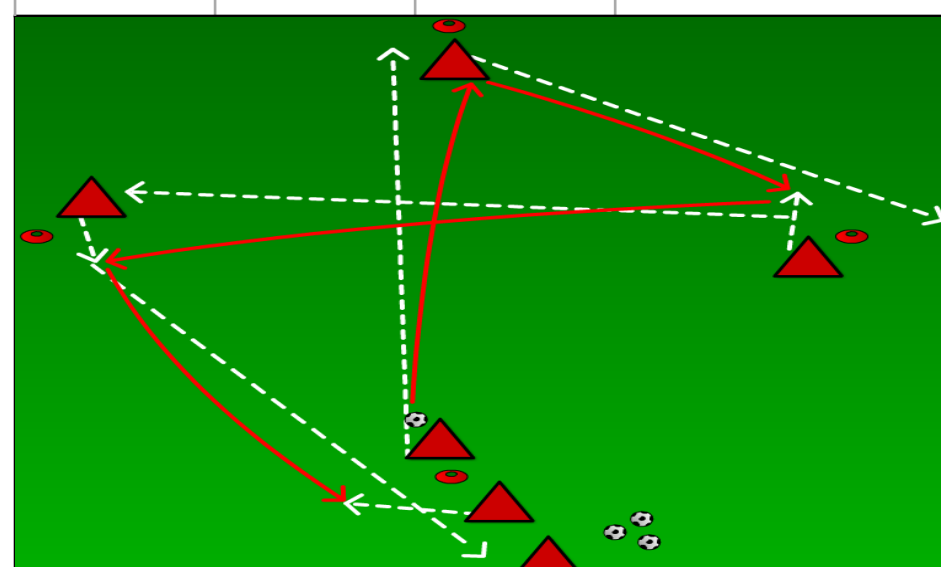


Name:	Patrick Hughes and Shawn Trueblood			Team:	03/04 Girls ODP (Fall 2016)		
Date:	10/21/16	Mesocycle:	Fall ODP Training	Microcycle/Day:	Week 4		

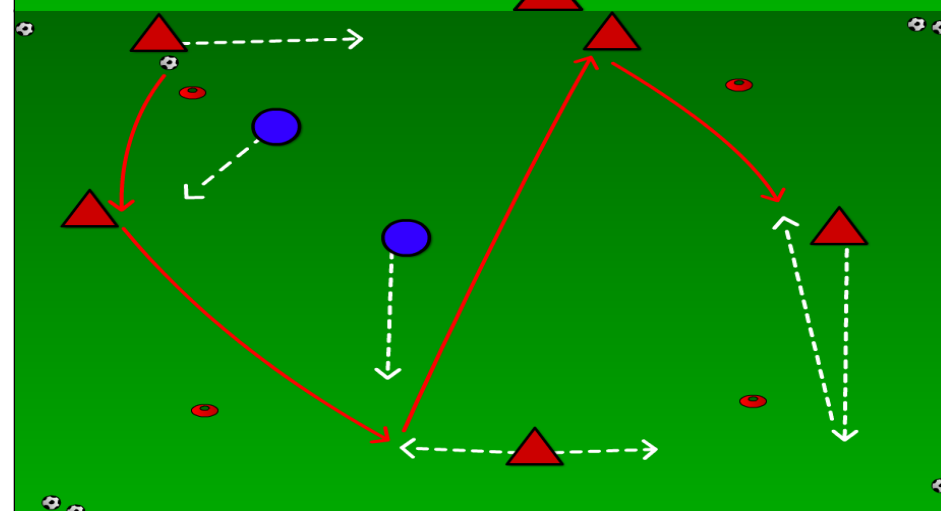


TRAINING TOPIC & OBJECTIVES:

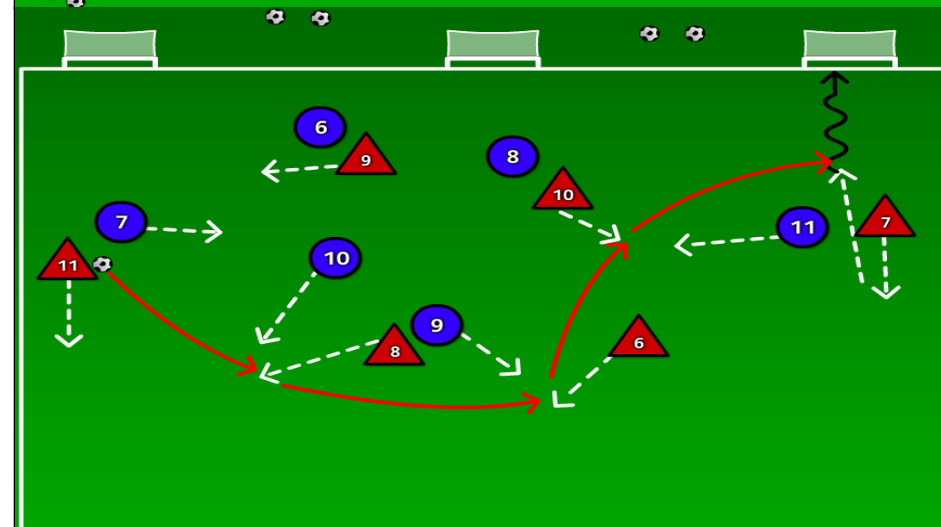
Improve the teams' ability to penetrate when in possession in the middle third of the field, particularly the number 6 and 8's ability to support wide play and recognize moments to maintain possession and moments to penetrate. Improve the teams' ability to recognize cues for penetration on the dribble and on the pass in the middle third. Improve the teams' recognition and exploitation of numbers up and numbers down opportunities, particularly on the flanks, in order to penetrate.



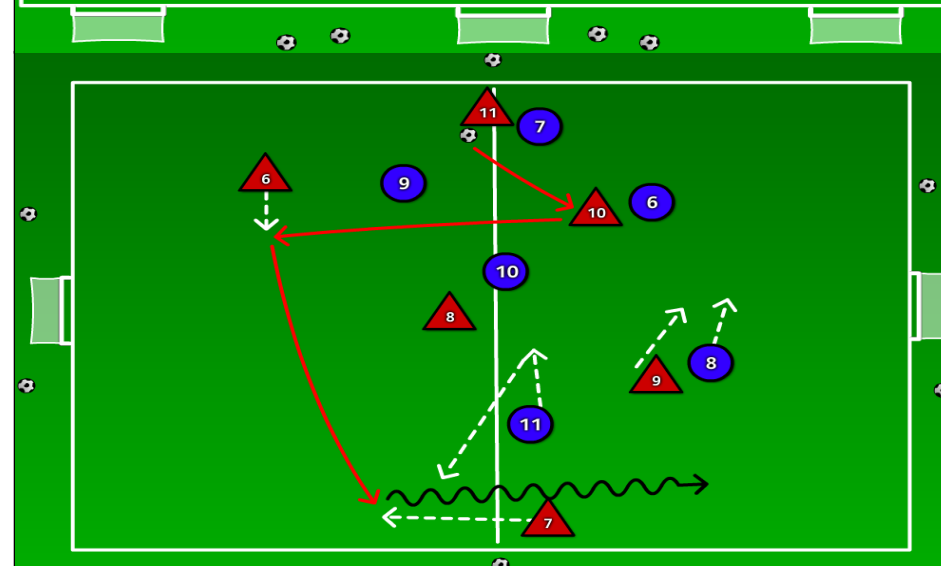
I. WARM-UP	Intensity:	High	Activity Time:	2m 30s
Duration: 30m	Intervals:	10	Recovery Time:	30s
ORGANIZATION (Physical Environment / Equipment / Players)				
15x15 technical diamonds w/5-6 players per grid. Passing patterns utilizing various surfaces, methods of rotation and touches. Multiple grids race to see who can complete most passes.				
COACHING POINTS / KEY CONCEPTS				
Weight and accuracy of pass across receivers' body to allow them to play away. Body preparation by the receiving player to take a direct and progressive first touch. Receiving on the front foot, and playing with the back foot when using two touches to increase the speed of play. Checking and stretching movements, including timing of runs when utilizing combination play.				



II. SMALL-SIDED ACTIVITY	Intensity:	High	Activity Time:	1m 30s
Duration: 20m	Intervals:	10	Recovery Time:	30s
ORGANIZATION (Physical Environment / Equipment / Players)				
20x20 boxes. 4-5 attackers on outside, 2-3 defenders on inside. Attackers score by passing through opposite ends of box. Defenders score by winning ball and dribbling out.				
COACHING POINTS / KEY CONCEPTS				
Supporting movements from attackers as the ball travels from the first attacker to the second attacker. Technical quality in the passing to play across receivers's body to allow them to prepare away. Technical and tactical speed to move defenders and create penetrating opportunities. Recognition of penetrating player and the conditions that player must meet.				



III. EXPANDED ACTIVITY	Intensity:	High	Activity Time:	3m
Duration: 20m	Intervals:	5	Recovery Time:	1m
ORGANIZATION (Physical Environment / Equipment / Players)				
6 goal game in a 40x30 field, dribble through outer goals, pass through central goal. Players in a 2-3-1 formation (6,8,7,10,11,9).				
COACHING POINTS / KEY CONCEPTS				
6 and 8's providing central depth and support for wide play of 7 and 11. Checking runs of 9 and 10 to provide opportunities for penetration with combination play, and the increasing tempo of play to take advantage of these opportunities. Maintaining possession on one side to attract defenders, before a quick switch of play to take advantage of 1v1 or numbers up on the opposite side.				



IV. GAME	Intensity:	High	Activity Time:	3m
Duration: 20m	Intervals:	5	Recovery Time:	1m
ORGANIZATION (Physical Environment / Equipment / Players)				
30x40 field. 6v6 to goal with players in 2-3-1 formations (6,8,7,10,11,9).				
COACHING POINTS / KEY CONCEPTS				
Points from above.				