



Interactive Session Plan™



29 January 2019

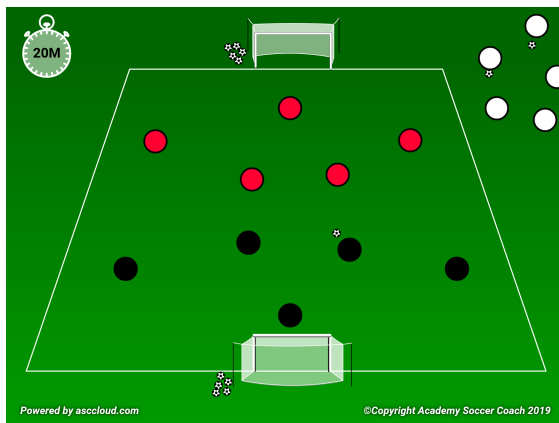
Chris Bagshaw

Age group:

U13s

Possession - Switching Play

70-80 Mins



1st Activity - 5v5 Game

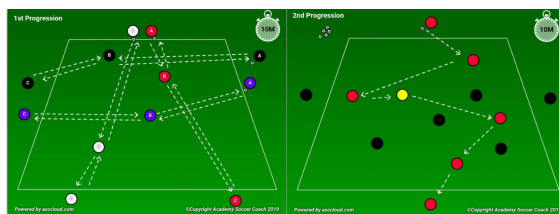
Rules:

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

Progressions:

- Have an imaginary line to split the field in two. Ball has to go to both sides before scoring. *Have to pass the ball across the imaginary line

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



2nd Activity - 4 Groups Switching Play

Setup:

- 30x30yd box
- Groups of 3
- 2 players on the outside of the square, 1 in the middle
- 1 ball between each group of 3

Rules:

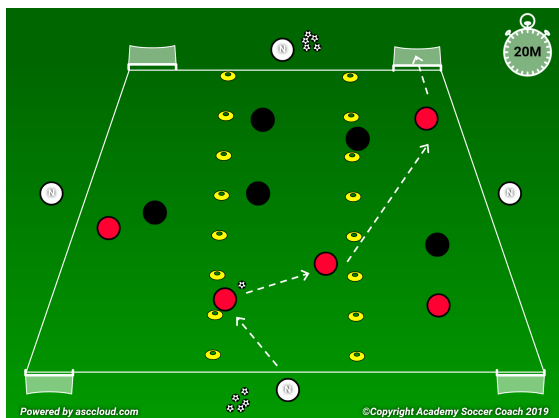
- (Red A) plays ball into the middle player (Red B), who turns and finds Player (Red C) on opposite end line. C plays back to B, who plays to A. Continuous.
- Only play to your color!
- There will be lots of traffic thru the middle, so players need to create space and constantly aware of their surroundings.
- Middle player should be constantly moving around the grid to find opening for a pass
- End players (A and C) should be moving along end line to give (B) the best passing option
- You may progress to players having to combine in the middle with another team's B

Progression 2:

- 4v4+1 in grid with 1 end player on each side
- 1 team keeps possession through North-South end players, the other team goes East-West

Technical:

- Awareness, Proper passing (Toes Up-heel down-ankle locked-planted foot, hips and shoulders facing target), constant moving to make space for yourself. Open up hips for first touch to go away from pressure. Communicate.



3rd Activity - 4 Goal Game

Setup:

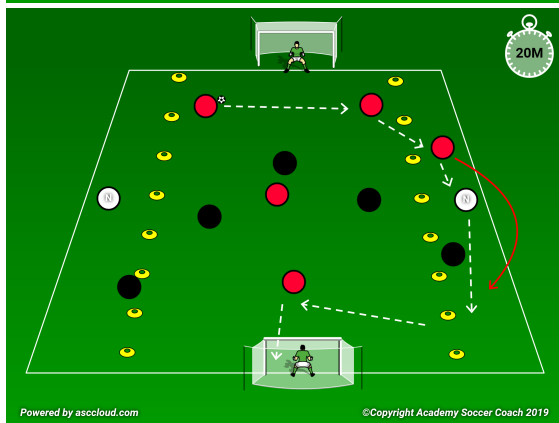
- Place 2 goals on each side in the corners
- 4v4 or 5v5 in the middle.
- If you have extra players, you can place them around the field as bumpers (1 or 2 touch)
- Use the entire grid, field should be wider than it is longer

Rules:

- Normal soccer game, but teams score in corner goals.
- 2pt for dribble thru, 1pt for pass through

Progressions: - Separate the field into 1/3rds - Teams have to play the ball thru all 3 zones before scoring. If time - 2v2 in each zone

Tactical: Players should setup in the positions that they play on the field (CMs stay in the middle, wide players play in wide zones), patience in finding an opening, stretch the field, body position open to see the entire field,



4th Activity - 5v5 with Neutral in Wide Zones

Setup

- 5v5 game to goal with GKs
- Have 2 wide zones with a neutral in each one

Rules:

- Neutrals have to stay in the wide zones at all times and can be tackled by defenders
- Red/Black can go anywhere they want including the wide zones
- This should encourage players to switch the ball
- Don't have to play to wide players before scoring

Tech/Tac: When is the right time to switch the play, How to switch the play, type of pass, Timing of runs, Angle of support to receive a pass, Create space to receive the pass