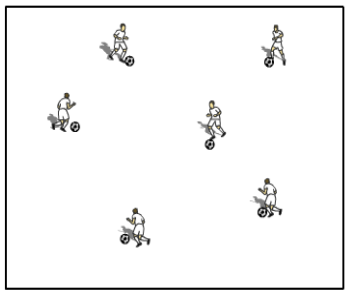
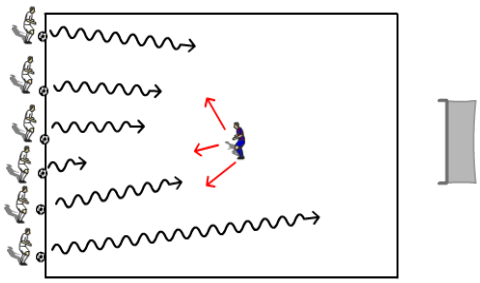
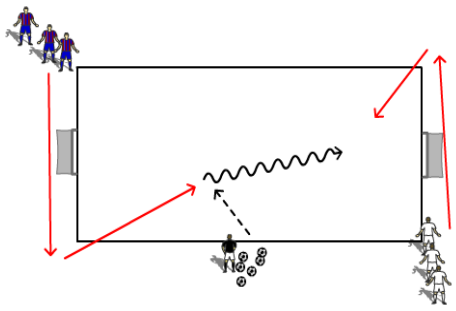
Interactive Session Plan ™

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. When the coach calls out a body part the player must use that body part to stop the ball. Example coach calls out elbow, the players must stop the ball with their elbow. Coaching Points: keep the ball close, be ready to stop at any time. Keep your eyes up to avoid running into others. Progression: On the word change, the players must change balls.
 © Copyright www.academysoccercoach.co.uk 2014	Sharks and minnows (15 Minutes) Activity: Players start on one side of the area. They must dribble as quickly as they can to the other side without getting caught by the shark. Coaching Points: Change speed and direction to lose your defender. Keep your eyes up to see where you're going. Progression: Can start as a tag game and progress to shark trying to win the ball.
 © Copyright www.academysoccercoach.co.uk 2014	1v1 (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 a teammate so it becomes 2v2.

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

Print Session

© Copyright Gardner-Webb University 2011