# Interactive Session Plan ™

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|---|---|---|---|---|---|
| Coach | Rec U10-U12 | Session date | | Team/Age Group | U10-U12 |

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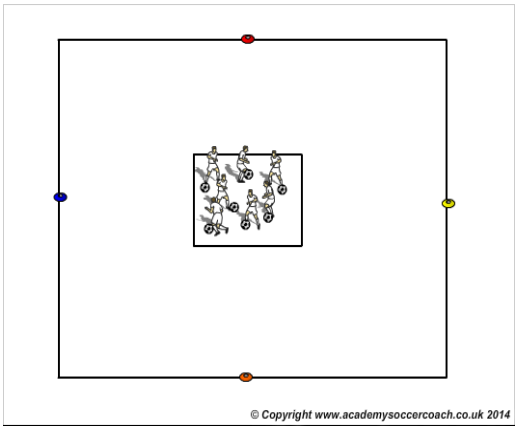
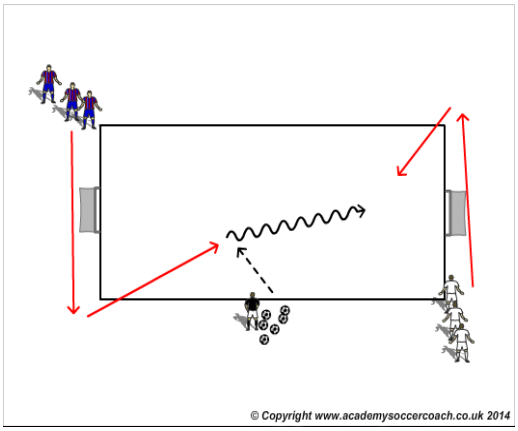
| Session Aims/Objective<br>*Coach to improve...* | 1.) Increase a players comfort with the ball<br>2.) Increase a players ability to run with the ball while trying to avoid defenders | Time available<br>1.5 hr |




Technical -- Dribbling Variations. (20 Minutes)

The goal of this time is to increase the players ability to control the ball. This is the time for the coach and the player to be creative. The coach should give the players new ideas, techniques, and behaviors.

Players dribble inside of a small square. The objective is to move as quickly in tight spaces as possible without touching other people. When the coach calls a color the players must accelerate to the line labelled with that color.

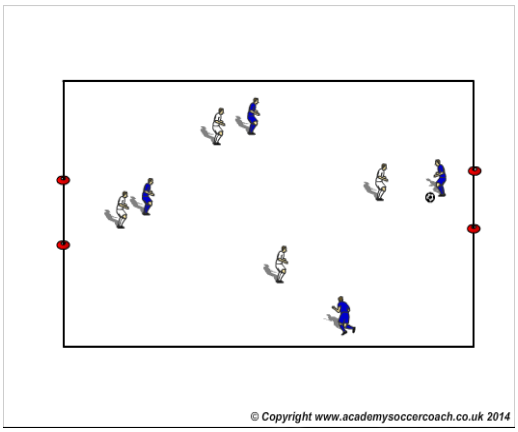



Technical + Tactical -- 1v1 (25 Minutes)

Activity: Players start at opposite corners. They race around the far corner and back on to the field. Once they have arrived on the field the coach plays a ball into the area and the must attack and defend until the ball goes out of the area.

Coaching Points: Keep the ball close to you. Change speed and direction to avoid the defender.

Progression: Build the game from 1v1 - 2v2 - 3v3 - 4v4




Game -- 4v4 or 6v6 (20 Minutes)

Action Points/Notes:
15 minutes of juggling at the end of your session

Print Session



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