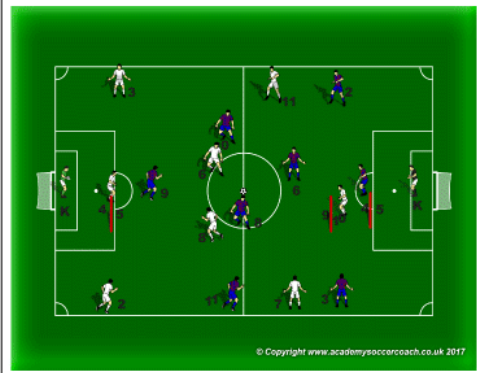
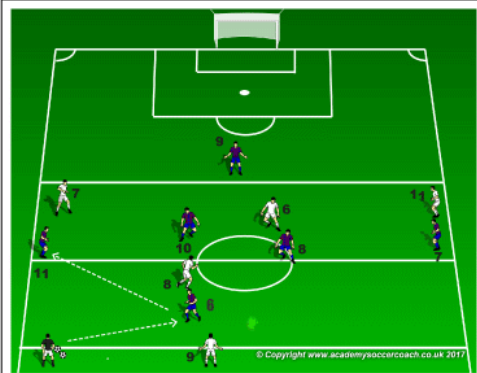
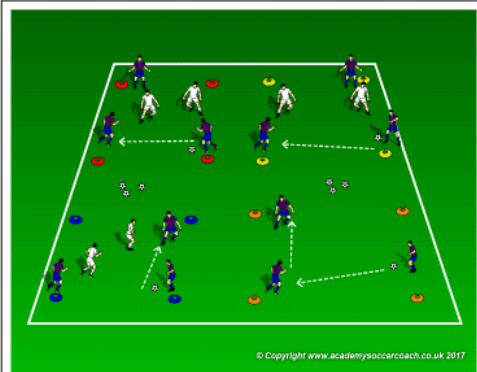


## Interactive Session Plan™

Coach

Session date

Theme



### NOTES

**Organization:** Players play in the 10x10 box- Players will set up 3v2 in all three box except one. One box will be 3v0 - Players begin to pass the ball between them. Defenders will try to win the ball back. Defenders free to go to 3v0 box at any time. Attackers must be aware of the defenders and keep the possession as much as possible in the grid shown. (15 min)

#### Coaching Points:

**Technique:** Passing >>> Toe up (Inside) or down & turned in (outside), placement of the non-kicking foot, pace of the ball, timing of the passes, eye contact, eyes on the ball, strike the ball solid through middle

**Receiving >>>>** Keep feet moving before ball arrives and go to it, receiving first touch directional, Eye on the ball, keep ankle of receiving foot locked and body behind ball, sideways on receiving

**Organization:** 6 v5 - Both team tries to find their #9 to penetrate. They score one point when they find #9. They score two points if execute combination play and find #9. (20 min)

#### Coaching Points:

**What? Tactic :** Attacking Principles >>> Penetration & Support& Mobility

**What? Technique :** Passing & Receiving

**What? Physical:** runs on and off the ball (pure speed)

**What? Psychological:** Mental skills- takes charge-commitment.

a) Which surface should you strike the ball with? And receive the pass? b) Where should your first touch be? c) How is your body angle should be when receive the ball? Why is it important to play the ball to correct foot of your teammate? d) When should you provide support?

**Organization:** 9v8 to a large goal. Red team will score on a big goal. White team will score by dribbling or with combining with another player to a end zone. (20 min)

#### Coaching Points:

**What? Tactic :** Attacking Principles >>> Width & Improvisation (Penetration & Support&Mobility)

**What? Technique :** Passing & Receiving

**What? Physical:** Quickness, strength, ability and balance

**What? Psychological:** Work ethic, game involvement and aggressiveness

a) When to possess or penetrate? b) How do we create passing or dribbling lanes through opponents? c) When should we split the defenders? d) What visual or verbal cues should you be using with your teammates? When and Where we provide width, why? What determines we need to play fast? Why should we slow down? What is the purpose of it?

**Organization:** Red Team: 1-3-1-3-1 vs White Team 1-3-2-3 - (20 min)

Continue reinforce the coaching points of the session.