



# Mount Hamilton Youth Soccer Club



## Interactive Session Plan™

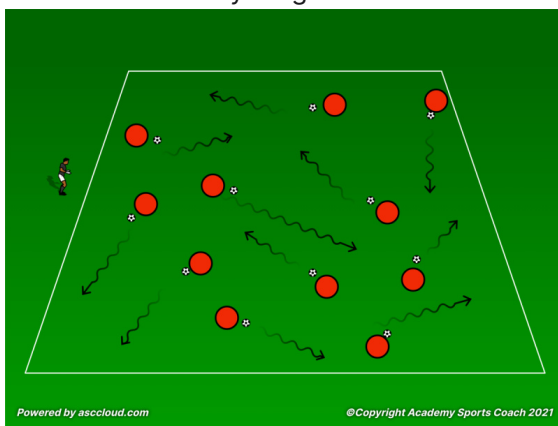
Select a Date

Week 11

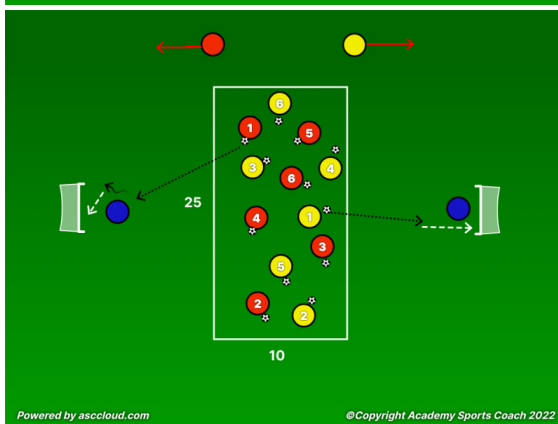
Select team

Theme: Breakaway on goal

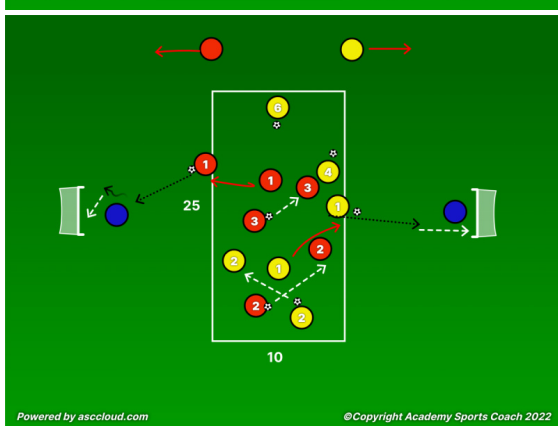
Time:60-90 minutes



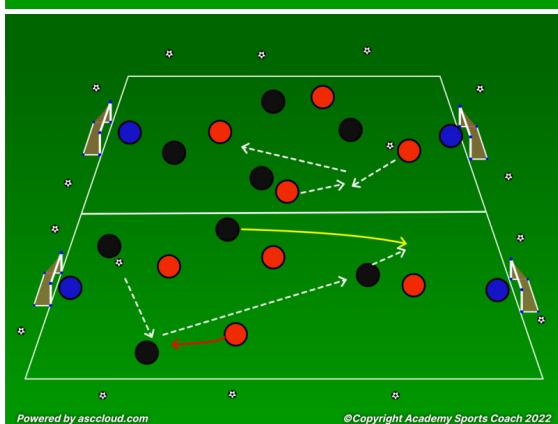
Ball Mastery warm up.  
 Players utilize the full field to dribble in any direction  
 Players are asked to express themselves as they get lots of touches on the ball. Every 4 touches the player should change direction by showing either a turn or a move to beat someone.  
 As the players dribble, the coach calls out foundation touches such as toe taps, inside inside, inside outside, Brazilian roles etc.  
 Coaches can make this a competition to see how many touches a player can get in 60 seconds or how many turns/moves a player can do in 60 seconds.  
 As a coach, be creative with what you are asking the players to do.



Players are organized into 2 teams. Players on each team are then given a number.  
 Players dribble inside the area, every 4 touches showing a move that will beat a player.  
 The coach will call out a number, for example 1. The red 1 would go to one goal, the yellow 1 would go to the other. designate the goal prior to starting. Players score 1 point for each goal scored and compete individually.  
 Coaching Points:  
 Explode out of box once number is called  
 Head up, to see position of goalkeeper  
 Decide on the type of finish based on position of GK. (Side foot pass, power with laces, dribble around the GK etc)



Players are organized into 2 teams. Players are then placed in to pairs and given a number.  
 Players pass and move inside the area, Players look to receive on their back foot.  
 The coach will call out a number, for example 1. The player in possession will go to goal, and the player without the ball will look to defend and prevent the attacker scoring.  
 Coaching Points:  
 Explode out of box once number is called  
 Check shoulder to see the position of the trailing defender.  
 Head up to see position of goalkeeper  
 Decide on the type of finish based on position of GK and how close the defender is. (Side foot pass, power with laces, dribble around the GK etc)



5 v 5 (Max). Players are given freedom to explore to score on goal when opportunities are created.  
 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 a player scores.  
 Coaching Points:  
 Explode to goal  
 Check shoulder to see the position of the trailing defender.  
 Head up to see position of goalkeeper  
 Decide on the type of finish based on position of GK and how close the defender is. (Side foot pass, power with laces, dribble around the GK etc)