

Soccer Champions Coaches' Clinics



Interactive Session Plan ™

Coach Ray Reid Session date 28 Feb 2015

Theme

Training Exercises with the Ball to Improve your Team's Fitness



NOTES

- I. Warm up- Soccer Freeze Tag & Soccer Blob
- II. 1v1, 2v2 (Grid Work)



- III. 5v5 + 4 possession
- IV. 8v8 + 2 possession



V. 1v1, 2v2 to goal



VI. 3v3, 4v4, 5v5 Full Field (only for players 15 & older)

