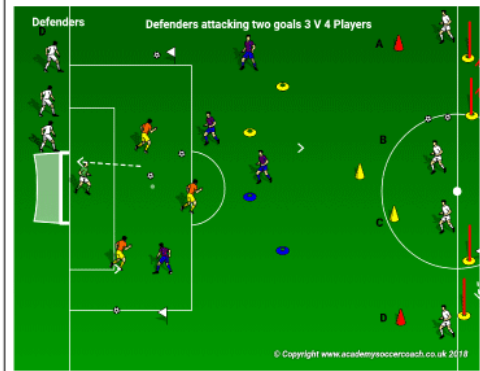
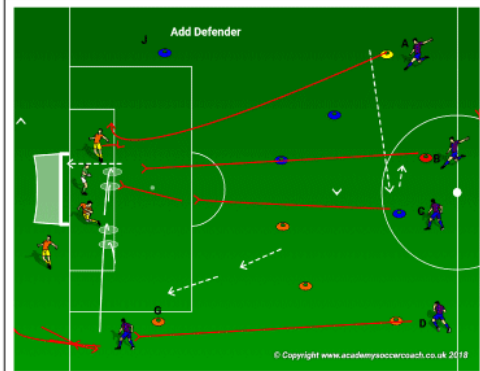


## Interactive Session Plan™

Coach

Session date

Theme



### NOTES

Stage One: Four players 40yds away from goal. One Goalie in Goal.  
Player A and Player D are on the sides with balls.  
Player B and C are in the middle of the pitch.

A passes to C --> C lays the ball to B --> B passes diagonal ball between cones on to D --> D overlaps to reach the end zone and cross the ball to the box.

Players A, B and C attacking the goal mouth. Each has his position - near post, far post and the middle section near the goal mouth. Players return, running back to their positions.

Stage Two: Same from the other side.

Player D passes to player B --> B lays the ball to player C --> C passes diagonal ball between cones on to player A --> A overlaps to reach the end zone and cross the ball to the box.

Players D, B and C attack the goal mouth.

Attempt several dry runs then add a defender.

Attempt same drills with one defender!!!

Same drills with two defenders!!!

Stage Three: Add third defender.

Add MF support to the attacking four as a trailer player.

The Drill:

4 attacking players with one trailer (MF) coming from behind.

Crosses from players A and D are now back to the 16 yards line! or penalty area - NOT to the goal mouth!

Stage Four: Add another defender and another MF trailer player

Now it is 6 v 4.

Same drills - real game and real competition.

Stage Five: Same 6 v 4 game.

When defenders win the ball they attack two small goals on the 45 yard line.

Attacking players become defenders. Defenders attack in speed the two small goals.

Despite the lower number of players defenders will score goals!

Change position of players at all times.

Pay attention to one of the weakest skills of the game:

- Crossing the ball accurately while running forward! This is a world wide problem!