

Interactive Session Plan™

Coach Tom Goodman

Session date February 25, 2017

Theme Coaching Attack and Defense Using Small Sided Games



NOTES
<p>Dutch Circle</p> <p>Players inside the circle combine with perimeter players (straight on pass, double pass, wall pass, take-over and run-around). Switch perimeter players with inside players every 2-3 minutes.</p> <p>Coaching Points: Clean up dribbling, passing and receiving techniques; work on some combinations.</p>



<p>2v2 Defending (Defensive Principles of Pressure and Cover)</p> <p>Coach serves ball from midpoint to one of the corner lines. On service, one player from each corner enters the field making a 2v2 competition. If ball goes out of bounds or in the goal, the game is over and the players return to the end of their lines. The coach will serve the next ball in for the next 2v2 competition.</p> <p>Coaching Points: Responsibilities of the 1st defender: recognizing that you are the 1st defender; traveling as the ball travels; apply high pressure (tackle) or low pressure (contain). Responsibilities of the 2nd defender: recognizing that you are the 2nd defender; traveling as the ball travels; provide proper cover; tight pressure-tight cover; loose pressure-loose cover.</p>



<p>5v5 Attacking (Attacking Principles of Penetration, support and width/length)</p> <p>Play a 5v5 soccer game.</p> <p>Coaching points: Responsibilities of 1st attacker; recognizing that you are the 1st attacker; attempts to penetrate with the shot, pass or dribble. Responsibilities of the 2nd attacker; recognizing that you are the 2nd attacker; proper distance and angle of support; involvement in combination play with 1st attacker. Responsibilities of the 3rd attacker; recognizing that you are the 3rd attacker; providing wide and long options to your teammates.</p>
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<p>7v7 Attack and Defense (Attacking and Defending Principles)</p> <p>Play a 7v7 soccer game.</p> <p>Coaching considerations: Attacking Principles: penetration, support, width/length, mobility, improvisation. Defending Principles: pressure, cover, balance, compactness, counter-attack.</p>
