



Interactive Session Plan™



Coach **Ryan Puntiri**

Session date **Week 6**

Team/Age Group **U12s**

Theme **Passing for Penetration**

Time available

1 Hour 30 Minutes



NOTES

Ball Mastery Warm Up (5-8 Minutes)

Team Handball Warm Up (10 Minutes)

Players are allowed to use their hands in this game. Team in possession of the ball must keep the ball off the ground to keep possession. If defending team intercepts a pass, or the team with the ball drops it, the other team gets the ball. Teams score throwing the ball in the net (1 point), or having a teammate pass them the ball and they kick it out of the air (full volley) or off of one bounce (half volley) for 2 points. If the ball bounces more than two times it is a turnover

Coaching: Stress to players to find space and angles when they don't have the ball in order to create a passing lane. Defending players must be an arm's length away when defending on the ball. Defenders may not make contact with player while trying to intercept the ball

Pass and Move: (10 Minutes)

Split players into groups of 3 or 4 (color coded). Each group has a ball, inter-passing within their group. All groups are in the same grid playing through each other. (30x40 yard grid)

Coaching: 1st touch - Directional (away from pressure), Technique and type of pass, Technique of receiving, Communication: Verbal and Non Verbal Supportive body position, Visual cues

3v3+1 to Targets: (15-20 Minutes)

Two teams of 3 players each with a neutral player in a 30x35 yard grid will try to connect passes and score by connecting with the target player. Teams can be 5V5, or whatever works for your number at practice

Coach: Stress when and how to split defenders with passes. Proper weight, accuracy and timing of passes, Vision to split defenders with a pass, Possession vs. penetration Proper angle and distance of support off the ball

4v4 or 5v5 to End Zones: (20 Minutes)

Set up a 35 x 40 yard grid with end-zones behind the 40 yd. lines. Teams comprised of 4 players, depending on numbers and space. The attacking team needs to pass into the end zone and a player must time his/her run to receive the ball inside the end zone and score. Coach: Help the players to time their runs into the end zone to receive the ball. Start with passing and receiving in the end zone. Players can dribble into the end zone for 1 point.

Starting position of players, Shape, width and depth, Body position open to field, Possession vs. penetration Dribbling vs. passing

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