
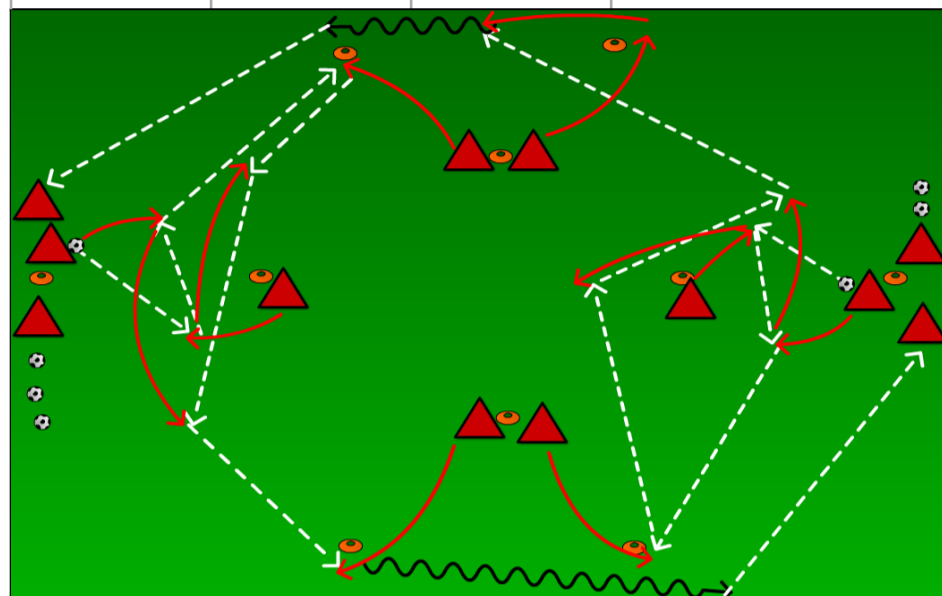


Name:	Patrick Hughes and Shawn Trueblood			Team:	03/04 Girls ODP (Fall 2016)			
Date:	11/4/16	Mesocycle:	Fall ODP Training	Microcycle/Day:	Week 6			

TRAINING TOPIC & OBJECTIVES:

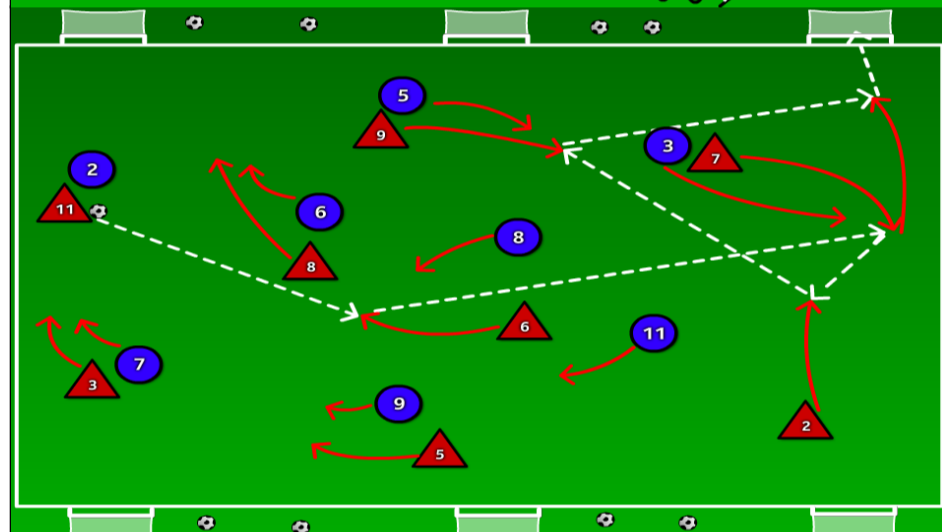
Improve the groups' technical and tactical abilities as they relate to switching the point of the attack to penetrate from the middle to attacking thirds in a 1-4-2-3-1 formation. Improve the groups' understanding of methods to switch the point of the attack. Improve the players' reading of cues to determine when to switch the point of the attack, and improve the players' speed of play to penetrate after a switch of play has occurred.



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

ORGANIZATION (Physical Environment / Equipment / Players)
 Technical grid as shown, two groups going toward one another. One half of Y pattern grid is 30 yds long and 35 yds wide. 6-8 players per half. Patterns of switching from one flank to the other utilizing the 7, 6, 8 and 11.

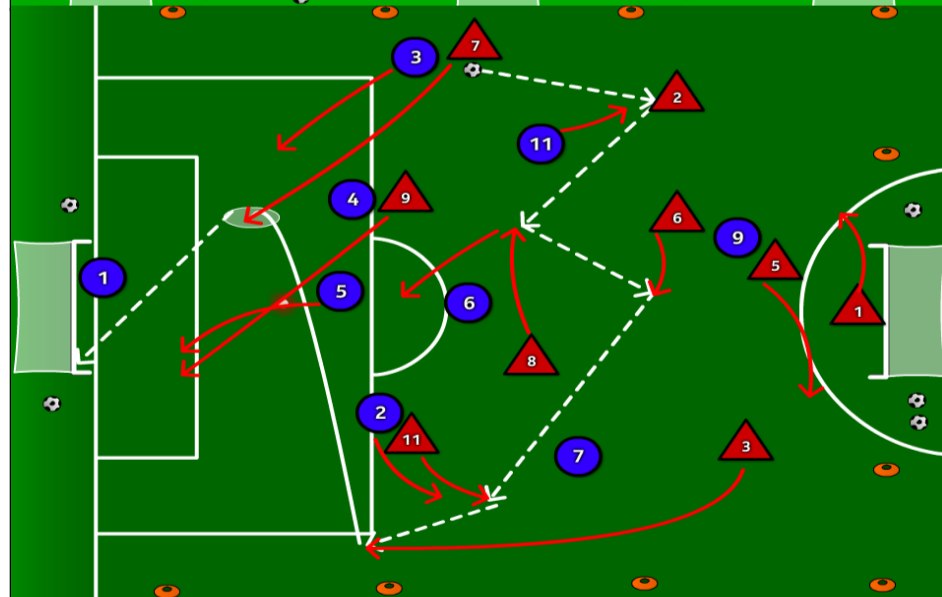
COACHING POINTS / KEY CONCEPTS
 Checking movements of players to create space from defenders. Playing passes to the foot farthest from where defenders would be pressuring. Functional movement of the 7,11,6 and 8 in relation to one another in order to switch the point of attack through the midfield. Wide players playing across the body of central players to initiate switch of play. Speed of play throughout the course of the switching pattern to exploit advantage on opposite side.



II. SMALL-SIDED ACTIVITY	Intensity:	High	Activity Time:	4m	
Duration:	20m	Intervals:	4	Recovery Time:	1m

ORGANIZATION (Physical Environment / Equipment / Players)
 6 Goal Game in a 50x55 field. 8v8 w/players in 3-2-2-1 formation (2,3,5,6,8,7,11,9).

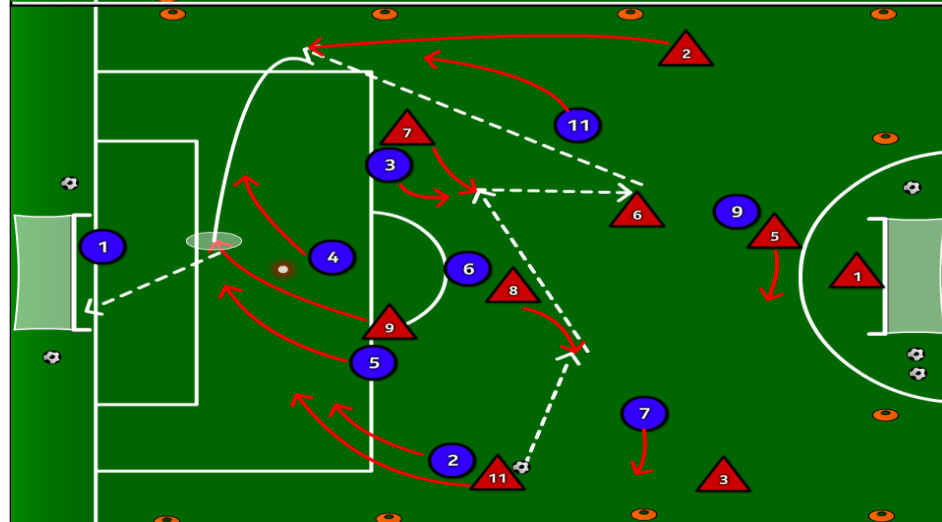
COACHING POINTS / KEY CONCEPTS
 Recognition of cues to switch - outnumbered on initial side, overload opportunity on opposite side, penetration stopped by defending team on initial flank, drawing of defenders toward one flank. Methods for creating overload on opposite flank as the play switches from one side to the other, utilizing the 9, 6/8, 7/11 and the 2/3. Switching through a pendulum pattern, through progressive diagonal passes and through driven longer balls.



III. EXPANDED ACTIVITY	Intensity:	High	Activity Time:	4m	
Duration:	20m	Intervals:	4	Recovery Time:	1m

ORGANIZATION (Physical Environment / Equipment / Players)
 55x50 field. 9v9 w/players in 1-3-2-2-1 formation (1,2,3,5,6,8,7,11,9) vs. a 1-4-3-1 (1,2,3,4,5,7,11,6,9). Teams formation and goal attacking switch each interval. 1 pt for a goal, 1 pt for connecting both the 7 and 11 in possession, 3 pts for a goal scored after connecting 7 and 11 in possession.

COACHING POINTS / KEY CONCEPTS
 Patience in possession to draw opponent to initial flank and isolate defender on opposite side. Increased speed of play upon recognition of switch of play opportunity to take advantage of penetrative opportunity. Quick execution of penetrative actions once ball has been switched in order to exploit advantage gained by switch of play.



IV. GAME	Intensity:	High	Activity Time:	4m	
Duration:	20m	Intervals:	4	Recovery Time:	1m

ORGANIZATION (Physical Environment / Equipment / Players)
 55x50 field. 9v9 w/players in 1-3-2-2-1 formation (1,2,3,5,6,8,7,11,9) vs. a 1-4-3-1 (1,2,3,4,5,7,11,8,9). Teams formation and goal attacking switch each interval.

COACHING POINTS / KEY CONCEPTS
 Points from above.