



Interactive Session Plan™



Coach **Ryan Puntiri**

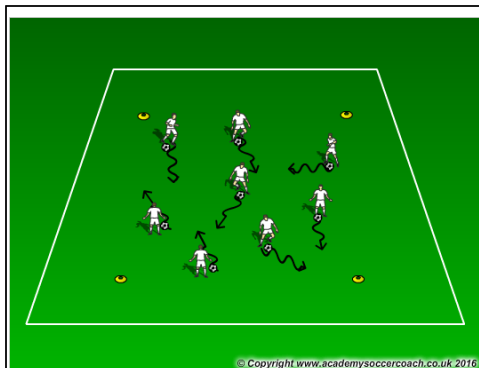
Session date **Week 2**

Team/Age Group **Juniors/Seniors**

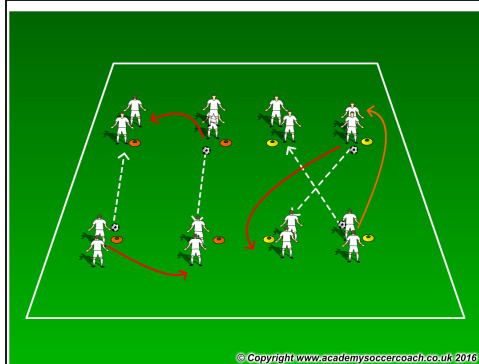
Theme **Passing/Receiving**

Time available

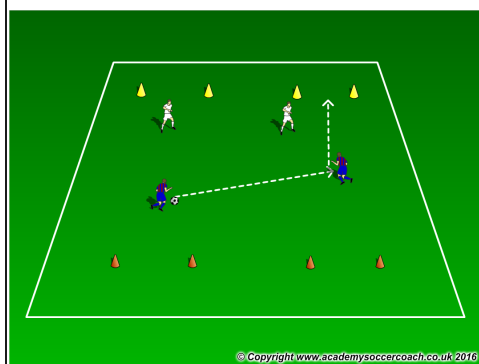
1.5 hours



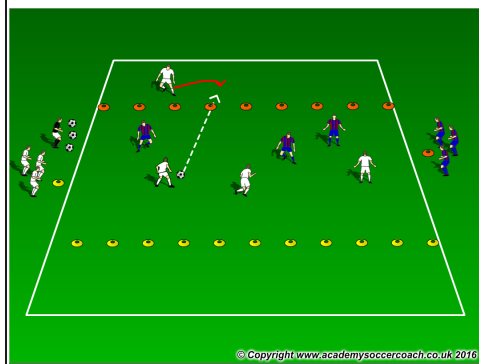
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NOTES

Ball Mastery Universal Warm Up- Refer to Universal Warm Up Sheet (5-8 Minutes)

4 Cone Passing (10-12 Minutes)

Players are broken up evenly into 4 lines.

Version 1: Player passes the ball to the line across from them and moves to the line next to them

Version 2: Player passes to the line across from them and moves to the line diagonally across from them

Version 3: Player passes to the line diagonally across from and moves to the line straight ahead

Progression: Challenge your players to do it 1 touch if capable.

Coaching: Reinforce players to pass the ball with proper technique, toe up heel down, center of the foot to center of the ball, non-kicking foot beside the ball. Receiving with the inside of the foot, toe up, heel down, therefore their first touch is out in front of them

2v2 to 4 Goals: (15-20 Minutes)

In a 15x20 yard grid place two sets of cone goals 2 yards apart on the end line about 1 yard away from the corners.

Players will attack a set of two goals and defend the other set.

Score by passing the ball through one of the two cone goals.

Coaching: Set up multiple fields to involve more players

3v3 to End Zones: (20 Minutes)

In a 25x30 yard grid, make a one yard wide End Zone along each end line.

Players will score by passing into and stopping the soccer ball in the End Zone.

Defenders can't defend in the End Zone.

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