



# Interactive Session Plan™

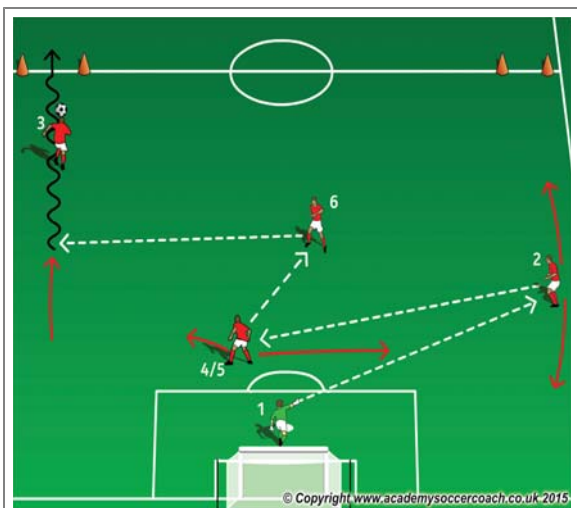


Season 2016 - Winter Team/Age Group ODP Week \_\_\_\_\_

Topic Build Up Out Of The Back - When To Pass & When To Dribble

Objectives 5W's

Who: #'s 1, 2, 3, 4, 6, 8, 9 or 10 What: improve the team's ability to build up using wing player Where: from the defensive half into the attacking half  
When: immediately after winning the ball in the defensive half Why: to help maintain possession of the ball, unbalance the opposition & improve the attack



## 1. WARM UP

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

ORGANIZATION - (Physical Environment / Equipment / Players)

### 5v0 Build Up Pattern:

In a 25W x 35L yard grid, place 2 gates at midfield and a goal on the end line. Player #'s 1, 2, 3, 4/5 & 6 will pass the ball amongst each other and finishing with either the #2 or 3 dribbling through the gate in front of them. Play starts with the coach serving the ball into the goal keeper. Coach creates the pattern for the players to complete. (if you do not have goal keepers, start the play with a serve into the #4.

### COACHING POINTS / KEY CONCEPTS

- Technical: Passing (long and short,) dribbling & running with the ball.
- Tactics: Width, Mobility, Support & Penetration - Once the GK receives the ball, Who provides Width? When should they get wide? Why should players position themselves to face forward?



## 2. SMALL SIDED ACTIVITY

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

ORGANIZATION - (Physical Environment / Equipment / Players)

### 5v3 to Goal and Counters:

In a 25W x 45L yard grid and a goal at 1 end and 2 counter goals at the other. The red team (target team,) #'s 1, 2, 3, 4/5 & 6 play against the white team (opponents) #'s 8, 9 & 10 (5v3.) Red scores by #'s 2 or 3 dribbling through a counter goal or passing it through with 1 touch. White scores on the big goal. Coach can continue to use pattern play for the red team. (if GK's are not available, white can score in a smaller goal)

### COACHING POINTS / KEY CONCEPTS

- Technical: Passing (long and short,) dribbling & running with the ball.
- Tactics: Width, Mobility, Support & Penetration - When should #2 and 3 pass the ball? Who should support all players in the center of the field? Where should the ball be played to help the #'s 2 and 3 get forward faster?



## 3. EXPANDED ACTIVITY

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

ORGANIZATION - (Physical Environment / Equipment / Players)

### 6v5 to Goal:

In a 35W x 55L yard grid, play a 6v5 game. The Red team #'s 1, 2, 3, 4/5, 6 & 9 play against White #'s 1, 6, 8, 9 & 10. Both teams will attack 1 goal and defend the other.

### COACHING POINTS / KEY CONCEPTS

- Technical: Passing (long and short), dribbling, running with the ball and heading.
- Tactics: Penetration, Support, Width & Mobility - When the Red team play direct to goal? Why would building up, using wide players be better? Who should be looking to Penetrate every time they get the ball?

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

ORGANIZATION **Red Team: 1-3-2-1 (#'s 1, 2, 3, 4/5, 6, 8 & 9). White: 1-2-3-1 (#'s 1, 4, 5, 6, 8, 9 & 10)**

COACHING POINTS / KEY CONCEPTS **Coach the techniques and Principles of Play as they apply. Use the 5 W's to check for Understanding.**