



Interactive Session Plan™



Coach Ryan Puntiri

Session date

Week One

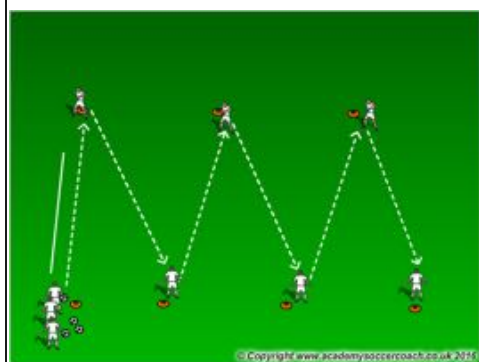
Team/Age Group U12s

Theme

Passing & Receiving

Time available

1.5 Hours



NOTES

Warm Up, Ball Mastery Please refer to document labeled Universal Warm Up (10 Minutes)

Pass Right , Move Left: (10 Minutes)

Set up a 10X10 box. Each box will have players at three cones, with one ball for the group. Player with the ball should have a player to their right and an open cone to their left. Player passes the ball using their right foot, and moves to their left (the open cone). Player receiving the ball uses his/her right foot, which based on this set up is their away foot.

Progression: Pass Left, Move Right, One touch

Coaching Point: Stress to player to take a touch before passing the ball. The touch should be with their back foot and towards where their next pass is going. Challenge players to keep the ball moving and to keep passes within in the grid

Zig Zag Passing (15 Minutes)

Set up cones about 15-20 yards apart as displayed to the left. Assign a player to every cone (without a ball), all extra players start at the beginning with the ball. Players follow their pass. As a player receives a ball they should be using their away/back foot, and try to take one touch to receive and the next touch to pass. Once a player works their way through the zig-zag, they dribble the ball back behind the lines.

Progression:

Players now after passing the ball get it back from the player they are approaching (combination) and play it back to them as they proceed to the next cone.

Coaching Point: Stress to players the importance of playing using their away foot, as this helps players to play the ball quicker, and enables them to play the ball while still facing the field.

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 replace 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 replace.

6v6, or 8v8 Scrimmage (30 Minutes)

If you play 6v6, play in 45x60 yd. field. If you play 8v8, play in 55x80 field. Play with goalkeepers, and encourage them to communicate