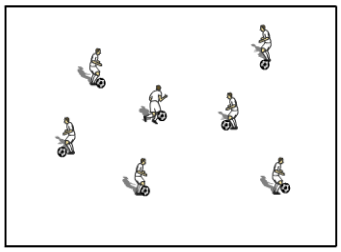
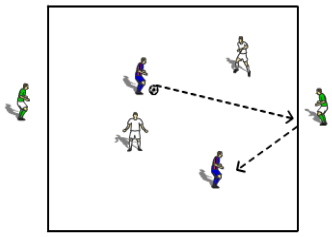
Interactive Session Plan ™

Coach	REC U8-U10	Session date		Team/Age Group	U8-U10

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

 © Copyright www.academysoccercoach.co.uk 2014	Juggling. (15 Minutes) Activity: The focus of this warm up is inspiring the players to spend more time with the ball. It doesn't matter if they can juggle 10x or 100x as long as they're enjoying spending time with the ball. Coaching Points: Move your feet to get underneath the ball. Use whatever surface the ball lands on to keep it in the air. Progression: Use specific body parts. Use patterns.
 © Copyright www.academysoccercoach.co.uk 2014	2v2 +2 (15 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	4v4 +2 (15 Minutes) Activity: 4v4 +2. Change the neutral players every 2 minutes. Coaching Points: Make the game easy. Use a combination of 1v1 and passing to create easy goals. Progression: You must use a neutral player before you go to goal. You must do a move before you score.

Action Points/Notes:
Finish by playing 4v4 or 6v6. (15 Minutes)

Print Session

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