



## Interactive Session Plan™



Select a Date

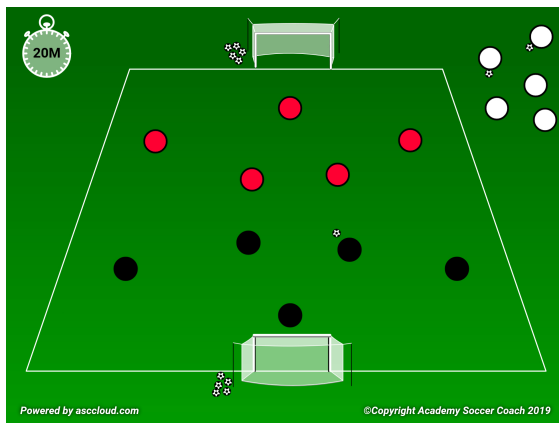
EPSC Staff

Age group:

U13s

Combination Play

70-80mins



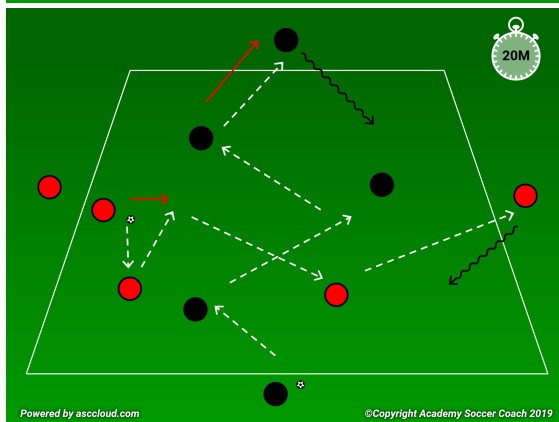
### 1st Activity - 5v5 Game

#### Rules:

- Sweeper/Keepers - furthest player back can use hands
- 2 minute games
- Dribble/Kick ins
- Keep track of winners
- Header/Volley/1 touch finish worth 2 pts. Cross and Finish worth 3pts

Extra points for combination play - give and gos, overlaps, 3rd man runs, short-short-long

Team that is off should be passing & receiving / juggling / playing 4vs1/ stretching. Practicing crossing technique



### Combination Play to Endlines- Unopposed

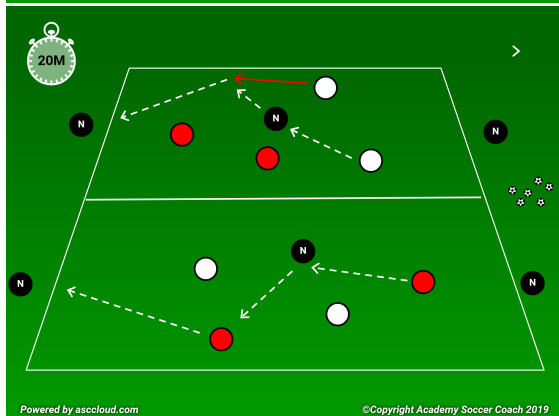
#### Setup:

- 30x30yd grid
- 1 group going North/South and 1 group going East/West
- 1 player on each end line, groups of 3-4 in the middle.(adjust based on numbers; groups of 3, 4, neutrals, 3 groups)

#### Rules:

- Groups work from end line to end line against no opposition using different combinations
- Beware of the traffic in the middle with groups going in opposite directions
- Pass to endline player and take their position. Endline player takes first touch or first time pass into the grid and combines with their teammates to the other side

Keys: Different combos (overlaps, triangles, wall pass, 3rd man runs, etc.)



### 2v2+1 to End Line Targets

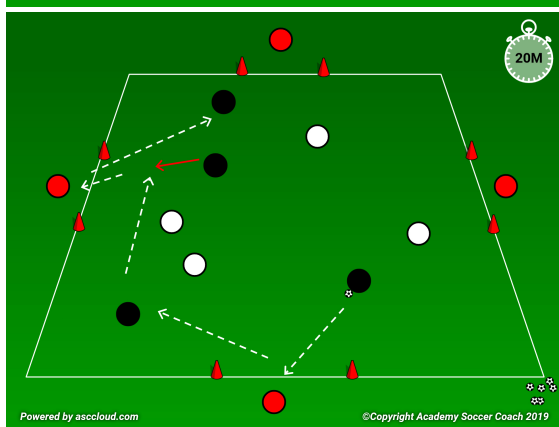
#### Setup:

- 20x30yds fields
- 2v2 on the field with 1 neutral in the middle and neutrals on either end (adjust based on numbers; 2v2, 3v3, add neutrals)

#### Rules:

- Teams look to go end line to end line by combining with one another and neutral
- End line neutrals are targets and play back into the team who played it to them
- How many times can you play to end line targets and what types of combinations can you use with a player advantage?

Keys - Use different types of combinations (overlaps, give and gos, take overs, short-short-long, triangles), opening up the field and playing forward out of pressure, movement off the ball.



### 4v4 to 4 Target Gates

#### Setup:

- 30x30yd grid
- 5yd gates on each side
- 4v4 on the field with 1 player in each gate (adjust based on numbers - 3v3, 4v4, 5v5, add a neutral)

#### Rules:

- Ball played into the middle and teams compete to see how many targets they can play to
- The ball must go through the gate to the target
- The target must then pass out to the same color, BUT not the player who passed it

Keys: 3rd man running, awareness, movement, combination, passing weight and accuracy