Interactive Session Plan

Organisation	Baldwin Whitehall Soccer Association	Age Group	U9s	Time Available	20 mins
Session Theme	Decision Making: When To Pass and When To Dribble				

Organization

- Split players into 2x teams.
- GKs are supporting players on the outside (for team in possession)
- To score a point: Team completes a set number of consecutive passes or dribbles through a gate.

Key Coaching Points

- Any time a player has a teammate in 'free space' to pass to, MAKE THE PASS.
- 1st instinct should be to pass the ball (Ball can move faster than players).
- Dribble ONLY when passing isn't an option OR if there is enough free space behind th opposing player.
- Off the ball: Be in space in-between opposing players but not taking up space of the teammate in possession of the ball. DONT BE A FOOL AND BREAK THE 5 YARD RULE!
- Pass Quality (Weight and Speed): To feet or space infront of player (ideally the front foot).

Progressions

- Once a team has completed the set number of consecutive passes or dribble through a set number of gates, players can break out of area to attack a goal. If goal is score additional points are awarded.
- Once a goal is scored, GK plays out from the back into the place.
- Change the number of points awarded depending on session focus (E.g. More points for passing to enforce players looking for passes rather than dribbling).

Print Session

Email Session

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