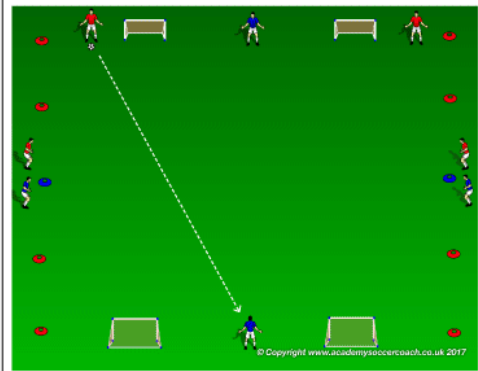
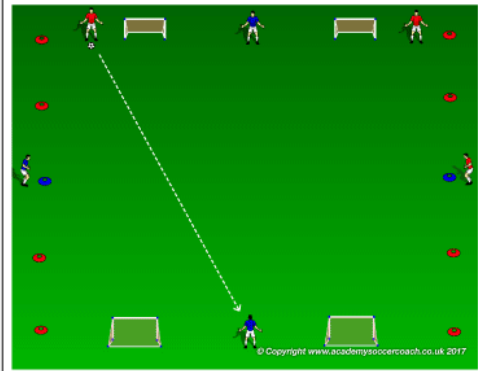
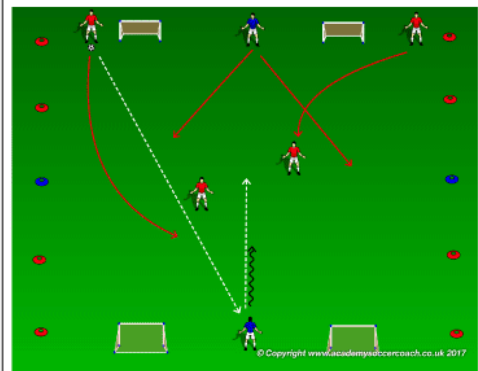
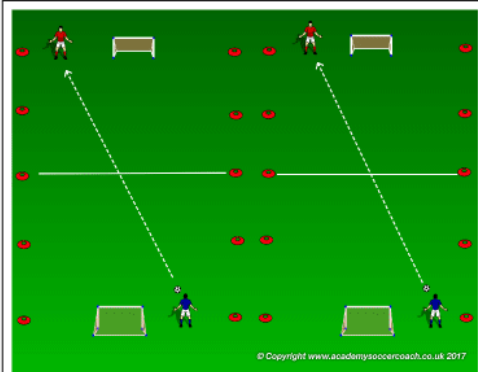


Interactive Session Plan™

Coach

Session date

Theme



NOTES

1v1 to goal with 4 players per grid.
Two separate field with a 2 yard space for safety
Play until a goal is scored.
Variation. 1 = Blue plays to red and blue can defend immediately after playing the ball
CP's: defending principles of play - pressure (how and why)

Ex. Blue plays to red and can defend once red takes the first touch.
CP's: attacking principles of play - penetration (how) shot or run with the ball/dribble

2v2 to goal with 8 players per grid.
Lift the middle cones up and you now you have one field
Variation 1 = Red plays to Blue and the game is live immediately after Red plays the ball
One blue player receives the ball and the other blue player (2nd attacker) supports from the front.
Red will pressure the ball and get a shape (pressure and cover)
Play until a goal is scored.
CP's: defending principles of play - pressure (how and why), cover (how and why)

Variation = Red plays to Blue and can defend once red takes the first touch.
CP's: attacking principles of play - penetration (how) shot or run with the ball/dribble and support (how and why)

3v3 to goal with 6 players per grid.
Same field as Ex 2
Variation = Red plays to Blue and the game is live immediately after Red player receives the ball.
The other blue players support from the front and side. Red will pressure the ball and get a shape (pressure, cover and balance)
Play until a goal is scored.
CP's: defending principles of play - pressure (how and why), cover (how and why) and balance (how and why)

Variation = Red plays to Blue and can defend once red takes the first touch.
CP's: attacking principles of play - penetration (how) shot or run with the ball/dribble and support (how and why), width/mobility (how and why)

4 v4 to goal with 8 players per grid.
CP's:
Diamond Shape
Principles of Play both Defending and Attacking
When to Defend and Attack