## Interactive Session Plan

**Topic**: Improve the team's ability to create scoring chances from central positions

### 1. WARM UP

<table>
<thead>
<tr>
<th>Duration:</th>
<th>15</th>
<th>Intensity:</th>
<th>Med</th>
<th>Intervals:</th>
<th>6</th>
<th>Activity Time:</th>
<th>2</th>
<th>Recovery Time:</th>
<th>30 sec</th>
</tr>
</thead>
</table>

**ORGANIZATION** - (Physical Environment / Equipment / Players)

**Area**: Half field

Set up as shown: Red server (#6, #8, or #10) plays the ball to red attacker (#8, #9, or #10), on the attacker’s 1st touch the white defender (#2, #3, #4, or #6) begins pursuit. Attacker must try to shoot as they enter the D. Server rotates to position #2. Variation: Attackers rotate from left to right, servers rotate from position 1 to position 2. Defenders if they win the ball play it out to the coach. ***GK #1***

**COACHING POINTS / KEY CONCEPTS**

What? Technique: Passing - Pace and Accuracy, Receiving - keep your eyes on the ball, Surface selection of the foot and the ball, First touch to prepare to shoot (distance). Shooting - keep your eyes on the ball, Surface selection of the foot and the ball, look at the goal then focus on the ball, position of the non-kicking foot, angle of approach, follow through after the strike.

### 2. SMALL SIDED ACTIVITY

<table>
<thead>
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<th>Med</th>
<th>Intervals:</th>
<th>3</th>
<th>Activity Time:</th>
<th>6</th>
<th>Recovery Time:</th>
<th>1</th>
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</table>

**ORGANIZATION** - (Physical Environment / Equipment / Players)

**Area**: 44Wx45L yard field with one goal and 3 counter goals

6v5 to 1 Goal and 3 Counter Goals - Target team (Red): #4, #5, #6, #8, #9, #10 - Opposition team (White): #1, #2, #3, #4, #6. The Red team scores in the regular goal. The White team scores in any of the 3 counter goals.

**COACHING POINTS / KEY CONCEPTS**

What? Technique - Passing: Pace and Accuracy - Receiving: Keep your eyes on the ball, Surface selection of the foot and the ball, First touch to prepare to shoot (distance) - Shooting: Keep your eyes on the ball, Surface selection of the foot and the ball, look at the goal then focus on the ball, position of the non-kicking foot, angle of approach, follow through after the strike - Dribbling and Running with the ball


### 3. EXPANDED ACTIVITY

<table>
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<th>Activity Time:</th>
<th>10</th>
<th>Recovery Time:</th>
<th>3</th>
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**ORGANIZATION** - (Physical Environment / Equipment / Players)

**Area**: Half a field with one goal and 3 Counter goals

8v8 to 1 Goal and 3 Counter Goals - Target team (Red) formation: 2-3-3 (#4, #5, #6, #7, #8, #9, #10, and #11) - Opposition team (White) formation: 1-3-3-1 (#1, #2, #3, #4, #5, #6, #8 and #9). Play a regular game.

**COACHING POINTS / KEY CONCEPTS**

What? Technique - Passing: Pace and Accuracy - Receiving: Keep your eyes on the ball, Surface selection of the foot and the ball, First touch to prepare to shoot (distance) - Shooting: Keep your eyes on the ball, Surface selection of the foot and the ball, look at the goal then focus on the ball, position of the non-kicking foot, angle of approach, follow through after the strike - Dribbling and Running with the ball - Heading


### 4. GAME

**11v11**

<table>
<thead>
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<th>Duration:</th>
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<th>Intervals:</th>
<th>2</th>
<th>Recovery Time:</th>
<th>3</th>
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</thead>
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**ORGANIZATION**

In a full field play (75Wx112L) 11v11. All FIFA Laws apply. Target Team plays 1-4-3-3 Opponent plays 1-3-4-3

**COACHING POINTS / KEY CONCEPTS**

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