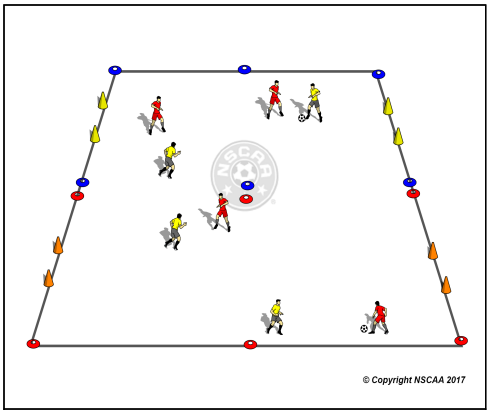
Interactive Session Plan ™

Coach | Session date | Time available

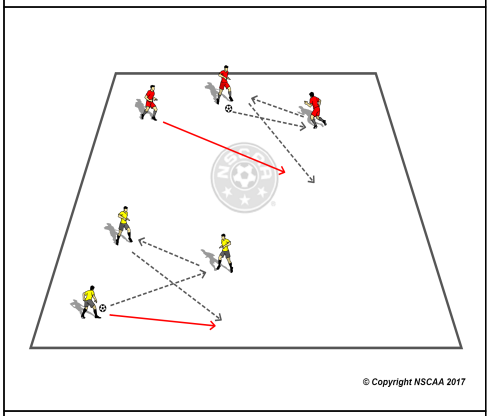
Topic

Technical / Tactical ☐
Tactical / Technical ☐



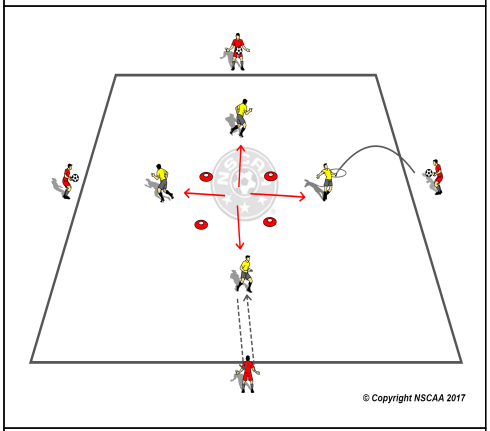
WARM-UP

Organization	Key Coaching Points
2v2 and/or 3v3 Games (20x25 yard fields) 2-3 minute games, then 1 minute of dynamic stretching in between. Play 3-4 games. Objective: Dynamic Warm-Up Mental and Physical Engagement	FUN-Get the session started on a high note Limit touches in order to force players to pass and move.



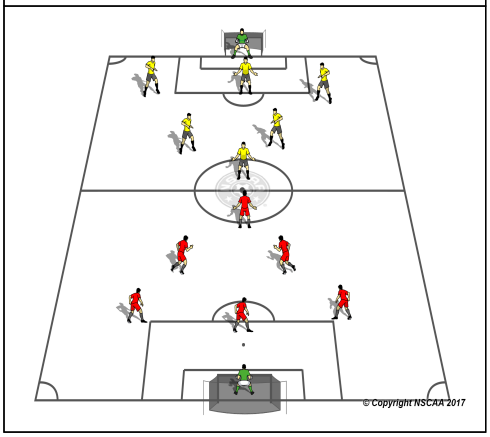
ACTIVITY 1

Organization	Key Coaching Points
GROUP OF 3 PASSING: Large grid about 30x30. Groups of 3 w/ each group having a ball. Players pass to one another in their group of 3. After passing they need to move to get open. Player who receives ball can pass to either player. OBJECTIVE:Movement-Creativity -Awareness of players-First touch PROGRESION: Ask players to increase the distance for the passes-Can we hit lofted (not driven) passes? - Encourage players without a ball to switch groups, player with ball to pass to any open player.	-Quick first step when receiving and after passing ball. -Keep moving, no standing -Build triangles -Talk: Call for the ball if you are open Discovery Questions: -What did you need to do to find an open player? -What did you need to do to get open?



ACTIVITY 2

Organization	Key Coaching Points
WINDOWS: 30x30 grid with a 5x5 box in the center. A: Servers, (Half players with a ball) on outside of square. B: Receivers (half without a ball inside the square) All B's will start in center square. Upon command B's will check to an A to receive a ball. A's will play a pass into B who will control and pass back to A. Check back to center square and rotate right. *Switch roles every 2 minutes Service: 1. On ground/control pass back. 2. On ground/one touch back. 3. Toss in air with bounce/ laces back. 4.Toss in air/thigh control then pass back. 5. Toss -chest - pass	Progressions: B receives and then must turn and pass to a different open A. Coaching Points: -Relax body, get in flight of the ball, eye on the ball on contact, cushion to control -Pass back should be on the ground/low Discovery Questions: -How did you decide which body part to use to receive -How did "cushion" the ball?



GAME

Organization	Key Coaching Points
9v9 w/ a goalkeeper Try to scrimmage with another team and use a full field. You can also play 3v3, 4v4, 5v5 depending on how many players you have. 3v3=25x30 yards 4v4=30x35 yards 5v5=1/2 field sideline to sideline - Have fun - Point out any of the above objectives to kids as they are playing	- Limit comments to one or two of the above coaching points COACHING REMINDER: Principles of offence: 1)Penetration 2)Support 3)Mobility 4)Width and Length

Print Session

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