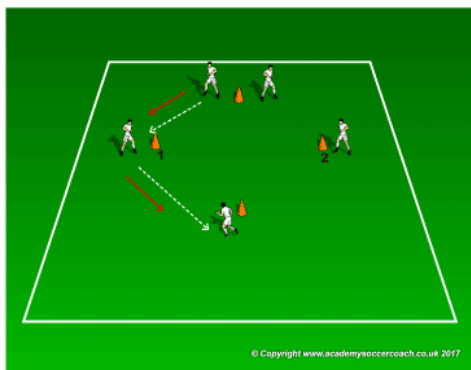


Interactive Session Plan™

Coach

Session date

Theme



NOTES

- A diamond shaped practice structure
- Players pass to the next receiver as shown and follow their pass
- Wide attackers 'skills' referenced particularly at cones 1 and 2
- Positioning, receiving the ball, eliminating the opponent
- Practice could be developed into a crossing or shooting practice

- A diamond shaped practice structure
- Players on the outside area, pass and follow their pass as shown
- Players receiving at cones 1 and 2 - receive and then eliminate an opponent (cone 1 a maneuver)
 - 1) alone
 - 2) in combination with T who supports the ___ receiver
 - 3) T operates using different angles and distance

- A "phase of play" type practice
- A simulated back 4 defense and a GK
- Two center midfield (4 and 8) and two wide attackers (11 and 7)
- On any regain of possession by the defense, they play to find T and the phase continues as T passes the ball into midfield or wide players for the practice to continue

Additional Notes / Key Coaching Points