

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

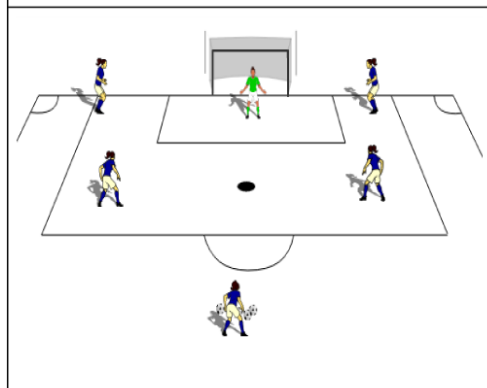
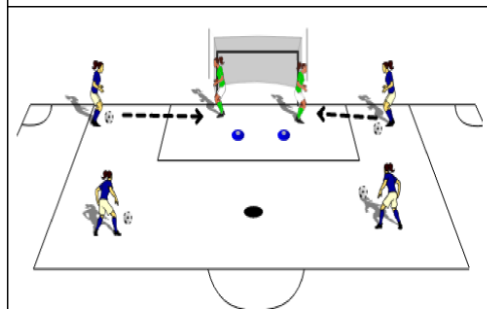
Coach

Session date

Team/Age Group

Theme

Time available



### NOTES

two triangles set 3yards x 3yards with four servers  
 goalkeepers move around the triangle to emphasize different footwork:  
 -drop step, positive first step, mini shuffle, crossover, figure 8  
 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 third hand  
 re-standing - pushing off will naturally happen

all field players have soccer balls  
 start 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

coaching points:  
 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

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

coaching points:  
 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

### Additional Notes / Key Coaching Points