



## Interactive Session Plan™



Coach **Ryan Puntiri**

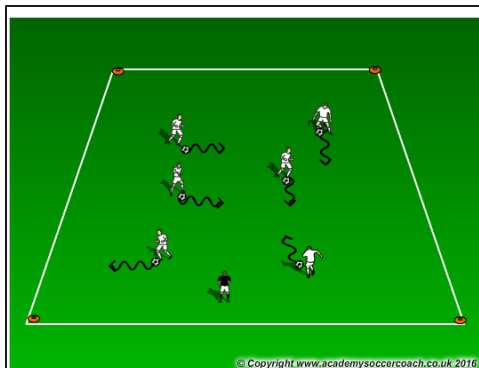
Session date **Games**

Team/Age Group **Juniors/Seniors**

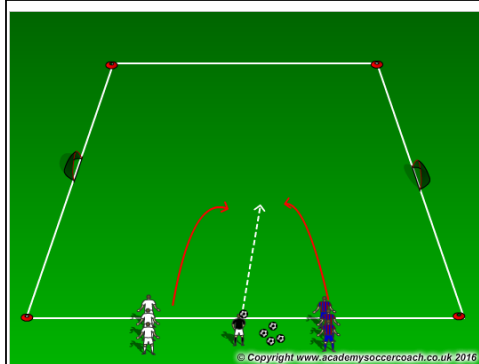
Theme **Games/Lead up Games**

Time available

N/A



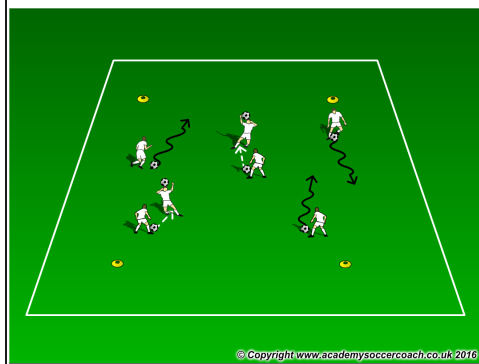
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### NOTES

#### Red Light/Green Light:

All players are dribbling freely in a 15x20 yard grid. When the coach says **"red light"** the players must stop and put their foot on the ball. When the coach says **"yellow light"** the players must dribble slowly, and when the coach says **"green light"** the players must dribble fast.

**Coach:** Control the frequency of light changes.

**Variation 2:** Now the colors are the surfaces: **Yellow= outside of the foot, Blue= inside of the foot, Green= Laces push, Red= Stop.**

#### "See Ya" There with Numbers:

The players are divided into two teams, with each player given a number from 1-4 or 5 (depending on total amount of players). Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two small goals on each end line. The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells "See Ya".

**Coach:** Can make the games 1v1, 2v2,

Set up two fields of 15 x 20 yards with a 5 yd. space between them in order to keep the majority of your team playing.

#### Capture the Balls: (10 Minutes)

Players should be divided into equal teams to play in a grid with each team's home in the corners. Soccer balls are in the middle of the grid, with all players starting inside their home bases. On the coach's command, the players each get one ball. They try to dribble or pass it into their home base. Players can steal soccer balls from their opponent's home bases.

**Coach:** Call time and each team counts the balls they have.

#### Scrimmage: 4x4 (45 Minutes)

#### Everybody's It (5-8 Minutes)

Players are dribbling a soccer ball. Players while dribbling try to tag someone else. When you get tagged you must put your ball over your head and open your legs. Players that are still in the game can free you by passing the ball through your legs. Yes players can free someone and immediately tag them!

**Coaching:** Remind players to open their legs wide, so there teammates can pass the ball through easily.