



# Interactive Session Plan™

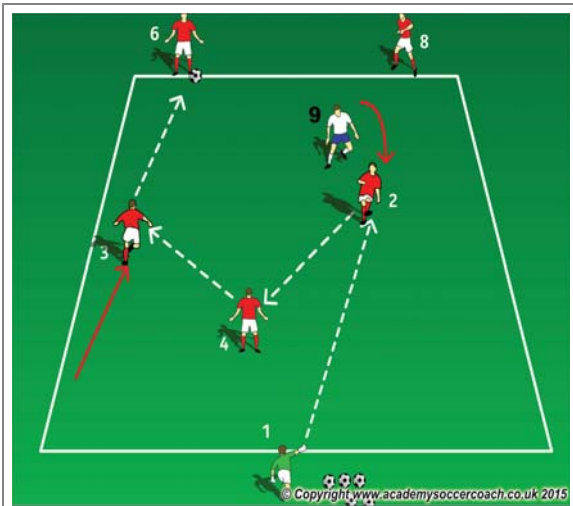


Season Winter 2016 Team/Age Group ODP Week         

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

Objectives 5W's

TRAINING OBJECTIVE(S): Who: #'s 1, 2, 3, 4, 5, 6, 8, & 10, What: GK distribution to the backs and midfielders, width of #2, 3, mobility of #6, 8, & 10, penetrating passes whenever possible and the technical consistency to do it safely, Where: The defensive half into attacking half, When: After gaining possession from the opponent, a GK save, Why: To possess in the defensive half after winning the ball and transition that possession into the attacking half of the field



## 1. WARM UP

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

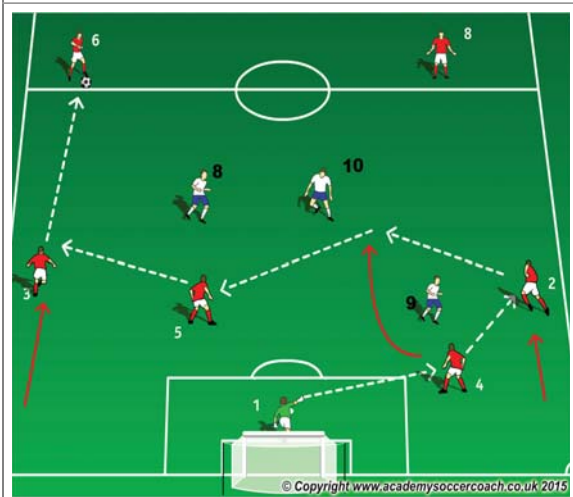
ORGANIZATION - (Physical Environment / Equipment / Players)

### 3v1 to 2 Targets

In a 15Wx20L yards grid. The ball starts with the GK who distributes to the Red Team (Target Team) #2, 3, or 4. Those Red players keep possession from the White (Opponent) #9 player to serve to Red targets #6 & 8.

COACHING POINTS / KEY CONCEPTS

- Technique: Receiving (first touch), passing accuracy
- Tactics: Penetration, Support, Mobility, Width, (Who, What, Where, When and Why? as and when they apply)



## 2. SMALL SIDED ACTIVITY

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

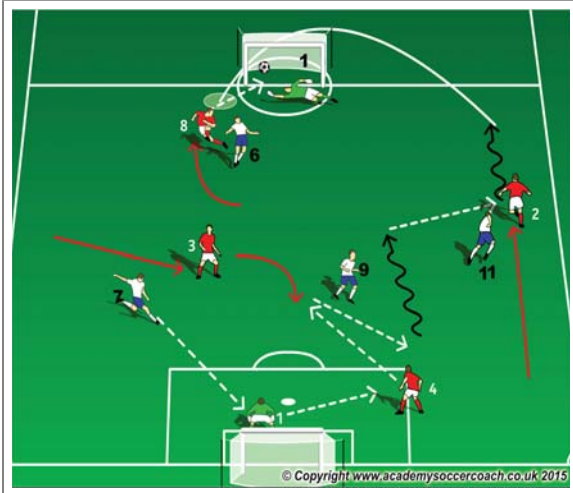
ORGANIZATION - (Physical Environment / Equipment / Players)

### 5v3 to 2 Targets

On a 30Wx40L yards field the Target Team of #1, 2, 3, 4, 5, play to keep possession and play to targets #6 & 8. If Opponents #9, 10, 11 win the ball they go to goal.

COACHING POINTS / KEY CONCEPTS

- Technique: Passing, receiving, accuracy and pace of pass.
- Tactics: Penetration, Support, Mobility, Width, (Who, What, Where, When and Why? as and when they apply)



## 3. EXPANDED ACTIVITY

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

ORGANIZATION - (Physical Environment / Equipment / Players)

### 5v5 to Goal

On a 30Wx40L yards field the Target Team #'s 1, 2, 3, 4, 8 play the game vs. the Opponents #1, 6, 7, 9, 11.

COACHING POINTS / KEY CONCEPTS

- Technique: Passing, receiving, accuracy, pace of pass.
- Tactics: Penetration, Support, Mobility, Width, (Who, What Where, When and Why? as and when they apply)

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

ORGANIZATION **Both teams play in a 1-3-2-1, all rules of the game**

COACHING POINTS / KEY CONCEPTS **Roles and responsibilities of backs, midfielders, forwards when in possession. Speed of play and execution.**