



## Interactive Session Plan™



Coach **Ryan Puntiri**

Session date **Week 7**

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

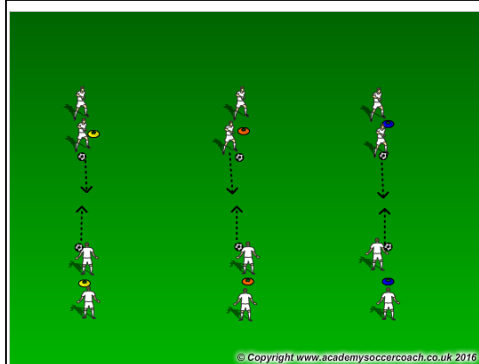
Theme **Running w/Ball 1V1**

Time available

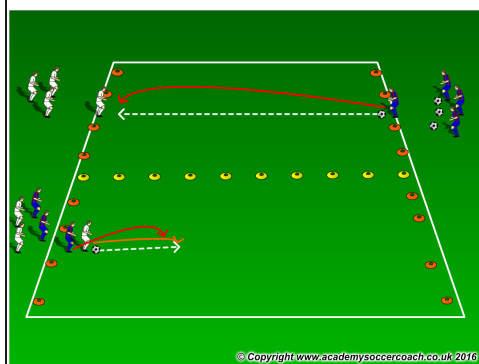
**1 Hour 30 Minutes**



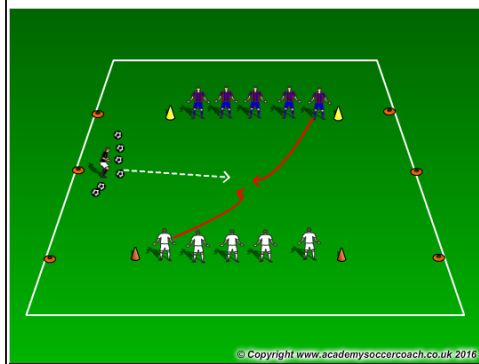
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### NOTES

#### **Ball Mastery Warm Up: Soccer Dance, Geg, Geg(laces), Triangle Move, V-Move (5 Minutes) Steal-Shield(5-8 Minutes)**

Pair up the players with one ball. One player starts with the ball and at coach's command, his/her partner tries to steal the ball away. The player that ends with the ball gets a point. If the ball goes out of bounds, one of the players must get it back in play very quickly. Coach: Show proper shielding technique during the demonstration. Fix technical shielding errors throughout the activity to assure that the group is doing it properly.

**Coaching:** Players should use body to protect ball, keep ball on away foot or foot furthest away from defender. Please do not allow players to just run away from defenders, keep them in a contained space, whereas they have to learn to protect the ball.

#### **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.

#### **1V1 In Technical Box (15-20 Minutes)**

Players are broken up into different grids, each grid being 15X15. Players form two lines facing each other in between the cones at each end. One line has soccer balls. The player that has the soccer ball passes a ball to the opposite line. The player receiving the ball tried to beat the player who just passed it to him/her. Their objective is to stop the ball on the opposite line they started from. Players switch lines after each turn.

**Version 2:** Players now both start from the same end. First two players are up. First player in line plays a self pass out into the middle of the box, they retrieve it and try to turn back where they came from and stop it on the line they started from. In this version the player is in a 1V1 situation with a player on their back

#### **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!

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