



Interactive Session Plan™



Select a Date

Coach

Age group:

U13s

Pre-Game Warmup

30-35mins



Pre-Game Warmup

Setup for #1:

1) Cones 15yds apart. 3 horizontal cones, 3 vertical cones (1yd apart)

Directions:

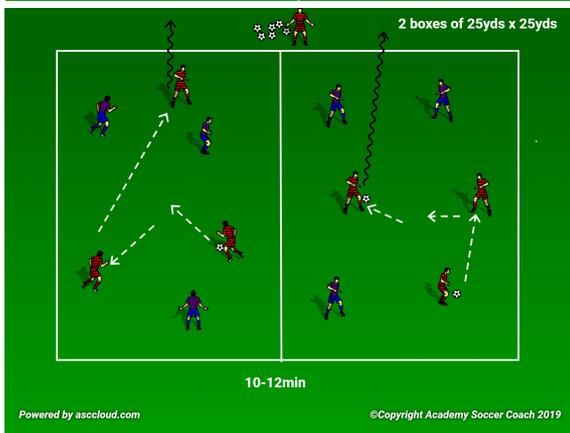
- 1) Jogging, dynamic stretches between 2 cones (Black arrows). Walk, ankle flicks, skips, carioca, butt kicks, open the gate, close the gate, hurdles, kick outs, high knees, lunges, jockey, headers, back pedal, etc.
- 2) Quick feet - Horizontal cones (left to right, right to left) - up & down, around, 1 foot in each, 2 feet in each sideways - sprint through
- 3) Quick feet - vertical cones (up and through) - 1 foot in each, 2 feet in each, in and out, shuffle, side to side - sprint through

Setup for #2 & #3:

1) Cones 10yds away in a triangle

Directions:

- 1) Passing and follow - 2 touch, different surfaces, 1 touch, give and go, lofted balls, spin around the cone
- 2) See #3 Link up player in middle to play give and gos with. Switch every 30seconds



Warm-Up (10-12mins)

Setup:

- 2 x 25x25yds boxes

- Depending on number 3v3, 4v4, 3v4, etc. in both squares. Do no play with a neutral, play with an overload if necessary

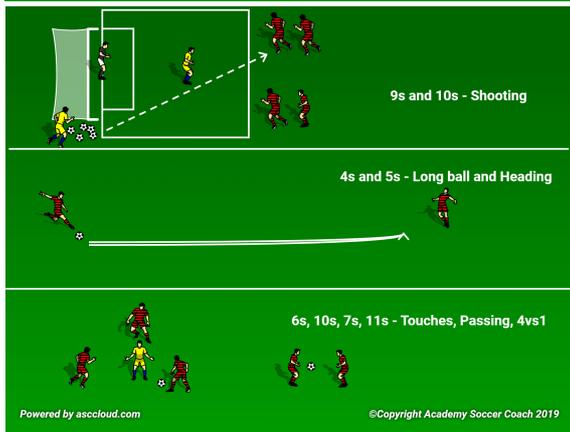
- GKs should warm up separately with Assistant Coach, injured player, etc. They will have a routine from GK Coach.

Directions:

- Team keeps possession using their teammates and try to dribble over outline
- Extra player is in between squares to play ball in when it goes out
- Halfway through, stop groups and have them perform some high tempo sprints, have a stretch and mix groups

Progression:

- Last few minutes, make 1 big box and play 6v6 to long endlines



WarmUp - Last 8-10mins

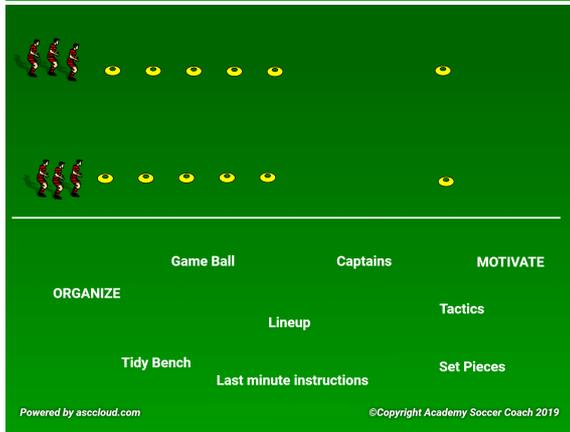
Directions:

1) Players break into small groups and work on position specific pieces

Strikers - 2v1s to goal or 2v2s to goal. Serve ball in from different areas

Defenders - Hit some long balls, work on 1v1 tackling, get some headers in

Midfielders - Get some touches with partner, play 4v1, pass and move



WarmUp - Phase #4

Setup some quick feet cones = 1-2mins

Remember:

- Give out team-lineup and instructions
- Make sure the bench is tidy - bags lined up, extra balls put away, bags behind bench
- Captains - which side do they pick, do we want ball
- Game ball - if at home
- Set pieces

Make sure you are organized and ready for the start of the game!