



## Interactive Session Plan™



Coach **Ryan Puntiri**

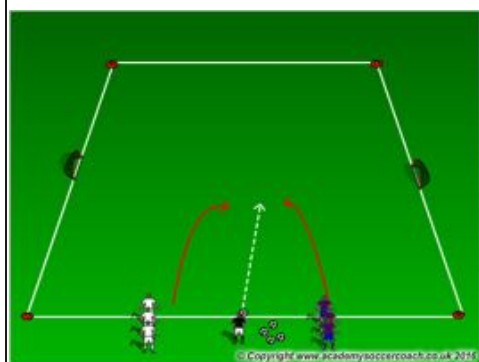
Session date **Week 2**

Team/Age Group **U12s**

Theme **Dribbling**

Time available

**1.5 Hours**



### NOTES

**Ball Mastery, Dribbling Warm-Up refer to Universal Warm Up (5-10 Minutes)**

#### **Dribble at Each Other: (10-15 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.

#### **"See Ya" : (10-15 Minutes)**

The players are divided into two teams. 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. 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".

**Coach:** Can make the games 1v1, 2v2,

Set up two fields of 15 x 20 yards with a 5 yd. space between them in order to keep the majority of your team playing.

#### **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!

#### **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