[Andy Martino](https://www.hivelearning.com/user/564428164), Southampton FC development manager and FA affiliate tutor, returns with a session plan delivered in a ‘whole-part-whole’ style, aimed at players aged 5-11.



The session is organised in a ‘whole-part-whole’ style. I believe this works well within the younger aged groups in particular as it helps the children see the practice in a game-related style.

**How does the session relate to The FA’s 4-corner-model?**



**Key Factors to consider**

* Awareness of players and areas
* Body position
* Awareness
* Movement
* Receive on back or front foot
* Type of pass (weight, when and where) forward
* End product
* Communication

**1) Warm-up -**Skill and ball mastery - 25 mins



**Coaching Points**

* Players have a ball each and work on various skills to warm the body
* During the practice, introduce a “skill of the session”.
* Challenge players in to a competitive game with a 60 second time limit to see how many touches on the ball players can get
* Organised in to 3 sections of 20 seconds with 3 different skills (1 skill has to be the “skill of the session”)

**2) Small Sided Game Part 1 -**20 mins



**Coaching Points**

* 7 v 7 game
* Observe how players are dealing with receiving to play forward and especially playing out from the back
* Encourage players to use the “skill of the session” from previous activity
* Allow players to have their own formation

**3)  Playing out from the back skill session** - 20 mins



**Coaching Points**

* Start with an overload of 9v5
* Players keep possession and score with a one touch finish into the target goals
* Progress the practice by playing a 8v6 followed by a 7v7
* Condition passes if needed to help the players with the learning objective of working on receiving to play forward

**4) Small Sided Game Part 2 -**20 mins



**Coaching Points**

* Players now go back into a 7v7 game
* Encouraging and spotting positive play when the objectives are met
* Award bonus points for using “skill of the session”
* Place teams into formations to begin
* Reinforce the key factors