



Interactive Session Plan™



Coach Ryan Puntiri

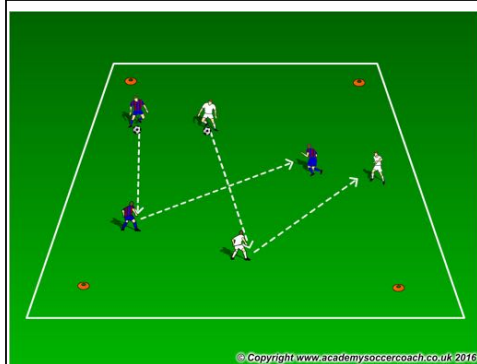
Session date Week 5

Team/Age Group U14s

Theme Passing for Possession

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 once 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.

Groups of 3 Passing & Receiving (10-15 Minutes)

12 Players divided into 4 Groups of 3 3 Players pass and move with one soccer ball

3 touch: receive, set & pass

2 touch: receive & pass

1 touch: pass 3 seconds max in one area.

Throughout this exercise all players shall be in constant communication.

Coaching

Technique of passing, locked ankle, toe up, eyes on ball at instant of contact, follow through to partner, strike ball solid through the middle, knees bent and balanced, Passing accuracy and weight of pass. Technique of receiving, Keep eyes on ball, Select, present, and relax the controlling surface, Receive sideways on so you have better vision of the field, Receive ball away from pressure and toward supporting options, Importance of first touch to control and prepare the ball, Turn and change direction with one touch.

4v4 to Four Small Goals (15 Minutes)

In a 30x35 yd. grid with two small 3 feet cone goals on each of the 35 yard lines, near each corner. Each team defends and attacks two goals. If playing with 4 players, the attacking shape should be a diamond. If attacking with five players, the attacking shape should be a 3-2 or 2-1-2.

Coaching

Supporting Shape

Possession vs. Penetration

Keep possession-speed of play

Proper angle and timing of support

5v5/6v6 to Six Goal Game (20 Minutes)

Players divided in two teams

Play 6v6 with six goals located on end lines; each team attacks & defends three. Teams score points by dribbling or passing through goals.

Dribble goal located in center = 1 point

Pass through either goal near sideline = 1 point

Pass through either goal near sideline from change of point of attack = 3 points

Coaching

Demand the ball

To alert teammates of attacking options

To alert teammates of defensive pressure

Scrimmage 7v7, or 8v8 in 55x80 area (25-30 Minutes)