



# Mount Hamilton Youth Soccer Club



## Interactive Session Plan™

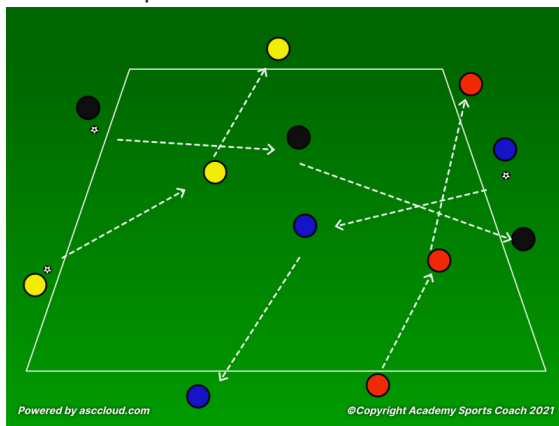
Select a Date

Week 12

Select team

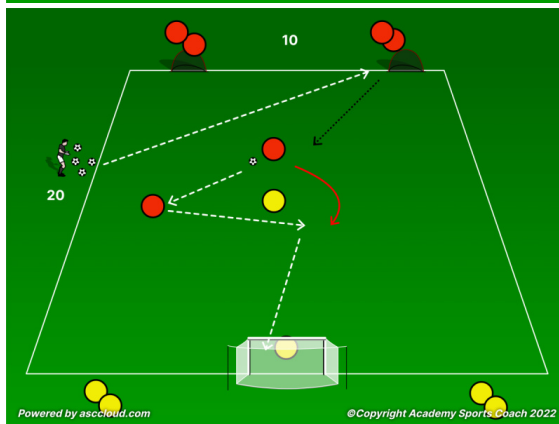
Numbers up to Goal

Time:60-90 minutes

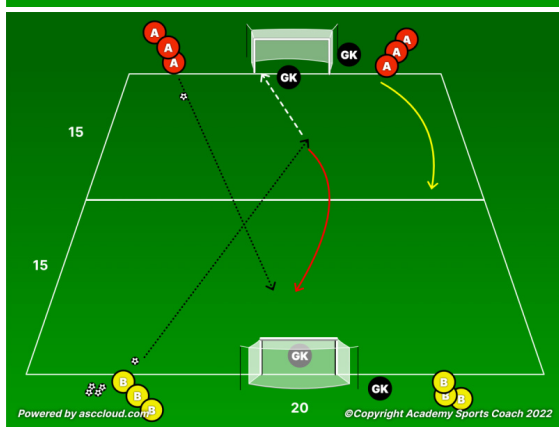


Players placed into groups based on numbers. 1 player in the middle from each group and 2 on the outside from each group. Each group of 3 play with each other. Ball starts on the outside and is played into the middle player, who turns and looks to play to the 3rd player who is moving on the outside of the square. Player in the middle works for 60 seconds. Players in the middle can move anywhere inside the square and players on the outside can move any where on the outside.

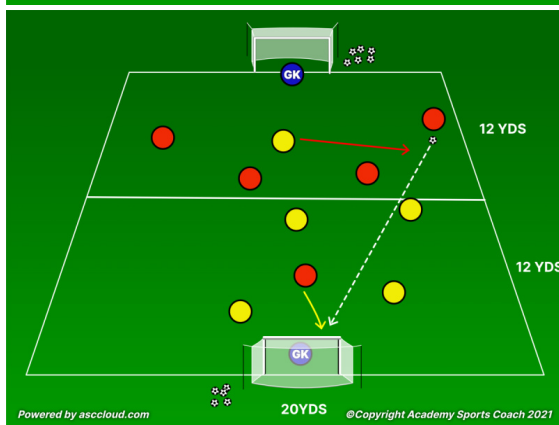
Focus should be on the:  
Quality of the pass  
Receiving touch  
movement off the ball



8-12 Players  
Attackers' objective is to get behind the defender in the 2v1 to finish with a shot on goal. Defenders' objective is to win the ball and score in the other 2 small goals. To start the game the ball is played into the 2 attackers who look to be positive with their first touch. If the ball goes out of the field, it's game over and players rotate in. 1 point is awarded for every goal scored  
Coaching points:  
Always be "mobile" to support player in possession  
Ensure you are "available" to receive a pass  
Quality of pass to keep possession  
Can you be positive with your first touch?  
Can you be creative on and off the ball?  
Type of shot should be dependant on the position of GK and time/space that you have.  
When in front of goal, be decisive and at minimum hit the target



Start the practice as 1v1, then progress to 2v1, then progress to 2v2, then progress to 3v2. Repeat the cycle once the 3v2 game finishes. The stage ends once the ball leaves the pitch, a goal is scored, a shot misses the target or the keeper holds onto a shot. After each stage, the new player immediately enters the game on the attacking team and starts the next stage by dribbling towards goal in an attempt to score.  
Coaching points:  
Always be "mobile" to support player in possession  
Ensure you are "available" to receive a pass  
Quality of pass to keep possession  
Can you be positive with your first touch?  
Can you be creative on and off the ball?  
Type of shot should be dependant on the position of GK and time/space that you have.  
When in front of goal, be decisive and at minimum hit the target



King Loui:  
Players are split into teams of 4/5. 1 player from each team enters the opposition half as a "sniffer". GK starts with the ball and distributes to a player. The receiving player looks to receive the ball and get a shot at goal. We must create a "shooting mentality". If the shot is not an option they can play the pass. Passing should be limited though.  
Coaching points:  
View position of the goalkeeper  
Decision on what type of finish  
Keep head down and eyes on the ball  
Part of ball/foot  
Follow through