

Interactive Session Plan™

Coach

Session date

Team/Age Group

Theme

Functional Technique - Passing (contextual variety) and Receive and redirect (contextual variety). Not a typical session because was built for the E course with the purpose of showing the the candidates those topics in a contextual variety. Help the coaches to identify and understand those techniques.



NOTES

SEQUENCE # 1

Set up: 10-16 players 45 x 40 grid; adjust size depending on age and ability of players; 2 variations.

Instructions: The first passing sequence, RED players passes it to BLUE players who make diagonal runs and pass back to RED players' feet with one touch avoiding the defender (disc). RED players alternate turn with their own teammate at the same disc. See Diagram.

Coaching Points: Passing and receiving technique, movements and timing of runs, creating separation from defender (cones) by checking away before receiving each pass. Change of pace, speed of play, game awareness.

SEQUENCE # 2

Set up: 12 players 45 x 40 grid; adjust size depending on age and ability of players; 2 variations.

Instructions: The second passing sequence, RED players passes it to BLUE players who make diagonal runs and pass back to RED players' running path with one touch avoiding the defender (disc). RED players alternate turn with their own teammate at the same disc. See Diagram.

Coaching Points: Passing and receiving technique, movements and timing of runs, creating separation from defender (cones) by checking away before receiving each pass. Change of pace, speed of play, game awareness

SEQUENCE #3:

Set up: 10-16 players 45 x 40 grid; adjust size depending on age and ability of players; 2 variations both directions.

Instructions: The third passing sequence, player A passes to player B who times the run off the disc (defender) and plays it to the feet of player C who combines, one touch with player D. Player D takes 2 touches and restarts the sequence on the other side. Repeat with the left foot going the other direction. Players follow their pass and advance one cone for the rotation. See Diagram.

Coaching Points: Passing and receiving technique, movements and timing of runs, creating separation from defender (cones) by checking away before receiving each pass. Playing away from the discs (defender), change of pace, speed of play, game awareness

SEQUENCE # 4:

Set up: 10-15 players 40 x 40 grid; adjust size depending on age and ability of players; 2 variations both directions.

Instructions: The first passing sequence, player A passes it to player B who makes a tight turn with his right foot and plays it to the feet of player C who combines with player B avoiding the defender and then dribbles at pace to the end of the next line. Repeat with the left foot going the other direction. Players follow their pass and advance one cone for the rotation. See Diagram.

Coaching Points: Passing and receiving technique, movements and timing of runs, creating separation from defender (cones) by checking away before receiving each pass. Playing away from the mannequin, change of pace, speed of play, game awareness.

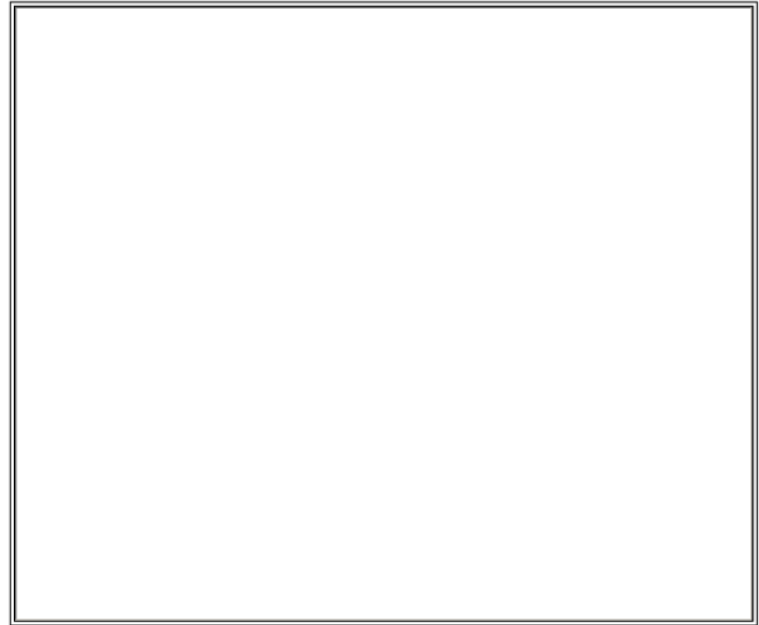
Progression 1 notes



SEQUENCE #5:

Set up: 10-15 players 45 X 40 grid; adjust size depending on age and ability of players; 2 variations both directions. Instructions: The second passing sequence shows player A plays it in to B who lays it back to A, A plays it to C's feet who lays it back to B and then B plays into the path of C who passes at pace to the player at the end of the line. Pattern to the right for three minutes and then pattern to the left for three minutes. See Diagram. Coaching Points: Passing and receiving technique, movements and timing of runs, creating separation from defender (cones) by checking away before receiving each pass. Playing away from the mannequin, change of pace, speed of play, game awareness

Progression 2 notes



Additional Notes / Key Coaching Points

