



Interactive Session Plan™



Coach **Ryan Puntiri**

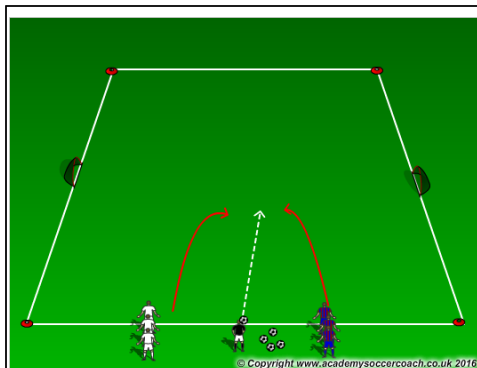
Session date **Week 8**

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

Theme **Games, Games, Games**

Time available

1 Hour 30 Minutes

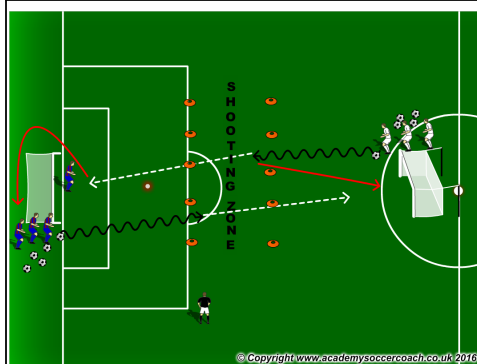


NOTES

"See Ya": (15 Minutes)

The players are divided into two teams, in a line. Players are positioned at either side of the coach, with multiple soccer balls, outside a 10x15 yard grid with two small goals on each end line (use cones for the goals). The coach serves a ball into the grid and the players try to gain possession and score on their opponent. If a goal is scored or the soccer ball goes out of bounds, the coach yells "See Ya".

Coaching: Can make the games 1v1, 2v2, etc, depending on the number of players on each team. Ball mastery Warm Up



Greatest Game (20 Minutes)

Exact same set up as above. This time walk off 18-20 yards from the goal, make a line straight across. From there walk off 5 more yards and make another line across (shooting zone). After you walk off the 5 yards count off another 18-20 yards and place the goal there.

Start off with one side putting a goalie in the net. Opposite side player now dribbles towards the shooting zone, and once in takes a shot at goal. After they strike the ball, they must retreat and cover the goal they just came from. The player in front of the other line takes off as soon as the oncoming player strikes the ball. After they shoot in the shooting zone, they must retreat.

Coaching: Stress to players that when they enter the shooting zone to take a preparation touch and shoot while in the shooting zone.

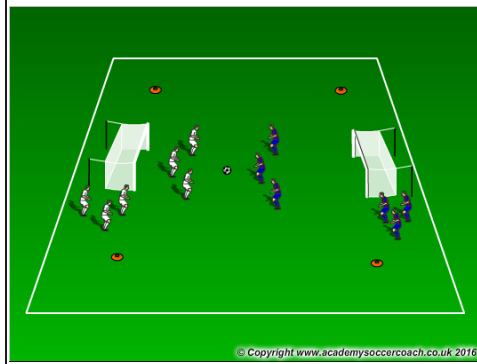


Interchanging 3V2 (15-20 Minutes)

Players are broken up into teams of three. You may need to set up a few fields for this drill. Goals can be pugs if you have them or cones. Playing areas should be 15x15, or 20x20 if you need to give players more room to be successful.

Team in possession of the ball can play with 3 field players, team not in possession needs to have someone in goal, which creates a 3V2. Once the team of 2 steals the ball they must play back to the goalie to release them. The team who loses the ball must send a player back to goal. Based on your numbers you might need to change, but always should have the same format.

Coaching: Reinforce to players to not just kick the ball when they get it, but actually make a pass.



Continuous 3V3 to Goal: (20 Minutes)

Players will be broken down into teams, depending on numbers 2V2, 3V3. Goals should be set up 15-20 yards apart. The idea is for it to be somewhat a tight space. 2 Teams at each end, no goalies. Players will try to score with no restrictions. If a team gets scored on they are replaced by the team waiting on either side of the goal. If teams are not scoring, change it to if the ball goes out off the end line, the team gets replaced.

Game Matches: Set up in a similar way, but can be 2v2, 3v3, Create as many teams based on the number of players you have. Time games for 3 minutes. GK's are optional

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