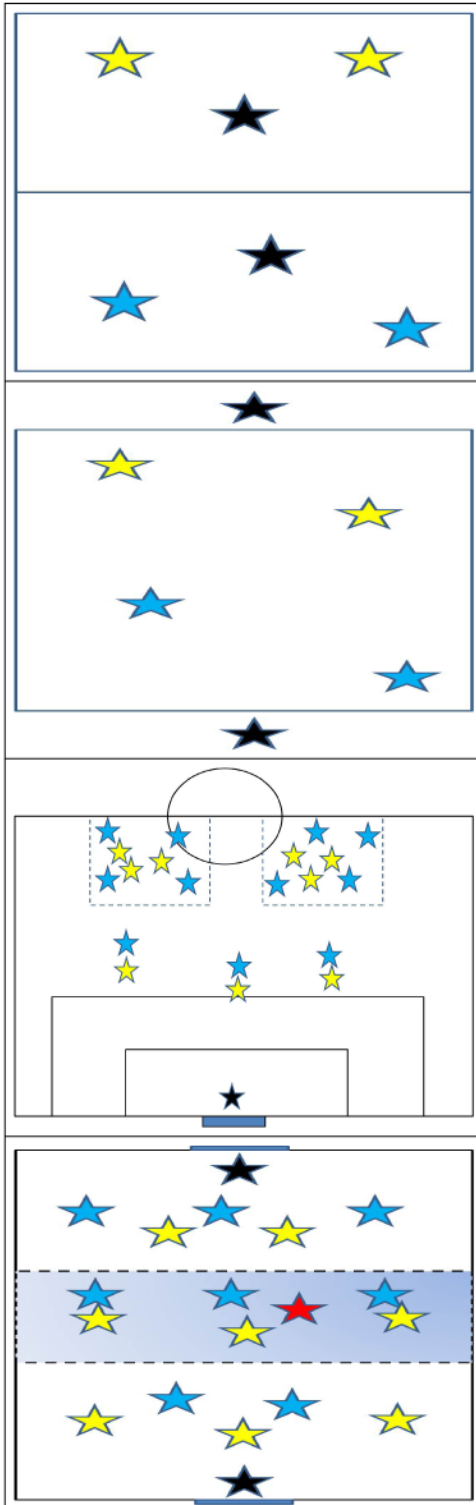


Interactive Session Plan™

Coach

Session date

Theme



NOTES

Set up: 20 x 10 grid with midline. 2 v 1 in each half of grid.

Explanation: The 2 players in one half try to maintain possession to find the other 2 players in the other half of grid. If defender wins the ball they play out to other 2 attacking players and the 2 who lost it are now defenders.

Coaching points: Reading angles of support, finding seams, vision to see the pass, skill to execute, 3 player combinations, communication

Progression: Switch to other half has to be from a one touch pass

Set up: 20 x 10 grid. 2 v 2 with one target on each end.

Explanation: The 2 players keep possession while finding a target and getting it back. If successful they are awarded a point. They have to play to the opposite target after finding one end. They cannot play a target player back in possession. If there is a change of possession they can possess to find either target. Play for 2 minutes then switch.

Coaching points: Penetrating pass to target, timing of run to support, close support if under pressure, composure to keep it, communication, targets lateral movement to find the seams

Progression: Have to find both ends consecutively to get the point. Can use target player in possession to achieve this. If having difficulty, give targets 2 touches.

Set up: Two 15x15 grids at midfield with 3v4. Also 3 forwards v 3 defenders organized 20-25 yards from goal. Goalkeeper in goal.

Explanation: Coach has balls at midfield. Ball is played into one of the 3 players who try to keep possession in that grid. When one of the 4 win it they try to immediately find a forward outside of the grid. Then 3 of the 4 midfield players join to make a 6v3 to goal.

Coaching points: Transition to attack, movement of players joining, recreating width, forward's movement to find seams, timing of checking run

Progression: Take off a defender in the grid and require it to be a one touch pass out to forward

Set up: One field 65 x 50 with a middle zone of 15 yards. 2 forwards vs 3 defenders in the attacking zones with 3 v 3 plus 1 in the midfield zone. Goalkeepers in each goal.

Explanation: Ball starts with the goalkeeper, 3 defenders and GK possess to find a midfielder. Midfielder has to find a forward before a goal can be scored. Once ball is played to a forward in the attacking zone 2 midfielders can join. Midfielders are allowed to shoot from the midfield zone.

Coaching points: Angles of support, one or two touch pass to get forward in, texture of pass, body shape as receive pass from defenders, finishing, recreating width

Progression: 1. Midfielders can dribble into attacking zone but must combine with a forward before scoring a goal. 2. Defenders can by-pass the midfield zone to find a forward, but that forward must find a midfielder in support before scoring a goal.