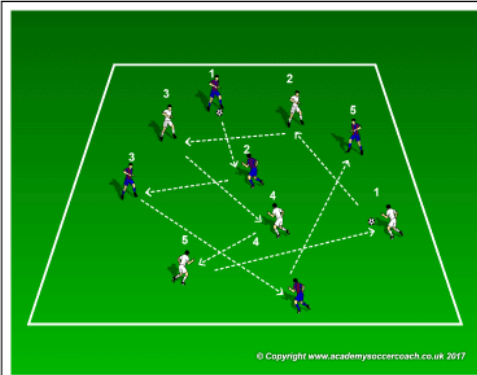


Interactive Session Plan TM

Coach

Session date

Theme



NOTES

Sequential Passing

1 to 2, 2 to 3, 3 to 4, 4 to 5

Can create different combinations

Pass and move

8v4+4

20x44, 2 Minute Bouts

Team A of 8 has 1 touch, Count number of 1 touch passes

Team B= 4 inside the square have unlimited touch, 4 outside have 1 touch

Back Work

2v4/2v4

2 way game

2 Strikers attack the back 4

When defenders win the ball, play into strikers

3v2 to Goal

Free Flowing, GK Distributes to Striker, 2 teammates join the attack

Defenders remain as defenders

Team of 3 attacks, after attack is complete (save, out of bounds, lose possession), go to back of goal, new team of 3 attacks opposite way