

## Interactive Session Plan <sup>TM</sup>

Coach

Session date

Team/Age Group

Theme

Time available



**NOTES**

**4 v 2 Possession**  
 Organization: 2 x 12 x 12 yard box, 12 players.

- 1) Work on through, around and over
- 2) Players rotate on outside - overlaps underlaps
- 3) Movement off the ball
- 4) Players moving in and out of area to create opportunities to play wide
- 5) Play over if 2 defenders press high

**Key Points:** Different surfaces, Awareness of space to penetrate, Body position to receive, Movement before the pass



**Possession to break lines**  
 Organization: 12 outfield players, 2 goalkeepers.

Using mannequins players aim to pass the ball through the mannequins for a runner to break in to the final third. The receiving player has 3 seconds to score unopposed.

**Progressions**

- 2 players can drop in to defensive third to build the play with one opposing player allowed in to apply pressure.
- 1 Defender can track player in to final third following break the line run.

**Key Points:** Patient possession, Timing of movement, Weight of pass, End product



**Organization:** 6 v 6 with 2 neutral players.

**Team 1** aiming to play out of high press to attack from wide areas

**Team 2** aiming to high press to prevent opponents playing longer passes

**Additional Notes / Key Coaching Points**