

Interactive Session Plan™

Coach

Session date

Theme



NOTES

2 v 1 in 12 x 6 grid with a center line that the defender must remain on. Defender can only move laterally across the line.

Attacking players have unlimited touches to manipulate defender and cross the center line. The line acts as an offside line. Players can pass or dribble across.

Creativity in movement, deception, timing of run, cues to pass or dribble, weight and texture of pass to make sure it remains in grid and player can collect.



3v3 in 12 x 15 grid with with a center line that the 3 defenders must remain on. Defenders can only move laterally across the line.

Attacking players have unlimited touches to manipulate defenders and cross the center line. The line acts as an offside line. Players can pass or dribble across.

Creativity in movement, deception, timing of run, cues to pass or dribble, weight and texture of pass to make sure it remains in grid and player can collect.



3 teams of 6. 6 v 2 in one zone (10 x 15) of multi-zone grid. Total grid is 35 x 15. Neutral zone (15 x 15) is the area to receive the final pass.

Team 1 players look to play teammate into neutral zone. Can adjust number of passes to complete in 6 v 2 before playing out. Once received in neutral zone must pass or combine with teammate to play the ball into the next grid to team 2 for a point.

Team 3 defends in zone and can earn a point by winning the ball and competing a pass to a teammate in or out of the grid. The 2 defenders waiting in neutral zone can block attempted pass. They can also leave the back line of the zone after a player from team 1 has touched the ball.

Emphasis on multiple player combinations, vision to see 2nd runner, timing of runs, ability to complete a textured pass, composure to receive the ball in neutral zone and vision to finish play.



11 v 11 on field 80 x 70 (full width). 3 zones of 20, 40, 20 in length.

Teams build in defensive zone and middle zone to combine to break into attacking zone. Attacking zone line acts as an offside line. Can only pass into attacking zone, can't dribble. Can go directly to goal. If the final pass is wide, attacking players can join for a cross. One defender recovers at first. Variation is to add more recovering defenders as game progresses.

Emphasis on multiple player combinations, vision to see 2nd runner, timing of runs, ability to complete a textured pass to create goal-scoring opportunities whether it be a shot or cross.