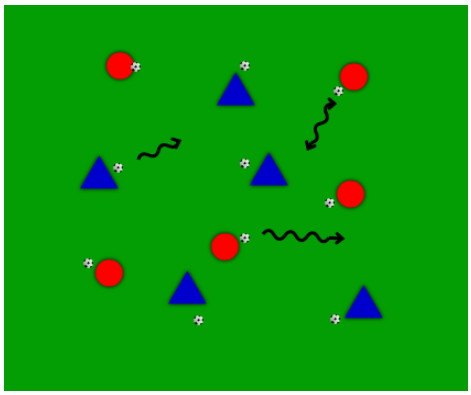
Interactive Session Plan ™

Coach | Session date | Time available 60-75min

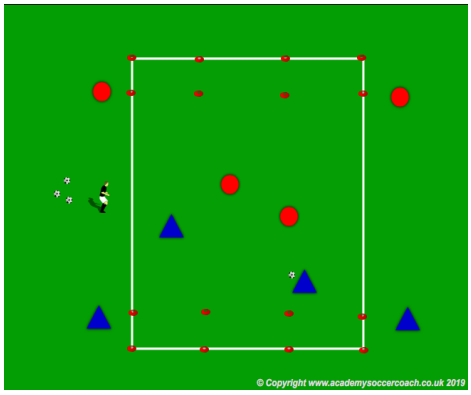
Topic: 7v7 Wk2, S1. Preseason. Creating Space Off the Ball. Game model Principles of Play: Separate (lose your marker); Spread out (group stretch opponent wide/deep (hi/low)); Distance; Angle, timing & speed of movement. Ages U8-U10

Technical / Tactical ✔
Tactical / Technical ☐



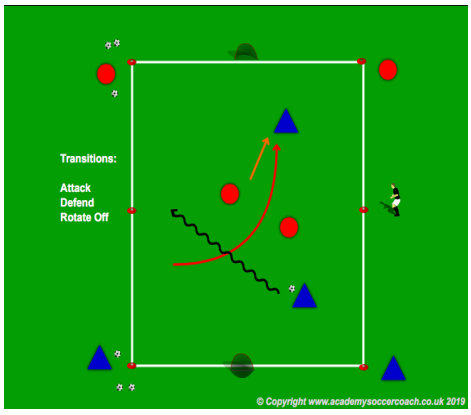
WARM-UP

Organization	Key Coaching Points
Ball mastery & Dynamic Stretches Dribbling in square simple ball mastery exercises and 1v1/ COD moves. Progressively work dynamic stretches. Ball mastery: Toe taps; Inside taps; Sole rolls Dribbling combinations: Inside-outside; Outside-sole COD: Inside cut; Outside cut Fakes: Step-over; Scissor PROG: Add a defender(s) for pressure; if defender wins a ball they become a dribbler.	Protect: shield the ball with your body Escape: dribble to space to escape pressure Fast-slow-fast: Control of the ball and tempo Body shape: Soft, bent knees, explode, balanced Surfaces: Inside or outside, right or left to beat defender Scanning: Space, opponents, teammates, ball Find openings: Dribble/RWTB through Soft touch Rhythm to dribble: Touch-step-touch-step Lead with one foot: One feet leads, one foot follows



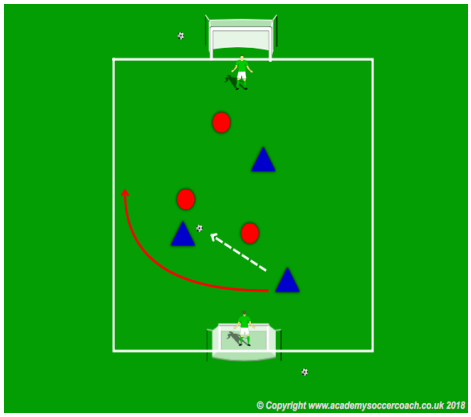
ACTIVITY 1

Organization	Key Coaching Points
2v2 to End Zone SSG (mark out three channels) End zone to score. Two teams. Coach plays ball in. Use progression of rules to manipulate the competition. Use channels to coach movements. Progression of competition: 1) Dribble into end zone to score 2) Dribble through gates to score (add 2 or 3 gates) 3) Receive pass in end zone to score Challenging: Defending team send in 3, Attacking team only 2	Movement: Diagonal runs to find/create space Separate: Create 5 yds space from defender Timing: Of movement off the ball Scanning: Space, oppo, teammates, ball, goal Communicate: With your teammate (verbal/non) Blindside: split defenders vision 2v1 or 1v1: where are these moments? Fast-slow-fast: Control of the ball and tempo Body shape: Soft, bent knees, explode, balanced Surfaces: Inside or outside, right or left foot Speed of play: one touch or more



ACTIVITY 2

Organization	Key Coaching Points
2v2 Transitions SSG (mark out three channels) Two teams. Two small goals. Attackers dribble out. Rotation is ATTACK-DEFEND-OFF. Keep a supply of balls ready. Progression of competition: 1) Score in goal 2) Score with one touch 3) Goal from wall pass = 3 points Challenging: Add wide wall players and play 2v2 or 3v3 in the middle.	Think Ahead: Anticipate the next 5 seconds Movement: Diagonal runs to find/create space Create Openings: Dribble or pass Scanning: Space, oppo, teammates, ball, goal Compose: pause if no opening, no rush Opening: Look for them, dribble or pass? Create space: Dribble to escape, create openings Communicate: With your teammate (verbal/non) Positioning: Angle and distance Movement: Overlap/Wall Pass/Diagonal run Fast-slow-fast - control of the ball and tempo



GAME

Organization	Key Coaching Points
4v4 or 5v5 Game with goals and goalkeepers Play regular FIFA rules game. Mark three channels. Rules: 1) Regular scoring rules. 2) 3 points for a goal from a split pass 3) 3 points for a goal from a 1v1 move/COD 4) 3 points for a goal from a wall player combination	Can you control the tempo? How? Can you create space for yourself? How? Can you support play and create passing options wide and forwards? Be proactive and confident on the ball and off Use changes of speed and direction to separate Timing, angle and distance of passes Run into space behind or inbetween defenders Communicate

Print Session

© Copyright NSCAA 2012