

Interactive Session Plan [™]

Coach

Session date

Theme



NOTES

Grid is 20 x 20. Set cones at the 4 corners with 2 off-set flat dots internally. One player at each cone with extra players waiting behind A. Cue: low midfielder receives to pass and get out of the grid.

Pattern 1: Players will follow their pass. A plays across to B, C drops low to receive, D goes high, C plays out to E, E plays to F, F plays D who dropped low (B goes high), D plays to a new A in line.

Pattern 2: A plays across to B, C drops low, D goes high to receive, D plays underneath to C and C plays out to E, E plays to F, F plays to B who goes high, B plays underneath to D and D plays out to a new A in line.

Pattern 3: A plays across to B, C drops low to receive, D goes high, C plays out to E, E plays to D (high midfielder) who plays it across to F (E does not follow pass, goes to the F position), F passes back to D and D plays to a new A in line. New A plays to B (high midfielder) to continue pattern.



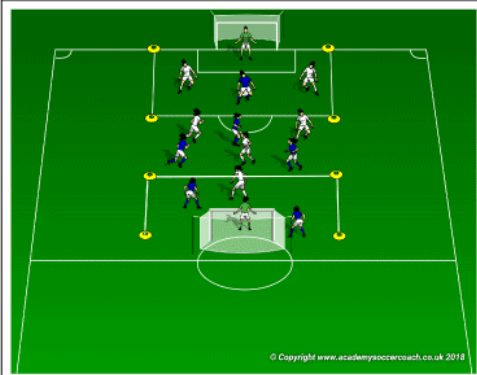
Grid is approximately 55 x 40, use field lines as shown, adjust size for numbers of players in grid. 9 vs 9 with 2 midfielders as plus players (always in possession)

Play multiple games and train midfield pairs by switching them out.

Game 1: 7 min of possession, count total passes, pass to plus player counts as 2. layers are 1-2 touch except plus players are unlimited.

Game 2: 7 min of possession, count pass strings of 5 or more, pass to plus player counts as 2. Players have to take 1 touch after any player takes multiple touches. Plus players are unlimited.

Watch the movement of the pair, one should always be available, are they looking to play off each other. Imperative to take looks and be aware of pressure. Face the field whenever possible. Look to change the point.



Grid is 2 x 18 yard box plus a center zone of 20 yards x width of 18 (44). 7 v 7 with 1 v 2 in attacking zones and 3 v 3 in midfield zone.

GK's can play to backs or midfield (not to forward). Players stay in their zone defensively but can advance to attacking zones to create one player advantage. Midfielders can drop into defensive zone to help build and opposing midfielder can follow to defend.

Game 1: Backs can only play through midfield, midfield must look to combine with each other to create a shot from their zone or combine with the forward to create a shot in the attacking zone. All 3 midfielders must touch the ball before scoring. Must pass into attacking zone.

Game 2: Backs can play to midfield or forward, same rules for midfield as game 1 but now they can dribble into attacking zone after combining with 1 other player.

Movement of the midfielders in relationship with each other. Ability to face and combine. Effectiveness in creating scoring opportunities.

Additional Notes / Key Coaching Points