

Name:

Team:

Date:

Topic: 

Improve your team's ability to build up through the midfield using the #7 and #11



Mesocycle

Season week 5

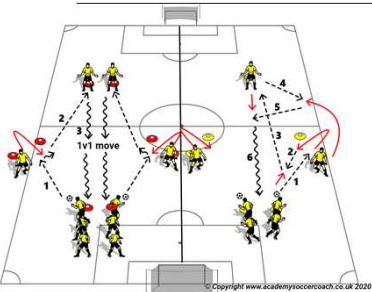
Microcycle

Wednesday

Is this your filmed session? (Yes/No)

No

TRAINING OBJECTIVE(S): Who? Players 2, 3, 7, and 11 Primarily -- 4, 5, 6, 8, 9, and 10 indirectly Where? End of defending third through middle third into attacking third When? In build up phase of defending third, Numerical superiority in middle third Why? To achieve effective penetration into attacking third efficiently What? Mobility of forward and wide players 7, 11, and 9 penetrating passes when available to 9 and 10 How? Body shape prior to receiving pass, passing quality and technique



I. WARM-UP

Intensity: MED

Activity Time: 1 min

Duration: 15 min

Intervals: 7

Recovery Time: 1 min

ORGANIZATION (Physical Environment / Equipment / Players)

8 cones 4 orange 4 yellow, 15x15 yard squares, orange cones = pass and switch, yellow cones = pass and follow straight and diagonal, add skill, different receiving surface, or wall pass/overlap to add complexity

COACHING POINTS / KEY CONCEPTS

1st touch, passing and receiving technique with different surfaces, moving off ball quickly after pass



II. SMALL-SIDED ACTIVITY

Intensity: MED

Activity Time: 4 min

Duration: 25 min

Intervals: 5

Recovery Time: 1 min

ORGANIZATION (Physical Environment / Equipment / Players)

Phase Play I -- 5 vs. 3 + GK on a 50L x 50W yard field, attacking team runs through passing pattern with varying degrees of defensive pressure and trigger points. , defending team tries to intercept and score in counter goals.

COACHING POINTS / KEY CONCEPTS

Anticipation, Movement, and vision of the #7 and #11 off the ball. Receiving back to touchline under pressure, one and two touch passing. Two and three man combinations to penetrate opponents backline.



III. EXPANDED ACTIVITY

Intensity: HIGH

Activity Time: 5 min

Duration: 25 min

Intervals: 4

Recovery Time: 1 min

ORGANIZATION (Physical Environment / Equipment / Players)

Phase Play II -- 7 + GK vs. 5 + GK on a 50L x 50W yard field, attacking team looks for both passing patterns from phase play I. Ball starts with service from GK to #6/8 or #10, with defenders not able to apply full pressure until ball is received by #7 or #11. Attackers look to use width to stretch the defense and purposeful penetrating passes to feet to unlock defense.

COACHING POINTS / KEY CONCEPTS

Movement, anticipation, and quickness with movement off the ball of #7 and #11 prior to pass arriving. Pace, accuracy, and quality of pass from central players to #7 and #11. Exploitation of outnumbered defenders with speed and players.



IV. GAME

Intensity: HIGH

Activity Time: 7 min

Duration: 25

Intervals: 3

Recovery Time: 1 min

ORGANIZATION (Physical Environment / Equipment / Players)

7 vs. 7 on a 50x80 yard field, yellow = 1-2-3-1 Red = 1-3-1-2, 1 ball

COACHING POINTS / KEY CONCEPTS

midfield shape depth/width, maximize space, mobility, quality penetrating passes, 1st touch and body shape when receiving. Movement, anticipation, and quickness with movement off the ball of #7 and #11 prior to pass arriving. Using width to stretch the defense.