



Interactive Session Plan™



Coach **Ryan Puntiri**

Session date **Week 5**

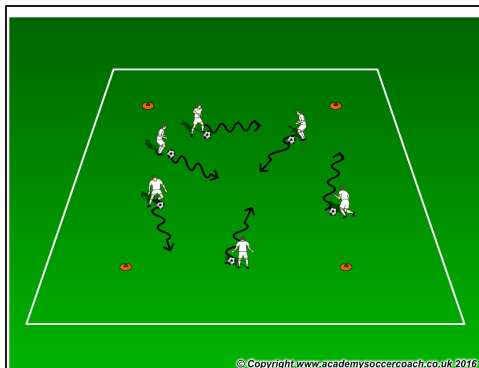
Team/Age Group

Theme

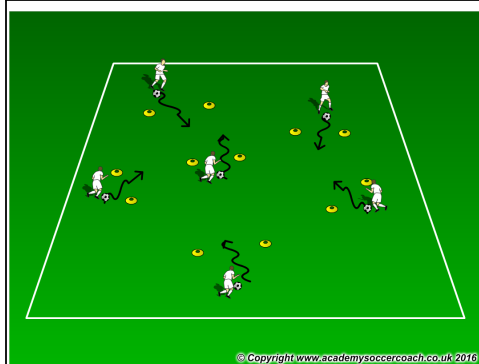
Dribbling, 1V1

Time available

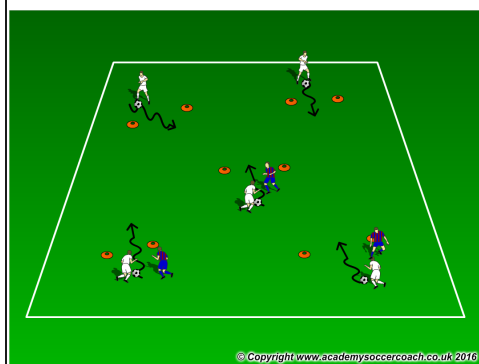
1 Hour 30 Minutes



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NOTES

Ball Mastery Warmup, Soccer Dance, Geg(laces), Triangle Move, V-Move(5-8 Minutes) 4 Surfaces: (5-8 Minutes)

Each player has a ball. Have the players try to use the 4 surfaces of the foot in 1 fluid motion in this order: Outside, Inside, Laces and Bottom, Transfer the ball from the right to left foot after the stop the ball with the sole (bottom). When the players display proficiency, challenge them to do it faster and in a smaller space.

The sequence is:

Outside of the foot touch - Inside of the foot touch -Laces push - Stop with sole and Change foot

Coaching: Remind players to bend their knees when they dribble, keep the ball close, try not to stare at the ball

Gate Dribbling: (10 Minutes)

In a 15x20 yard grid, set up 5 to 7 gates (two cones about 2 yards apart). All players with a ball must dribble through the gate in order to score a point.

Coach: Have players keep count of how many points they score in 30 seconds or a minute. Repeat, asking the players to beat the score by one or more points. You can also ask them to dribble with the left or right foot only, inside, or outside of their feet only.

Dribbling Gates With Bandits(10-12 Minutes)

In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Select 2-3 players to be the "Bandits"; they will try to dispossess the players with trying to score points by dribbling through the gates. When the bandit steals the soccer ball, the player that lost the ball becomes the bandit.

Coach: Play multiple 1-2 minute games. Award a point to all players who have a soccer ball at the end of each game.

Coaching: Keep ball close, Changing direction, Acceleration after going through a gate, Decision making, 1v1 defending

Continuous 1V1, then 2V2 to Big Goals or Pugs (20-25 Minutes)

Scrimmage 3v3, 4V4 (25x25), 6v6 (35x50 yards)30 Minutes, Set up multiple fields when playing 3v3 or 4v4 in order to keep everyone playing