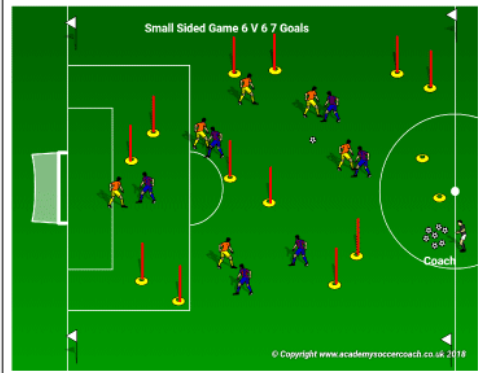
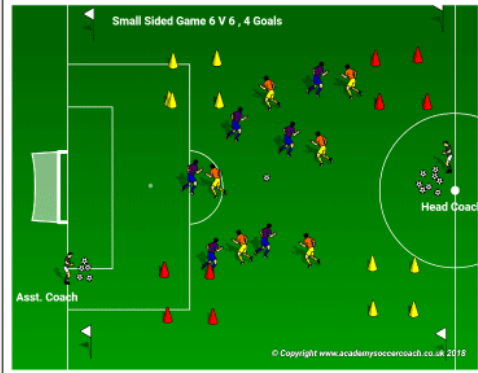
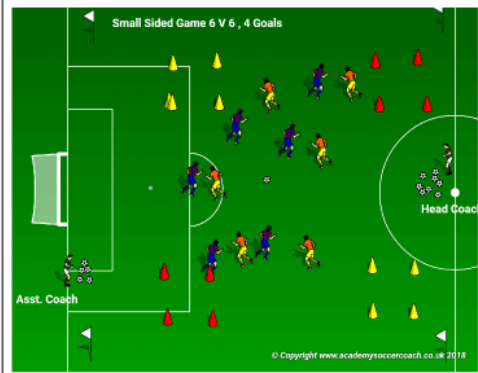
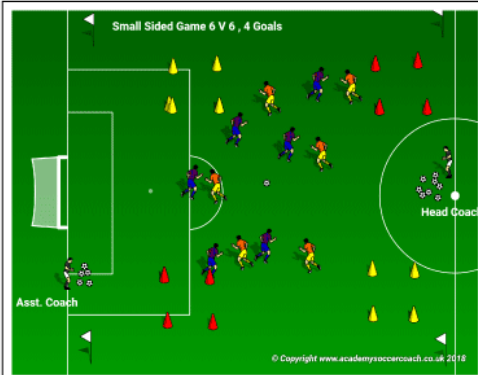


## Interactive Session Plan <sup>™</sup>

Coach

Session date

Theme



### NOTES

4 Small Goals. 6 v 6. 7 minute games, 3 times . Pitch size: 35yds x 26yds

Played with no interruptions. Coach provides balls into game.

Coaches challenge to improve: Player peripheral vision of the game. Improve accurate passing. Players decision making. Game changes of direction.

Scores at all goals at all sides.

Improve the three major areas of play: Attacking, Defending, Transition

Improve fitness of players. Many Touches to the ball per player.

Players point of view:

- Improve passing.
- Using teammates.
- Always on the move to pass, receive, defend, attack.
- Enjoy touching the ball as many times as possible.
- Always look for the next step - scoring at all sides, defending at all goals.
- High intensity practice.
- Understand pressure in a small area.

Scores are usually high to give players joy and love for the game.

- No set positions to players.
- Young players can play at all positions which they don't have it during official games.

Small Sided Game - 6 players v 6 players , 7 Goals, High intensity level game. Pitch size: Half Field. 7 small goals. 10 minutes game MAX. Free touches at first.

Scoring rules: Dribble the ball into the small goal = 1 point.  
Pass through the small goal to a teammate = 2 points.

Players have to learn to be on the move at all times.

Find the open space to pass the ball to.

Find your teammate to pass to and score.

The three pillars of the game again: Attacking, Defending, Transition