

Name:

Team:

Date:

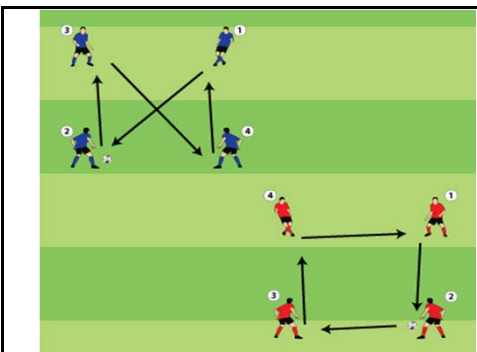
Mesocycle:

Microcycle/Day:



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.



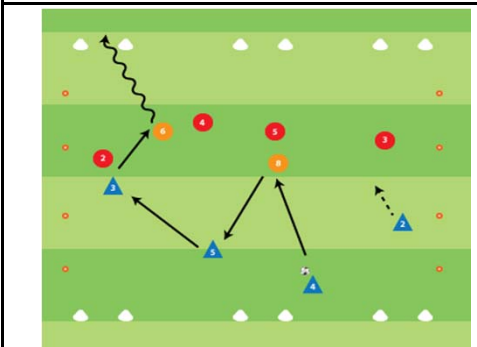
I. WARM-UP Intensity: Activity Time:
 Duration: Intervals: Recovery Time:

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.



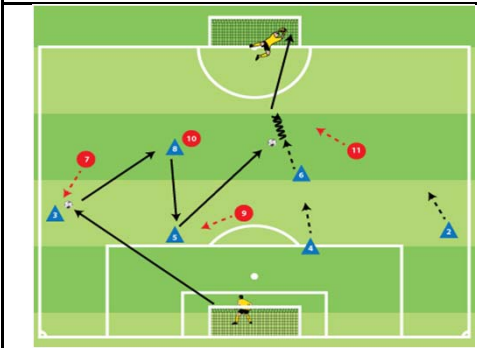
II. SMALL-SIDED ACTIVITY Intensity: Activity Time:
 Duration: Intervals: Recovery Time:

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.



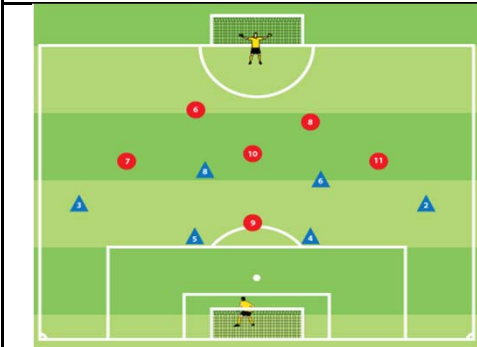
III. EXPANDED ACTIVITY Intensity: Activity Time:
 Duration: Intervals: Recovery Time:

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?)