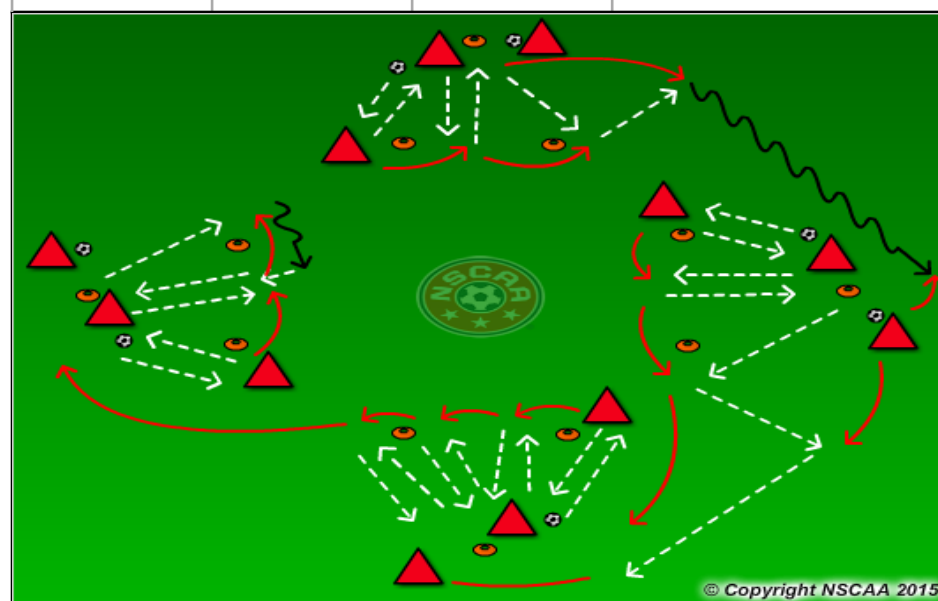


Name:	Patrick Hughes and Paul Shaw			Team:	2001 Boys ODP			
Date:	10/6/15	Mesocycle:	Training	Microcycle/Day:	Week 8			

TRAINING TOPIC & OBJECTIVES:

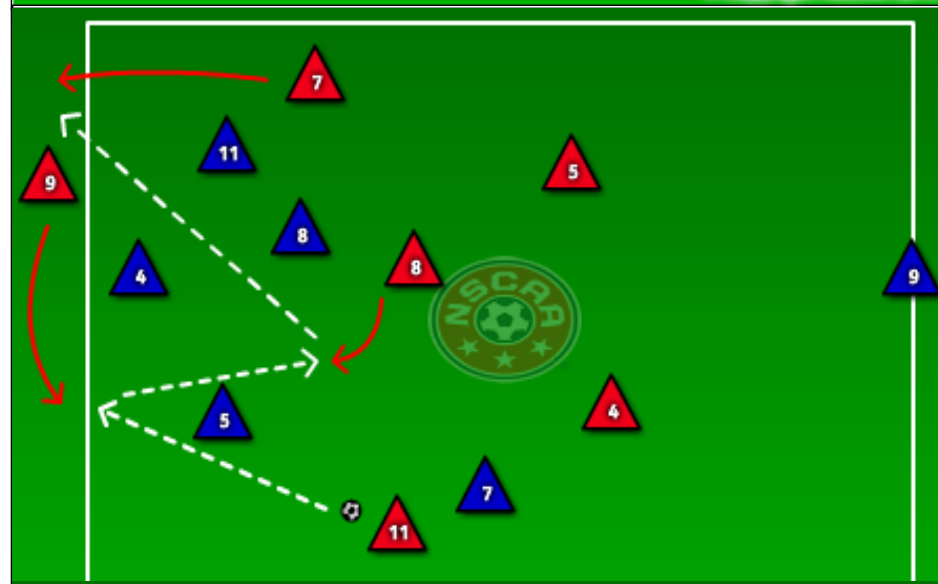
Improve the technical aspects of the group as they pertain to the ability to combine quickly to penetrate beyond a compact back line. Improve the tactical understanding of the #9, particularly as it relates to when and how to show for the ball. Improve the supporting movements of the second and third attackers (8, 10, 7 and 11) and the timing of penetrating runs. Improve the groups use of deception in the initial pass and lay off to disguise pattern of play from the defense.



I. WARM-UP	Intensity:	Med	Activity Time:	2m	
Duration:	30m	Intervals:	10	Recovery Time:	1 min

ORGANIZATION (Physical Environment / Equipment / Players)
 4, 3x3x3 triangles in a diamond shape. 2-3 players per triangle. Build from simple 1 touch passing technique to combining out of triangles, movement between triangles. Technical challenges and movement patterns before and after passing. Some variations shown.

COACHING POINTS / KEY CONCEPTS
 Ensure ball is played to the correct foot, whether in advance of movement or to back foot of player checking into space. Proper passing technique, and weight of pass. Introduce concepts of give and go off a target player, double pass off a target player, and combination play off target player to bring in a third attacker as the supporting player.



II. SMALL-SIDED ACTIVITY	Intensity:	Med	Activity Time:	3m 30s	
Duration:	20m	Intervals:	4	Recovery Time:	1m 30s

ORGANIZATION (Physical Environment / Equipment / Players)
 20x30 yard grid. 5v5 with 1 target on opposite sides for each team (acting as a #9 for each side). Score by playing to a target, combining off them and penetrating over the end line of the grid.

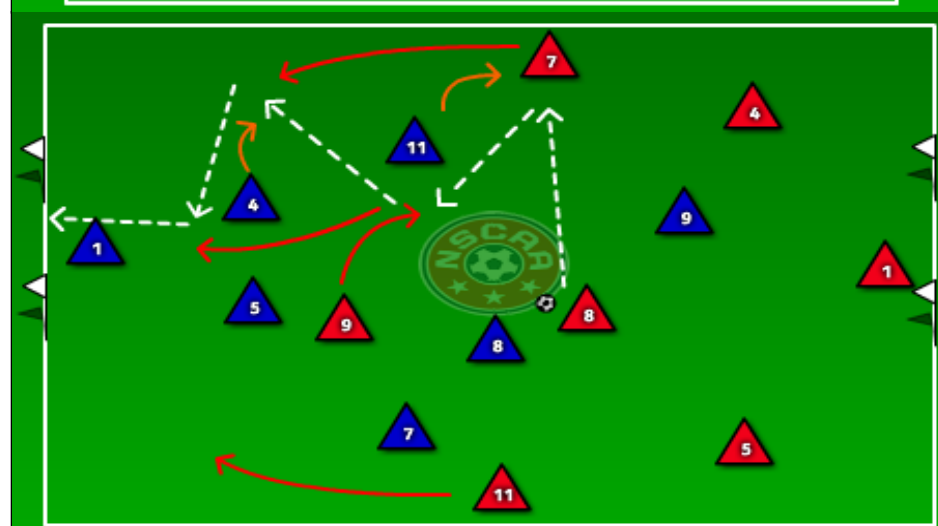
COACHING POINTS / KEY CONCEPTS
 Establishing effective attacking shape through width and depth to create opportunities to penetrate to the #9. How the #9 presents themselves as a target for the supporting players, showing to the same side and opposite side of the ball. Initial penetrating pass, followed by a layoff (to same player first, third attacker later), and then a penetrating pass or dribble to break defensive line (simulated by end line).



III. EXPANDED ACTIVITY	Intensity:	Med	Activity Time:	3m 30s	
Duration:	20m	Intervals:	4	Recovery Time:	1m 30s

ORGANIZATION (Physical Environment / Equipment / Players)
 1/4 of full size field. 6v6 to small goals with restraining line at edge of attacking third. Can only penetrate beyond line with combination play involving the #9 or on a penetrating pass after 8 passes. Must score from within attacking third. 2-3-1 formation (4,5,8,7,11,9)

COACHING POINTS / KEY CONCEPTS
 Bringing out patterns of play from second activity to break beyond restraining line and create goal scoring opportunities. Deception of initial pass and layoff to disguise intent to penetrate. Concept of penetrating run initiating penetrating pass. How the 8, 7 and 11 support underneath and beyond the #9 when combining off the central target.



IV. GAME	Intensity:	Med	Activity Time:	3m 30s	
Duration:	20m	Intervals:	4	Recovery Time:	1m 30s

ORGANIZATION (Physical Environment / Equipment / Players)
 1/4 of full size field. 7v7 to goal with gks. 1-2-3-1 formation (1,4,5,8,7,11,9). No restrictions

COACHING POINTS / KEY CONCEPTS
 See above, use of #1 in establishing depth, allowing #4 and 5 to push wider in possession and make attacking shape larger.