



# Interactive Session Plan™



Coach

Ian Barker

Session date

March 2016

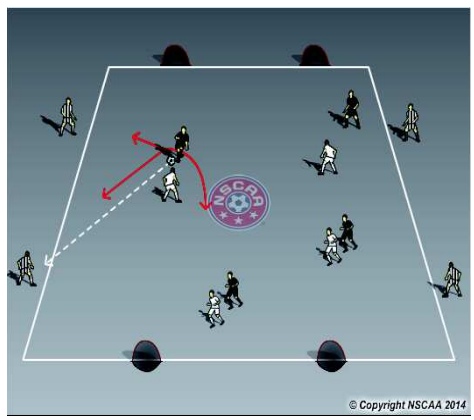
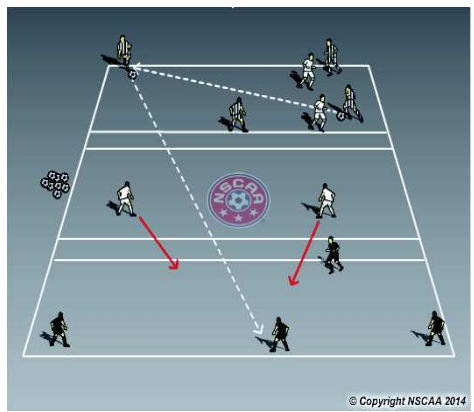
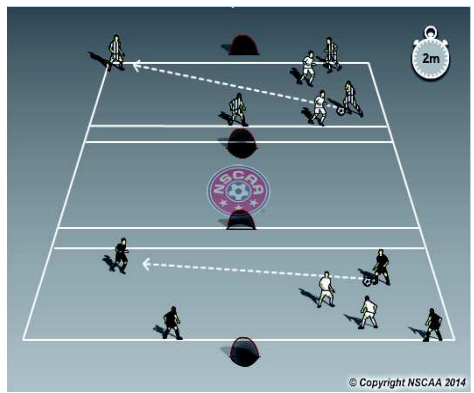
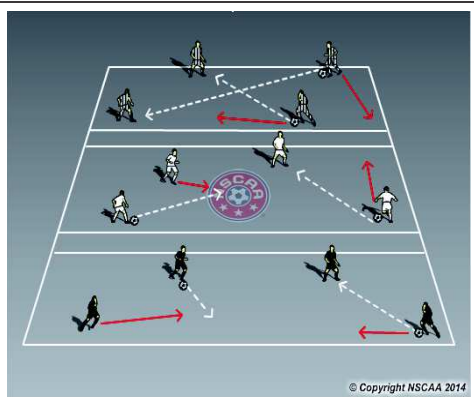
Time available

60-75

Topic

Principles of Play for Attack: Possession and Penetration (1 of 2)

Technical / Tactical   
Tactical / Technical



## WARM-UP

Organization	Key Coaching Points
<p>x3 areas of 12x12 separated with a 1 yard channel 4 players per area with 2 balls per group</p> <p>Instruction is to be constantly moving and to keep balls moving</p> <p>Pass and move Pass and move with acceleration Pass and move on any other line than the ball Pass and move and "find" the second ball 2 touch 1 touch</p>	<p>Keep head up and see entire space After pass be sure to accelerate to space Get ball out from under the feet Distinguish between pass to the man or to space With one touch distinguish between a pass or "killing" the ball to incite movement</p>

## ACTIVITY 1

Organization	Key Coaching Points
<p>x2 areas of 12x12 with 2 mini goals in each area 4 vs. 2 Play for 2-3 minute sets and change the pairs</p> <p>Objective of the 4 is to maintain possession and to execute a split pass when it is on</p> <p>Objective of the 2 is to force the 4 to lose control outside the area or to dispossess and find the mini goal</p>	<p>Maintain possession as a priority Move the ball to move the opponents to create the split opportunity One player in possession, 2 players offer immediate support, 4th player offers the penetrating pass As the ball moves so roles and responsibilities change--possession, support, mobility Respond as the ball is moving to the pressure on the ball If dispossessed win it back immediately</p>

## ACTIVITY 2

Organization	Key Coaching Points
<p>x3 areas of 12x12 separated with a 1 yard channel 4 vs. 2 in one area, central area has 2 defenders "on deck", far area has 4 players waiting to receive</p> <p>After a set # of passes or split the team with the ball seeks to switch it to furthest space Defenders in middle grid initially cannot intercept, then progress to allow them to If the ball is switched 4 vs. 2 ensues in new area</p> <p>If defenders win it and can play out teams switch Coach introduces ball each time to far grid</p>	<p>Body shape and vision must consider both immediate possession and the longer pass to space Longer pass out must be hit with purpose and be controllable A position on top of the grid is important to turn out of pressure or to drop the ball for a teammate faced up Receiving 4 must shape to be available and to stretch the opponent as they step in</p>

## GAME

Organization	Key Coaching Points
<p>25x40 field with 4 goals 4 vs. 4 with 4 neutrals on the flanks Neutrals have a touch condition Neutral must be played before a goal can be scored Play 2-3 minute sets</p>	<p>Space according to the support offered by the neutrals Movement after finding a neutral must be distinct- -give and go on the blindside of opponent -give and go across the front of the opponent -give and drop into a support position</p>



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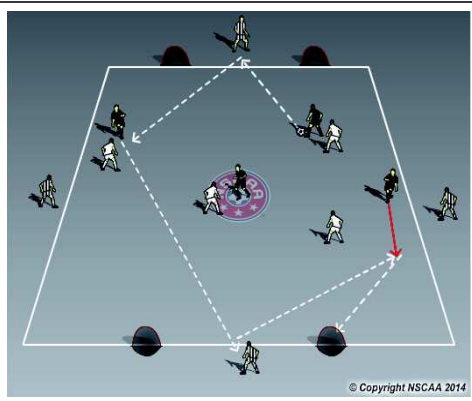
60-75

Topic

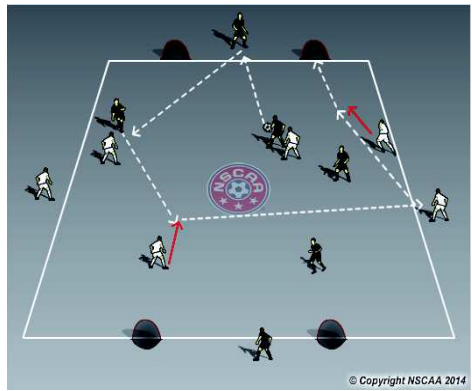
Principles of Play for Attack: Possession and Penetration (2 of 2)

Technical / Tactical

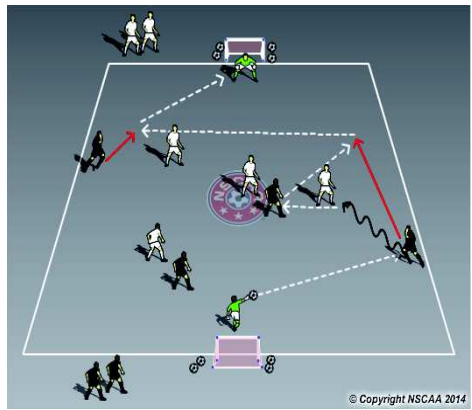
Tactical / Technical



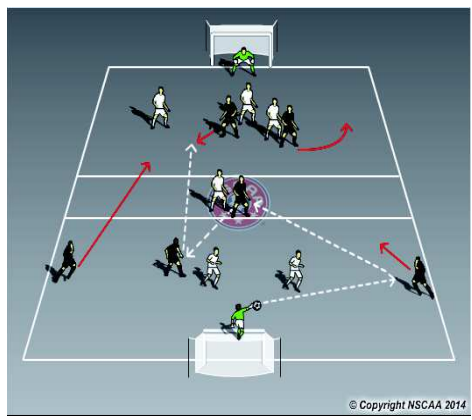
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## WARM-UP

Organization	Key Coaching Points
25x40 field with x4 goals 4 vs. 4 with 4 neutrals on the flanks and on end lines Neutrals have a touch condition Attacking end line neutral must be played before a goal can be scored Play 2-3 minute sets	Be prepared to play the way you are facing and employ support neutral player Be aware of spacing in order to allow passing channels to flank and advanced neutral Move the ball to move the opponents and create channel to advanced neutral As ball is traveling support advanced neutral in order to find a strike at goal

## ACTIVITY 1

Organization	Key Coaching Points
25x40 field with x4 goals 4 vs. 4 One team has a support and target player One team has support flank players At least one of the +2 players must be played to before going to goal	Team with support and target players play the way they are facing and look to be direct Make early movement off the ball into positions for a strike at goal  Team with flank players must go wide to go forward Movement from a wide pass should be -give and go on the blindside of opponent -give and go across the front of the opponent -give and drop into a support position <b>+</b>

## ACTIVITY 2

Organization	Key Coaching Points
25x50 field with two small goals 5 vs. 5 Every restart comes from the goalkeeper	Team shape in possession should be a diamond (GK, flanks, deep central player) OR (Deep central player, flanks, high central player)  Every pass must have corresponding movement to penetrate, support or draw opponents  In possession employ the GK to create an effective overload, 5 vs. 4

## GAME

Organization	Key Coaching Points
40x70 field with two full goals A central zone 40x10 is delineated 7 vs. 7 (1-3-1-2) Every restart comes from the goalkeeper  Ball must be introduced into the first third If the ball is received by midfielder or forward one deep player may release forward If the ball is received by the forward the midfielder may release	Maintain possession on the entry pass from GK by offering width and length Maintain vision forward to find midfielder or forwards Support the forward ball Communicate the best option of player to release forward Forward players should identify support movement and clear and find space Objective is to score from an attacking overload <b>+</b>
Progress to 7 vs. 7 unconditioned play <b>+</b>	