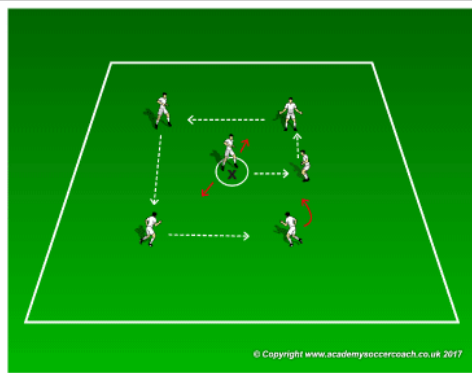


## Interactive Session Plan <sup>TM</sup>

Coach

Session date

Theme



### NOTES

- Groups of 5
- Passing at speed, simply, early, quickly
- Progress towards all passes being made using 1 touch only
- Central player X supports the passer at a variety of different angles and distances
- Two teams play inside the same area, 10 players operating in the same zone

- Two teams keep possession within the same area
- Two footballs needed and two-touch maximum imposed on players possession THEN
- Develop the practice to "find" a player inside the center circle as often as is possible
- Receiving player passes the ball, or runs the ball out of the central area to continue possession play

- Game of 6v6
- Move the ball quickly, early and accurately if possible
- Emphasis on receiving positions made at the right time into spaces and operating within the space

### Additional Notes / Key Coaching Points