

## Interactive Session Plan <sup>TM</sup>

Coach

Session date

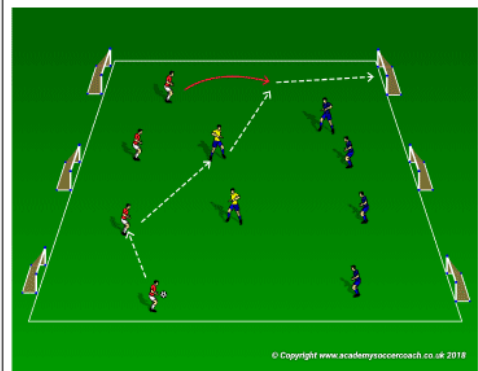
Theme



### NOTES

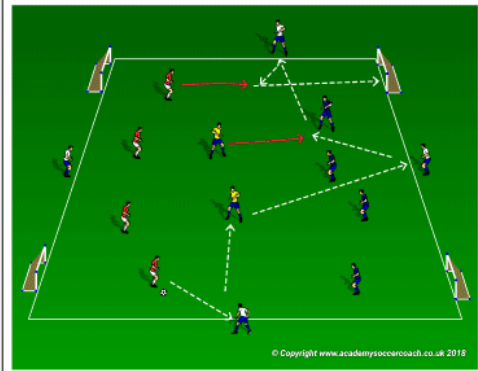
6v5+3

6 blues on the outside look to combine with the 3 yellows (Center Midfielders) on the inside. Blues can play to each other on the outside, and can play long switches over the top. Play in 1 or 2 touch. When reds win the ball, they only have 1 touch.



4v4+2, 6 goal game

4 players can be set up like a back 4, or midfield 4, 2 neutrals act as CMF's or Strikers, Look to switch play side to side before playing forward



4v4+2+4, 4 goal game

4 bumpers, 1 on each sideline, bumpers provide width and depth



5v5+3, 6 goal game

5 act as a back 4 and center midfielder, quick ball movement but patience in the build up, looking for opportunities for outside backs to get forward, looking for penetrating passes