



Interactive Session Plan™



Coach **Ryan Puntiri**

Session date **Week 2**

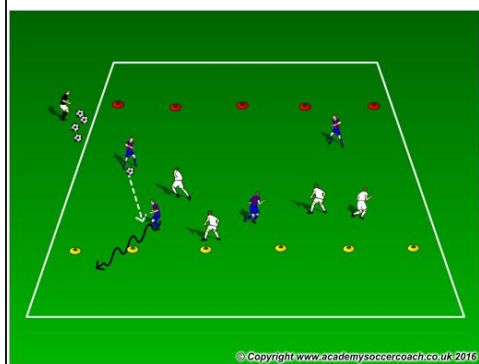
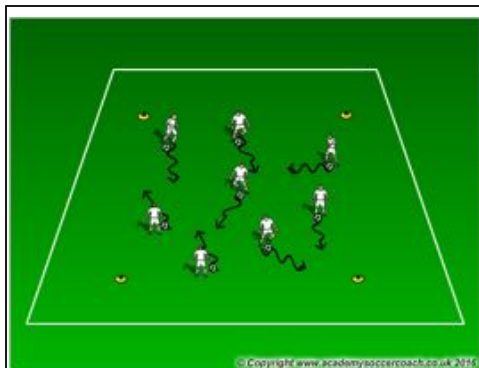
Team/Age Group **U14s**

Theme

Dribbling, When to Dribble, When to Pass, Making Runs

Time available

1.5 Hours



NOTES

Ball Mastery Warm Up, work in dribbling, 1V1 Escape and Attack moves, as noted on Universal Warm Up page (5-10 Minutes)

Dribble at Each Other: (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.

4V4 to End Zones (15 Minutes)

Two teams try to score by dribbling or passing the ball to a teammate running into the opponent's end zone (created with discs). The player can score by dribbling into the end zone or receiving by timing his/her run into the end zone.

Coach: Stress recognizing opportunities and timing of passes and receiving the ball into space

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