



Interactive Session Plan™



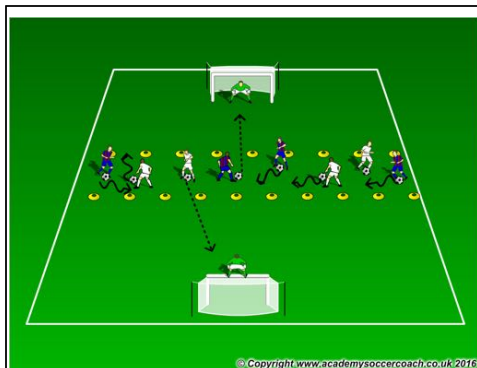
Coach

Session date

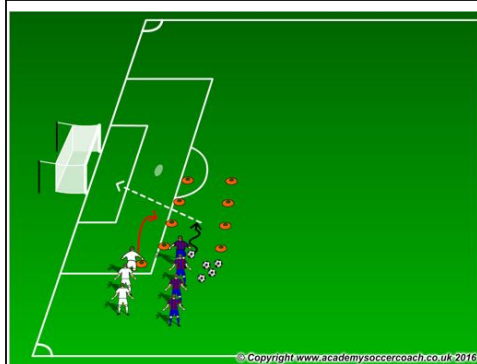
Team/Age Group

Theme

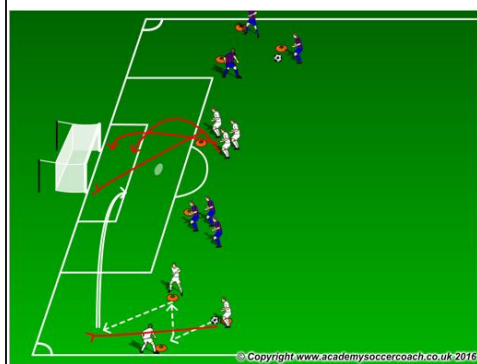
Time available



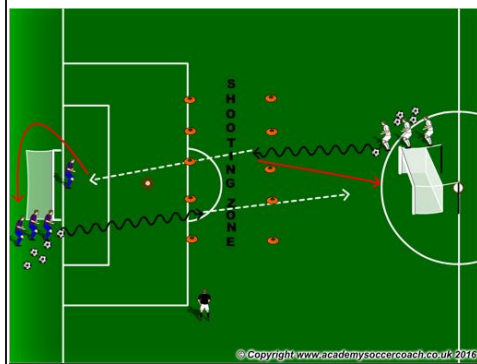
© Copyright www.academyfootballcoach.co.uk 2016



© Copyright www.academyfootballcoach.co.uk 2016



© Copyright www.academyfootballcoach.co.uk 2016



© Copyright www.academyfootballcoach.co.uk 2016

NOTES

Ball Mastery, Dribbling Warm Up(5-8 Minutes)

Game Situation Breakaway (10 Minutes)

Game Situation Breakaway:

A 40x50 yard grid is divided in three zones. Goal zones: 15 yards long by 40 yards wide with goals and GK's, and the middle zone 20 yards long by 40 yards wide. Two teams and all players with a ball. Number the players from 1-5. Each team will attack a goal. When the coach calls the number, the players with that number will try to score by dribbling out of the central zone and beating the GK. Version 2: Assign a couple of defenders to chase down the attackers.

1V1 Shooting along 18 (10-15 Minutes)

Players line up along 18 yard line, this can be adjusted based on the level of your team. Using the 18 yard line create a shooting zone, where players must stay in when attempting to take a shot. Defenders also have a zone where they need to be in while defending blocking the shot. Have the line of defenders start a few yards back to give players striking the ball a bit of a head start. Players have 5 seconds to try and get shot off. Players switch lines afterwards. Try from other side afterwards.

Coaching: Stress to defenders not to cross line. Encourage players striking the ball to get the shot off quickly and to turn their hips.

Crossing and Finishing(20 Minutes)

Divide players into 2 groups of 3 at the top of the 18 yard box as shown. On both the right and left flanks also have 3 players set up as picture shows. Each group of 3 works with the furthest group from them in the 18 yard area. The group of 3 on the flanks passes in a combination to eventually put someone down the line where they serve the ball on the ground across the goal mouth. The players running on should not be running straight on, they should be approaching the ball at an angle(bending there runs) all going around the same cone will enable them to do this. The runs from the 3 in the middle should be near post, sit middle, and far post.

Coaching: Players serving the ball should be playing the ball back at a 45 degree angle to keep it away from keeper, not straight across. Players making runs need to be reminded not to run straight ahead as it is near impossible to meet the ball at the same time it comes across the goal mouth.

Greatest Game (20 Minutes)

Exact same set up as above. This time walk off 18-20 yards from the goal, make a line straight across. From there walk off 5 more yards and make another line across(shooting zone). After you walk off the 5 yards count off another 18-20 yards and place the goal there.

Start off with one side putting a goalie in the net. Opposite side player now dribbles towards the shooting zone, and once in takes a shot at goal. After they strike the ball, they must retreat and cover the goal they just came from. The player in front of the other line takes off as soon as the oncoming player strike the ball. After they shoot in the shooting zone, they must retreat.

Coaching: Stress to players that when they enter the shooting zone to take a preparation touch and shoot while in the shooting zone

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