



COACH EDUCATION DEPARTMENT

Interactive Session Plan™



Select a Date

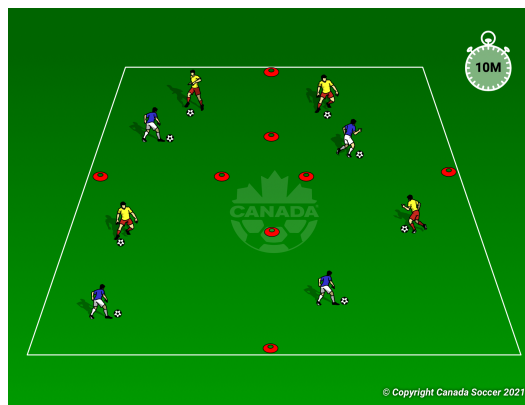
Coach

Age group:

U8s

Session

Time



Organization:

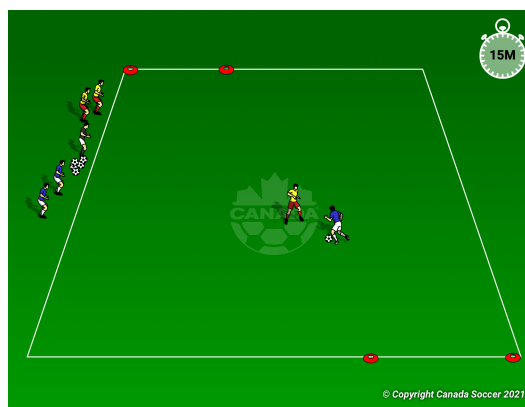
Groups of 2 players with 1 ball per player
Each pair of players has their own 10 yards x 10 yards grid
Players dribble inside their grid and perform skill moves
When the coach holds up a "red" or "blue" cone, the bib color (instead of bibs can just tell each player what color they are) pressures their opposite color to create a 1v1 situation
After 15"-20" secs of live play, repeat

Facilitator Feedback:

Protect
Escape
Use Skills
How can you create separation from the opponent ?

Progressions:

Reduce the space for each grid to 8 yards x 8 yards
Increase the complexity/demands of the skills when players are dribbling unopposed



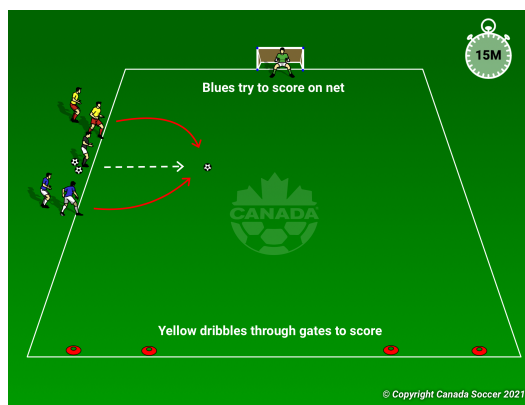
Organization:

Multiple grids with lop-sided goals set up is required for this activity
1v1 inside the grid – Players must dribble through their assigned goal to score
30" second games and then rotate players (4 players per grid)
Coach will play a new ball into the grid when the previous ball is out of play

Facilitator Feedback:

Use Space
Draw your opponent
Fix & Pin
Where is the free space (Inside or Outside of the opponent ?)

Progressions:



Organization:

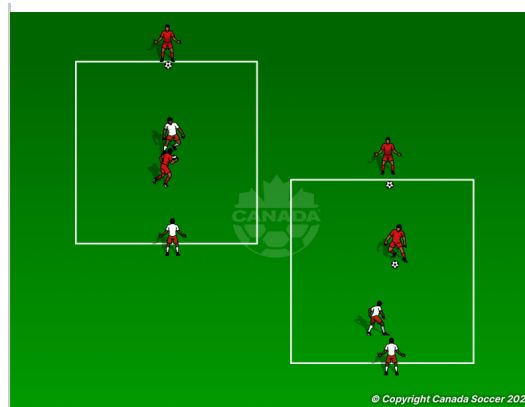
Multiple grids with One Goal with Goalkeeper to 2 Counter Gates is the required set up for this activity
Coach players a ball into the grid and the game is 1v1 with one player assigned to score on the goal with keeper and the opposite player scores into either of the 2 gates
Rotate players after 20"-30" seconds or after a goal is scored
Max 4-6 players per grid

Facilitator Feedback:

Penetrate
Twist & Turn
Create space & time
How can you deceive your opponent & evade pressure ?

Progressions:

Ensure that both groups of players switch game direction (Both groups get to score on the big goal)
Add a time limit to score (Makes the players have to think and play faster due to



SETUP:

Make several 10x10yd grids.
Play 1v1 in the center, while next pair is on outside of grid.
Play until whenever the coach says 'stop!'
The player with the ball at that point wins (change the duration of the game every time).
Players in the center try and hold possession by shielding
If ball goes out of bounds, a new ball is played in by the pair outside to whoever's ball it is
After game is over, next two go

FACILITATOR FEEDBACK:

Little touches in tight spaces
Make sure your body is between the ball and the defender
Try to get 'side-on' to the defender to make yourself bigger
Be light on your toes and creative