

## Interactive Session Plan™

Coach **Ian Barker**

Session date **March 4, 2016**

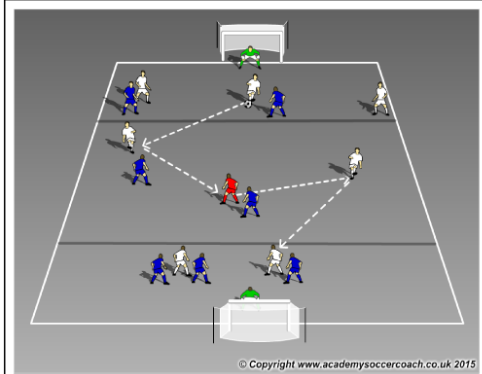
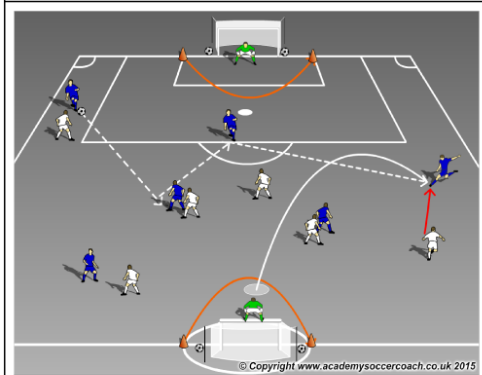
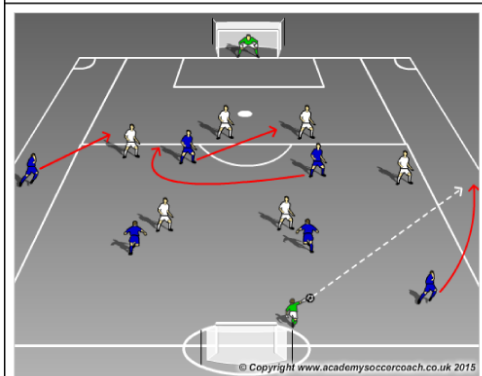
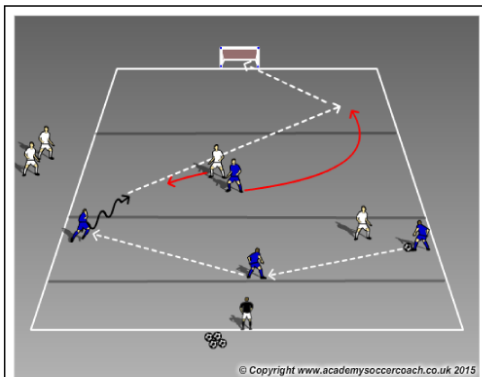
Team/Age Group **Youth Team**

Theme

Training Activities for Small-Sided Game Development - 4 v 4 through 9 v 9

Time available

60 minutes



### NOTES

This activity is used to begin exploring the ideas of possession and attacking in a 4 vs. 4. This is the model for 8 and under soccer, but could apply to small group training for older players.

Play begins with a 3 vs. 1 in one area. The 3 must advance the ball into the next area on the dribble or by a pass. In doing so a 2 vs. 1 is now created in the second area. As with the 3 vs. 1 the 2 players in possession seek to penetrate into the final area and score quickly.

Progress the activity by adding a defender to make it 3 vs. 2 in the first area and later 2 vs. 2 in the second area by adding a defender in that area.

The coach is the counter attack option for the defending team.

This activity incorporates wide channels. The team in possession can play in the wide space without pressure. Play in the wide space should be quick.

Progress so that upon possession in the wide space a defender may go out to create a 1 vs. 1. At that point a second attacking player may go out to create combination options in the wide space.

The focus of the activity is both the development of play in the wide channels and the movement of the attacking plays in the main playing area as they seek to attack the wide service.

This activity is used to coach both possession and penetration and the importance of pressure and cover. Typically the coach will focus on one side of the ball or the other in a single session.

The objective of the activity is to get the ball into the opposing goalkeeper's hands on the fly. The goalkeepers are restricted to a marked area.

To be successful the team in possession must move the ball always mindful of finding a channel to play directly. The opposing team can be played over so they must get effective pressure to the ball and then have cover for the pressing player so they are not exposed 1 vs. 1.

A good option here is to allow the team with the ball to use their goalkeeper as a support player in order to build.

This activity is played in 3 areas as an 8 vs. 8+1. Both teams set up in a 1-3-2-2 formation and an additional all time attacking player is employed. Each line of the team is restricted to a specific area. The all time offensive player plays in the middle area.

Play always begins with a goalkeeper and the team in possession looks to use their numerical advantage in the back and middle thirds in order to deliver a positive entry pass to their forwards.

An excellent option is to allow anyone of the three midfielder players to join in in the attacking third until the play goes dead.