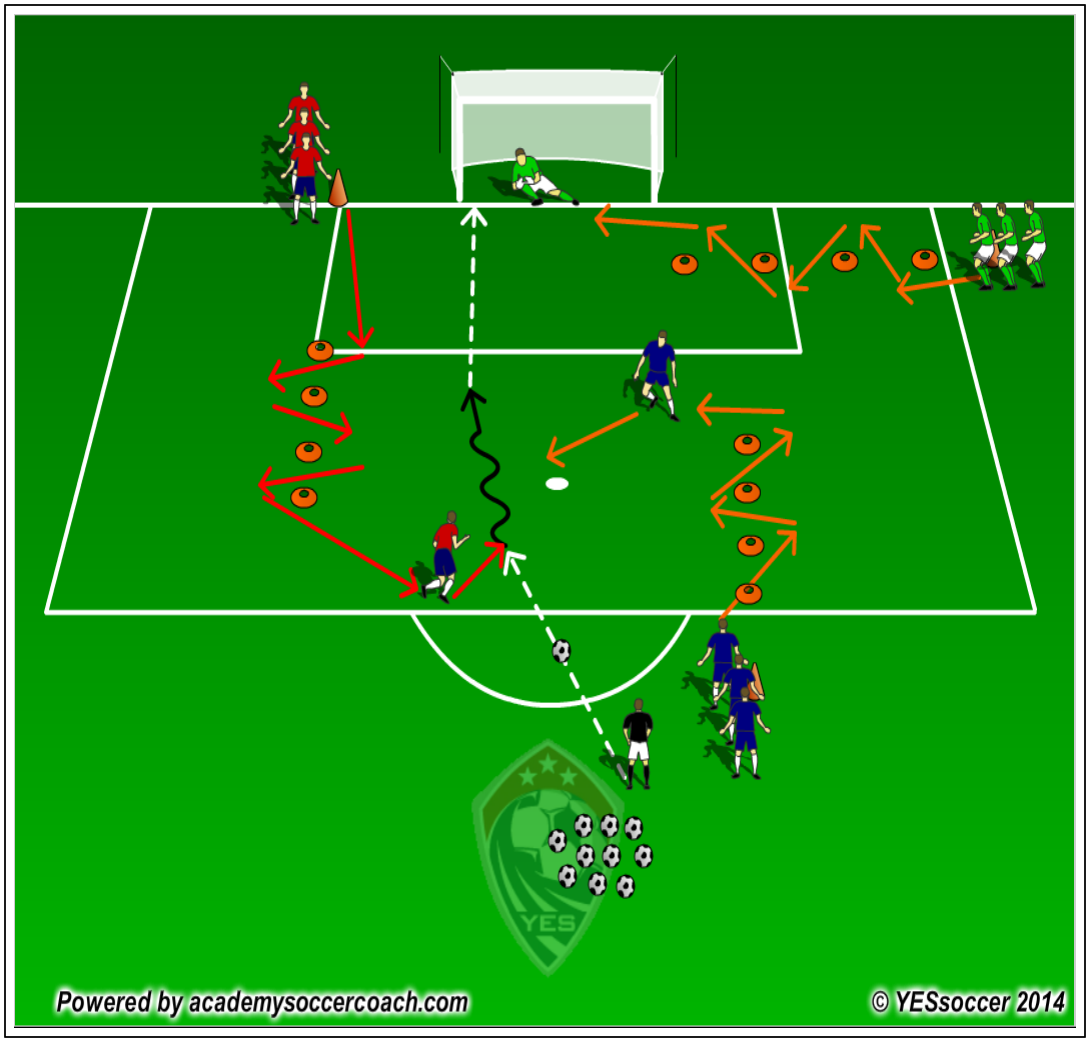
Interactive Session Plan

Organisation	YESsoccer	Age Group	Youth Team	Time Available	20mins

Session Theme: Speed, Agility & Quickness



Organization

Setup within the penalty area. The green group start to the side of the 6 yard box. They go in and out the cones to become the goalkeeper. Blue start at the top of the 18 yard box and come in to be the defenders. Reds start at the goal line and come in via the cones to be the attacker. Players rotate constantly.

Key Coaching Points

- Fast footwork through SAQ Activities
- Do not sacrifice the quality of the SAQ Activity for the end product.
- Quick reaction to specified role
- Confidence in attacking player to beat the defender

Progressions

1) Change the direction of the activity.
2) Setup second row of cones (attackers/defenders/both) and play 2v2, 2v1 etc.

Print Session

Email Session

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