

Interactive Session Plan TM

Coach

Anton

Session date

8/4/15

Team/Age Group

BU13

Theme

Passing

Time available

90 Mins



NOTES

- EACH PLAYER HAS A BALL
- DRIBBLE FREELY INSIDE A 20X20 AREA
- INTRODUCE 3 TURNS / MOVES TO PRACTICE
- INTRODUCE ¾ FOOTSKILLS RELATING TO SESSION

- TECHNIQUE OVER SPEED
- EQUAL TIME PER FOOT
- HEAD UP TO OBSERVE SPACE AND PLAYERS
- VARIETY OF FOOT SURFACES
- ABILITY TO CHANGE SPEED AND DIRECTION



- 2 PLAYERS TO EACH GATE WITH ONE BALL
- SHORT SHARP PASSING
- DIFFERENT SURACES OF THE FOOT TO RECEIVE

- SPEED OF PLAY
- OPENING UP OUR BODY
- EYE CONTACT BETWEEN PLAYERS
- ALWAYS ON OUR TOES
- USE BOTH FEET

ADD TIMED COMPETITIONS

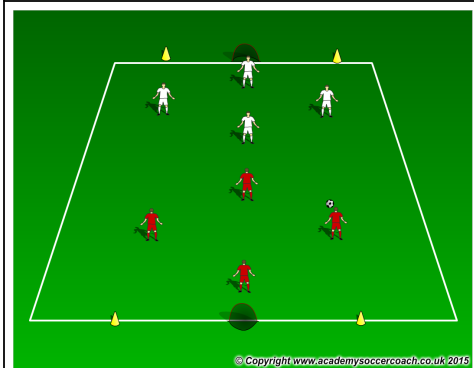


- BALLS START OPPOSITE SIDES AND MOVE CLOCKWISE
- PLAYERS FOLLOW THEIR PASS

- PASSING, RECEIVING, MOVEMENT TECHNIQUES
- COMMUNICATION BETWEEN PLAYERS – TURN, MAN ON ETC
- EYE CONTACT BETWEEN PLAYERS BEFORE EXCHANGE OF BALL
- SPEED OF PLAY, LIMITED TOUCHES AT ALL TIMES

PROGRESSIONS:

1. CHANGE DIRECTION
2. ADD COMBINATIONS AROUND CONES
3. ALL 1 TOUCH I POSSIBLE



SMALL SIDED GAMES:

- REWARD POINTS FOR NUMBER OF PASSES
- MUST COMBINE BEFORE SCORING