
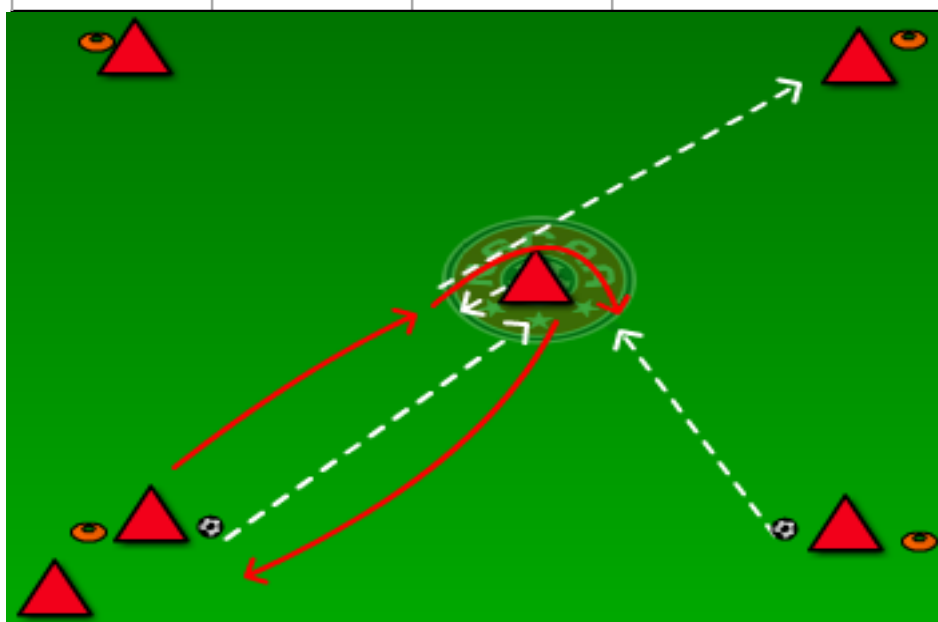


Name:	Patrick Hughes and Brian Biggio			Team:	2003 Boys ODP			
Date:	10/16/15	Mesocycle:	Training	Microcycle/Day:	Week 5			

**TRAINING TOPIC & OBJECTIVES:**

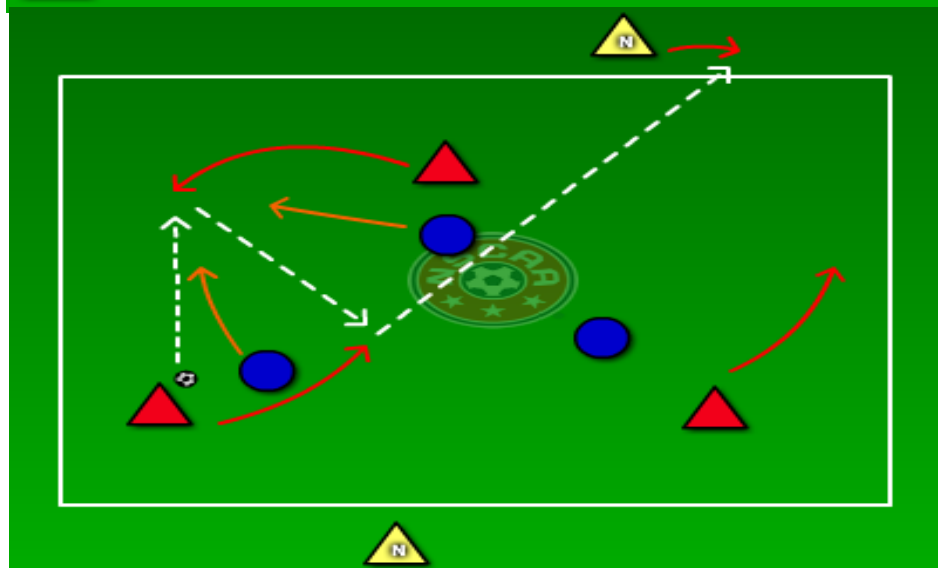
Improve the technical and tactical aspects of the group as they pertain to the players' ability to combine in tight spaces to beat pressure, retain possession and create scoring opportunities. Improve the players' understanding of the components of a quality pass (weight, accuracy, shape, timing and deception) and how their pass affects the receiving players' ability to combine. Improve the players' ability to anticipate and make proper supporting movements with the correct timing.



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

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 5-6 player combination play within a 15x15 box. Patterns of play include - stop the ball for a takeover, double pass, give and go and overlap.

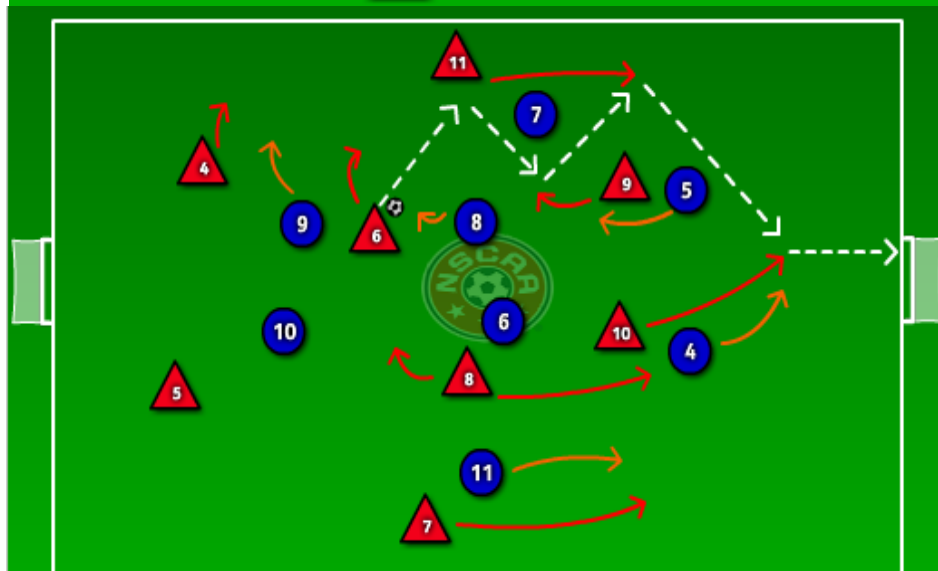
**COACHING POINTS / KEY CONCEPTS**  
 Quality of the pass into the player showing for the combination, playing to the correct foot, with proper weight, shape and timing. Supporting runs of the central player, showing from straight on, at an angle, and on an arc. Ways to increase technical and tactical speed within the activity - striking the ball on the run, concentration on passing technique, communication and speed of supporting movement.



<b>II. SMALL-SIDED ACTIVITY</b>	Intensity:	Med	Activity Time:	3m
Duration: 20m	Intervals:	5	Recovery Time:	1m

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 3v3 plus 2 targets on outside of 15x15 box. Score a point for completing a combination that beats a defender, or for completing 6 passes in a row.

**COACHING POINTS / KEY CONCEPTS**  
 Angles of support and distance to create combination opportunities for player on the ball. Timing of initial pass to create combination, based on how close or far away defender is from player in possession. Playing the correct foot of supporting player, having proper body shape when receiving under pressure. Adding deception into the pass to disguise combination attempt.



<b>III. EXPANDED ACTIVITY</b>	Intensity:	Med	Activity Time:	3m
Duration: 20m	Intervals:	5	Recovery Time:	1m

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 8v8 to goal, 30x40 field. Players in a 2-4-2 formation with a 4, 5, 11, 6, 8, 7, 9 and 10. 1 Point for a goal, 3 points for a goal after combining to beat a defender within the string of possession.

**COACHING POINTS / KEY CONCEPTS**  
 How the forward players assist in combination play to get beyond the back line. Wide players use of supporting central players to combine down the flanks. Playing the direction facing, and opening body to play early. Deception in the pass to make play more unpredictable, either as the initial pass or as the pivot of the combination.



<b>IV. GAME</b>	Intensity:	Low	Activity Time:	3m
Duration: 20m	Intervals:	5	Recovery Time:	1m

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 8v8 to goal, 30x40 field. Players in a 2-4-2 formation with a 4, 5, 11, 6, 8, 7, 9 and 10.

**COACHING POINTS / KEY CONCEPTS**  
 Points from above.