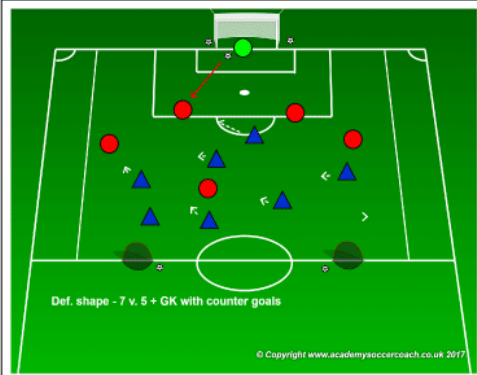
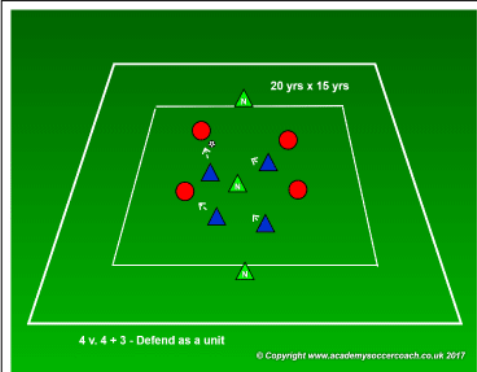


Interactive Session Plan™

Coach

Session date

Theme



NOTES

WU: 4 v. 4 + 3 - Defend as a unit

- > Defending team needs to establish inside position.
- > Transition is very important here.
- > Use the sidelines to aid in the defending effort and look for pressing opportunities.

Small Sided Game: 6 v. 6 + 2N to 3 small goals:

- > Each team defends three small goals
- > Defending needs to slide and force the ball away from the middle
- > Again look for opportunities to press
- > Transition is very important, pressure the ball early to force a negative pass back or wide.

Expanded Small Sided Game: 7 v. 5 + GK with counter goals

- > Defending 5 need to force the ball to the outside
- > Work as a defending 5 to shift and slide together
- > Can defenders create even numbered defending situations
- > Can defenders create a numerical advantage in an area of the field.

Additional Notes / Key Coaching Points