



# Soccer Champions Coaches' Clinics



## Interactive Session Plan™

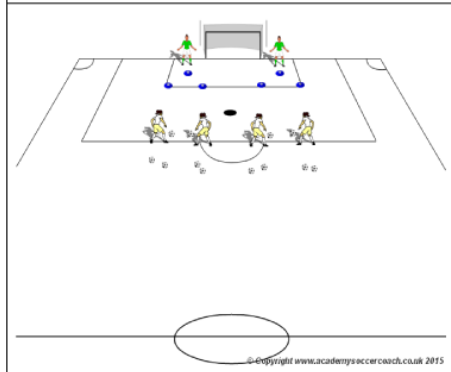
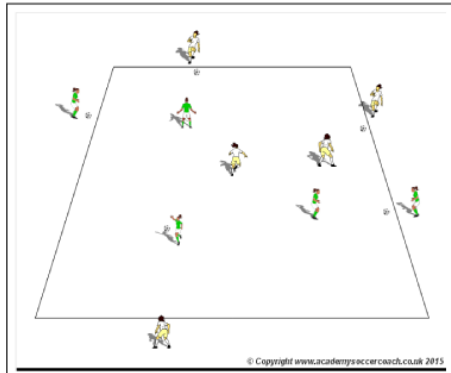
Coach

Session date

Team/Age Group

Theme

Time available



### WARM-UP

Organization	Key Coaching Points
<p>Big Box warm-up:                      all available players / split into two groups                      each player on the outside has a ball                      goalkeepers progress through: one touch, two touch, basket, contour, high contour                      *include proper catching even when on the outside of the grid                      field players progress through: one touch, two touch, instep volley, laces volley, collect on the thigh</p>	<p>dynamic set position - shape and timing                      quality distribution back to feet of outside players                      shape of hands when receiving                      shape of the body when receiving</p>

### ACTIVITY 1

Organization	Key Coaching Points
<p>triangles set 3yards x 3yards                      two-for goalkeepers                      four servers                      goalkeepers move around the triangle to emphasise different footwork:                      -drop step, positive first step, mini shuffle, crossover, figure 8                       Use the same setup to review collapse diving and re-standing</p>	<p>dynamic set position - shape and timing - find the rhythm of the shooter                      quality distribution back to feet of servers                      shape of hands when receiving                      shape of the body when receiving                       collapse - move forward to the path of the ball, catch and use the ball to absorb the dive with three press points on the ball                       re-standing - pushing off will naturally happen</p>

### ACTIVITY 2

Organization	Key Coaching Points
<p>all field players have soccer balls                      star with a service from the end line                      second service comes from an angle                      give time for setup and proper footwork to open up across the goal</p>	<p>dynamic set position - shape and timing - find the rhythm of the shooter                      quality distribution back to feet of servers                      shape of hands when receiving                      shape of the body when receiving</p>

### GAME

Organization	Key Coaching Points
<p>similar to above                      ball is moving more so there's more of a dynamic factor for both the goalkeepers and field players                      all balls start with the server at outside the top of the box</p>	<p>dynamic set position - shape and timing - find the rhythm of the shooter                      quality distribution back to feet of server                      shape of hands when receiving                      shape of the body when receiving</p>