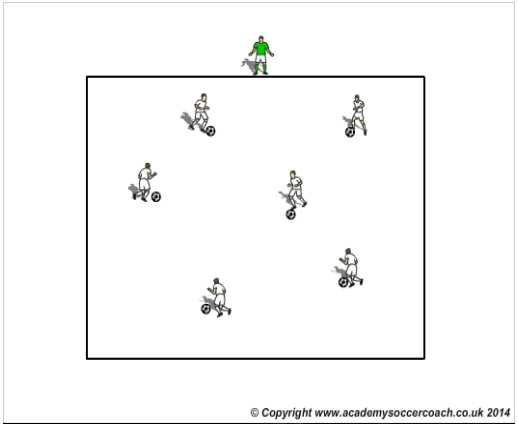
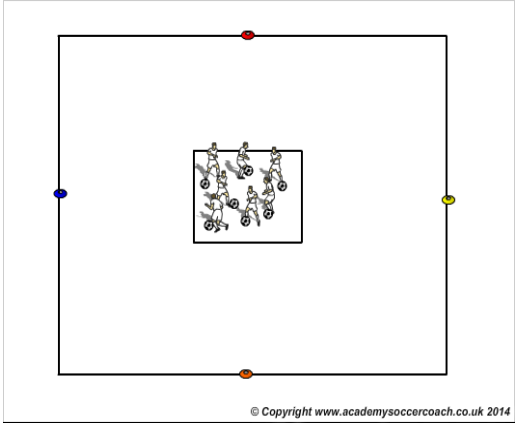
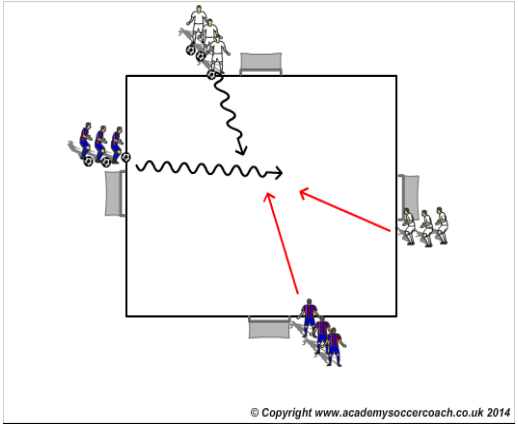
Interactive Session Plan ™

Coach	Rec	Session date		Team/Age Group	U6-U8

Session Aims/Objective *Coach to improve...*	Develop technically gifted, creative soccer players 1.) HAVE FUN. 2.) Increase a players comfort and enjoyment when moving with a soccer ball	Time available 1 hr

	Simon Says (15 Minutes) Activity: Players dribble inside of an area. They must do what Simon says. Coaching Points: keep the ball close, be ready to stop at any time. Keep your eyes up to avoid running into others. Progression: Rotate each player so everyone can have a turn as Simon.
	Colors Dribbling (15 Minutes) Activity: Players start inside a small area. When the coach calls a color the players must race to that color then get back into the square as quickly as possible. Coaching Points: In a big space use big touches in a small space use small touches. Be ready to change direction quickly. Progression: Coach can call out more than one color. Make them dribble with a specific part of their body, left foot only, right foot only, roll the ball, etc.
	1v1 continuous (15 Minutes) Activity: 1 player dribble onto the field and tries to score. Another player goes to defend. If the ball goes out the next players go. Players switch and continue. Coaching Points: Attack quickly. Try and get past your defender with speed. Encourage players to dribble into the goal if possible. Progression: If the defender win the ball they can try and score. You must use a move before you can score.

Action Points/Notes:
Finish by playing 3v3 or 4v4. (15 Minutes)

Print Session

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