



Interactive Session Plan™



Coach **Ryan Puntiri**

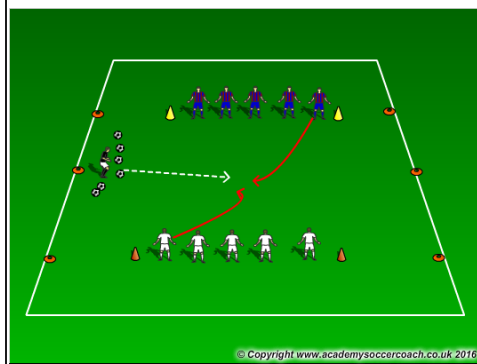
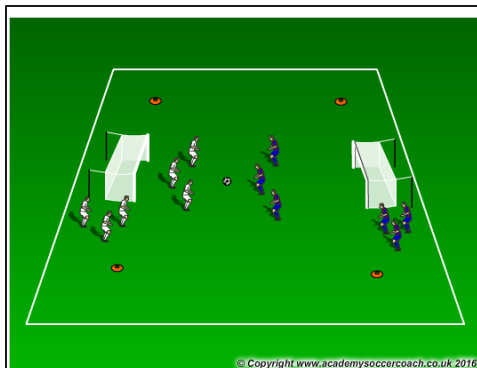
Session date **Spring 2016**

Team/Age Group **U10-U14**

Theme **Small Games**

Time available

N/A



NOTES

Continuous 3V3 to Goal:

Players will be broken down into teams, depending on numbers 2V2, 3V3. Goals should be set up 15-20 yards apart. The idea is for it to be somewhat a tight space. 2 Teams at each end, no goalies. Players will try to score with no restrictions. If a team gets scored on they are replaced by the team waiting on either side of the goal. If teams are not scoring, change it to if the ball goes out off the end line, the team gets replaced.

Cage Matches: Set up in a similar way, but can be 2v2, 3v3, Create as many teams based on the number of players you have. Time games for 3 minutes. GK's are optional

3 Team Possession To Goal/Targets

To Goal: Divide players into 3 teams. Pick one team to start off as defenders. The defenders when they win the ball will try to take the ball to goal. Other 2 teams will try and possess the ball. Switch defending team every 5 minutes.

To Targets: Same idea as above but now place 2 targets at either end of the grid. Grid size will be dependent on number of players. Now choose a team to start off on defense. 2 other teams start off possessing the ball. If defending team steals the ball, they are no longer on defense, the team they stole it from becomes the defending team.

Coaching Points: To Goal: Stress to players to get a look in before they receive the ball that way they can play quicker and know where the ball is going, challenge them to play one touch

To Targets: Stress to players that they must communicate so they are clear what 2 teams are on offense, the game moves fast. Also the team that gives up the ball can and should try to win it back immediately.

Interchanging 3V2

Players are broken up into teams of three. You may need to set up a few fields for this drill. Goals can be pugs if you have them or cones. Playing areas should be 15X15, or 20X20 if you need to give players more room to be successful.

Team in possession of the ball can play with 3 field players, team not in possession needs to have someone in goal, which creates a 3V2. Once the team of 2 steals the ball they must play back to the goalie to release them. The team who loses the ball must send a player back to goal. Based on your numbers you might need to change, but always should have the same format.

Coaching: Reinforce to players to not just kick the ball when they get it, but actually make a pass.

Numbers Game

In a 15X20 grid mark off 2 goals. (the size of the goal will depend on how many players you have. Split your players up into 2 teams. Assign a number for each player. When the coach yells out their number they go out and retrieve the ball. The other players who were not called stay on the goal line and act as goalies. If a player on the goal line makes a save they get to join in until a goal is scored or it goes out of bounds. It can become 2V1, 2V2, 3V2, etc.

Coaches: Stress to players that the ball must stay on the ground for a goal to count.

Variation: Players are allowed to play the ball back to their teammates for others to join, please note if a player plays one back a member from both teams can join. Use color of sneakers, shorts, etc. Get Creative!