Interactive Session Plan ™

MASSACHUSETTS

Season Winter 2016

Team/Age Group ____

Week



Topic Possession vs. Penetration

Objectives 5W's To improve the ability of the players to recognize when to pass forward and when to possess. WHO: #2, #4, #5, #3, #6 and #8 and #10 - WHAT: Passing, Receiving, Dribbling, Penetration, Support, Mobility and Width - WHERE: in the defensive half of the field - WHEN: In possession of the ball - WHY: To penetrate the opponent's forward and midfield lines into the attacking half

ODP

				1. WARM										
3/100	1.1	2		Г] [1		Activ	ity [Recovery	
. 5	4.			Duration:	15	Intensity:	Low	Interva	Is: 3	Tim	· 1	4	Time:	
F		>	2	ORGANIZATION - (Physical Environment / Equipment / Players) 4 Backs Passing and Receiving:										
4 Backs Passing and Receiving: Organize the players as shown. Yellow cones 10 yards apart. Yellow to Red cones 15 – 2											15 – 20 yards	apart.		
	2	~ ~		Sequence:		cos to Outsid	o back							
5	1- Center back passes to Outside back 2- The outside back runs with the ball past the red cone, turns and passes back to the C 3- Center back runs with the ball and crosses over with the opposite Center back and pa opposite Outside back.													
· /* 🍌 .												and passes to	the	
3/5 3/	e	y		COACHING POINTS / KEY CONCEPTS										
\mathbb{P}	3			Technique - Passing: Accuracy and pace - Receiving: First touch, surface selection, direction										
×	∛ \	and distance. • Tactics - Support: Angles and Distance - Mobility: Checking away and back at an angle to												
- And					Improvisatio								eto	
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				2. SMALL	SIDE		Y	-						
9				Duration:	21	Intensity:	Med	Interva	ls: 3	Activ Tim	-	6	Recovery Time:	1
- i a		ORGANIZATION - (Physical Environment / Equipment / Players)												
M	Bv1 + 3V1:													
Target team (Red):#2, #3, #4, #8 White team:#2, #3, #5, #8 In a 20W x 30L Grid with a halfway line and a goal at each end. Play 3 Attackers										kers v 1 Def	ender			
in each half of the field. Players can only cross the halfway										lfway line	by m	aking o	or receiving	a pass
3		- 2	ب	from the fo	rward	player. Vari	ation <mark>:</mark> P	layers ca	n cross t	the halfwa	y lin	e by dri	bbling acro	SS.
XXX			\mathbf{X}					16						
	4	1				S / KEY CON						2		
	Technique - Passing: Accuracy and pace - Receiving: First touch, surface selection, direction and distance.													
		ics: Penetration, Support, Width. (What, Who, Where , When and Why? as and when												
				they apply)									
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				3. EXPAN				1		Activ	vitv [Recovery	
4	WI 55	1		Duration:	27	Intensity:	Med	Interva	ls: 3	Tim		8	Time:	1
Pa 1/1	ORGANIZATION - (Physical Environment / Equipment / Players)													
/vi _4	5v2 + 5v2 Red team: #1, #2, #3, #4, #5, #9 and #10 White team: #1, #2, #3, #4, #5, #8 and #9													
	In a 40W x 60L Grid with a halfway line and a goal at each end. Play 4 Attackers v 2 Defender in													
each half of the field plus a goalkeeper in each goal Players can only cross the halfway line making or receiving a pass from a forward player. Variation: Players can cross the halfway line														
dribbling across.											the naliway	ine by		
	No/	141	\mathbf{X}											
			\setminus			S / KEY CONG				F *			1	
/ La K	·		\setminus	• Technique - Passing: Accuracy and pace - Receiving: First touch, surface selection, direction and distance.										
			enetra	tion, Suppoi			h, and l	mprovisat	ion.	(What, V	Nho, Where	÷,		
	© Copyright www.a	cademysoccercoach.c	ouk 2015	When and	Why?a	as and wher	n they a	pply)						
		, constant		L										
4. GAME 7v7	Duration:	35	Intensity	r: High		Activity Time	e: 1	5 Int	ervals:	2		Recov	ery Time:	2
ORGANIZATION	Teams play with	n a specific format	tion: 1-3-1-2	vs 1-3-1-2. Play	the gam	ne encouraging	players to	recognize	when they	can penetrat	e and	when they	y should keep p	ossession.

COACHING POINTS / KEY CONCEPTS



Roles and responsibilities of the team in possession of the ball. Speed of Play and Execution