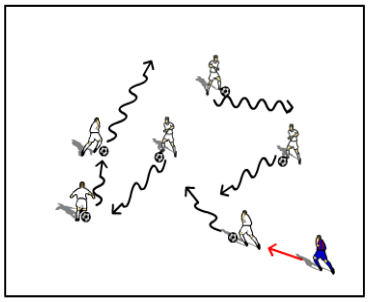
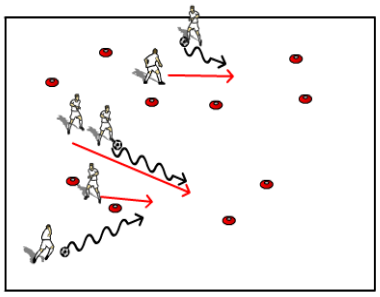
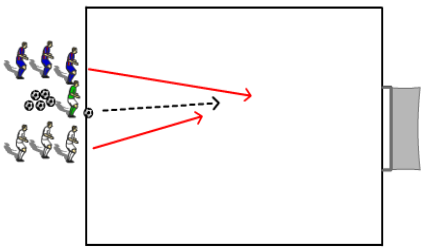
Interactive Session Plan ™

Coach	Rec	Session date		Team/Age Group	U6-U8

Session Aims/Objective *Coach to improve...*	Develop technically gifted, creative soccer players 1.) HAVE FUN. 2.) Increase a players comfort and enjoyment when moving with a soccer ball	Time available 1 hr

 © Copyright www.academysoccercoach.co.uk 2014	Freeze Tag (15 Minutes) Activity: Players dribble inside of an area. One player is it and tries to tag as many players as he/she can. When a player gets tagged they are frozen and cannot move. A frozen player can be unfrozen when tagged by their teammate. Coaching Points: keep the ball close, change direction to avoid being tagged. Help your teammates. Progression: Walking only, Running only, Can only tag above the waist, Can only tag below the waist.
 © Copyright www.academysoccercoach.co.uk 2014	Go for the Goal. (15 Minutes) Activity: Each player has a partner and 1 ball. Player 1 tries to dribble through as many goals as possible in 1 minute. Player 2 must try and stop them. Coaching Points: Change speed and direction to lose your defender. Keep your eyes up to see where you're going. Progression: You can steal balls from the attacker. Goals in the middle are worth 3 points goals on the outside are worth 1 point.
 © Copyright www.academysoccercoach.co.uk 2014	Going to goal. (15 Minutes) Activity: Coach rolls the ball out between two players. The players must race to get to the ball. Whoever gets to the ball first tries to score. The second player must defend. Coaching Points: Attack quickly. Try and get past your defender with speed. Encourage players to dribble into the goal if possible. Progression: Players can start sitting down, lying down, backwards, etc. Add the condition that after a player scores they must turn around and become a 2nd defender for the next pair.

Action Points/Notes:
Finish by playing 3v3 or 4v4. (15 Minutes)

Print Session

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