



Interactive Session Plan™



Coach R. Puntiri

Session date

Week #6

Team/Age Group

Kickers/Kicker1

Theme

Dribbling, Striking the Ball

Time available

1 Hour 15 Minutes



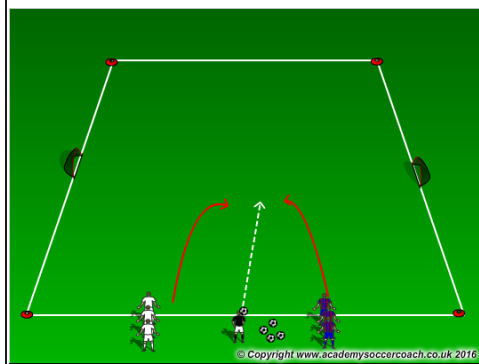
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NOTES

Ball Mastery Warm Up(5-8 Minutes)

Soccer Dance
Triangle Move
The Geg
The Geg(laces)
Partner Passing

Ball Tag(5-8 Minutes)

All players are dribbling a soccer ball in a 15x20 yard grid. The players try to hit another player's feet or soccer ball with their soccer ball. Players should keep count of how many times they tag another player.

Version 2: If the players tag the coach, they are awarded 10 or 20 points. If the players tag other selected players, they are awarded 50 or 100 points

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

"See Ya": (10-12 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

4V4 Scrimmage (45 Minutes)