

Interactive Session Plan™

Coach

Session date

Team/Age Group

Theme

Time available



NOTES

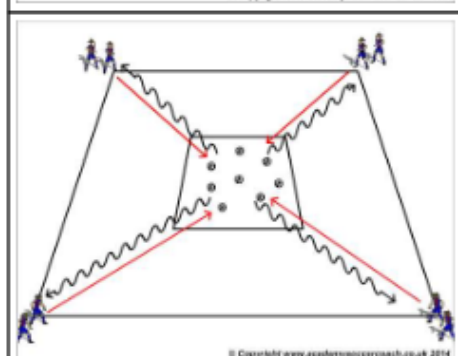
BODY BALANCE

- Players should move around grid using a range of movements, you can guide them but challenge them to come up with different ways to move.
- On coaches command players put X amount of body parts onto the ground e.g. "Three" players might put one foot and two hands on the ground. Challenge players to be as creative as possible and explore various balances.
- Call out larger numbers and see if players can work out how to get there e.g. "10" players might use 9 fingers and one foot.



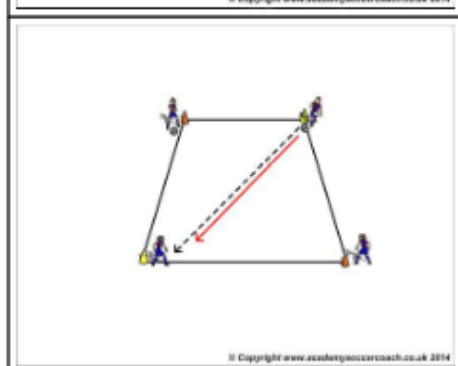
NO MANS LAND

- Players dribble around grid which is a large square with a small square filled with obstacles in the middle.
- On coaches command players should dribble through "No mans Land" without bumping into one another or hitting any obstacles, every time they can go through the grid without touching anyone or anything they get one point.
- Challenge players to dribble through no mans land with different parts of their feet e.g. "Just the insides" or "Just your left foot" or "Just the sole" etc.



ROBIN HOOD

- Players are divided into 4 teams and wait at each corner of the large square
- On coaches command, one player at a time runs to collect a ball and dribble it back to their corner, at which point the next person can go.
- It helps to have a few extra soccer balls so you get a winning team each time...if a team wins repeatedly split the teams up more evenly
- Progress to allowing players to steal balls from other corners once all the balls in the middle have gone, it is important to emphasize that this cannot happen until ALL balls from the middle have gone, that players should not protect their balls and that only ONE player can leave the corner at a time.
- After a few games ask them if they know about Robin Hood and that he stole from the rich to give to the poor?? What team would it be best to take balls from??



1V1 SQUARE

- Have 4 players (or so) to a grid and divide them to corners. 2 players at one side should have a ball.
- Players are playing with player diagonal to them. 1 player passes diagonally and then closes down to defend and receiver aims to dribble ball to the cone to the right or left of them before defender kicks it out.
- Players switch sides and the other 2 players have their turn.
- Progress to players trying to get to cone that the defender came from, now if the defender wins it they can counter attack

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