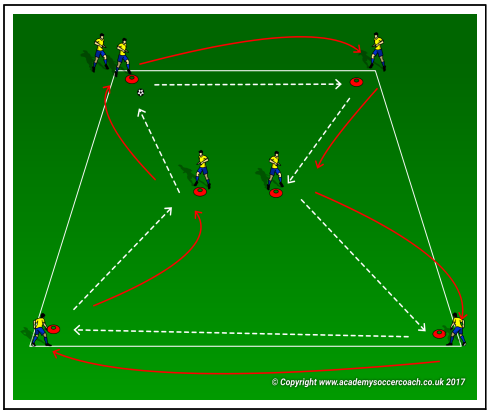
Interactive Session Plan ™

Coach: James Wood | Session date: 9.5.17 | Time available: 90

Topic: U9 Passing and Receiving 1

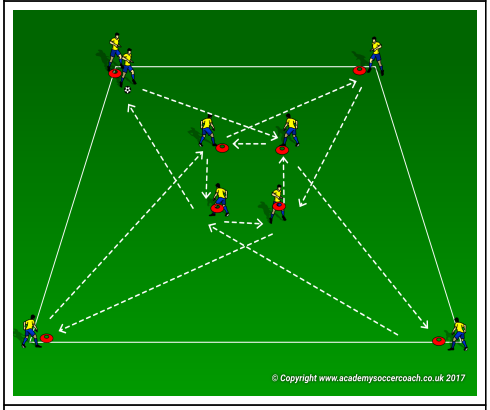
Technical / Tactical ✔

Tactical / Technical



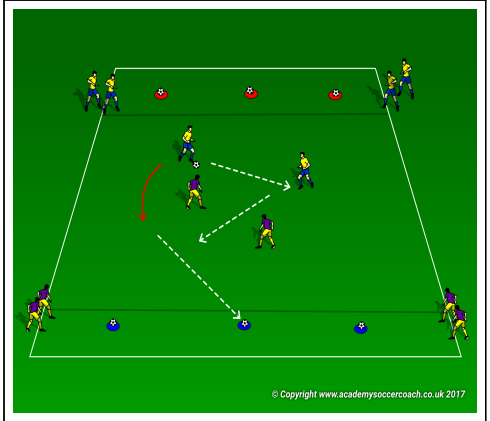
WARM-UP

Organization	Key Coaching Points
Pass (dotted white lines) and follow pass (red lines) If players are focused add another ball Reverse.	Focus Concentration Thinking about how they pass Technique touch to receive then pass



ACTIVITY 1

Organization	Key Coaching Points
Pass and follow pass. Reverse	Introducing new combinations so players need to remain focused. Look to pass and move in one motion Body shape to receive Open up when moving across area



ACTIVITY 2

Organization	Key Coaching Points
Two teams play 2 v 2 - First team to knock balls from oppositions cones wins. Can not enter marked off area where cones and balls are.	Try to work the ball close to cones Working on accuracy under pressure - keep the technique Support each other Movement off the ball

GAME

Organization	Key Coaching Points
End game	Focus on passing technique but mostly let them play

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