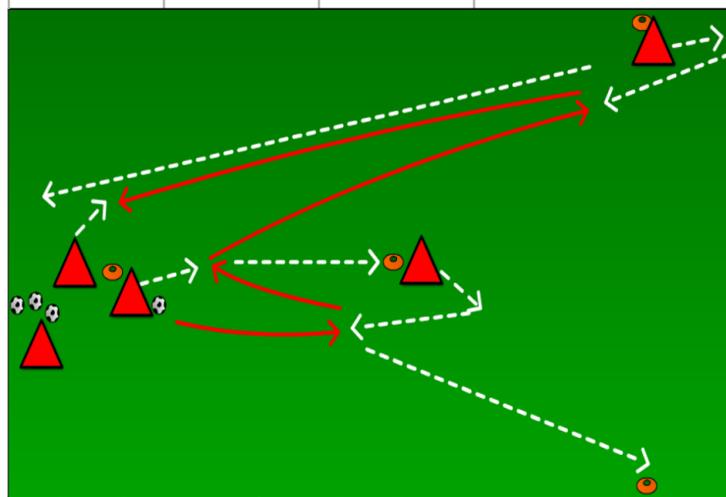
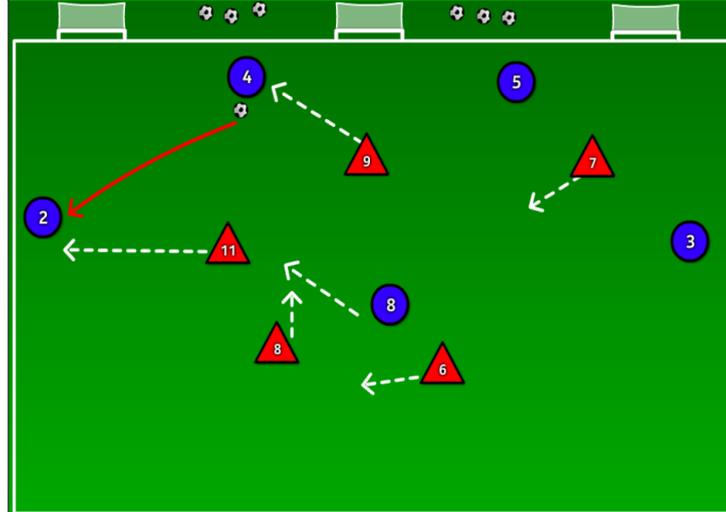


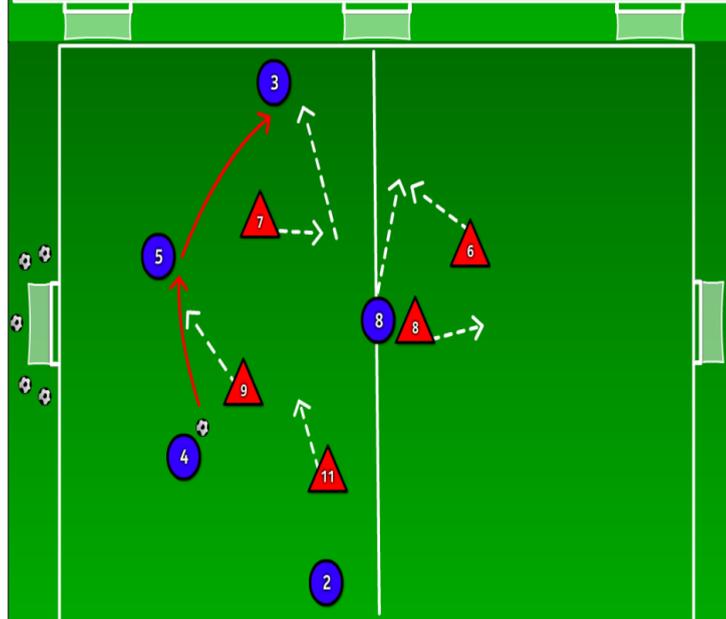
Name:	Patrick Hughes, Shawn Trueblood and Brian Biggio			Team:	03/04 Girls ODP (Fall 2016)			
Date:	9/23/16	Mesocycle:	Fall ODP Training	Microcycle/Day:	Week 3			
TRAINING TOPIC & OBJECTIVES: Improve the teams' ability to press the opposition back line in the attacking third, specifically the 9, 7 and 11. Improve the tactical awareness and pressuring, covering and balancing actions of the 9, 7 and 11 to trap opposition outside backs in possession. Improve the 6 and 8's denial of midfield penetration to assist the forward line in their pressing and trapping actions. Improve the players' awareness and recognition of moments to press and moments to drop.								



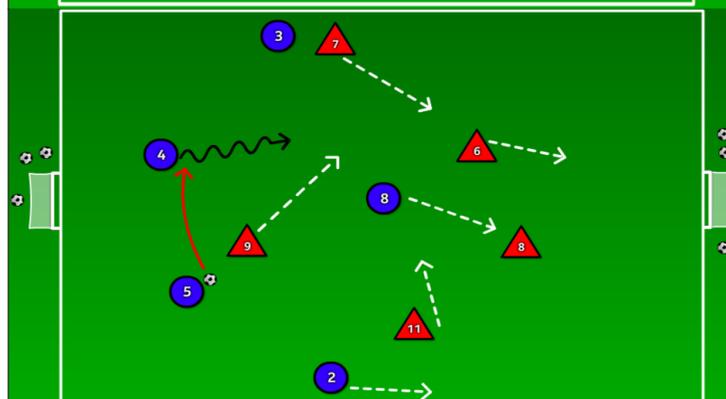
I. WARM-UP		Intensity:	High	Activity Time:	2m 30s
Duration:	30m	Intervals:	10	Recovery Time:	30s
ORGANIZATION (Physical Environment / Equipment / Players)					
Technical grids as shown, cones 12 yards away from each subsequent cone. 4-6 players per grid. Extra balls behind each starting point. Progressions include - double pass before penetrating ball forward, receive on the turn with a give and go from last player with first player, double give and go					
COACHING POINTS / KEY CONCEPTS					
Speed of execution and concentration on proper 1 and 2 touch passing technique. Timing of movements to arrive in supporting position at the moment that first attacker releases the pass. Checking movements away from destination before making supporting run to stretch play and create space. Playing with and to the correct foot in different situations.					



II. SMALL-SIDED ACTIVITY		Intensity:	Med	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. 5v5 with players in a 4-1 (2,3,4,5,8) vs 2-2-1 (6,8,7,11,9). Ball restarts with team in a 4-1 after goals are scored. Work with team in a 2-2-1 on session topic. Teams switch formation each interval.					
COACHING POINTS / KEY CONCEPTS					
9 preventing switch of play and making play predictable by pushing between the opposition 4 and 5, and pressuring the inside shoulder of the CBs when they are in possession. Near side winger (7 or 11) tucking in and dropping into horizontal channel underneath opposition 2 or 3's wide supporting movement to encourage pass to opposition 2 or 3. Back side winger (7 or 11) balancing shape by compacting and pushing into higher horizontal channel than near side player to discourage switch of play around the back. Pressing movements by 7 and 11 when ball plays to opposition 2 or 3, with denial of passing options by 9, 6 and 8 to trap opposition player in possession.					



III. EXPANDED ACTIVITY		Intensity:	Med	Activity Time:	3m
Duration:	20m	Intervals:	5	Recovery Time:	1m
ORGANIZATION (Physical Environment / Equipment / Players)					
30x40 field w/midline. 5v5 to goal with teams in same formations as activity above (switching each interval). If ball won in attacking half, team can go straight to goal. If won in defensive half, team must connect 8 passes before scoring. Ball restarts with team in a 4-1 after goals are scored.					
COACHING POINTS / KEY CONCEPTS					
6 and 8 compacting and tracking checking runs of opposition 8 to prevent central penetration. Cues to press - poor touch or pass at the back allowing defenders time to press into attacking third, quick transition into a compact defensive shape to deny counter attacking opportunity, ball out of bounds in the attacking half allowing time for defenders to press into attacking third. Cues to drop - opposition player with clear possession and no defender close enough to stop penetrating actions, slow transition into a compact shape from the 6,8,7 and/or 11, if initial press and/or trap is beaten. Communication of if team should press or drop by deepest players and players furthest from the ball.					



IV. GAME		Intensity:	Med	Activity Time:	3m
Duration:	20m	Intervals:	5	Recovery Time:	1m
ORGANIZATION (Physical Environment / Equipment / Players)					
30x40 field. 5v5 to goal with players in 4-1 (2,3,4,5,8) and 2-2-1 formations (6,8,7,11,9). Switch formations each interval.					
COACHING POINTS / KEY CONCEPTS					
Points from above. Recognition of when to drop and compact to prevent penetration to goal. Counter attack upon regaining of possession.					