



## Interactive Session Plan™



Coach **Ryan Puntiri**

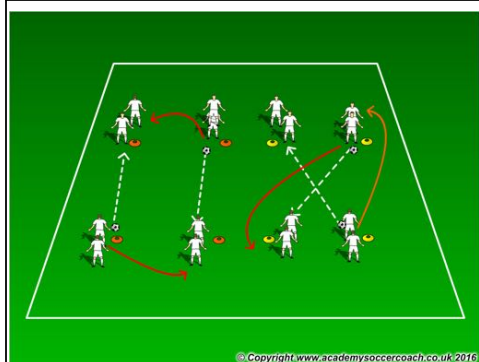
Session date **Week 5**

Team/Age Group **U12s**

Theme **Passing**

Time available

**1 Hour 30 Minutes**



### NOTES

#### Ball Mastery Warm Up

##### Groups of 3 Passing (10-12 Minutes)

Players are broken up into groups of 3 in a triangle formation. 2 Players have a ball, while the player who doesn't is consider the worker. Players should be 5-7 yards apart. **1st rotation** players with the ball pass the ball to the worker, the worker uses the inside of their foot (same side as passer) to play it back to passer. The players passing the ball should have the ball arrive at the workers feet right after they play the ball back to other passer, players work for 30 seconds at a time, then rotate so all players perform given skill **2nd Skill:** Passer play the ball diagonally to players foot, and they one touch it back **3rd Skill:** Passers are on there knees. They roll the ball to the center of the worker's body. Worker uses the outside of his foot to play it back **4th Skill:** One passer has the ball in his/her hands and tosses the ball to worker for an inside of the foot volley. Other passer plays it to thigh, worker brings it down to the ground and plays it back

##### 4 Cone Passing (10-12 Minutes)

Players are broken up evenly into 4 lines.

Version 1: Player passes the ball to the line across from them and moves to the line next to them

Version 2: Player passes to the line across from them and moves to the line diagonally across from them

Version 3: Player passes to the line diagonally across from and moves to the line straight ahead

Progression: Challenge your players to do it 1 touch if capable.

**Coaching:** Reinforce players to pass the ball with proper technique, toe up heel down, center of the foot to center of the ball, non-kicking foot beside the ball. Receiving with the inside of the foot, toe up, heel down, therefor their first touch is out in front of them

#### Passing Circle

Players partner up, players with a ball form a circle around players without a ball, place four cones in the middle of the circle. The players without the ball start near the cones and jog to a player with the ball, receive a pass with the inside of their foot and pass it back (two-touch). 30 seconds each and switch, keep this same formation for the following exercise. Players must go back through middle of circle before going to another player.

One Touch

Inside of the Foot Turn

Outside of the Foot Turn

Players now on inside have the ball, pass to outside player "yell" hold, go around player and get it back, go back through middle and repeat process with another player

#### 3 Team Possession To Goal/Targets (15-20 Minutes)

**To Goal:** Divide players into 3 teams. Pick one team to start off as defenders. The defenders when they win the ball will try to take the ball to goal. Other 2 teams will try and possess the ball. Switch defending team every 5 minutes. **To Targets:** Same idea as above but now place 2 targets at either end of the grid. Grid size will be dependent on number of players. Now choose a team to start off on defense. 2 other teams start off possessing the ball. If defending team steals the ball, they are no longer on defense, the team they stole it from becomes the defending team. **Coaching Points:** To Goal: Stress to players to get a look in before they receive the ball that way they can play quicker and know where the ball is going, challenge them to play one touch. To Targets: Stress to players that they must communicate so they are clear what 2 teams are on offense, the game moves fast. Also the team that gives up the ball can and should try to win it back immediately.