



# Interactive Session Plan™

Season 2016 Team/Age Group \_\_\_\_\_ Week \_\_\_\_\_

Topic To Improve the Team's Ability to Transition to Attack in the Defensive Half

## Objectives 5W's

Improve the ability of the #1, #2, #3, #4, #5 to play out of the defensive half after winning possession of the ball.  
 WHO: #1, #2, #3, #4, #5 with #6, #8 and #10 - WHAT: GK distribution to the backs and midfielders, Dribbling, Passing, Receiving, Width, Mobility, Support, Penetration - WHERE: The defensive half, WHEN: After gaining possession from the opponent, a GK save - WHY: To safely keep possession in the defensive half after winning the ball and transition that possession into an attack, especially when under the pressure of the opponent



### 1. WARM UP

Duration:  Intensity:  Intervals:  Activity Time:  Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players )

Area: 75W x 45L yard field with 1 goal and 2 targets  
 5v3 to Goal and 2 Targets-Target team (Red): #1, #2, #3, #4, #5 - Opposition team (White): #8, #9, #10 - Targets: (Red) #6 and #8. After regaining the ball the Red team will transition to the attack by getting wider and try to pass to either of the target players to score. Ball starts with the White team.

COACHING POINTS / KEY CONCEPTS

What? Technique - Passing - Pace, Accuracy, Timing - Receiving - Surface selection, distance and angle of first touch - Dribbling - speed, surface, position of ball, shielding, turning

Principles of Attack - Width: Where? When? Why? - Support: Who? Where? When? Why? - Penetration: What? Where? When? Why?



### 2. SMALL SIDED ACTIVITY

Duration:  Intensity:  Intervals:  Activity Time:  Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players )

Area: 75W x 60L yard field with a regular goal and 2 targets  
 7v5 to Goal and 2 Targets - Target team (Red): #1, #2, #3, #4, #5, #6, #8 - Opposition Team (White): #7, #8, #9, #10, #11. After regaining the ball the Red team quickly transition into the attack and try to score by passing to either of the target players.

COACHING POINTS / KEY CONCEPTS

What? Technique - Passing, Receiving and Dribbling - Tackling to win possession

Principles of Attack - Width: Where? When? Why? - Mobility: Who? Where? When? Why? - Penetration: What? Where? When? Why? - Support: Who? Where? When? Why? - Maintaining Possession/Playing out of Pressure - When to pass, when to dribble?



### 3. EXPANDED ACTIVITY

Duration:  Intensity:  Intervals:  Activity Time:  Recovery Time:

ORGANIZATION - (Physical Environment / Equipment / Players )

75W x 90L yard field to regular goals  
 10v9 to Regular Goals - Target team formation 1-4-1-4 (#1, #2, #3, #4, #5, #6, #7, #8, #10 and #11) - Opposition team formation: 1-2-3-3 (#2, #3, #6, #7, #8, #9, #10, #11). Play the game to score in the opponents goal.

COACHING POINTS / KEY CONCEPTS

What? Techniques of: Passing, Receiving and Dribbling

Principles of Attack - Penetration: What? When? Where? Why? - Mobility: Who? When? Where? Why? - Support: Who? Where? When? Why? - Width: Where? When? Why? - Recognition of Transition moment - Maintaining Possession - Risk v Reward

4. GAME **11v11** Duration:  Intensity:  Activity Time:  Intervals:  Recovery Time:

ORGANIZATION In full field (75Wx112L) play 11v11. All FIFA Laws apply. Target Team plays 1-4-3-3 Opposition plays 1-3-4-3

COACHING POINTS / KEY CONCEPTS Recognition of Transition, Speed of Play, Maintain Possession, Risk v Reward