

# FFA Video Assessment Session Plan

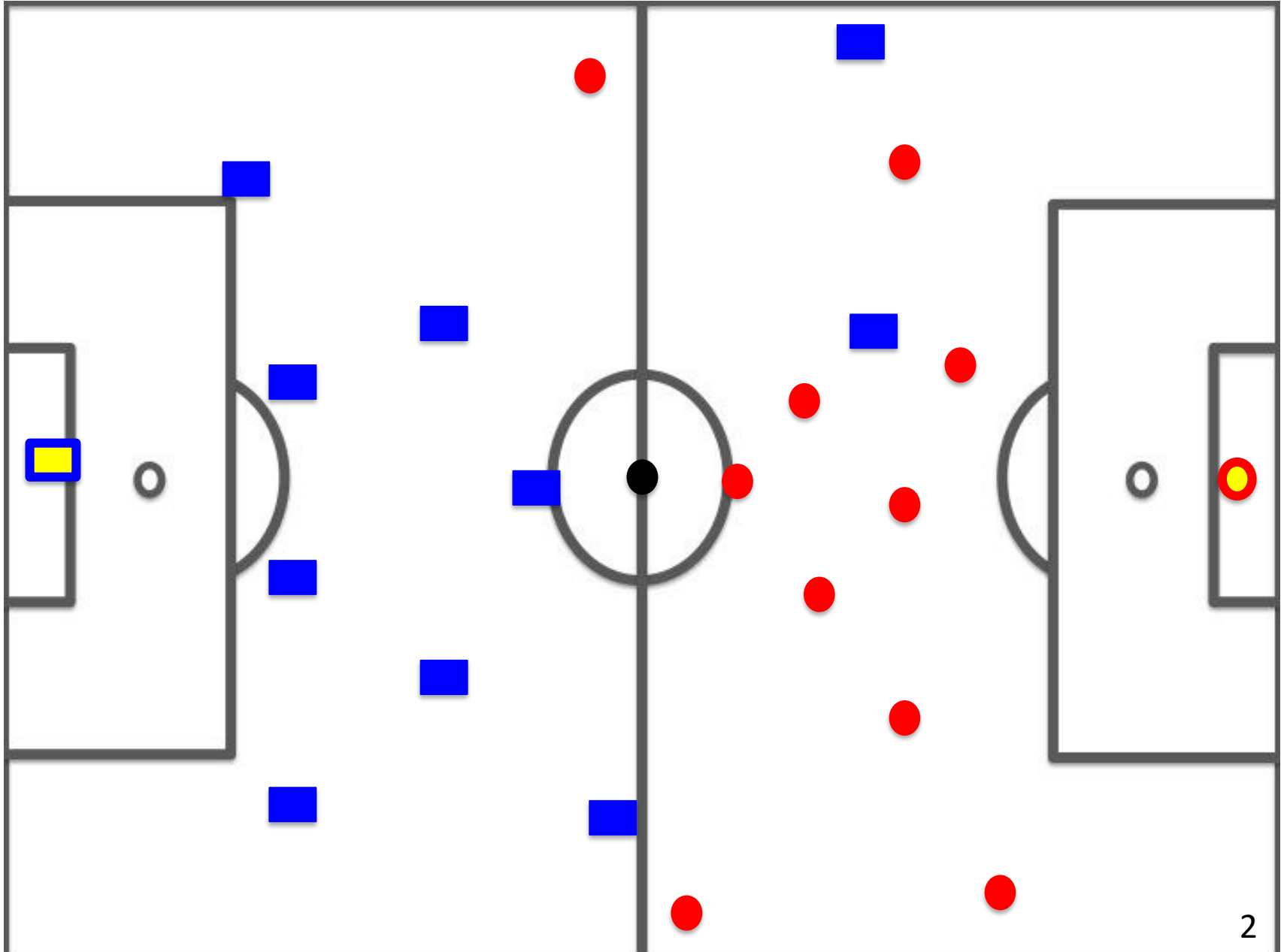
Name:		Course		Date		Assessment	
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Link to Video:	
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Match Analysis Details			
Opponent:		Competition and Date	
Opponents style:		Opponents Formation:	
Main Moment:		Key Principle:	
What?			
Who?			
When?			
Where?			
Why?			
Summary			

## Football Problem

Illustrate the football problem below (you may include a screen capture to emphasize the problem or additional slides)



**Session Objective:**  
**Today I aim to improve....**

*For guidance on how to use this Self Assessment Session Plan please refer to page 23*

**Plan**

*Define*

*Design*

Assessment Guide

Comment

Assessment Guide

Comment

The 5 W's have been used to define the Football problem clearly

The session uses the Game Training components to achieve the Session Objective

The session objective: - Establishes a clear expectation of what is trying to be achieved in this session

Is a relevant and realistic solution to the football problem

There is a clear link between each of the GT components  
 The GT element is designed to deliver the objective  
 The Team Task is linked to the Objective  
 The Player Tasks are linked to the Team Task  
 Coaches Cues are evident for each player task

*Illustrate your football problem on the template on page 2*

**Prepare**

People

Equipment

Environment

**Conduct**

**Foundation – Passing Practice**

Organization

Explanation/Progression

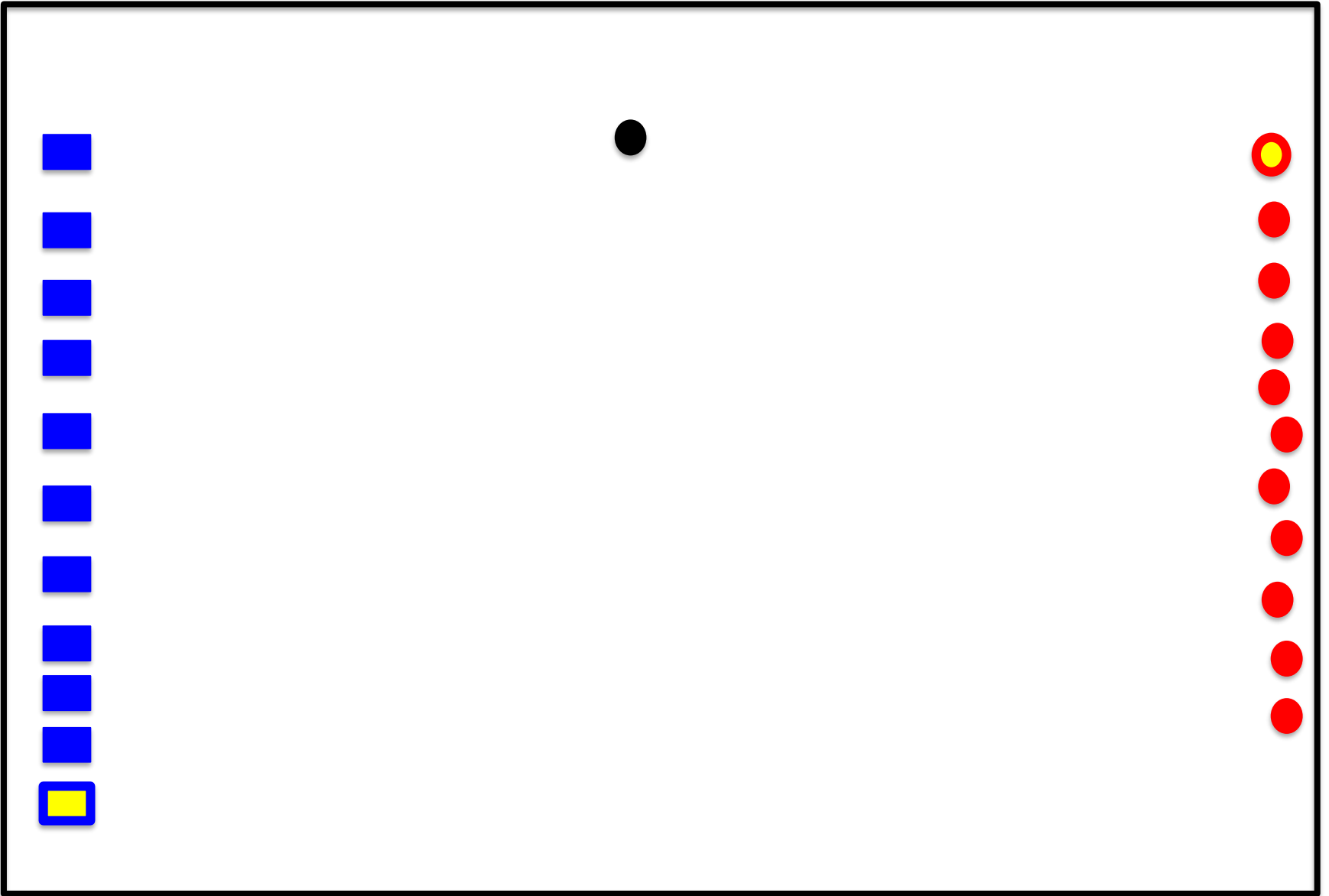
Assessment Guide

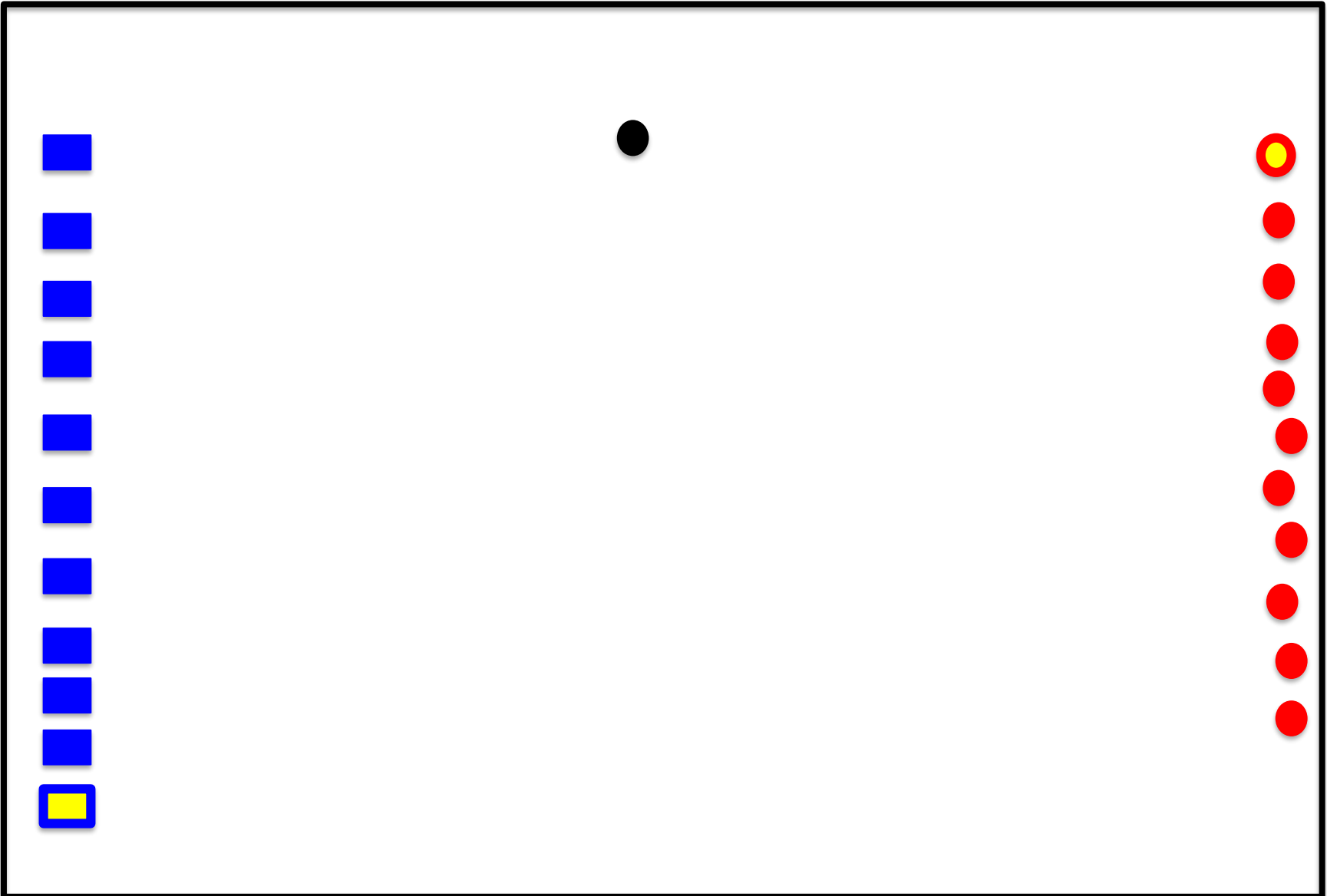
Comments

Passing practice

The Passing Practice:  
Allowed the players plenty of opportunities to develop passing and first touch  
Allowed the players to practice passing and first touch related to the session objective  
Place the players in their positions relative to the session objective

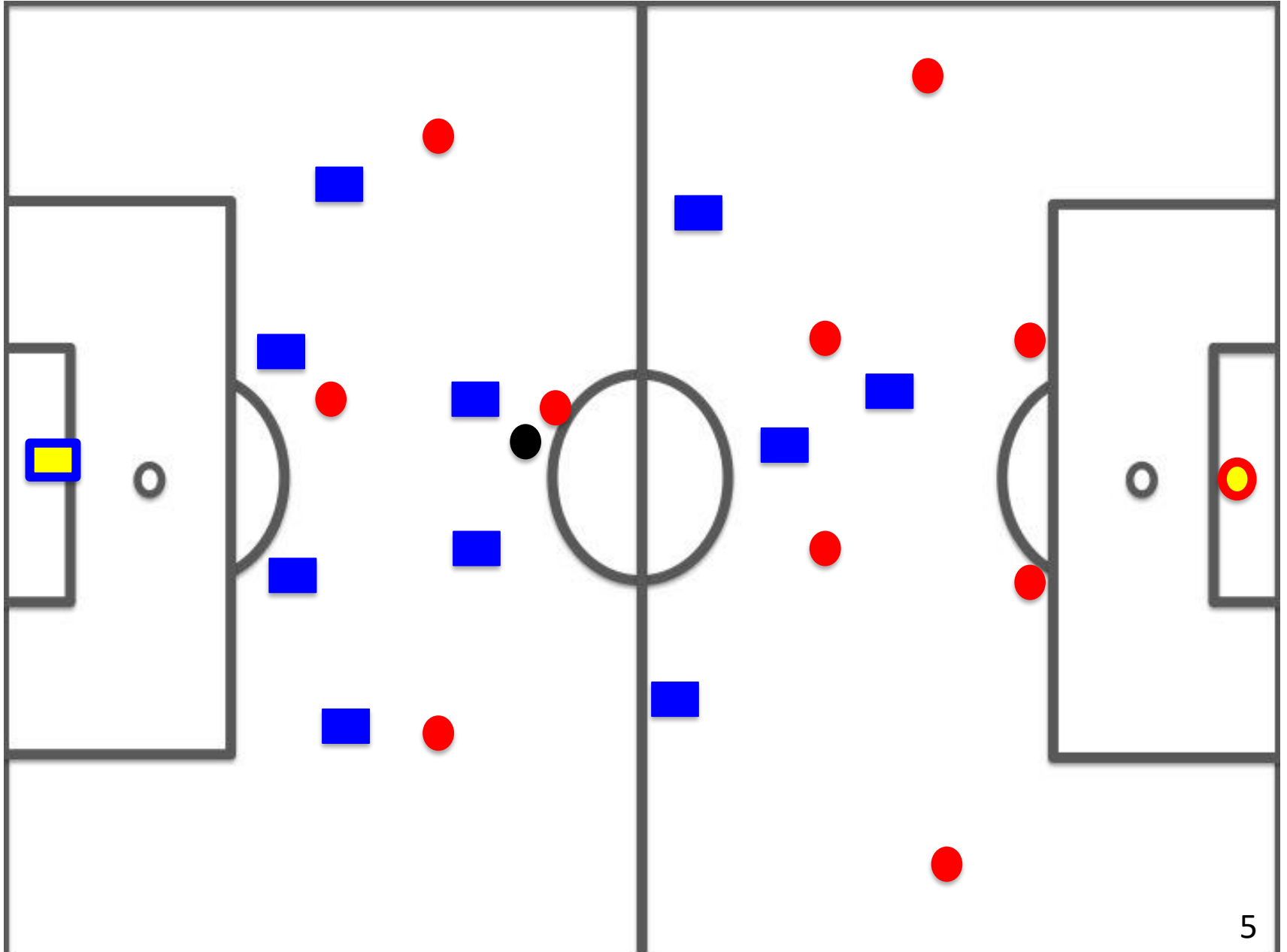
Fulfilled the principles of a Warm Up by:  
Providing a steady increase in the heart rate of the players  
Preparing the players for the activity by taking them through a range of dynamic movement  
Reaching the desired intensity in preparation for the exercise  
Including Dynamic Flexibility

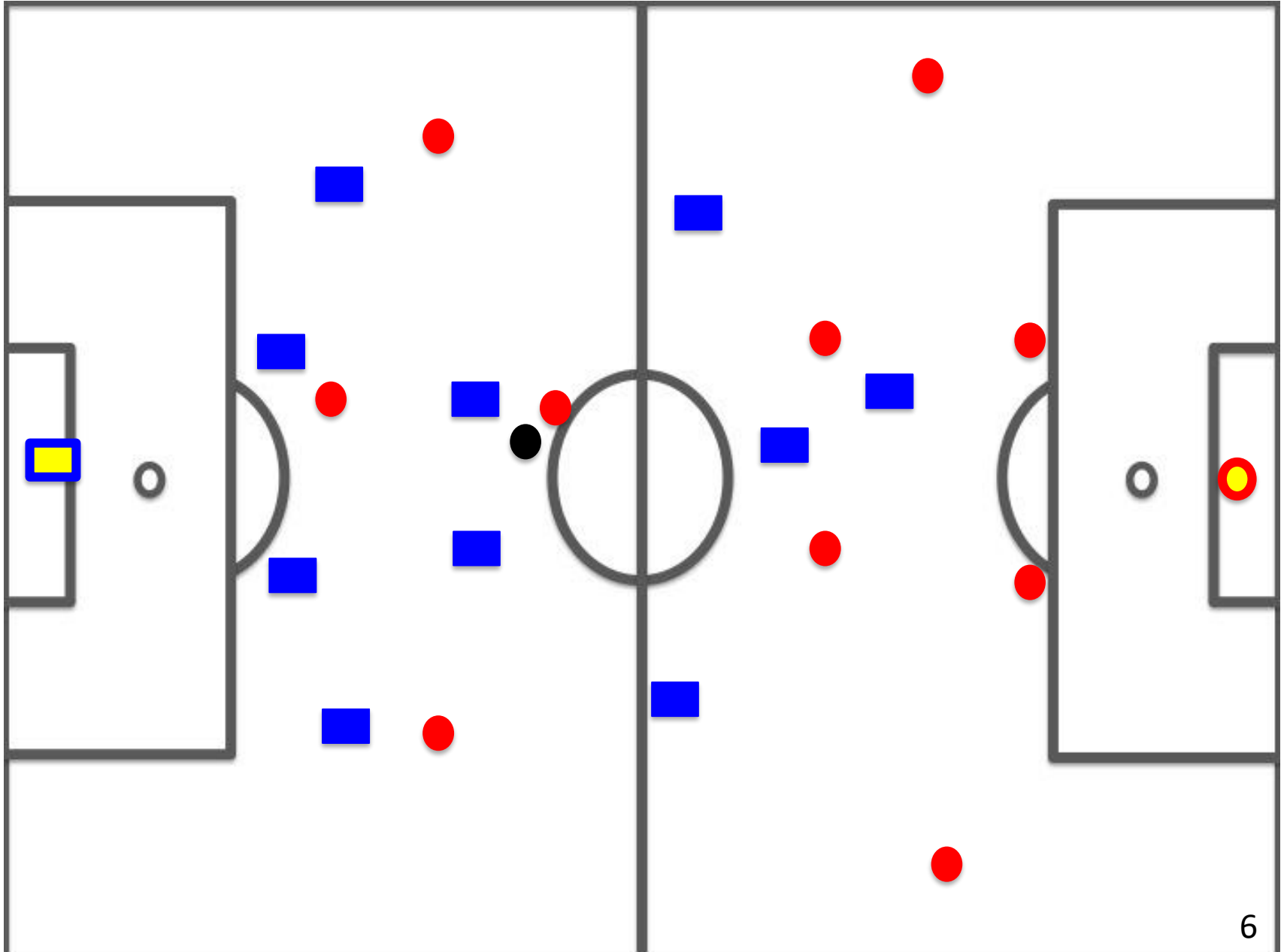




Conduct

Passing Practice – Full pitch view







**Conduct**

**Animation – Positioning Game**

Organization

Explanation/Progression

Script

Team Task:

Coach's Cues:

Player Actions:

**Conduct**

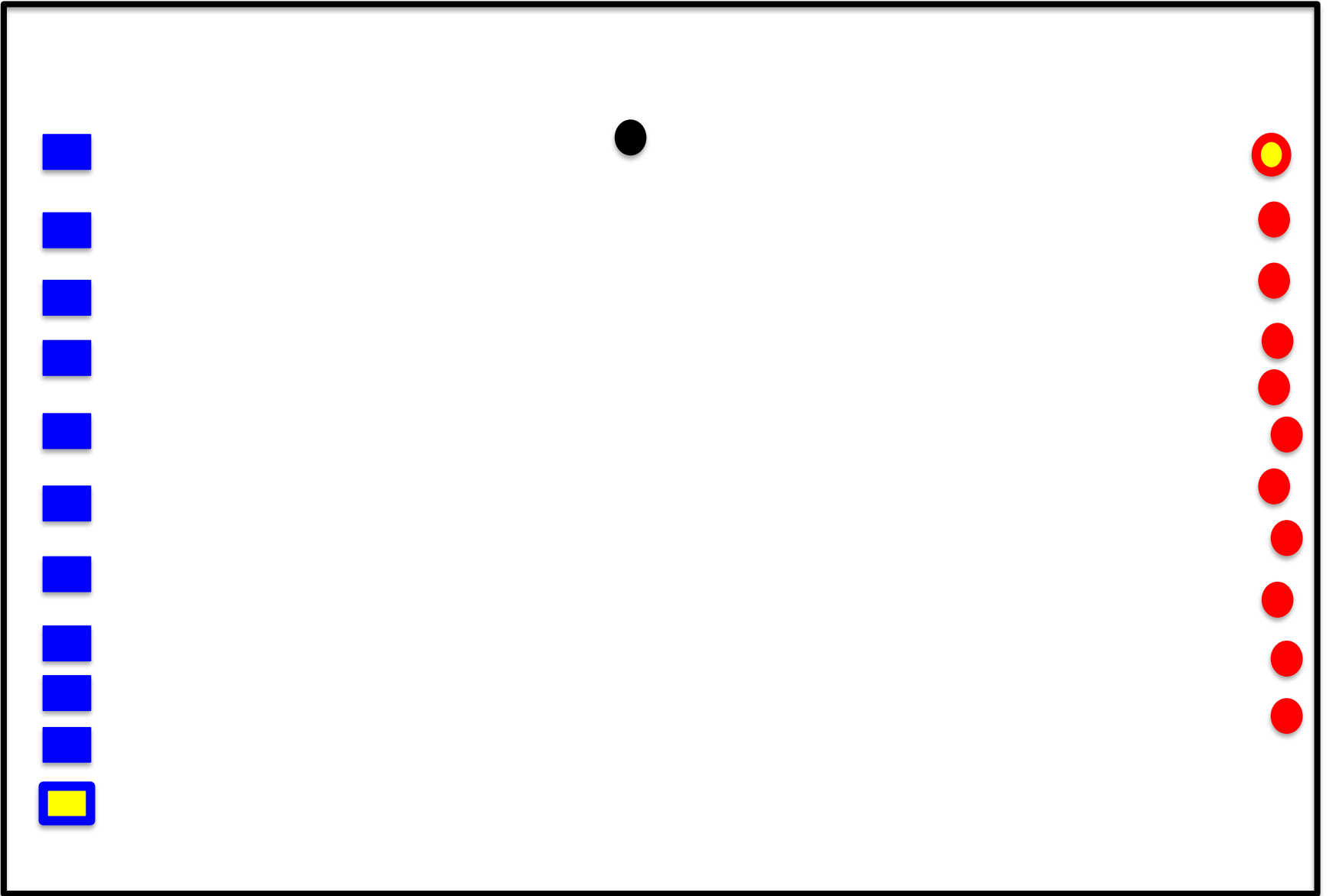
**Animation – Positioning Game**

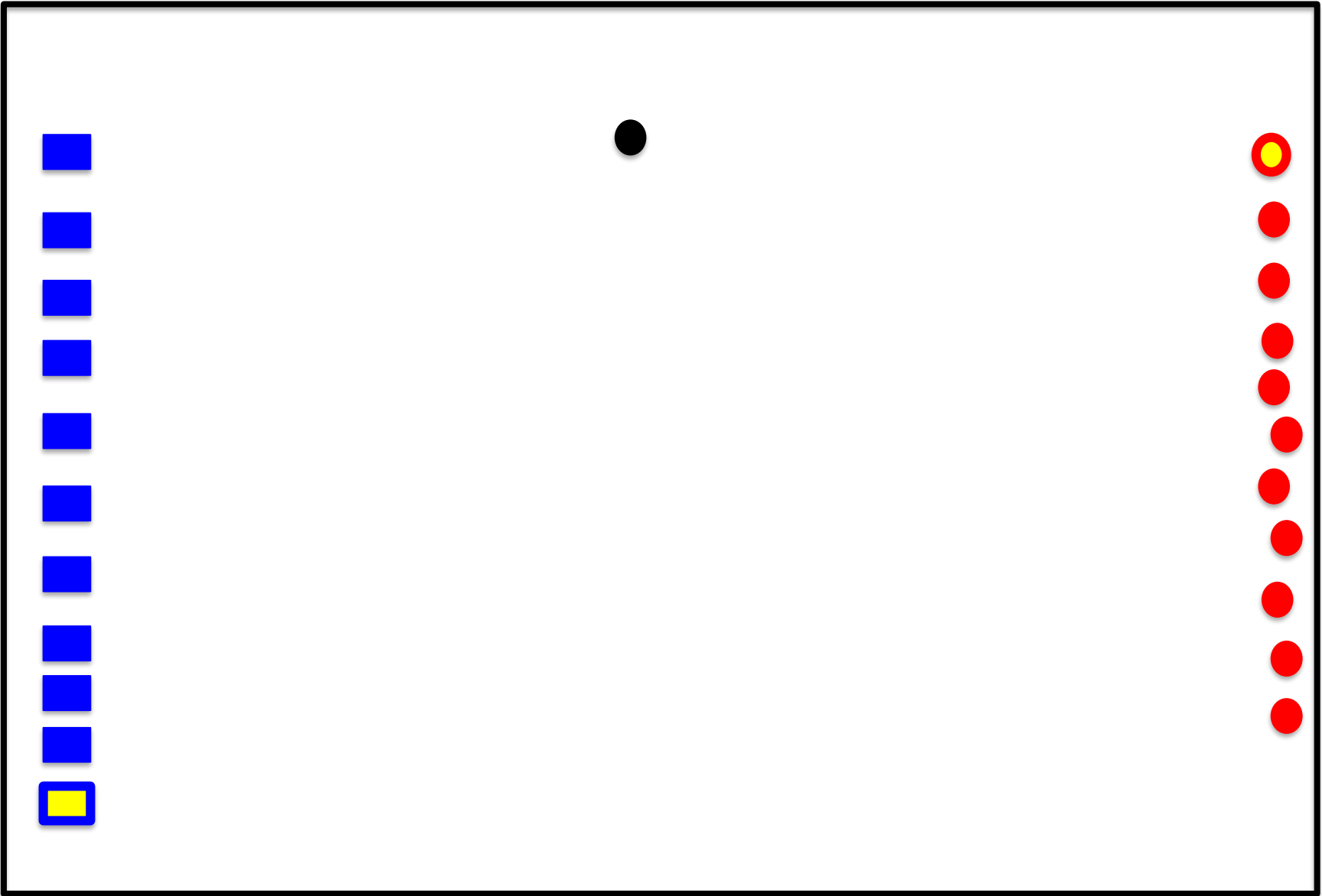
Script - continued

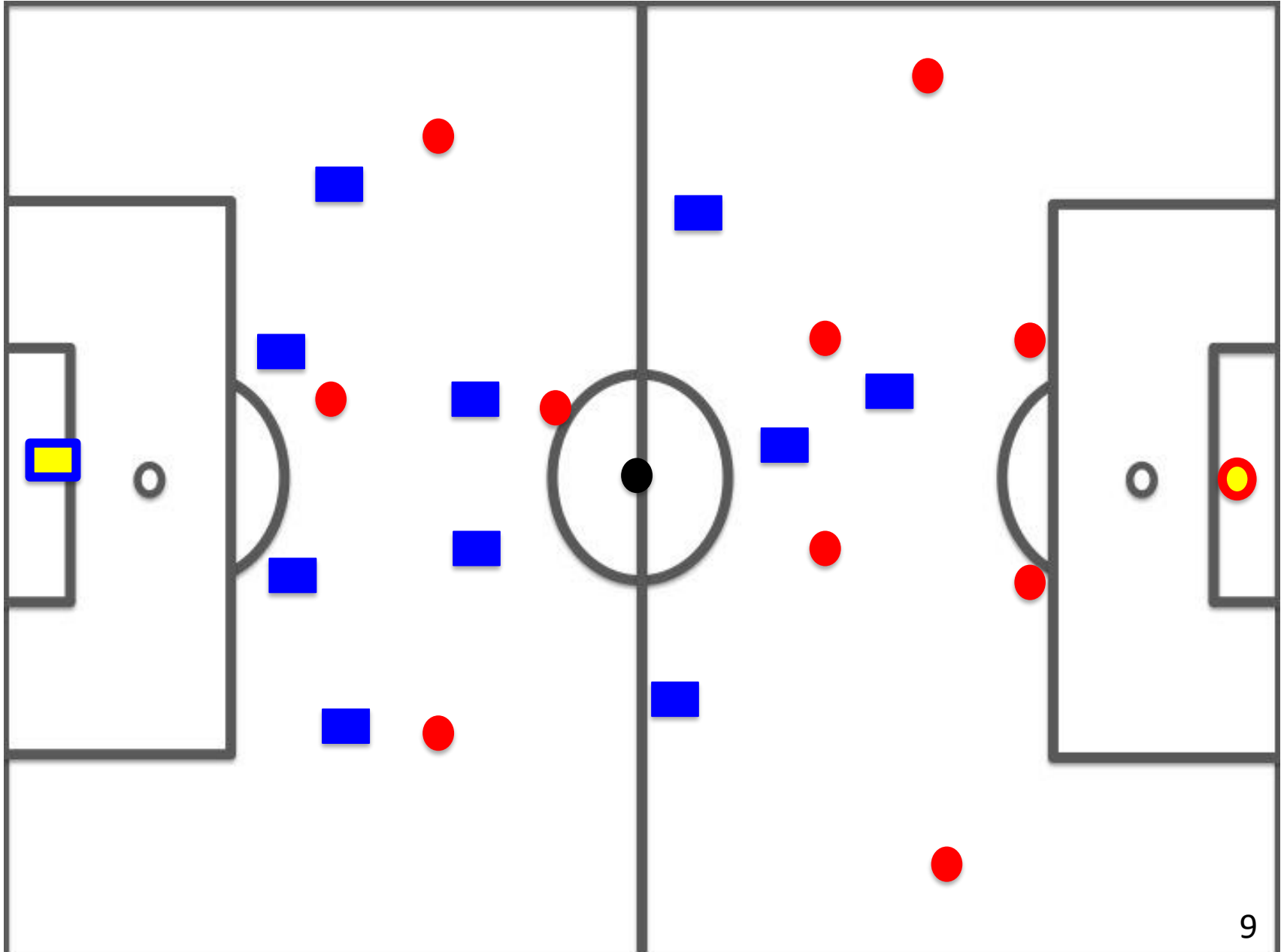
Team Task:

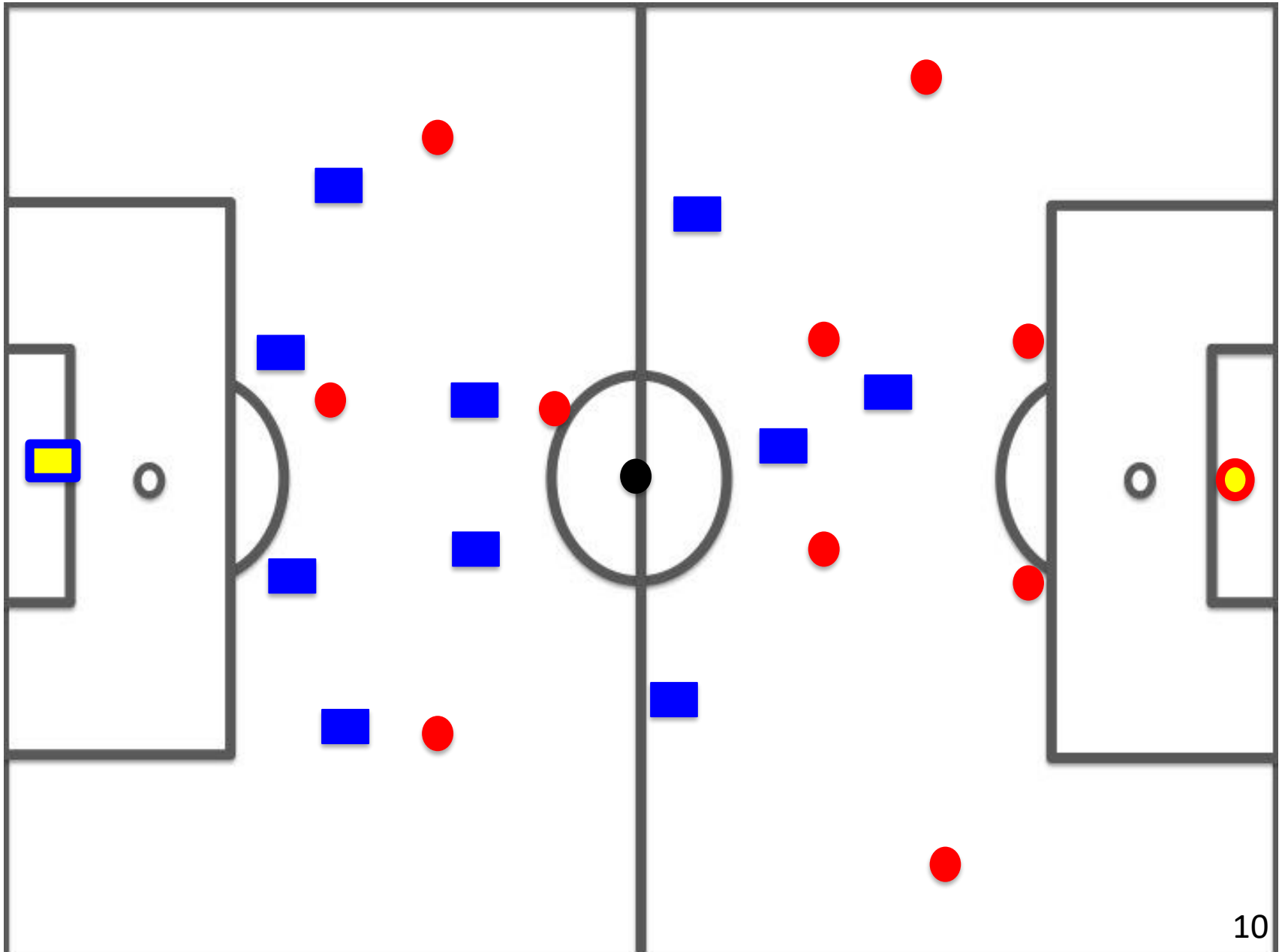
Player Actions:

Coach's Cues:









Conduct	
Animation – Positioning Game	
Assessment Guide	Comment
<p>Did the Positioning Game: -            Provide the players opportunities to develop passing and first touch against realistic opposition?            Give the players an opportunity to repeatedly position themselves against game-related resistances linked to the Session Objective?            Provide a clear link between the Passing Practice and Game Training working towards the Session Objective?</p>	
CHECKLIST	
<p>The START to the practice was relevant to the Session Objective and the Moment as identified by the 5W process            The practice allowed the main moment/s to evolve naturally            The ORGANISATION was linked to the Session Objective            The ATTITUDE of the players was managed appropriately            The session was adapted to meet the ABILITY of the players            The players UNDERSTAND the organization and rules            The SHAPE of both teams was established to ensure realism and a clear link to the Session Objective and Football Problem            The Coach managed the 'SELF' aspect before coaching</p>	
Teaching Process	
<p>Was a Team Task:            - Set and managed throughout?            - Observed with appropriate feedback given?            Were Player Tasks            - Identified from the Team Task?            - Set for the key players, as outlined in the Session Plan            - Set at appropriate times?            - Observed and appropriate feedback given?            Was the play stopped at appropriate times?            Were pictures and words used well during feedback?            Did the players have opportunities to try to do what had been asked ?</p>	

**Conduct**

**Animation – Game Training**

Organization

Explanation/Progression

Script

Team Task:

Coach's Cues:

Player Tasks:



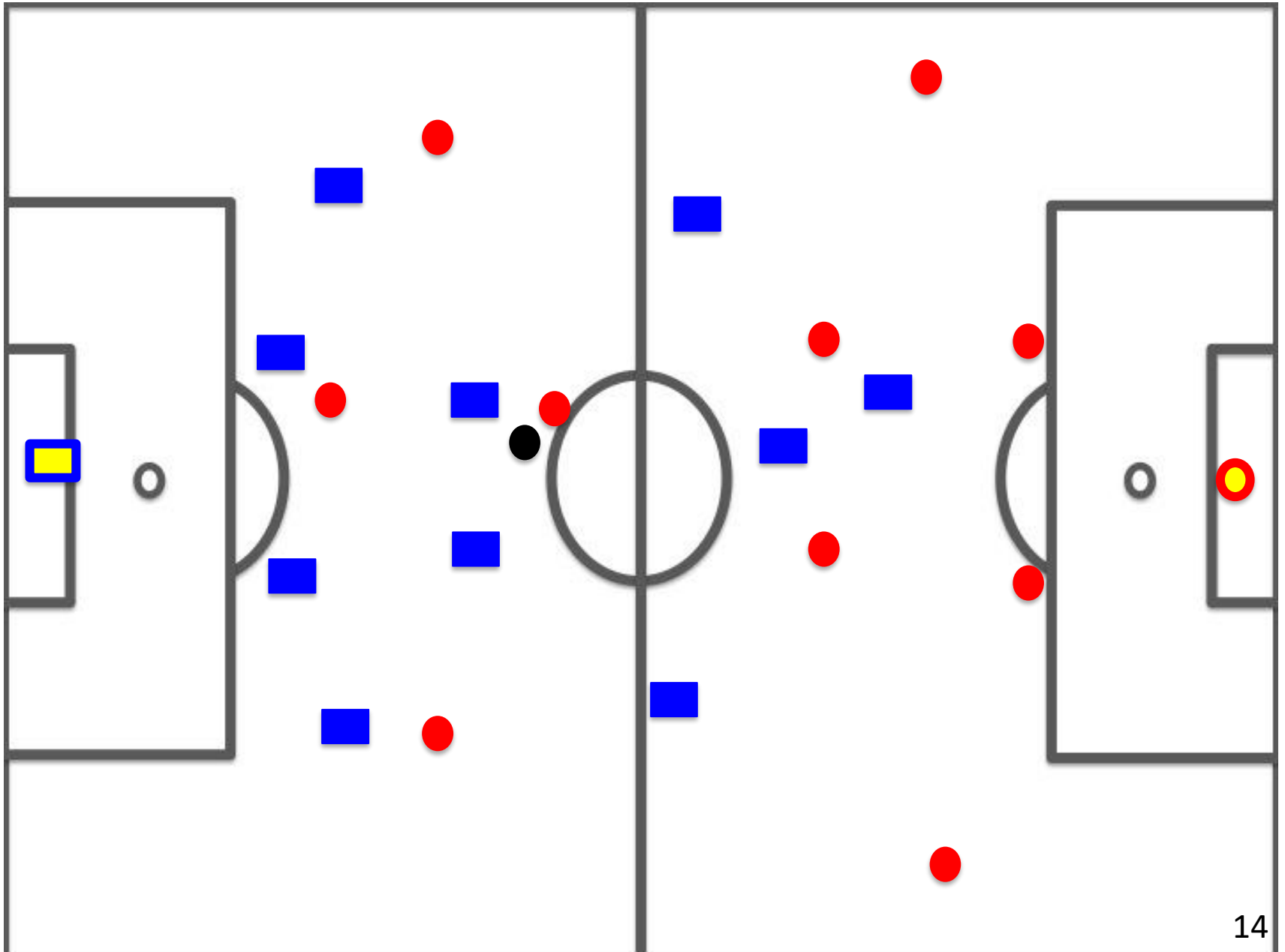
**Conduct**

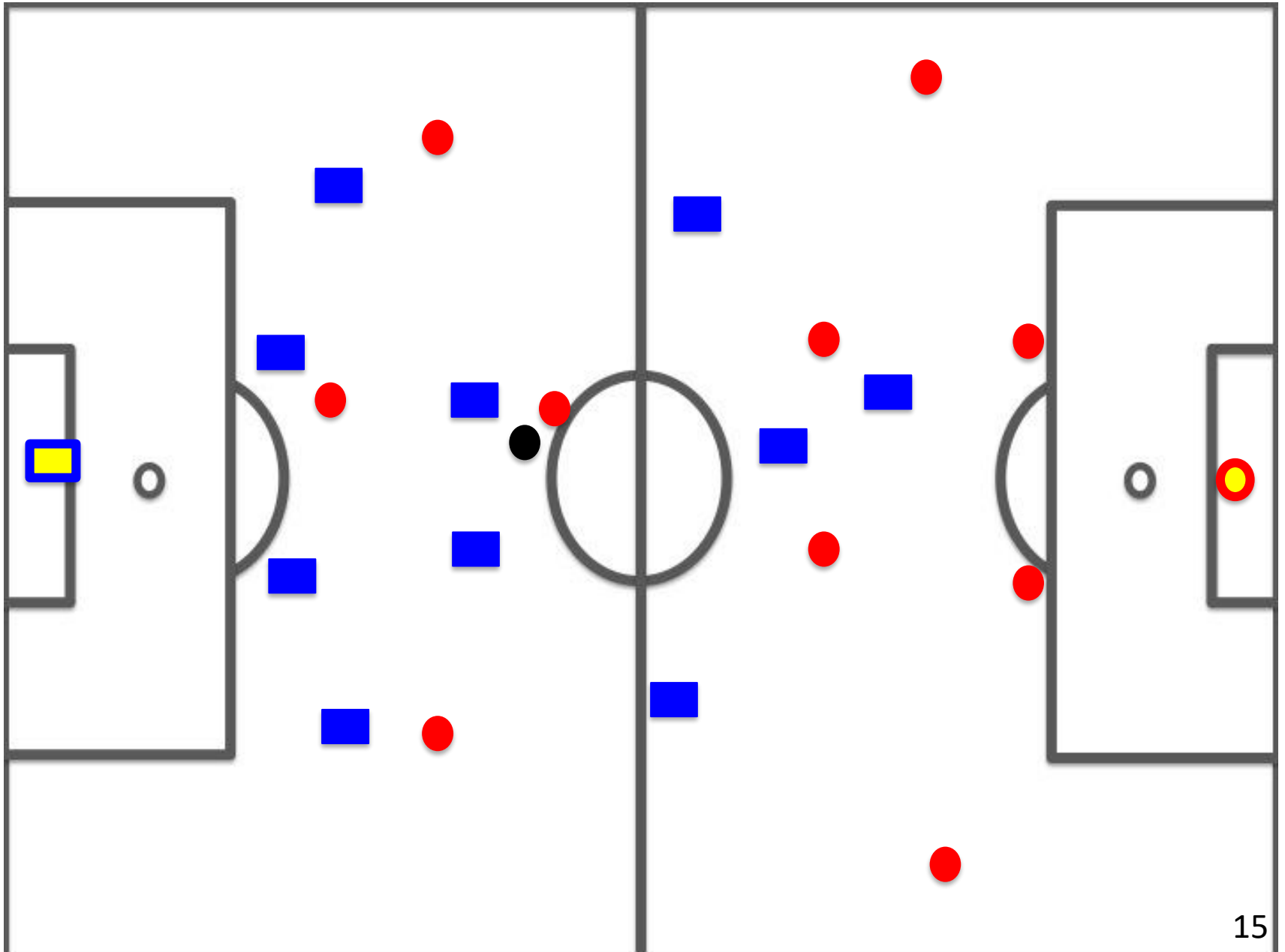
**Animation – Game Training continued**

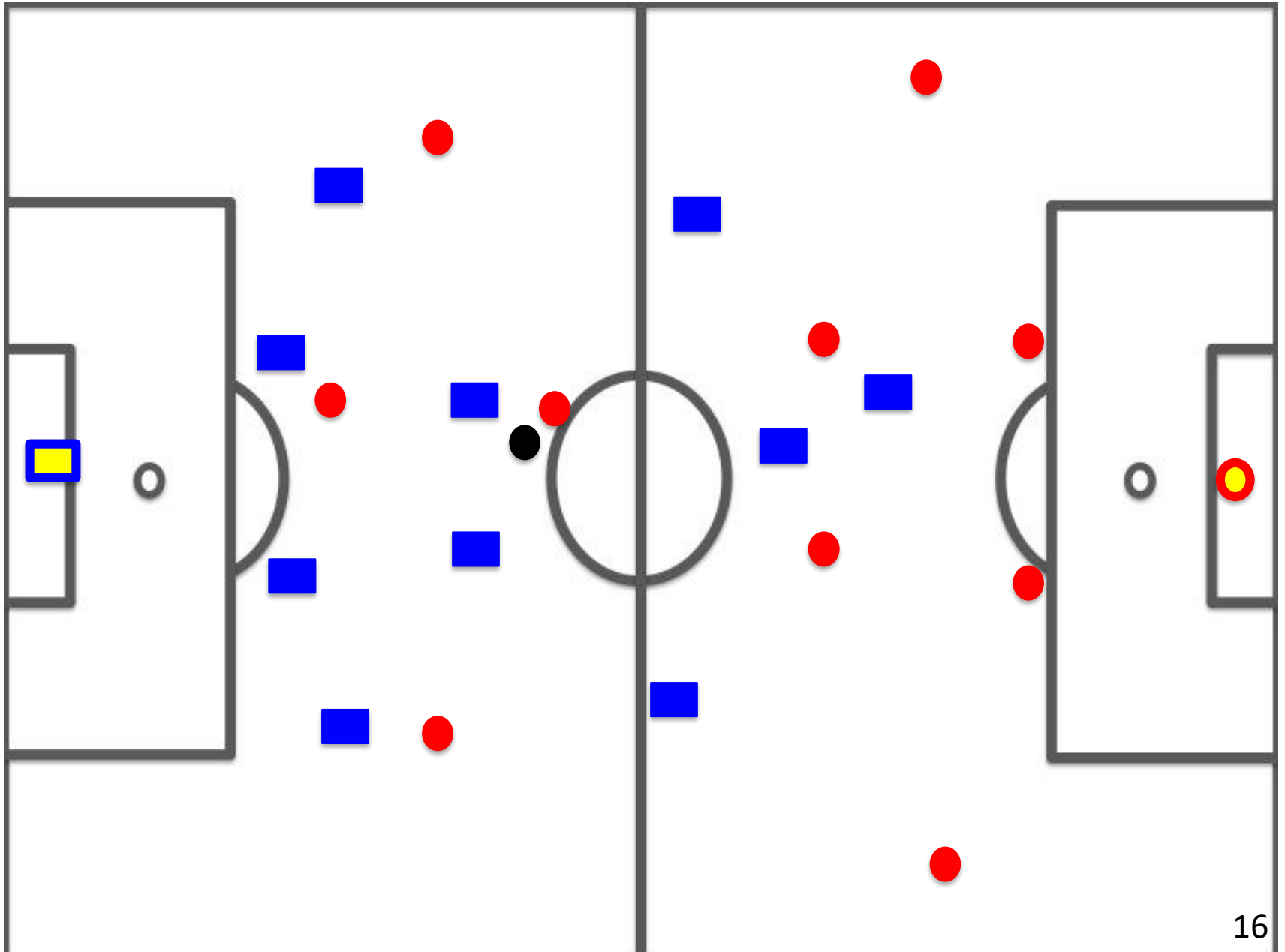
Player Tasks:

Coach's Cues:

Comments:







Conduct	
Animation – Game Training	
Assessment Guide	Comments
Game Training:	
<p>Focused on solving the football problem</p> <p>Presented the opportunity to develop the Session Objective</p> <p>Was organised so that the relevant players were involved</p> <p>The Goals for both teams were appropriate to the Session Objective and recreating the key moment/s</p> <p>Established and maintained the realism required to address the problem and Session Objective (as illustrated in the animations on this form)</p>	
Checklist	
<p>The START to the practice was relevant to the Session Objective and the Moment identified by the 5W process</p> <p>The practice allowed the main moment/s to develop naturally</p> <p>The ORGANISATION created a problem-solving environment linked to the Session Objective</p> <p>The ATTITUDE of the players was managed appropriately</p> <p>The session was adapted to meet the ABILITY of the players</p> <p>The players' UNDERSTANDING of the organization and rules was checked</p> <p>The SHAPE of both teams was established to ensure realism and a clear link to the Session Objective and Football Problem</p> <p>The Coach managed the 'SELF' aspect before moving on to the Teaching Process element</p>	

Conduct	
Animation – Game Training	
Assessment Guide	Comment
Teaching Process	
<p>The Team Task was:</p> <ul style="list-style-type: none"> <li>- Clearly set</li> <li>- Observed and appropriate feedback provided</li> <li>- Led the Players towards attempting the required Player Tasks</li> </ul> <p>Players Tasks were:</p> <ul style="list-style-type: none"> <li>- Given to the key players</li> <li>- Given at the appropriate times</li> <li>- Observed, with appropriate feedback given</li> <li>- Used effectively to improve the players ability to undertake the Team Task</li> </ul> <p>Coach’s Cues were used to support players in undertaking their tasks</p> <p>Play was stopped at appropriate times</p> <p>Feedback was given using pictures and words effectively</p> <p>Freeze replay was used appropriately</p> <p>Feedback during natural breaks was used appropriately</p> <p>Coaching on the run was used appropriately</p> <p>The interventions were well-timed and effective</p> <p>The coach allowed the players suitable opportunities to try and do what they had been asked</p>	

**Conduct**

**Conclusion – Training Game**

Organization

Explanation/Progression

Assessment Guide

Comments

Training Game

The Training Game:  
Maintained the focus on the problem and Session Objective

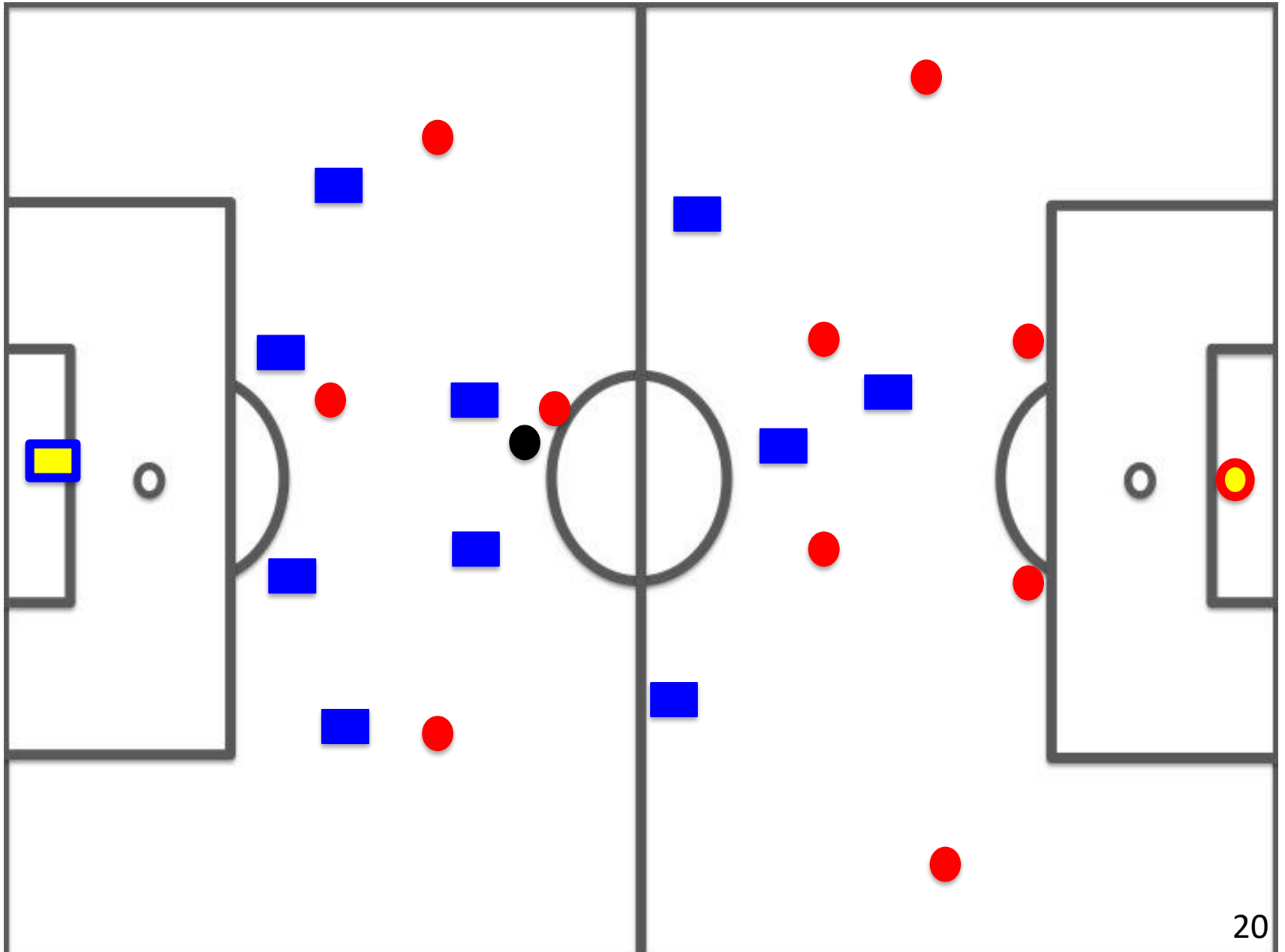
Had the relevant players involved and positioned appropriately

Set Goals for both teams which were appropriate and maintained the focus on the Session Objective

Maintained realism

Demonstrated the players understanding and ability to perform the Team Task effectively as coached in the Game Training

Allowed the coach to accurately assess the success of the training session and the likely transfer to match performance





**Conduct**

Conclusion – Training Game

Assessment Guide

Comment

Application Wrap Up

Did the players demonstrate the ability to solve the football problem without the Coach's intervention?

Did the players provide feedback to demonstrate an understanding of their roles in achieving the session objective without being prompted by the coach?

**Evaluate**

Session Objective Achieved

Football Problem Solved

## Summary

### Guidelines:

Please complete this form for your assessment and submit with your video as per the assessment guidelines in your course folder

The Assessment Guide and Comment Sections are there to allow you to Self Assess by helping you reflect on some of the key questions. Complete these sections as you see fit and add another slide if more space is required.

How to use this form to plan your session:

- Use the 5 w's approach to define your Football Problem and set your Session Objective (page 1)
- Try to clearly illustrate your football problem (page 2)
- In the organisation section, set out what you require to undertake this component. E.g. number of players , balls, bibs, grids and grid sizes etc.
- In the Explanation/Progression section explain what the activity will be and how it progresses.
- Use the animation slides to illustrate your Organisation, Explanation/Progression. You can add as many slides as you like to 'bring to life' the Player Tasks / Actions in a variety of scenarios linked to your problem and Session Objective.

Repeat this process for each of the Game Training Components

You can insert lines to illustrate your areas and make adjustments as you see fit; if you choose to indicate ball or player movement, please follow the Key below:-



Illustrates ball movement



Illustrates Player movement