

Interactive Session Plan TM

Coach

Session date

Theme

NOTES

Warm-up

- 1) Run through ladders (Ball in coaches hand: to player feet for volley in goal)
- 2) Run through ladders (Ball in coaches hand: to player chest to feet and volley in goal)
- 3) Run through ladders and zigzag through poles (Ball on the ground: pass to players feet for touch and finish in goal)

Technical Warm-up with Emphasis on Transition

Key Points

- 1) Good Width of pass (Make a firm pass)
- 2) Good first touch
- 3) Speed of play
- 4) Movement off the ball

6v3 Transfer Box

Key points

- 1) Reaction after winning ball
- 2) Look to win ball facing the way you are attacking
- 3) Look to play the farthest pass after winning the ball
- 4) Movement off the ball

Transition from defending to attacking

Key point

- 1) Look to play forward after winning the ball
- 2) Look to switch the point
- 3) Make an effort to find striker feet
- 4) Put in the work/effort to get in the box (1st person in box look to go near post)

