



## WVSC Session Planning

When planning your session, consider the acronym N.E.A.T:

### Numbers

- Planning for more or less numbers at training
- Pre planning small groups or teams to save time
- Utilising a common player or allowing overload games if numbers are uneven
- Avoiding queues of players by adding more stations or setting up multiple pitches

### Equipment

- Knowing what's in your kit bag, how many balls, bibs & cones
- Balls pumped up and ideally enough for one per player
- Use a variety of scoring mechanisms based on what you have available

### Area

- Know the area you're working in before you arrive
- Have a plan-b if the area changes
- Use pitch geography to help mark areas out
- Set your areas up at the start for a quick transition between practices

### Time

- Always ensure game time is not compromised
- Aim for a ball-rolling time of 75% if possible. E.g. 45 out of 60 minutes
- Ensure minimal time is lost transitioning between practices or coaches talking too much