

Interactive Session Plan™

Coach

Session date

Team/Age Group

Theme

Time available

NOTES

B Game

- Players get into pairs with one ball between them, they stand opposite one another with ball between them.
- Coaches commands include 'Bonnet' (head), 'Back', 'Belly', 'Butt', 'Boots' (cleats) and 'Ball'.
- Players should touch each body part upon command, when coach calls 'Ball' players should aim to be the first to put their foot on the ball.
- Progress to having them pull the ball towards them/taking a few steps back/being back to back

Greedy Goal Scorer!

- All soccer balls are in the center of the grid and goals are set up on each side.
- Trainers will have extra Pugg goals but you could use just 3 or just cones but that will require more running on your part.
- Players start on the corners of the grid and on the coaches command all players retrieve a ball and shoot into any goal.
- While they are doing so, the defenders (coaches) are trying to stop them and retrieving the balls from the goals to put back in the center.
- In a minute how many goals can you score??

King Cone

- Players are divided into two teams and line up behind 4 tall cones/4 sets of one small cone upside down on top of another.
- The aim of the game is to shoot the soccer balls across the grid and knock down the opposition cones
- Once a team has knocked all 4 cones over they can go for the 'King cone' in the middle to win the game.
- Keep mixing the teams to ensure one team doesn't dominate, help a team out if they are struggling.
- If a player accidentally hits the king cone before it is time to, just put it back up

1v1 to 2 goals

- Divide players into 2 grids to prevent long lines/boredom. Have one coach on each side.
- First player in line steps out opposite line to receive a pass, the passer of the ball closes it down straight away.
- The receiver tries to get to either goal
- If the defender wins the ball back they can score in either goal also
- If the ball goes way out of bounds play is over