



Interactive Session Plan™



Coach **Ryan Puntiri**

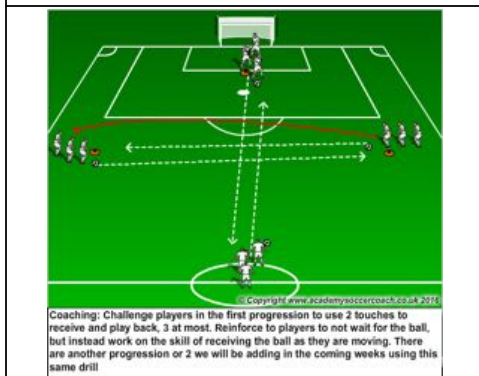
Session date **Week 1**

Team/Age Group **U14s**

Theme **Passing and Receiving**

Time available

1.5 Hours



Coaching: Challenge players in the first progression to use 2 touches to receive and play back, 3 at most. Reinforce to players to not wait for the ball, but instead work on the skill of receiving the ball as they are moving. There are another progression or 2 we will be adding in the coming weeks using this same drill!



NOTES

Ball Mastery Warm Up- Refer to Universal Warm Up (5-8 Minutes)

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 their 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 Line Passing & Receiving (15 minutes)

Set up four lines with players a good 30 yards apart if possible(Can be less yards if need be). There is one ball at each line. Lines are working with the lines across from them. First player in each line passes the ball towards the line across from them, then the player follows his/her pass and gets to the end of the line they passed to. Second player in line steps out, receives the ball properly, (refer to reference sheet) and passes it to the line they received it from. This continues to the 3rd player and so on. Progression(only when your players are ready) after player plays the ball they then run to the left or right of the player they passed to, create a sideways on angle. They get the ball from the player, and with their away/back foot play the ball back (combination play).

Interchanging 3V2 (15-20 Minutes)

Players are broken up into teams of three. You may need to set up a few fields for this drill. Goals can be pugs if you have them or cones. Playing areas should be 15X15, or 20X20 if you need to give players more room to be successful.

Team in possession of the ball can play with 3 field players, team not in possession needs to have someone in goal, which creates a 3V2. Once the team of 2 steals the ball they must play back to the goalie to release them. The team who loses the ball must send a player back to goal. Based on your numbers you might need to change, but always should have the same format.

Coaching: Reinforce to players to not just kick the ball when they get it, but actually make a pass.

Scrimmage: (30 Minutes)