



## Interactive Session Plan™



Coach Ryan Puntiri

Session date

Week 3

Team/Age Group

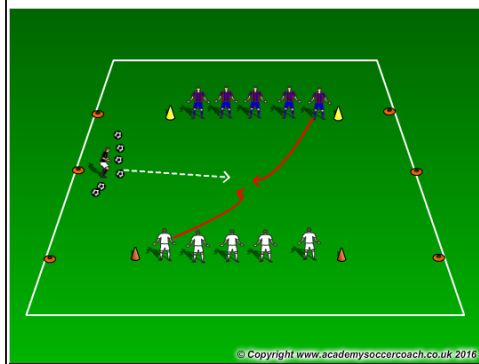
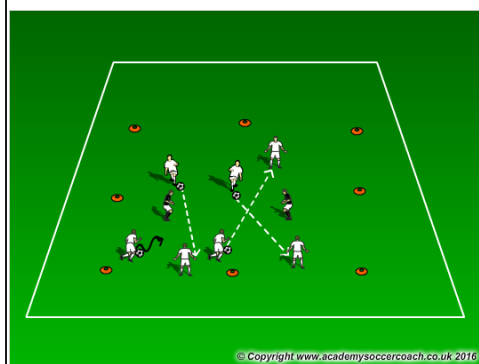
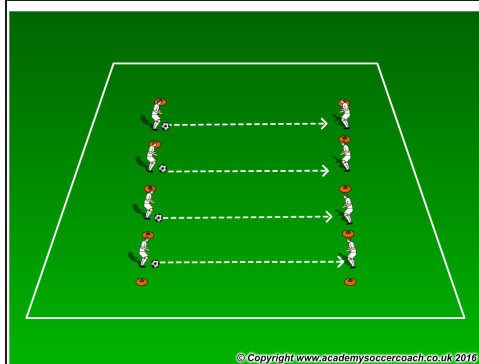
Kickers/Kickers 1

Theme

Dribbling/ Striking the Ball

Time available

1 Hour 15 Minutes



### NOTES

#### Ball Mastery: (5 Minutes)

Soccer Dance  
Geg  
Geg(Laces)  
Triangle Move

#### Wickets: (10 minutes)

Players stand across from each other. One ball per group of two. Players should be 5-8 yards apart depending on capability. Player with the ball tries to pass the ball through the other persons legs. Each time they successfully pass it through it is 2 points. Have players play a few different people.

**Coaching:** Stress to players to use the inside of their foot when passing. Remind them that the non-kicking foot should be beside the ball(Soccer Dance reference).

#### Moving Goal: (5 Minutes)

All players are dribbling a soccer ball in a 15x20 yard grid. Two coaches hold a practice vest (penny) between them, forming a goal. The players must try to kick their ball through the goal.

**Coaches:** Move around into open space so that the players have to dribble around and kick their ball through a moving target

#### Numbers Game: 10 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.

**Coaching:** 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!

#### 4V4 Scrimmage: (45 minutes)