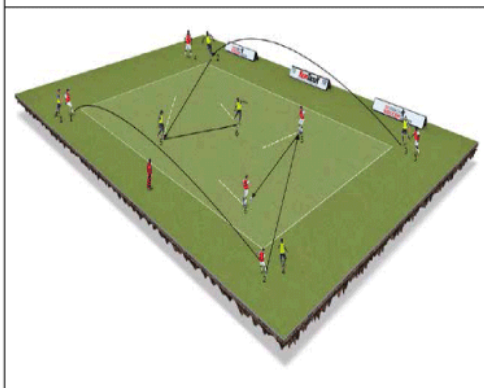
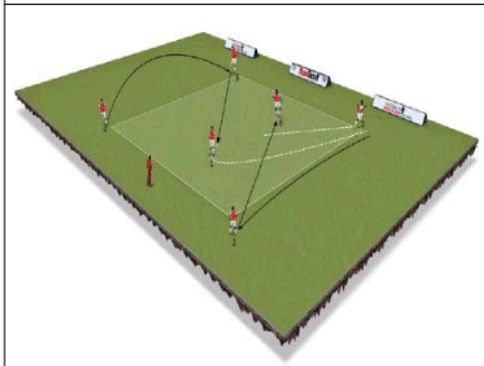
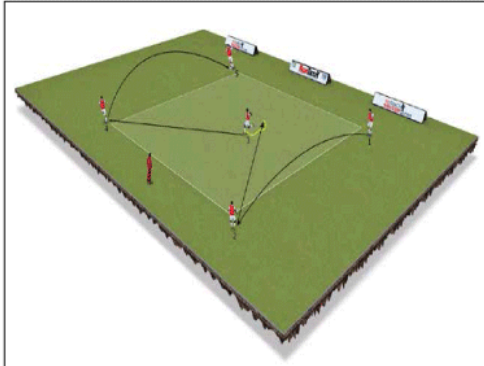


## Interactive Session Plan™

Coach

Session date

Theme



### NOTES

**Set Up:** The initial square 20x20 yards and can be modified to a 35x20 yards rectangle to encourage longer passes. Use flat markers instead of cones to avoid interference with players receiving a pass. One ball to begin the activity and add an additional ball when appropriate.

#1 starts with a driven 20 yards pass along the outside of the area.

#2 moves into the line of the ball and controls with one touch.

#3 adjusts his/her position to receive a pass from #2 across the body, so a pass to the opposite end with 2 touches is possible.

#3 can pass to either #4 or #5 and elects to pass to #4.

#4 then plays a chipped pass to #5.

Having passed to #4, #3 can exchange roles with either #1 or #2 – movement in the opposite direction to the ball.

#3 runs towards #1 and #1 moves swiftly to the center to receive the next pass from #5 – the routine continues.

A second passing pattern is initiated with a pass from #1 to #2 and a pass inside to a new player - #6.

Driven or chipped passes between teammates on the outside test player's ability to receive balls from the air.

To add complexity, a second team is added to the same area playing with their own ball/s.

Yellow and red teams work in opposite directions and central players for both teams must combine before passing to the periphery.

Notice the pass by red #2 and yellow #2 is to the central player furthest away - opening the space and providing forward passing options.

### Additional Notes / Key Coaching Points

#### TEACHING MOMENTS

Teaching moments with the passer:

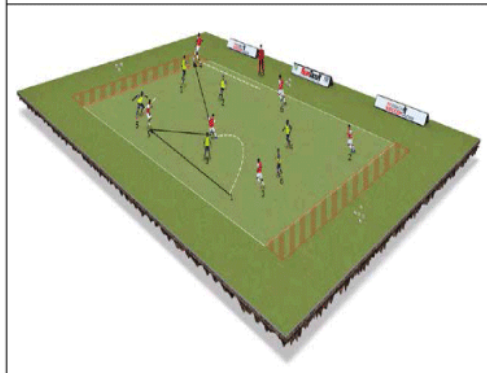
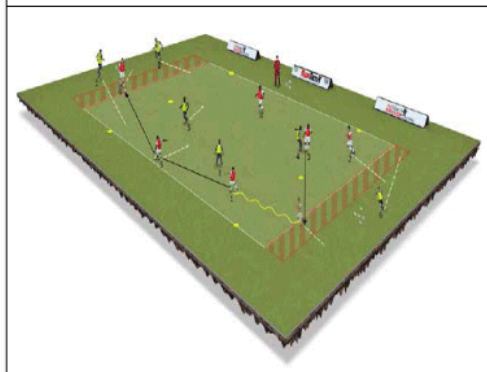
Teaching moments with the receiver:

Teaching questions to ask players:

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### NOTES

**SET UP:** Use cones/flat markers to create a 70x30 yards rectangle with a 5 yards end zone at each end. Two teams of 6 players start the activity with the team in possession having a 6v3 advantage. Balls are accessible at both ends.

Two teams of 6 players attempt to score points by passing to a striker. The yellow team start with possession and #1 collects a ball from the end line. Yellow's defenders (#1 and #2) combine uncontested in the build-out zone and pass wide to #5. The yellow team has a 6v3 advantage, with red #1, #2 and #6 stepping outside the playing area.

In this diagram, red #3 has won possession.

Immediately, the yellow defenders (#1 and #2) and attacker (#6) drop off and red defenders (#1 and #2) and attacker (#6) come on.

Red #1 is alert and receives a pass from #3.

#1 penetrates space and draws yellow #3 to the ball.

Space is wide for red #5 who passes into the striker for a point.

Most restrictions have been removed for the final sequence.

Play 6v6 in the main area.

Red #1 and #5 play a wall pass around yellow #3 and a pass is made in front of red #4 between the yellow defenders and into the end zone.

### Additional Notes / Key Coaching Points

#### TEACHING MOMENTS

Teaching moments with the passer:

Teaching moments with the receiver:

Teaching questions to ask players: