



Interactive Session Plan™



Select a Date

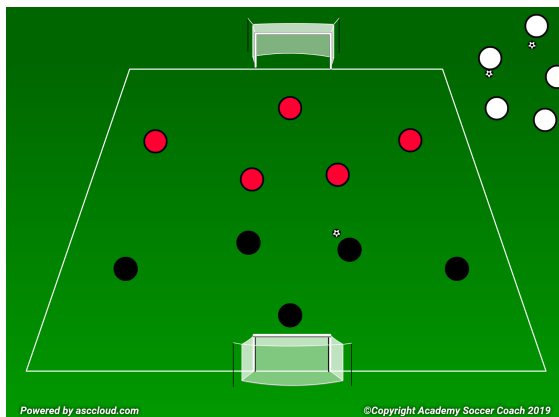
Chris Bagshaw

Age group:

U13s

Possession With A Purpose

70-80 Mins



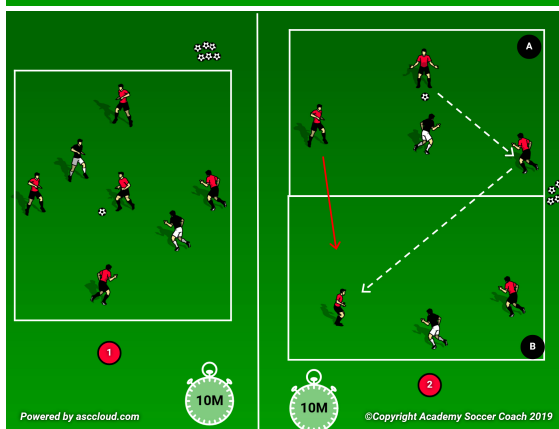
1st Activity - Open 5vs5 Game

- Sweeper/Keepers - furthest player back can use hands
- 2 minute games
- Dribble/Kick ins
- Keep track of winners

Progressions:

- thru balls worth double
- have to score within 3 passes

Team that is off should be passing&receiving/juggling/playing 4vs1/stretching



5v2, Advancing to 3v1 Zone Transition

1st Activity - 5v2

Setup:

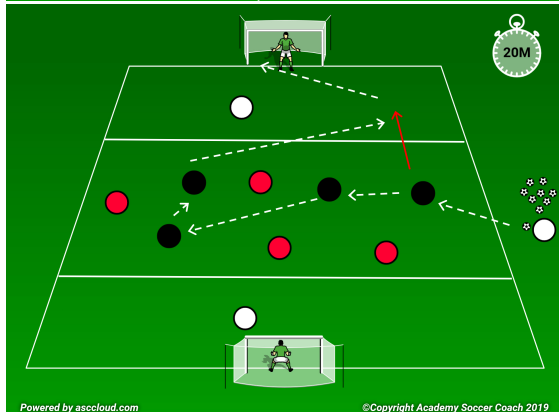
- 5v2 in a 20×20yd square (adjust based on level)
- 5 players get 6 passes = 1pt
- 2 defenders win the ball and dribble out of the square = 1pt

Keys: 1. Passing Technique. 2. First touch. 3. Movement & Communication. 4. Body shape open to playing area. 5. Decision Making (1st, 2nd, and 3rd level pass). 6. Win ball back quickly

2nd Activity - 3v1 Transitioning to 2 Zones

Setup:

- Play begins 3v1 in Zone A.
- Team in possession has to make 2 passes in Zone A and then can pass or dribble to Zone B.
- 1 Red player from Zone A can now move to Zone B to create 3v1 in Zone B.
- Continuous play.
- Defending team can score by stealing the ball and passing to teammate in opposite zone.



4v4 Break Into Attacking Zones to Create 1v1 to Goal

Setup:

- 3 zones (middle zone should be slightly bigger than attacking zones) - Use the whole grid you have.
- Goalkeeper and Defender in both attacking zones
- 4v4 (can be 3v3 or 2v2+1) in Middle Zone

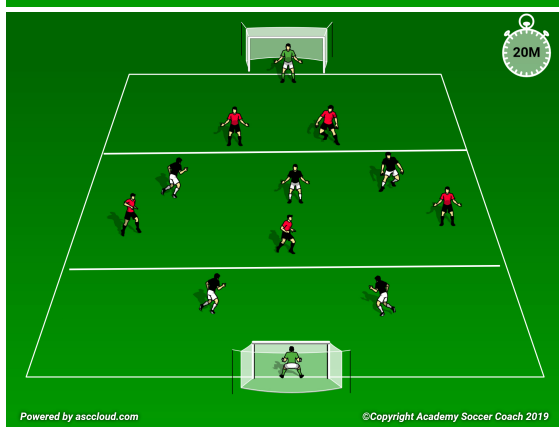
Rules:

- Have to connect 4 passes in middle zone and then break the line into any attacking zone via pass or dribble
- 1v1 to goal in attacking zone
- Teams can attack either goal
- If you don't have enough players for GKs, you can use end lines or mini goals

Progressions:

- 2 players can enter attacking zone to create 2v1
- Can only break the line with a through ball or combination type play (overlap, give and go, 3rd man running)
- Have a striker stay in the zone to create a 2v1

Keys: Keep possession and look to attack a goal (or end line) through movement and off the ball running, weight of pass, Create width and depth, Quality and speed of pass, Deception of



4th Activity - 5v5 with GKs through 3 Zone

Setup

- Split field into 3 equal zones
- 5v5 with GKs (this can be 4v4 or 3v3 w/ or w/o keepers)

Rules:

- Players can go in any zone at any time
- Have to connect a pass in 2 of the 3 zones before you can score.
- You can advance into the next zone by passing or dribbling
- Lose possession and it resets

Keys - Angles and distance of support, Speed of play (body shape, pace of dribble/pass), Recognition of space to penetrate