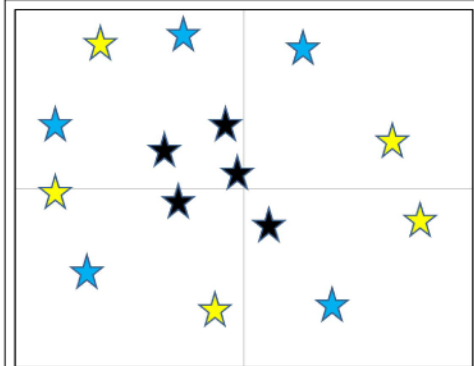
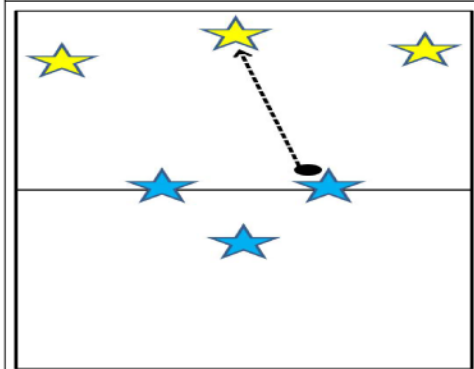
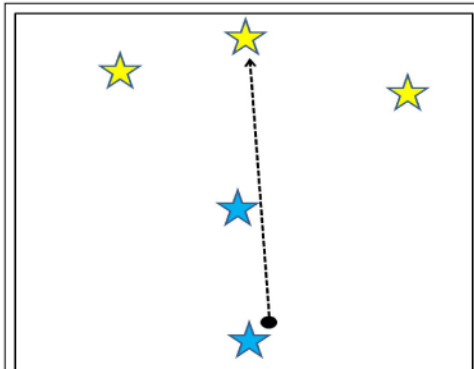


Interactive Session Plan TM

Coach

Session date

Theme



NOTES

Set up: 10 x 12 grids, 3 v 2 going to endline. Ball starts with deeper defender.

Explanation: The second defender plays the ball to any attacking player. The attacking player must take 2 touches before they pass it. The 2nd defender cannot communicate with the first defender. The first defender must take looks to decide how and where to pressure to ball. The 3 attackers try to possess to dribble over the endline.

Coaching points: First defender decisions, take looks, don't have to win it, press when together, read other cues, time to trap (near sideline, have cover), create 1 v 2

Progression: Below

Set up: 20 x 12 grids, double the length of the above grid, add a midline. 3 v 3 going to endline. Ball starts with defender

Explanation: Either of the defenders plays the ball to any attacker. The purpose is for the 2 defenders to work together to press, trap and make any pass predictable. The 3rd defender has to stay on defensive half of the field and read the ball lines. The 3 attackers try to possess to dribble over the endline.

Coaching points: Communication, create 2 v 3 scenario, take looks, trap to sideline, only split because forcing to 3rd defender

Progression: Give attacking players restrictions if too direct and want to give defenders a chance to **get into shape**

Set up: One 45 x 30 grid, 10 v 5. Ball starts with coach outside grid.

Explanation: The defending team tries to win as many balls as possible in 2.5 minutes. The 2 attacking teams work together to possess. When the defenders win it they kick the ball out of bounds and a new ball starts from the coach. Each team rotates to be the defensive unit.

Coaching points: Communication, making play predictable, cutting the grid in half, times to press and times to be patient and regroup

Progression: After first 3 rotations, play 1.5 minute segments to see if increased work-rate will have better results. (Take away fatigue factor).

Set up: Full field with a marked line of confrontation. 11 v 11 with the ball starting with the GK.

Explanation: The attacking team plays to goal while the defending team organizes their shape in order to win the ball. The forwards try to make it predictable for the players behind them by engaging at the line of confrontation and forcing one direction. When the defensive team wins the ball they have one counter opportunity then it will start with the GK again.

Coaching points: Cut the field in half, make predictable, intercept passes, make player on ball put head down, recognize cues to press

Progression: After many repetitions go to live play where the defensive team can only intercept passes and bad touches, no tackle. Attacking team has a 3 touch restriction.