSSIONS
- Movement to offer angles of support for player on ball - not a locked position rondo - CM off shoulder of mannequins - Body position to receive to play next pass - use of set pass - Ball to be played on the ground, fast with no bounces - find furthest man with entry pass	- Primarily observe and have individual discussions with players on positioning (to receive - specifically CM's), decision making (awareness of options before ball arrives) and skill execution (no bounces)



Goal



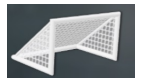
Mannequins



Cones



Neutrals



Small Goal



Balls



Field Players



Goalkeepers



CONDITIONED GAME

NO. OF PLAYERS	DURATION	AREA	INTENSITY (RPE)
12-16 x Players (inc 2 GK's)	2 x 6 Mins (1 Min Rest)	50 (W) x 40 (L) Yards	Medium - Hard (6-7)

ORGANIZATION & OBJECTIVES
- 6v6 + 2 x CM's + 2 x GK's 6 x Goal Activity - Adapt numbers & space if necessary - Teams can score in central goal through pass (1 point) or can dribble (2 points) through 'gates' (mannequins) - Balls placed around outside of field to ensure quick play & keep intensity high

PROGRESSIONS / CONSTRAINTS	ADAPTATIONS
- GK can play unopposed behind goals for team in possession - Defending GK can cover one of the goals - Both CM's have to touch ball before point can be scored	- Change 'gates' to cones or goals if mannequins not available - Extend field to full width if numbers allow - CM's removed as neutrals and added to teams if needed

COACHING POINTS & BEHAVIORS	COACH BEHAVIOUR / QUESTIONS / DISCUSSIONS
- Draw opponent to one side or centrally and exploit the wide areas – use of short distances for possession in area - Use of short & sharp passing or long / diagonal to find opposite side – drive forward – support underneath to reset - CM's to play on angles to each other and dictate tempo	- Possibly need to address structure of team when in possession – length, depth and width - Discuss use of numerical advantage if ball is switched quickly – creation of 2vl in wider areas - Allow game to flow – do not over coach initially

TOTAL
DISTANCE
TBD

HIGH SPEED
RUNNING
TBD

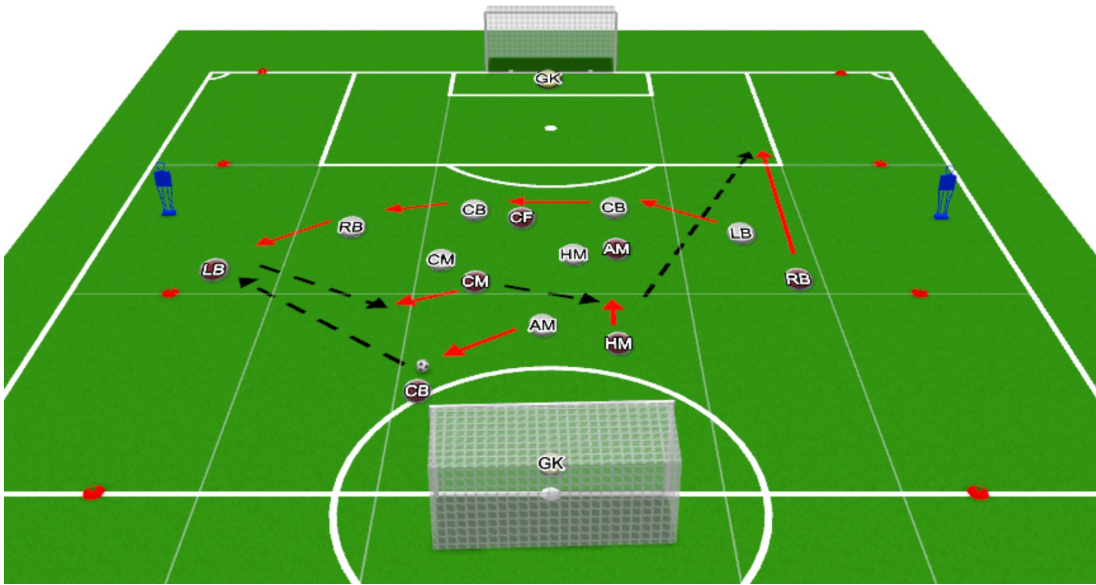
SPRINT
DISTANCE
TBD

POSITION PROFILE(S): CENTRE MIDFIELDER

1ST TEAM EXAMPLES: ALEX LOWRY



GAME RELATED PRACTICE



TOTAL
DISTANCE
TBD

HIGH SPEED
RUNNING
TBD

SPRINT
DISTANCE
TBD

NO. OF PLAYERS	DURATION	AREA	INTENSITY (RPE)
12-16 x Players (inc 2 GK's)	2 x 6 Mins (1 Min Rest)	Half Field (sidelines -5yds)	Medium/Hard (7-8)

ORGANIZATION & OBJECTIVES
- 8v8 Game to 2 x Full Size Goals – CM added to each team – Focus team play 1-3-3-1 – Opposition team play 1-4-3 - Sidelines pinched in 5-8yds but open to full width if numbers allow - Use of mannequins for offside line – can also be used as a reset line to pull opposition up (to create space in behind)

PROGRESSIONS / CONSTRAINTS	ADAPTATIONS
- Ball has to be played through assigned CM or across 4+ channels for team before goal can be scored - Allow for extended free play and ensure both teams attack goal	- May keep 3 x Small Goals from SSG and play one team to full size goal and other to counter goals – switch at HT - Mark GK box with small cones if available

COACHING POINTS & BEHAVIORS	COACH BEHAVIOUR / QUESTIONS / DISCUSSIONS
- Use of field references – if opposition are compact across 3 x vertical channels from middle to wide there is likely an opportunity to switch to opposite side - Chance creation from switch – if numbers created (2v1 / 3v2) can we exploit this to create a chance in the box	- Possible discussion on field references (5 x vertical channels – 2 x wide, 2 x half space + central channel) - Coach individual players, specifically CM's, in the flow - Coach both groups at break / switch of halves if needed



COACH REVIEW & REFLECTION

COACH REVIEW

COACH	TEAM	DATE	PERIODISATION
Liam Lacy	Hearts FC – U16 Boys	Wednesday 10 th January, 2024	Match Day - 4
SESSION ORGANIZATION / SET UP	SESSION PLAN / OBJECTIVES	SESSION PROGRESSIONS	SESSION COACHING POINTS
COACHING PROFESSIONALISM	COACHING STYLE	UNDERSTANDING OF GAME MODEL	UNDERSTANDING OF INDIVIDUAL DEVELOPMENT
PLAYER ENGAGEMENT	PLAYER BEHAVIOR / INTERACTIONS	PLAYER REVIEW SCORE	SESSION LINK

COACH REFLECTION & ACTION POINTS

	COACH REFLECTION & ACTION POINTS	RESOURCES NEEDED	TIMELINE
1.			
2.			
3.			

NEXT EVENT: TEAM TRAINING – THURSDAY 11TH JANUARY, 2024 – 6PM – 7.30PM*

NEXT GAME: v RANGERS (H) – SUNDAY 14TH JANUARY, 2024 – 12.15PM KICK OFF

HEARTS FC | U16 BOYS | JANUARY 10TH 2024