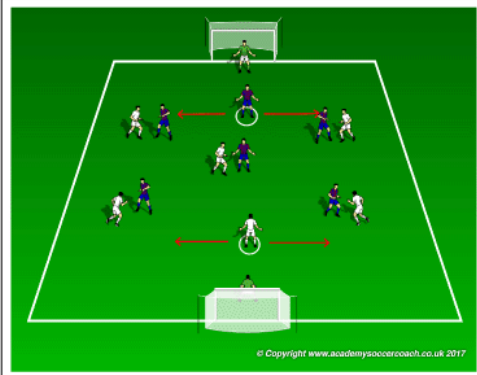
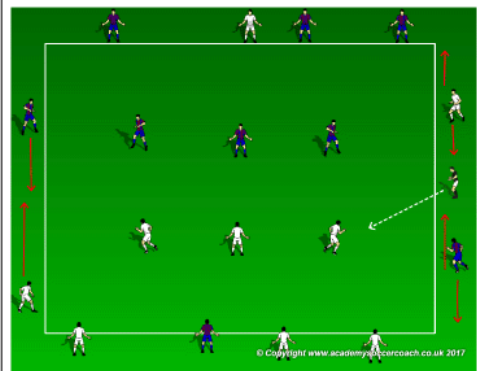
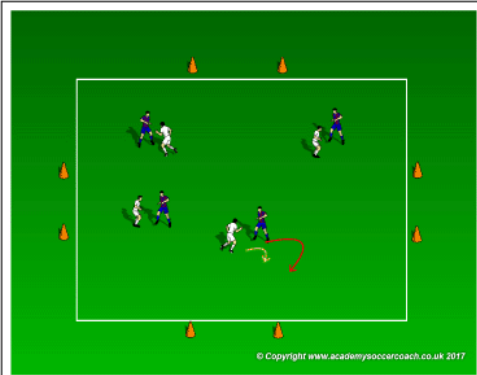


## Interactive Session Plan <sup>TM</sup>

Coach

Session date

Theme



### NOTES

- Players paired as defender and attacker.
- Attacker "lose" the defender and break-through 1 of the 4 goals.
- Reverse positions
- Balance, agility direction changes

- Teams of 3 at both ends of the practice area.
- Practice area - 40yds x 20yds
- Coach feed ball into one of the teams of 3 who play to feed T - target player behind the end line.
- Team in possession, can use support players S on either side of an area.
- Marking, tracking, defending against attacking movement.

- Two teams of equal number.
- All man-mark, except two free players - SW
- Teams play to score past the GK at each end
- Change the free player SW after 3, 4, 5 minutes of play - coaches decision.
- Marking, tracking opponents, defending in 1v1 and combination play.
- Role of the free player SW.

### Additional Notes / Key Coaching Points