
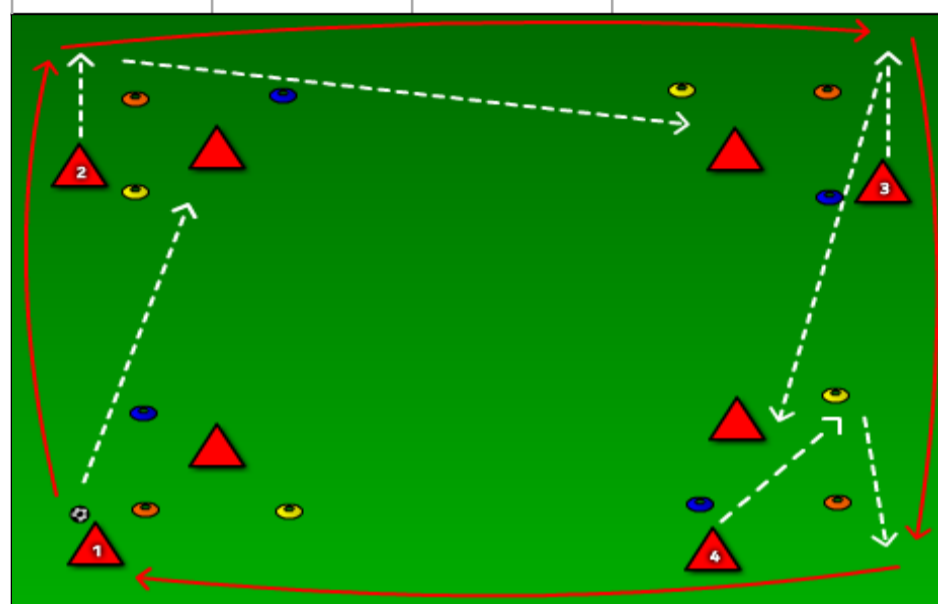


Name:	Patrick Hughes, Shawn Trueblood and Brian Biggio			Team:	03/04 Girls ODP (Fall 2016)			
Date:	9/16/16	Mesocycle:	Fall ODP Training	Microcycle/Day:	Week 2			

**TRAINING TOPIC & OBJECTIVES:**

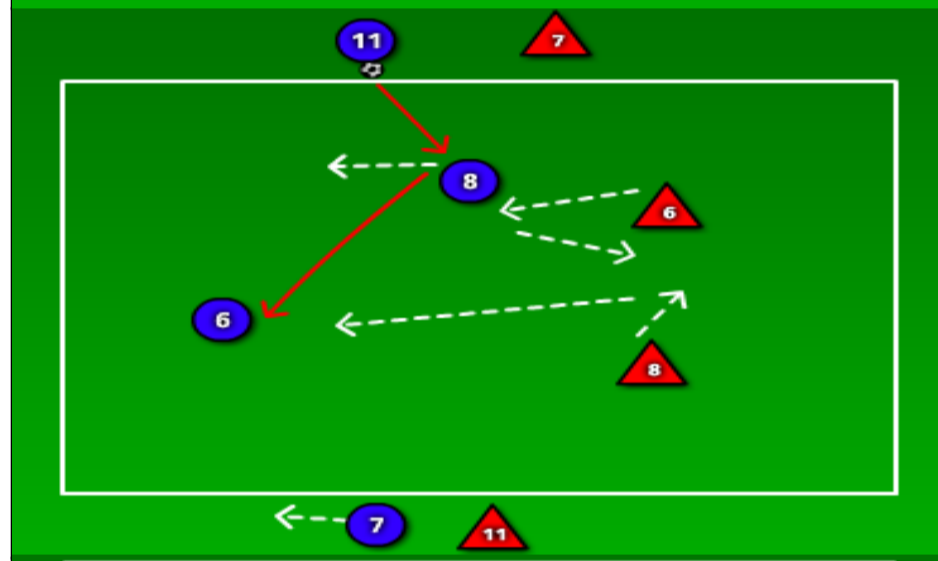
Improve the 6, 8, 7 and 11's awareness and ability to defend in the middle third of the field when playing in a 1-4-2-3-1 formation. Improve the 7 and 11's understanding of where to force play in the middle third, and improve the 6 and 8's understanding of covering the 7 and 11's pressing of wide play. Improve the 6, 8, 7 and 11's awareness of when and where to balance the midfield shape dependent on the location of the ball as the opponent builds into the middle third.



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

**ORGANIZATION (Physical Environment / Equipment / Players)**  
15x15 technical boxes. 8 players per group. Passing progressions, with different methods for checking away and showing for the ball.

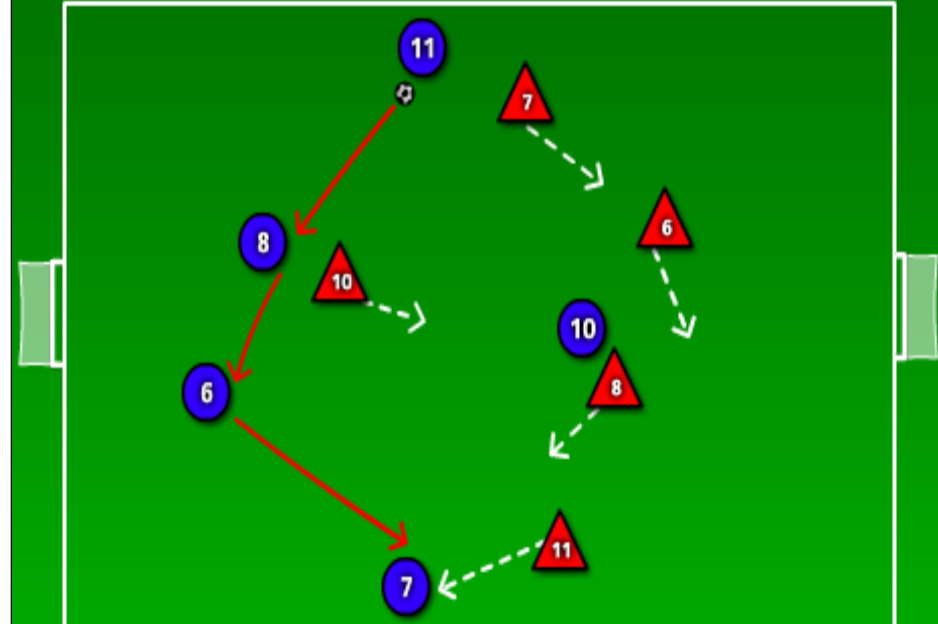
**COACHING POINTS / KEY CONCEPTS**  
Body preparation to allow for first touch toward next target. Adjustment of body to receive on front foot if pass is less accurate. First touch within 2 steps to allow for quick ball movement to next destination. Qualities of the pass - pace, accuracy, timing. Timing of checking and separating runs - as ball arrives at previous player. Receive with inside foot, play with opposite foot across next players' body to lead them to next destination.



<b>II. SMALL-SIDED ACTIVITY</b>	Intensity:	Med	Activity Time:	1m 30s	
Duration:	20m	Intervals:	10	Recovery Time:	30s

**ORGANIZATION (Physical Environment / Equipment / Players)**  
15x15 boxes, 2v2 with 2 wide players per team on flanks of boxes. Score by dribbling over opposite end line. Wide players switch with central players every rotation.

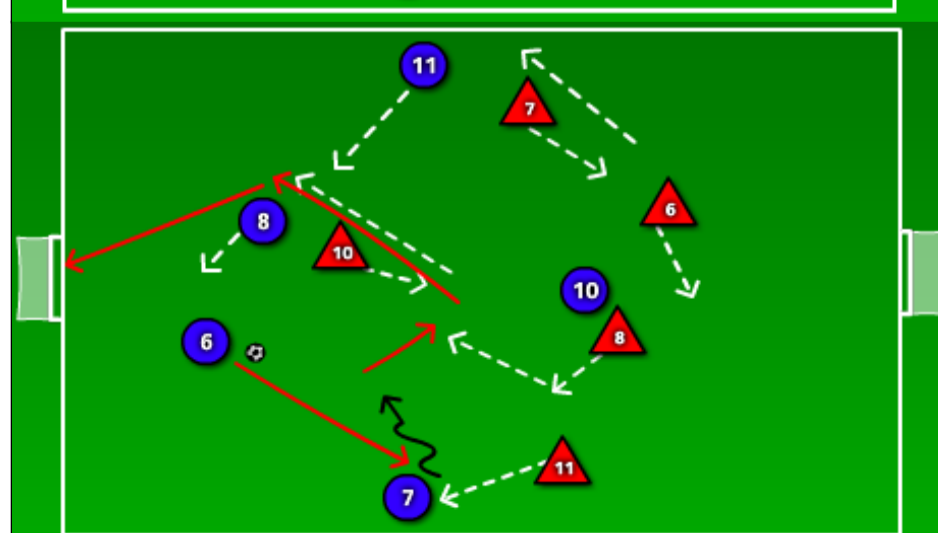
**COACHING POINTS / KEY CONCEPTS**  
The 6 and 8's pressing and covering movements to make play predictable for the remainder of the midfield unit, and to maintain central compactness in the middle third. Communication from the covering defender to inform pressing player if they should force play back wide or force play inside. Quick closing of space, and quick recovery after ball is played on. Communication and tracking of attacking runs from supporting opposition central midfielder.



<b>III. EXPANDED ACTIVITY</b>	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 a 2-3 formation (6,8,7,11,10). Attacking team must have the 7 and 11 touch the ball in possession before going to goal.

**COACHING POINTS / KEY CONCEPTS**  
7 and 11's pressing of wide attackers to force play inside toward the 6 and 8. 6 and 8's movements to cover pressing wide players, and to balance shape by setting the vertical compactness of the midfield unit. 7 and 11 setting horizontal compactness when on the opposite side, and balancing the shape by being in a horizontal channel between the two central midfielders (establishing lines of balancing defenders). Counter attacking movements of the 6,8,10 and opposite side wide midfielder upon winning possession.



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

**ORGANIZATION (Physical Environment / Equipment / Players)**  
30x40 field. 5v5 to goal with players in a 2-3 formation (6,8,7,11,10).

**COACHING POINTS / KEY CONCEPTS**  
Points from above. Counter attack upon regaining of possession.