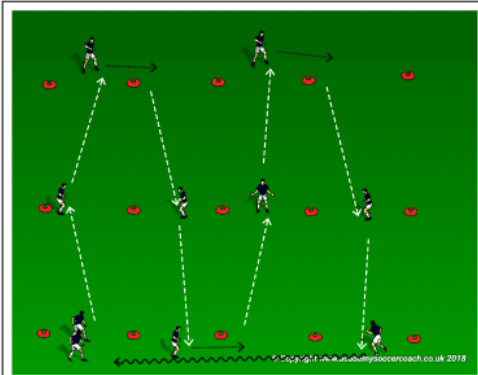


Interactive Session Plan™

Coach

Session date

Theme



NOTES

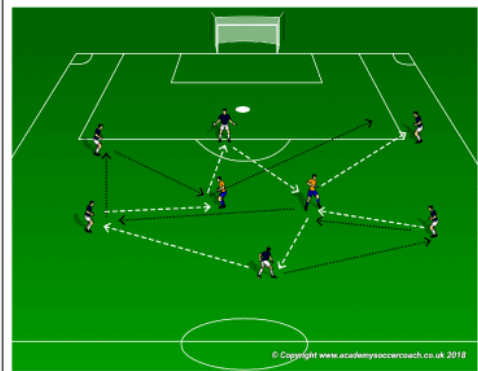
Technical Passing

- Body shape, timing of movements, weight of pass, directional first touch



6v6+2, 6 goal game

Body shape, angles of support, passing weight and accuracy, tactically deciding when to switch the point of attack and when to play forward



Patterns to goal

- Timing of movements, body shape, weight and type of pass, making the final pass



6v6 to goal

- Building upon technical and tactical themes developed throughout the session