



Soccer Champions Coaches' Clinics



Interactive Session Plan™

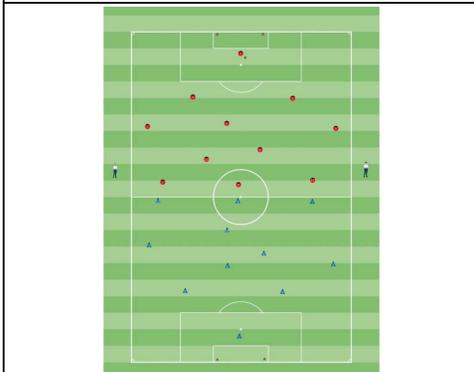
Coach

Session date

Team/Age Group

Theme

Time available



NOTES

3 teams of 2 players. Incorporate target player (s) if available. Blues aim to play to yellow who then find target player (s) if using them. If not a point is awarded if Blue plays yellow. 1 Red defends vs. the Blue, other Red remains in middle zone to prevent Blue from finding Yellow. Team who loses possession becomes defending team or play for time limit. Players cannot leave grids except the one player who is defending. Teams on offense are trying to create angles of support and seams to play balls through. Opposite angle passes are most effective for passing through midfield. Other options are to enlarge grid and use teams of 3 to reflect a midfield of 3.

Blues on attack to start. Blues are trying to score on small goal on end line (could have two small goals as another option). Must play through middle zone before going to the small goal. Red can score on goals on sideline if they win it and then Blue would try to win it back. Progression - rotate and allow red to play offense, movement between zones permitted, remove neutral/plus/additional player and make it 5 v 5. Idea is for the #6 to play off of the backs with effective runs and providing support as well as be distributing or turning based on the pressure. Opposite angle passes.

6 v 7 or 7 v 7 or 8 v 8 or make it so offense has an extra (you have to pick what's best for your team), build from the back through midfield going to big goal. Red is on attack and defending the two small goals. Build up is to play from the back third into middle third with the 2 central mids (#6,#8,#10) (one plays higher than the other or side by side). Then link with forwards to go to goal.

Progression is to allow movement to other zones on attacking side (for example allowing #2,#3 to move into midfield zone or overlap all the way into attacking zone, or remain in zone defensively. Switch roles and allow Blue to attack. The #6 should be controlling play, switching the point of attack, receiving and turning or playing back to the backs when need be.

11 v 11 match.

Focus on building from the back and into the midfield. Coach starts possession with one of the backs and work on different entry passes into #6. Possession from the #6 to dribble, pass forward or backwards, encouraging opposite angle passes, receiving on the half turn, supporting/movement off the ball.