

Interactive Session Plan™

Coach

Session date

Team/Age Group

Theme

Time available

NOTES

Follow the Leader

- Begin without a ball, players get in pairs and one is the leader
- The leader should perform a range of movements which their partner will copy, these can be soccer moves or simple jumps/hops/moving backwards etc.
- Introduce a ball, one player takes 3 touches on the ball and roles behind to their partner who tries to perform the same 3 touches then creates their own, repeat.
- 3 touches could be inside of right foot, outside of right foot and sole of left.
- Encourage use of both feet and use of inside-outside-sole-laces

Shield-Steal

- Progress from follow the leader, so players are still in pairs with one ball between two.
- On the coaches command players should try to steal the ball from their partner, if they are successful they should see how long they can keep possession before their partner can steal it back.
- Introduce coaching points of how to shield the ball.

Gates Galore

- Players start with a ball each and are given 30 seconds to see how many gates they can dribble through.
- See if they can beat their own record, introduce condition that if the ball leaves the grid they have to start again from 0!
- Have players get into pairs with one ball between 2, same game but instead of a dribble they must pass through the gate to their partner (cannot just stand at one gate).
- Communication will be important as will be getting their head up when dribbling

1v1 to cone

- Line up cones 5 large steps apart, players face opposite one another. On one side they are defenders and on the other they are attackers.
- The attackers have to try to touch one of 2 cones before the defender. They should try to use their body and movement to trick the defender.
- On coaches command of 'Rotate' players move around and face new opponent.
- Introduce a soccer ball, same game but make a line which defenders must stay behind before committing to a cone, this will give the attacker a chance to succeed in controlling the ball at one of the 2 cones.

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