



## Interactive Session Plan™



Select a Date

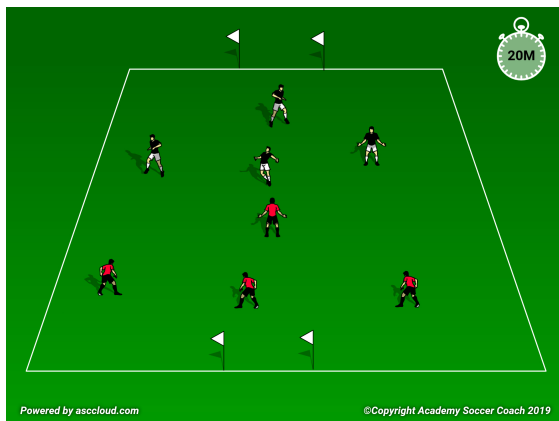
Chris Bagshaw

Age group:

U10s

Dribbling & Receiving Session

60-80 Minutes



### Open Game

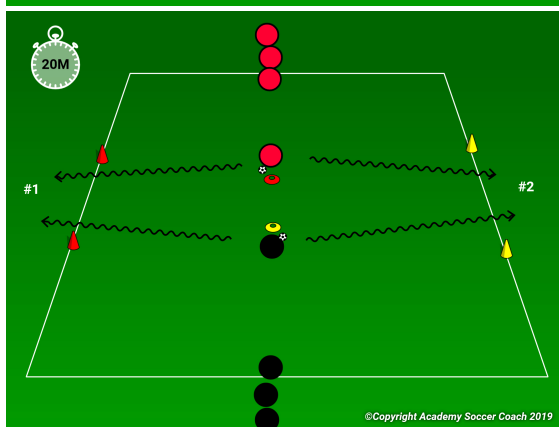
#### Setup:

- Create a field using cones/flags as goals
- As each player arrives
  - Greet them
  - Give them a pinnie.
- Game might start out as 1vs. Coach, and grow to 6v6
- Let the players enjoy themselves and PLAY SOCCER!

#### Rules:

- No GKs
- Open Play
- You can add a restriction that will encourage the sessions topic or introduce it into the players mind "Extra point if you do this skill." "Two Points if you make a pass before scoring."

Make sure the pitch is safe and dimensions encourage continuous play



### 1v1 Races W/ & W/O Ball

#### Setup:

- 20x20yd square with 5 yard goal on either side
- These goals should have different color cones
- 2 cones in the middle of the grid

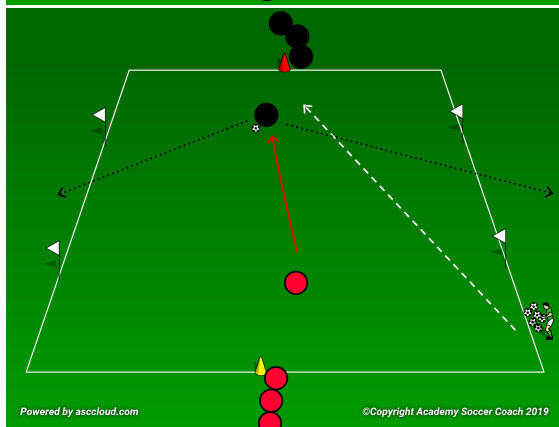
#### Rules:

- Label each goal by color and give it a number "Red" "1" and "Yellow" "2"
- A player from each team comes to the middle and is running on the spot
- Coach shouts one of the goals and the players have to be the 1st one through the goal for a point

Make it into a competition. First to 10pts. Confuse the players by; doing opposites, having them start on their stomach, back, knees, etc.

#### Progression:

- Add a soccer ball to their feet and the players move it in between their feet
- Coach calls a goal and the players have to be the first on to dribble through the goal



### 1vs1 Battle - Side Goals

#### Setup:

- 20x20yd square
- 2 goals 5-8yds wide
- 1 team at either end
- coach or player in a corner with soccer balls as a server

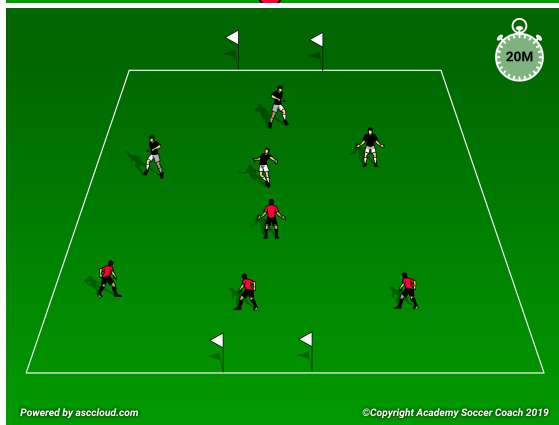
#### Rules:

- Server plays the ball into black, who is immediately defender by red.
- Black has to try and dribble through either of the 2 goals (NOT SHOOT)
- Switch roles after 2 minutes

#### Progression:

- Create an imaginary line down the middle, the ball has to go on both sides before you can score
- 2vs2

Keys: Turns and moves, good 1st touch towards goal and away from defenders,



### Open Game

#### Setup:

- Create a field using cones/flags as goals
- Game might start out as 1vs. Coach, and grow to 6v6
- Let the players enjoy themselves and PLAY SOCCER!

#### Rules:

- No GKs
- Open Play
- You can add a restriction based on what the topic was
- See if they have improved from on the topic from the 1st Activity

Make sure the pitch is safe and dimensions encourage continuous play