



## Interactive Session Plan™



Coach **Ryan Puntiri**

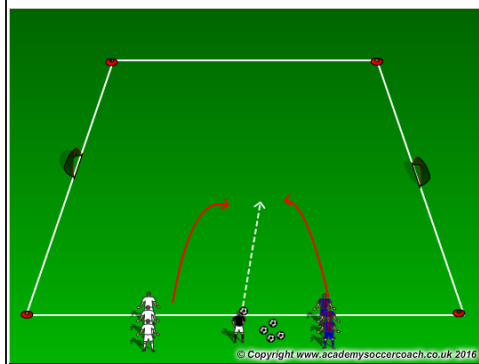
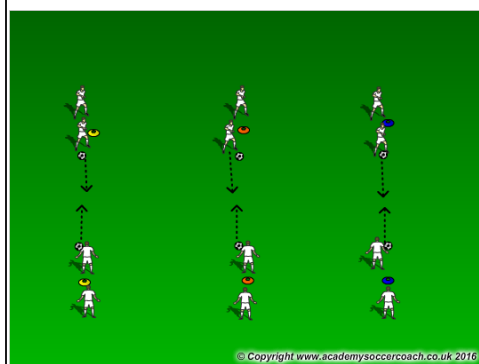
Session date **Week 1**

Team/Age Group **Juniors/Seniors**

Theme **Dribbling**

Time available

**1.5 hours**



### NOTES

#### Ball Mastery (5-8 Minutes)

Soccer Dance  
The Geg  
The Geg(Laces)  
Triangle Move  
V-Move  
Inside Chop

#### 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.

#### Dribble at Each Other: (10-12 Minutes)

Players will form lines facing each other 25 yards apart. Players will dribble towards each other and perform the same move each. Once first 2 are out of the way the next 2 go.

Shoulder fake left, push the ball right

Shoulder fake right, push the ball left

Scissor fake left, push the ball right

Scissor fake right, push the ball left

Pull Back(note they will return to the line they started at, on this one)

Inside Chop

**Coaching Points:** Explain to players that after each move their next touch should be back behind the player they went by to seal defender off.

#### "See Ya": (15 Minutes)

The players are divided into two teams, in a line. 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(use cones for the goals). 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".

**Coaching:** Can make the games 1v1, 2v2, etc, depending on the number of players on each team

**Scrimmage 3v3, 4v4 (25x25), 6v6 (35x50 yards)30 Minutes, Set up multiple fields when playing 3v3 or 4v4 in order to keep everyone playing**