

Name:

Team:

Date:

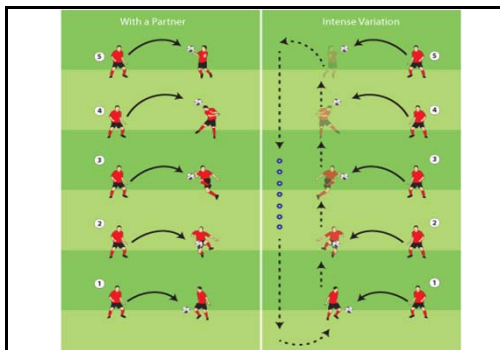
Mesocycle:

Microcycle/Day:



TRAINING OBJECTIVE(S):

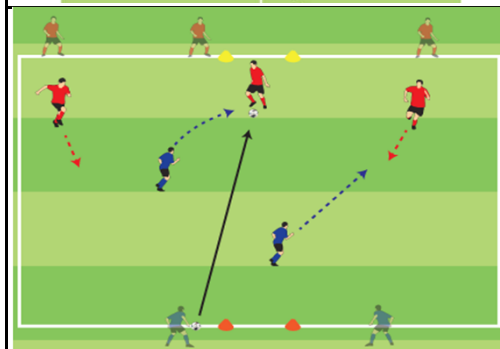
DEFENDING: Improve my teams ability to defend against a counter attack. WHO? 7,9,11,10,8,6,4,5 primarily plus 1,2,3 indirectly WHERE: Central channels and flank areas of both attacking and defending half. WHEN: the ball is turned over to the opponent in the middle or attacking thirds of the field. WHY? To prevent the opponents from penetrating forward and quickly attacking our goal. WHAT? By applying immediate pressure on the opponent and staying organized and compact. HOW? Speed, body position, good cover and support, good tackling technique, heading and redirecting aerial serves by the opponent.



I. WARM-UP	Intensity:	LOW	Activity Time:	2min.
Duration: <input type="text" value="17min."/>	Intervals:	8	Recovery Time:	5sec

ORGANIZATION (Physical Environment / Equipment / Players)
 10 x 30 yard area (optional use 10 cones 1ft. apart to create a speed ladder). Group players into pairs. EQUIPMENT: 5 or more soccer balls and 10 cones.

COACHING POINTS / KEY CONCEPTS
 Technique re-directing aerial serves and heading. Pair up, thrower/receiver stay on the toes. 1. Laces Volley 2. Inside Foot Volley 3. Thigh to Foot Volley 4. Header 5. Chest to Foot Volley. Stationary w/partner or 1-5 run thru order. Dynamic Stretching



II. SMALL-SIDED ACTIVITY	Intensity:	HIGH	Activity Time:	30sec
Duration: <input type="text" value="8min."/>	Intervals:	8	Recovery Time:	30sec

ORGANIZATION (Physical Environment / Equipment / Players)
 30 x 25 yard area. 3 reds attack and initially 2 blue press to stop/slow counter attack. When red makes 1st pass a 3rd blue enters field. Dribble thru cones 1 point.

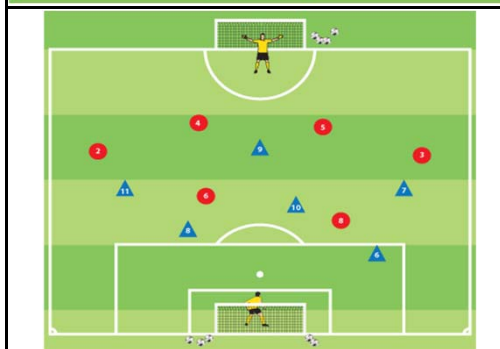
COACHING POINTS / KEY CONCEPTS
 Cut passing options for red, angle of run by 1st def as he presses ballcarrier. 2nd defender must recognize 1st defenders body position, cover and squeeze red into a pocket working together. Immediate pressure, force red to turn back under duress.



III. EXPANDED ACTIVITY	Intensity:	HIGH	Activity Time:	1min.
Duration: <input type="text" value="16min."/>	Intervals:	8	Recovery Time:	1min.

ORGANIZATION (Physical Environment / Equipment / Players)
 Half field. Full sized goal on half line and 6 large cones (3 mini goals) at opposite end goal line. 11 players, 1 GK. Blue 2pts for dribble thru cones, 1pt pass back to GK.

COACHING POINTS / KEY CONCEPTS
 Compact and balanced, stay organized, support 1st defender, slide as a defensive unit. Immediate pressure, force red to turn, eliminate passing options and try to intercept aerial or ground passes. (restrict red to 2-touch) Blue +1 on red pass.



IV. GAME	Intensity:	MED	Activity Time:	2min.
Duration: <input type="text" value="20min."/>	Intervals:	8	Recovery Time:	30sec.

ORGANIZATION (Physical Environment / Equipment / Players)
 6 v 6 with 2 goalkeepers, half field, 2 full sized goals, colored pinnies, 4-6 soccer balls at each goal. 1 point for a goal on either side.

COACHING POINTS / KEY CONCEPTS
 Unrestricted play, blue should work hard to prevent red from counter attacking. Continue coaching points from stages II and III during natural stoppages or in-flow. Don't forget 10 minute cool down and static stretching.