

Name:

Brant Wojack

Topic:

Attacking: Build Up from Defensive Half



What went well with the training session?

Regarding Stage II: I thought the 30 x 30 yard area was appropriate for the number of players i.e. 4 v 4 with 2 neutrals. The space allowed defenders to keep possession but only if they opened up and used 100% of the space, otherwise the opposition pressed them rather quickly. The pace I thought was a little faster and intense compared to if the defending team had a full half field to play within, this was good for training purposes in my opinion. Stage III was an easy and fast transition by turning the 2 neutrals into 6 v 4, adding 2 goalkeepers, players removed cones and then we were quickly ready to restart play. Players looked like they were engaged and challenged during both Stages II and III, they were able to achieve some success however not that easily because of technical issues a few players had.

What improvements would you make to the training session?

For Stage II: I think the 30 x 30 yard playing area could have been slightly longer say 40 yards long so the defense would have a little more depth to build up from. I would also maybe use small goals instead coned gates to see how this might effect player motivation. For Stage III I thought the playing area was perfect, I wouldn't make any changes. In the beginning instead of distributing pinnies to just any player I wish I had identified 4 defenders to focus on coaching during the session, not just anyone. An improvement I need to make personally in my coaching style is to tone myself down, I was yelling at times and certainly said one very stupid thing... telling a player "Never Do That Again" (and I didn't even know I had said that), way to strong and overstated on my part and I felt terrible when it was pointed out I had said it directly, personally, to one player.

How do you think the players responded to your topic and your coaching style?

Overall I thought players responded well to my style because I don't recall any questions about what the object or their role was. The players from my perspective looked engaged and challenged. That said I was frustrated with a few players because of their technical ability and I probably displayed my frustration a little to much. After this training session/evaluation it confirmed I have some emotional qualities (anger, frustration, yelling) which are in need of improvement. That said, I felt confident and in control during the session and the players respected my coaching abilities. A number of coaches approached me afterwards and complimented me which was really nice to hear despite any shortcoming I need to improve upon.

Name:

Team:

Date:

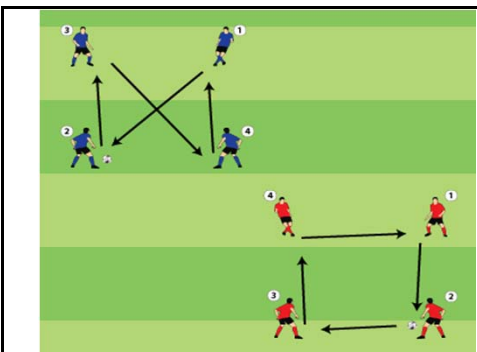
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TRAINING OBJECTIVE(S):

ATTACKING: Improve my team's ability to build up from the defensive half. **WHO?** 3,5,4,2 primarily plus 6,8 indirectly **WHERE:** Flank and middle channels of defensive half. **WHEN:** Our defenders have possession in our half of the field, goalkeeper distributes to 3,5,4,2, opponent compactness prevents us from playing directly (opponents in defensive posture). **WHY?** To maintain possession, organize our attack and penetrate forward into our opponents half **UNDER CONTROL.** To eliminate opponents forward line. **WHAT?** Runs to create supporting angles, expansion of 3,2, playing forward to 6 and 8 penetrating passes whenever possible. **HOW?** Passing accuracy (correct foot), weight of pass, body shape, receive and turn, dribbling, combination play, numerical superiority.



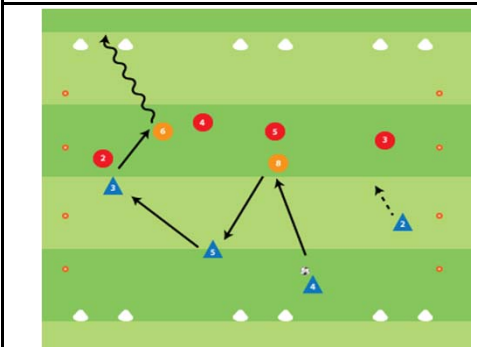
I. WARM-UP Intensity: Activity Time:
 Duration: Intervals: Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

40 x 40 yard area (optional mark 10 x 10 yard box using cones). Group players into 4 per group (4-16 players) okay to have an odd 3. Soccer balls

COACHING POINTS / KEY CONCEPTS

Stay light on the toes jogging in place. Pass around the box 1 touch, 2 touch, reverse direction. Keep ball on the ground, lock ankle. Receive with outside of foot, double contact, or sole of the foot. Accuracy passing to a specific foot.



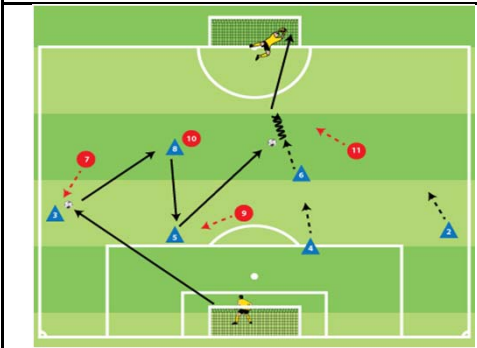
II. SMALL-SIDED ACTIVITY Intensity: Activity Time:
 Duration: Intervals: Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

30 x 30 yard area. 10 players (4 red, 4 blue, 2 neutral). Small cones and 12 large cones (white gates). Dribble through gate = 1 point and you keep possession.

COACHING POINTS / KEY CONCEPTS

Penetrate forward under control, don't rush it. Passing accuracy, pace, keep on the ground. Pass to open player not into pressure. Play from "the spot" don't close space down between you and your opponent. Overlap and combinations.



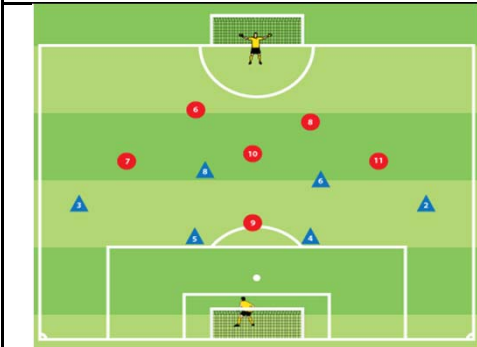
III. EXPANDED ACTIVITY Intensity: Activity Time:
 Duration: Intervals: Recovery Time:

ORGANIZATION (Physical Environment / Equipment / Players)

6 v 4 counterattack both directions. 2,3,4,5 should pass up to 6 and 8. Half field, 2 full sized goals, 10 field players and 2 goalkeepers. 8-12 balls, colored pinnies.

COACHING POINTS / KEY CONCEPTS

When red has ball press them and get possession back then quickly expand out. Pass and dribble away from pressure not into it, use full width of the field. Let 6,8 know if they can turn or not. Play combinations with 6,8 and send them through to goal.



IV. GAME Intensity: Activity Time:
 Duration: Intervals: Recovery Time:

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

COACHING POINTS / KEY CONCEPTS

No restrictions, blue must stay under control and build their attack intelligently and not play into pressure. However if Red play a high press then blue should play directly sending 6,8 through to goal (are players reading the game correctly?)