Interactive Session Plan_™

U14/U16

Season

Team/Age Group

Week

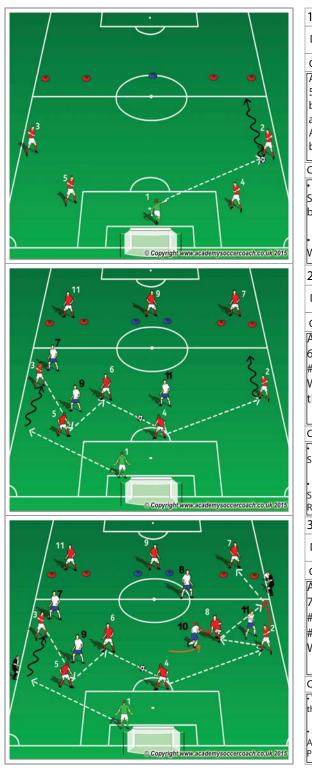


2016

Topic Improve the team's ability to build up from the defensive half

To penetrate from the defensive half into the attacking half under control

Objectives 5W's WHO: #1, #2, #4, #5, #3, #6 and #8 with #10, #7, #9, and #11 - WHAT: Passing, Receiving, Dribbling, Penetration, Support, Mobility and Width - WHERE: In the defending half - WHEN: In Possession of the ball - WHY: To penetrate the opponent's forward and midfield lines into the attacking half



\cdot $ $ $ $	1. WARM UP
	Duration: 15 Intensity: Low Intervals: 3 Activity Time: 4 Recovery Time: 1
	ORGANIZATION - (Physical Environment / Equipment / Players) Area: 75Wx60L yard area with one goal and 2 dribbling gates 5v0 to 2 Dribbling Gates: Target team (Red): #1, #2, #3, #4,#5. The target team GK plays the ball to one of the 4 red players. Those players must possess the ball out of the defensive half as a group moving forward to dribble through any of two the dribbling gates. After a while - Add a white #9 and #10 defenders for a 5v2 in the same space. If they win the ball they can attack the goal. COACHING POINTS / KEY CONCEPTS
© Copyright www.academysoccercoach.co.uk.2015	What? Technique - Passing: Accuracy and Pace - Receiving: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance - Dribbling: Running with the ball Principles of Attack - Width: Who? Where? When? Why? - Support: Angles and Distance, Who? Where? When? Why?
	2. SMALL SIDED ACTIVITY
🕺 🚽 🔪	Duration: 21 Intensity: Med Intervals: 3 Activity Time: 6 Recovery Time: 1
	ORGANIZATION - (Physical Environment / Equipment / Players) Area: 75Wx60L yard area with one goal and 3 target players 6v3 to 1 Goal and 3 targets - Target team (Red): #1, #2, #3, #4,#5 #6 - Target players: #7, #9, #11 - Opposition team (White): #7, #9, #11 The Red team plays against the White opponents and tries to score by passing the ball to any of its three targets. If the White opponents win the ball from the Red team they can go to goal.
	COACHING POINTS / KEY CONCEPTS
Copyright www.academysoccercoach.co.uk 2015	What? Technique - Passing: Type, Accuracy and Pace - Receiving: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance - Dribbling: Running with the ball Principles of Attack - Penetration: Who? Where? When? Why? - Mobility: Who? Where? When? Why? - Support: Angles and Distance, Who? Where? When? Why? - Width: Who? Where? When? Why? -
·	Recognition of Combination Play Opportunity - When to pass long or short 3. EXPANDED ACTIVITY
	Duration: 26 Intensity: Med Intervals: 2 Activity Time: 10 Recovery Time: 3
	ORGANIZATION - (Physical Environment / Equipment / Players) Area: 75Wx 60L yard area with one goal and 3 targets players 7v5 to 1 Goal and 3 targets - Target team (Red) formation: 1-4-2 (#1, #2, #3, #4,#5, #6, #8) - Opposition team (White) formation: 2-3 (#7, #9, #10, #11) Red targets: #7, #9, #11. The Red team scores by passing the ball to any of their 3 targets. If the White team wins the ball they can attack the goal.
4	COACHING POINTS / KEY CONCEPTS
© Copyright www.academysoccercoach.co.uk 2015	 What? Technique - Passing: Type, Accuracy and Pace - Receiving: Body position, First touch, Surface Selection of the foot and ball, Direction and Distance - Dribbling: Running with the ball Principles of Attack - Penetration: Who? Where? When? Why? - Mobility: Who? Where? When? Why? - Support: Angles and Distance, Who? Where? When? Why?- Width: Who? Where? When? Why? - Recognition of Combination Play Opportunity - When to pass long or short
Duration: 28 Intens	sity: Med Activity Time: 11 Intervals: 2 Recovery Time: 3
	y 11v11. All FIFA Laws apply. Target Team plays 1-4-3-3, Opposition plays 1-4-3-3

Technical execution, Attacking Principles, 5W's, Speed of play and Combo play

11v11

COACHING POINTS / KEY CONCEPTS

4. GAME

ORGANIZATION