



Interactive Session Plan™

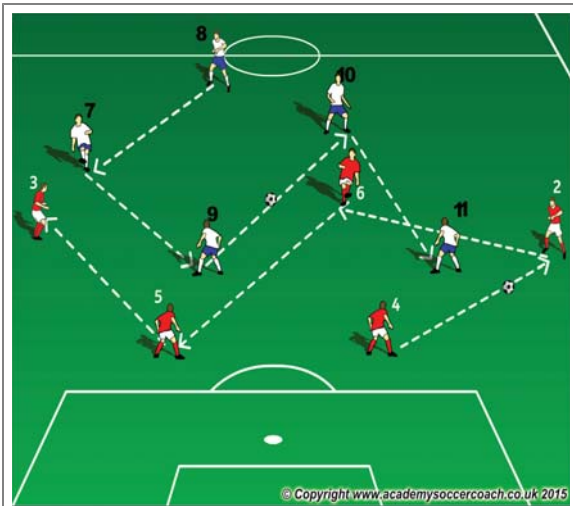


Season Winter 2016 Team/Age Group ODP Week

Topic Passing and Receiving

Objectives 5W's

To improve the ability of the players to pass, receive, create passing lanes, and support each other more effectively
WHO: #2, #3, #4, #5, #6, and #8 - WHAT: Passing, Receiving, Dribbling, Penetration, Support, Mobility, Width and Improvisation - WHERE: in the defending half of the field - WHEN: In possession of the ball - WHY: To penetrate the opposition's forward and midfield lines into the attacking half



1. WARM UP

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

ORGANIZATION - (Physical Environment / Equipment / Players)

Passing through the other team:

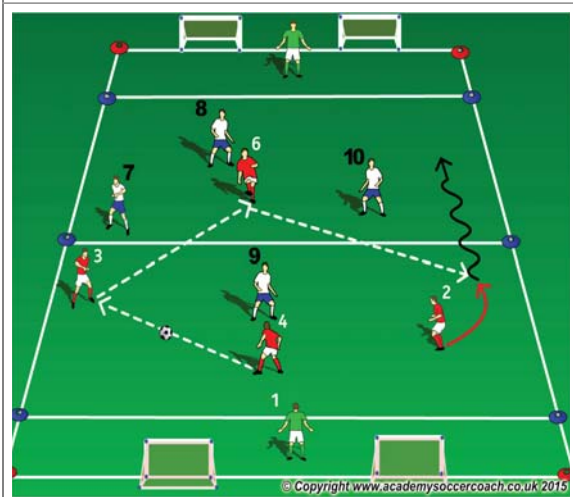
In a defined area, the Target team (Red): #2, #3, #4, #5, and #6 will try to complete as many passes through the Opposition team (White): #8, #7, #9, #10, #11

• Challenge them to:

- A. Get as many splits as they can in 3 minutes
- B. Beat the numbers of splits the team has in the first round

COACHING POINTS / KEY CONCEPTS

- Technique - Passing: Accuracy, Pace and Timing - Receiving: Surface Selections (Foot and Ball), First touch, Preparation touch, Body shape - Dribbling: Running with the ball
- Tactics - Support: Angles and Distance - Mobility: Checking away and back to create angles to receive the ball (What, Who, Where, When and Why? as and when they apply)



2. SMALL SIDED ACTIVITY

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

ORGANIZATION - (Physical Environment / Equipment / Players)

5v5 (GK+4v4+GK) to Four Goals:

Target team (Red): #1, #2, #3, #4, and #6 Opposition team (White): #1, #8, #7, #10 and #9
In a 30Wx40L yard grid place two goals of 4 yards on the 30 yard lines, about 8-10 yards apart (see diagram). Each team defends and attacks two goals. The Goalkeeper covers both goals
Scoring:

- Any goal after a split is 10 points

COACHING POINTS / KEY CONCEPTS

- Technique - Passing - Accuracy, Pace and Timing - Receiving: Surface Selections (Foot and Ball), First touch, Preparation touch, Body shape - Dribbling: Running with the ball
- Tactics - Penetration, Support: Angles and Distance - Mobility, Width. (What, Who, Where, When and Why? as and when they apply)



3. EXPANDED ACTIVITY

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

ORGANIZATION - (Physical Environment / Equipment / Players)

6v5 (GK-5v5-GK):

Red team: #1, #2, #3, #4, #6, #8 White team: #1, #7, #8, #9, #10, #11
In a 30Wx40L yard grid. Play to score in the opponents' goal

COACHING POINTS / KEY CONCEPTS

- Technique - Passing: Accuracy, Pace and Timing - Receiving: Surface Selections (Foot and Ball), First touch, Preparation touch, Body shape - Dribbling: Running with the ball
- Tactics - Penetration, Support: Angles and Distance - Mobility: Checking away and back to create angles to receive the ball - Width and Improvisation (What, Who, Where, When and Why? as and when they apply)

4. GAME **7v7** Duration: Intensity: Activity Time: Intervals: Recovery Time:

ORGANIZATION Teams play in 1-3-1-2. Play the game encouraging the players to recognize when to support and create passing lanes

COACHING POINTS / KEY CONCEPTS Roles and responsibilities of the back and midfield players when they have possession. Speed of play and Execution.