



Interactive Session Plan™



Coach **Ryan Puntiri**

Session date **Week 4**

Team/Age Group **Juniors/Seniors**

Theme **Juggling, Small Games**

Time available

1.5 Hours



NOTES

Ball Mastery Warm Up (10 Minutes) See Universal Warm Up

Juggling(10 Minutes)

All Soccer players with a soccer ball in their hands. Players drop the ball down to their feet and kick it back up to their hands. Players can use their thighs and feet to keep it up. Have players count how many touches they can get before it hits the ground.

Progression: Players try to hit it to their feet then catch it

Players try drop it down to foot hit with other foot catch

Players try to have it hit thigh, foot, catch

Thigh, thigh, foot catch

Thigh, thigh, foot , foot , catch

Players will vary in their abilities. If someone has trouble dropping it down to foot and catch have them stay with that.

Numbers Game(15-20 Minutes)

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!

Cage Matches 2V2, 3V3, 4V4 (15-20 Minutes)

The idea of cage matches is for the field to be relatively small, for instance 3V3 should be 20x20. Push 2 goals close together if possible

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