



Interactive Session Plan™

Coach CSUB Women's Soccer

Session date Wed, Oct 1, 2014

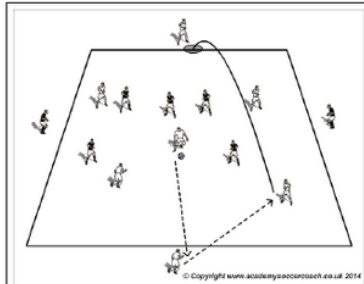
Team/Age Group

Theme

Opening Up In Possession
Switching The Play
Exploiting The Switch

Time available

7am - 8.30am



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NOTES

7v7 Directional Game

5v5 in middle

White team playing up and down

Black team playing across

To score a point - Work ball from one end to other

Outside players restricted to two touch (4x 3mins sets)

Focus on movement when outside player receives ball

8v8 Channels Game

Players are allowed in any area

Before scoring, attacking team must have possession of the ball in all three areas

4x 5 mins sets

Focus on: Different ways to switch the play - deep and high

Role of central players when ball is wide

Play the game - not the rules!

Enter session notes here.

6 goal Game

White team: One point for dribbling through 1 & 3, Three points for scoring in main goal

Black team: One point for dribbling through 3 & 4, Three points for scoring in main goal

Can't score in same outside goal twice in a row

Focus on: Rewards of switching the play - Don't do it for the sake of it, do it to open up space and create chances at main goal

Pattern Play

2 keepers - one works, other serves

Keeper serves long to defender

Variations of ball coming out of the back and switching the play

Always change sides second ball

1. Def, AM, CF, LF - 3 players get into the box

2. Def, CF, AM, LF

3. Def, CF, AM, LF