
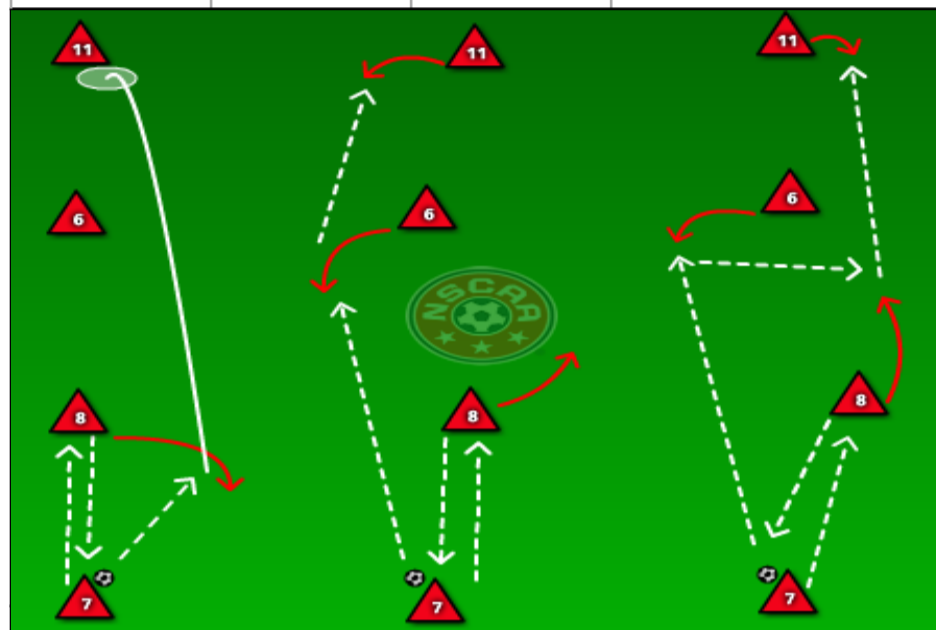


| | | | | | | | | |
|-------|------------------------------|------------|----------|-----------------|---------------|--|--|---|
| Name: | Patrick Hughes and Paul Shaw | | | Team: | 2001 Boys ODP | | |  |
| Date: | 10/2/15 | Mesocycle: | Training | Microcycle/Day: | Week 4 | | | |

TRAINING TOPIC & OBJECTIVES:

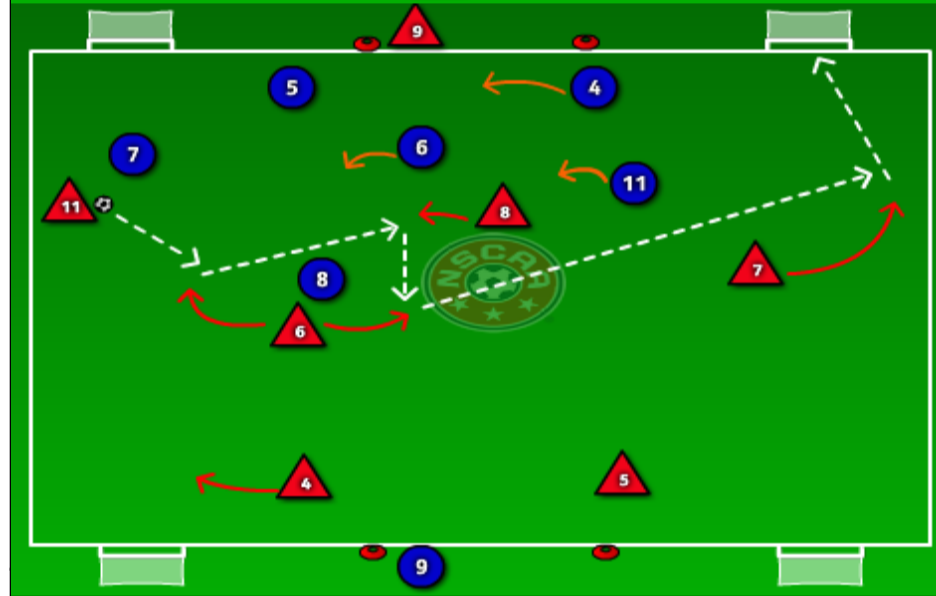
Improve the technical aspects of the group, particularly the 6 and 8's ability to receive on the turn, as they relate to switching the point of the attack. Building on the previous sessions, reinforce/improve the attacking shape of the 4/5 and 7/11 to create space for the 6 and 8 in central areas. Improve the team's creation of numbers up situations on the opposite side, and recognition of moments to switch the point of the attack through the 6 and 8. Improve the checking runs of the 6 and 8 as they relate to receiving possession from the 4/5 and the supporting runs as they relate to receiving possession from the 7/11.



| | | | | | |
|-------------------|-----|------------|-----|----------------|--------|
| I. WARM-UP | | Intensity: | Med | Activity Time: | 1m 30s |
| Duration: | 20m | Intervals: | 8 | Recovery Time: | 1 min |

ORGANIZATION (Physical Environment / Equipment / Players)
4 player combination play, 40 yards long. Players represented are the 11, 6, 8 and 7. Players execute patterns of switching point of attack through the 6 and 8 in the middle of the group.

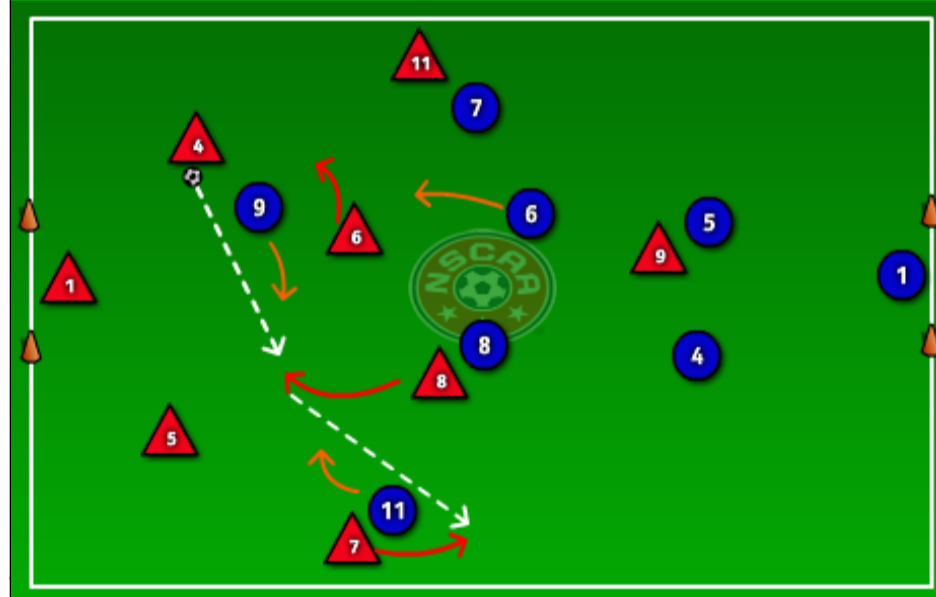
COACHING POINTS / KEY CONCEPTS
Arcing of the 6 and 8s checking runs to receive on the turn. 7/11s playing the far foot of the central player as cue to switch the point. Central combination play between the 6 and 8 to create opportunity to play ball wide. Technical points regarding the service of switching ball over distance.



| | | | | | |
|---------------------------------|---------|------------|-----|----------------|--------|
| II. SMALL-SIDED ACTIVITY | | Intensity: | Med | Activity Time: | 3m |
| Duration: | 25m 30s | Intervals: | 6 | Recovery Time: | 1m 30s |

ORGANIZATION (Physical Environment / Equipment / Players)
4 goal game, 50x40 grid. 7v7 with targets, (2-4-1) formations with a 4/5, 7/11 and 6/8 and target 9 on the end line. Score by passing through outsides, then dribbling through outsides. Target 9 plays between two central cones, then is introduced into field of play later. (6v6 without a 9 if not enough numbers)

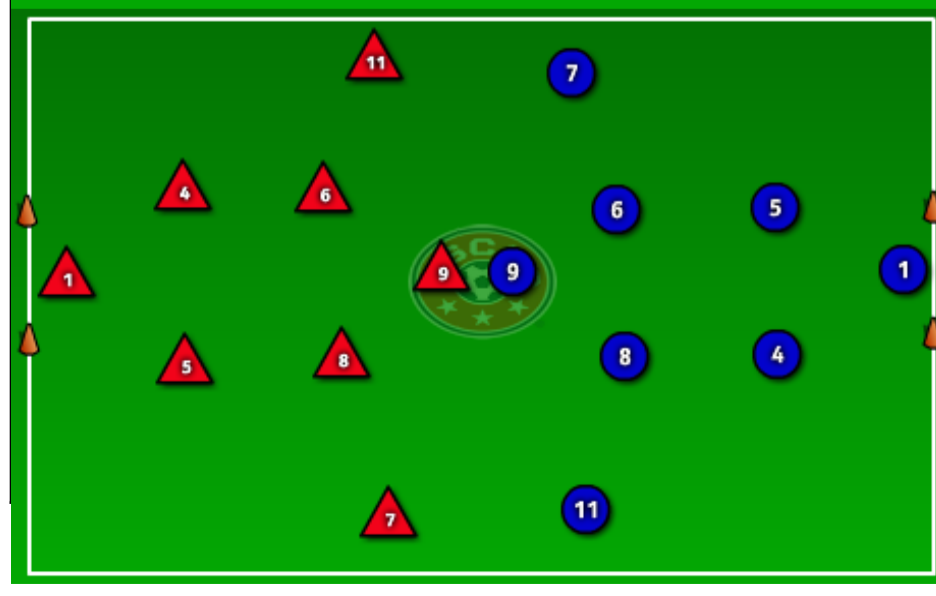
COACHING POINTS / KEY CONCEPTS
Attacking shape provided by 4/5 and 7/11 to create space for 6 and 8. Supporting and checking runs of 6 and 8 to receive possession from 4/5 and 7/11. Concept of attacking one side to create numbers up situation on other and quickly exploiting through switch of play. 6 and 8 penetrating to the 9 to compact defensive shape and allow for exploitation of width.



| | | | | | |
|-------------------------------|---------|------------|-----|----------------|--------|
| III. EXPANDED ACTIVITY | | Intensity: | Med | Activity Time: | 3m |
| Duration: | 25m 30s | Intervals: | 6 | Recovery Time: | 1m 30s |

ORGANIZATION (Physical Environment / Equipment / Players)
7v7 or 8v8 with goalkeepers in a third of a full size field. (1-2-4) formations for 7v7, or (1-2-4-1) formations for 8v8. Roles of 1, 4/5, 6/8, 7/11 with a 9 if 8v8. Score off cross or after connecting both the 7 and 11 without losing possession.

COACHING POINTS / KEY CONCEPTS
Interaction of the 6 and 8, one making attacking run forward to create space for the other to show underneath for possession. Establishing possession through the 4/5 to the 6/8, to the 7/11 and drawing defense to one side. Quick switch of play through central combination or direct driven ball. Central penetration on the pass from 6/8 to 9, or on the dribble through the 6/8.



| | | | | | |
|-----------------|-----|------------|-----|----------------|----|
| IV. GAME | | Intensity: | Low | Activity Time: | 5m |
| Duration: | 19m | Intervals: | 3 | Recovery Time: | 2m |

ORGANIZATION (Physical Environment / Equipment / Players)
7v7 or 8v8 with goalkeepers in a third of a full size field. (1-2-4) formations for 7v7, or (1-2-4-1) formations for 8v8. Roles of 1, 4/5, 6/8, 7/11 with a 9 if 8v8.

COACHING POINTS / KEY CONCEPTS
Points from above.