



Mount Hamilton Youth Soccer Club



Interactive Session Plan™

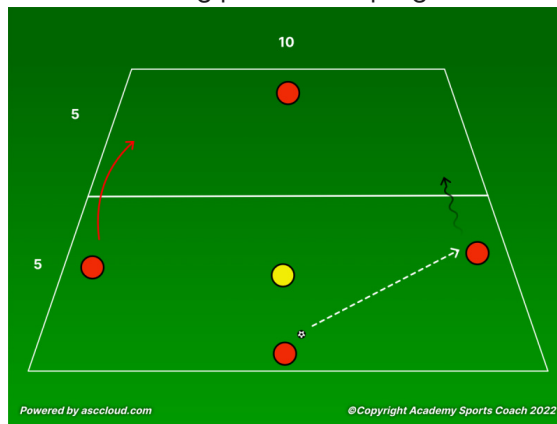
Select a Date

Week 11

Select team

Theme: Breaking pressure to progress forward

Time: 60-90 minutes

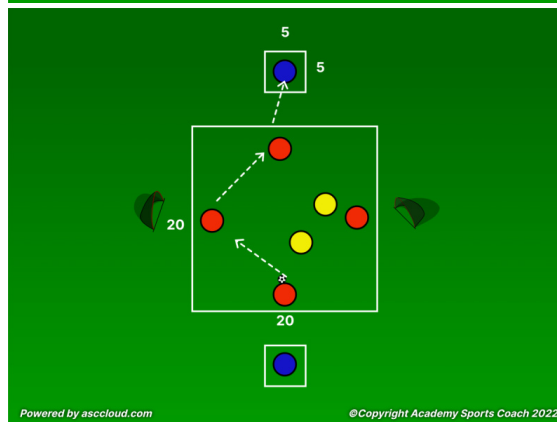


First touch to break the line.
 Attackers' objective is to keep possession of the ball and repress to win it back if they lose it.
 Defender's objective is to win possession of the ball and keep it for themselves for 5 seconds. Ball then goes back to attackers and the game starts again.

Wide attackers can only pass to the opposite side of the grid if their first touch breaks the line.

Coaching points:

- Always be "mobile" to support player in possession
- Ensure you are "available" to receive a pass
- Quality of pass to keep possession, hit players back foot
- Decision on 1st touch, can you cross the line?

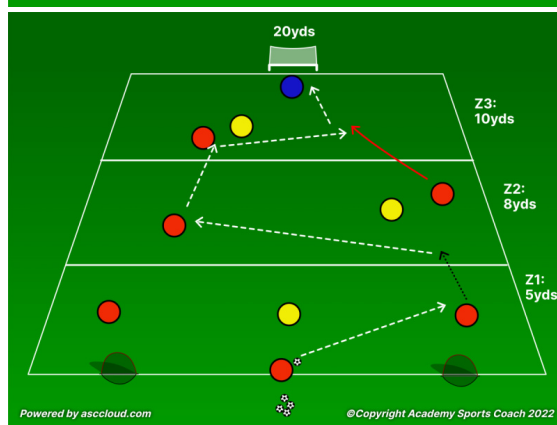


4v2 to Target Players

Attackers' objective is to keep possession of the ball and play to the target players. If they lose the ball repress to win it back.
 Defender's objective is to win possession of the ball and score in one off the pug goals.
 Attackers are looking to receive with an open body to be able to play forward.

Coaching points:

- Always be "mobile" to support player in possession
- Ensure you are "available" to receive a pass
- Quality of pass to keep possession, hit players back foot
- Decision on 1st touch, can you receive with your body open to play forward?



In Z1 players play 3v1. Players look to progress forward by dribbling into Z2.

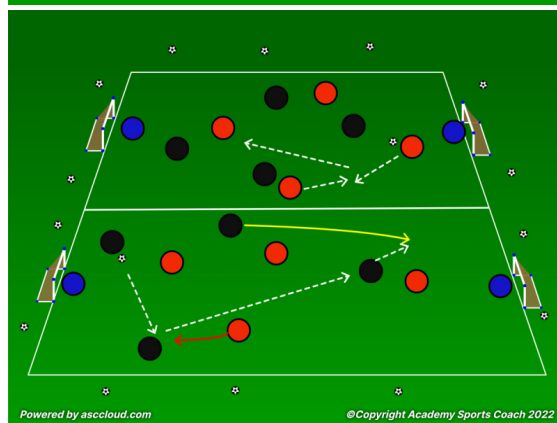
Once in Z2 players have a 3v1 and aim to progress into Z3. They can do so by either dribbling which will then create a 2v1 or by passing. If a pass is played into Z3, a different player must support. Aim to finish on goal.

Game always restarts in Z1.

If Yellow players win the ball, they aim to score in the 2 goals in Z1.

Coaching points:

- Always be "mobile" to support player in possession
- Ensure you are "available" to receive a pass
- Quality of pass to keep possession, hit players back foot
- Decision on 1st touch, can you cross the line?



5 v 5 (Max). Players are given freedom to explore and look to be able to receive with an open body to play forward and break lines of pressure.

If the ball goes out allow the team to collect the closest ball and start the game with a dribble in or pass in.

Try not to stop the game to coach but manage the players if needed. Celebrate success when you see players break lines of pressure.

Coaching Points:

- Always be "mobile" to support player in possession
- Ensure you are "available" to receive a pass
- Quality of pass to keep possession, hit players back foot
- Decision on 1st touch, can you play forward to break pressure?