



Interactive Session Plan™



Coach **Ryan Puntiri**

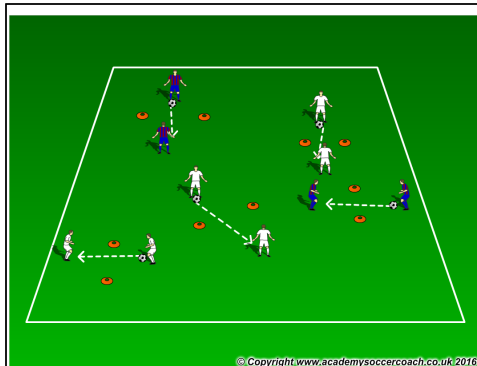
Session date **Week 6**

Team/Age Group **Jr./Sr.**

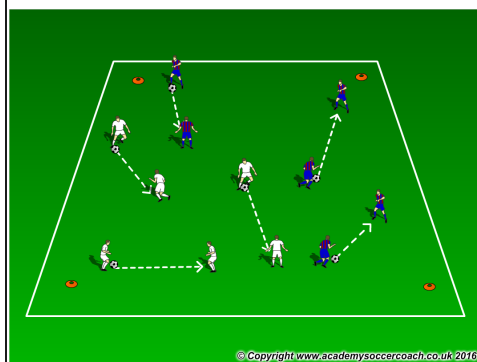
Theme **Passing and Receiving**

Time available

1 Hour 30 Minutes



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NOTES

Ball Mastery Warm Up Soccer Dance, Geg, Geg(laces), Traingle Move, V-Move (5 Minutes) Gate Passing (10 Minutes)

In a 20x25 yard grid, set up many gates (two cones about 2 yards apart). Players are now in pairs with a soccer ball. They must pass the soccer ball through the gate to their teammate. Please stress to players to hold their follow through as to not cross their feet over after they pass, working on the correct follow through. Players do not move from cones to cones. Once they feel comfortable, have players move to as many cones as possible in one minute, passing through the cones to their partners each time to score a point.

Paint the Field (10-12 Minutes)

Passing: In pairs, players will pass the soccer ball back and forth in a 20x25 yard grid. Explain to the players that their soccer ball is a paint brush and wherever it rolls it will paint the area. Their task is to pass (kick) the soccer ball to paint as much of the grid as possible in the allotted time.

Version 2: Tell the players to use the other foot. For more advanced players you can assign groups of 3 or more and have them pass in number sequence 1 passes to 2, 2 passes to 3, and so on

Coaching Passing and receiving technique, Weight of the pass, Ability to pass through traffic, Communication and mobility of the players

Clean Your Backyard (10 Minutes)

Split the players into two teams to play in a 20x25 yard grid. With cones, divide the field into three portions. The central portion (the buffer zone) is 6yds wide and no one can enter it. Place two goals (3yds each) at the far ends of the grid. Players in each team will try to shoot/pass and score below knee height in any of the other team's goals. Coach: Allow players to enter the buffer zone to retrieve any ball that has stopped in there.

Version 2: Allow teams to defend the goals using their hands. Basic Shooting technique, simple decision making

Bumper Game 4v4 to Goals

Two teams of four in defined playing area with two goals. 4 "bumpers" are support players on both sidelines. Each "bumper" shall have 3-4 balls around them to toss or bounce back into playing area to team that passed them the ball. Goals scored on small goals on end lines.

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