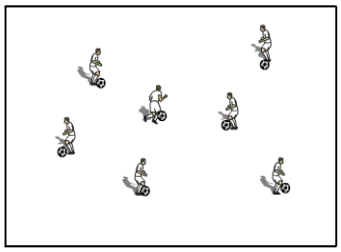
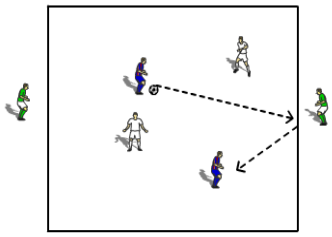
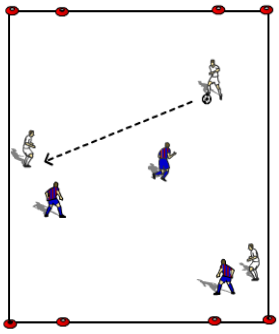
Interactive Session Plan ™

Coach	REC U10-U12	Session date		Team/Age Group	U10-U12

Session Aims/Objective *Coach to improve...*	Develop technically gifted, creative soccer players 1.) Increase a players ability to pass the ball. 2.) Increase a players movement off the ball and awareness of space.	Time available 1.5 hr

 © Copyright www.academysoccercoach.co.uk 2014	Juggling. (15 Minutes) Activity: Start from your hands. Drop the ball on to your foot and try and keep it up in the air. Coaching Points: Move your feet to get underneath the ball. Use whatever surface the ball lands on to keep it in the air. Progression: Start from the ground. Use specific body parts. Use patterns.
 © Copyright www.academysoccercoach.co.uk 2014	2v2 +2 (20 Minutes) Activity: The players should try and use the neutral players to keep possession. Any time a player passes the ball to an outside player and receives the ball back they get a point. Change the neutral players every 2 minutes. Coaching Points: Move into a gap between two players to receive the ball. Adjust your body position so you can use the entire field. If you cannot play to one side turn and go to the other side. Progression: 2 touch, connect both sides for a point, 5 passes = 1 point.
 © Copyright www.academysoccercoach.co.uk 2014	3v3 (35 Minutes) Activity: 3v3 to four goals. Encourage the players to pass and move with the ball as well as using their 1v1 skills to influence the game. Coaching Points: Make the game easy. Use a combination of 1v1 and passing to create easy goals. Progression: Depending on your numbers you'll probably have two or three games going at the same time. Rotate the teams so each team plays a new opponent.

Action Points/Notes:
Finish by playing 4v4 or 6v6. (20 Minutes)

Print Session

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