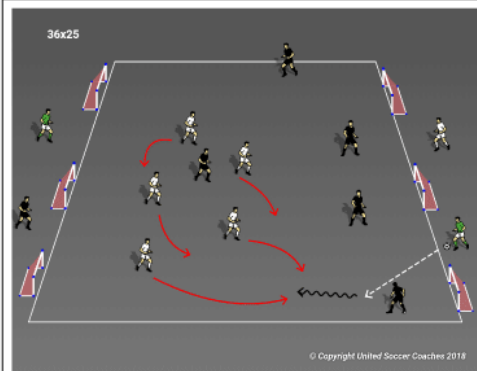
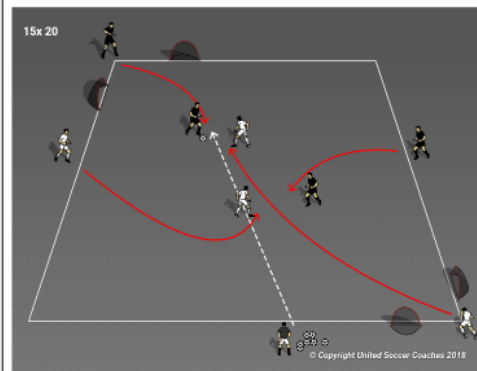
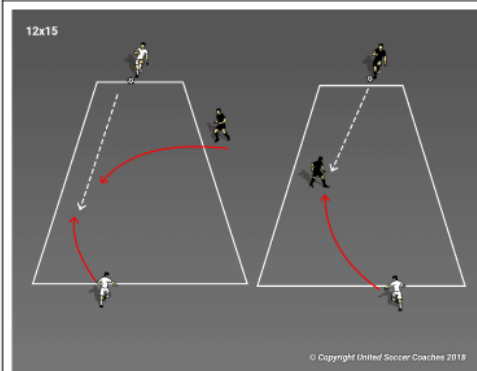
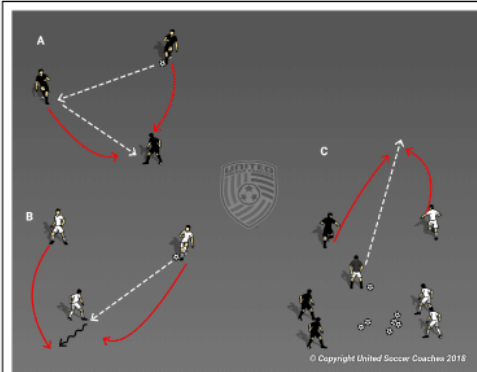


Interactive Session Plan TM

Coach

Session date

Theme



NOTES

Activate in unrestricted space

Develop mentality, movement/physical literacy, reading of visual cues

A: Pass back and forth until one player puts their foot on it. Then the other two players must close to the ball. Repeat

B: Pass back and forth until one player turns with the ball. The other two must close in tandem, one pressing the ball and the other taking up a cover position. Repeat

C: Coach plays the ball out between two players who compete for the ball and score by returning the ball to the coach

Development into 1v1 in restricted space

Vary start positions and objectives to challenge the defender

Left: Ball is played to attacker who must return to the server, defender must close to the ball to prevent the return pass and to prevent being beaten on the dribble. Consider speed and angle of approach, proximity to ball, position of feet, decision to jockey or to win the ball

Right: Ball is played to attacker with their back to the defender. Defender must close to prevent the turn. Consider how to prevent the turn, maintain a good distance to the attacker, how to win the ball off the half turn or drive the attacker back

Development into 2v2 with "goals" on the diagonal

Vary the start position of the 4 players to create pressure and cover and penetration and support scenarios the players must read and respond to

Once the coach plays the ball the first two players, one white and one black may react to create a 1v1. Upon the first touch of the attacker a covering defender enters and a support attacker

Consider the individual defending effectiveness of the first defender. Consider the communication offered by the second defender, their movement and proximity to their team mate and their readiness to engage and apply pressure as required

Development into a 6 goal game

Option to have a GK to begin play and support team

Option to have a high target that must be played off of before a goal can be scored

The consideration for the defending team is to pressure the ball and deny penetration. At the same time a defender cannot be isolated 1v1 and cover must be provided. The rest of the team must shift to balance off the threat of the ball, the space and opponents moving off the ball

Successful defending should be followed up by the readiness to transition to attack based on team shape and the disposition of the opponent