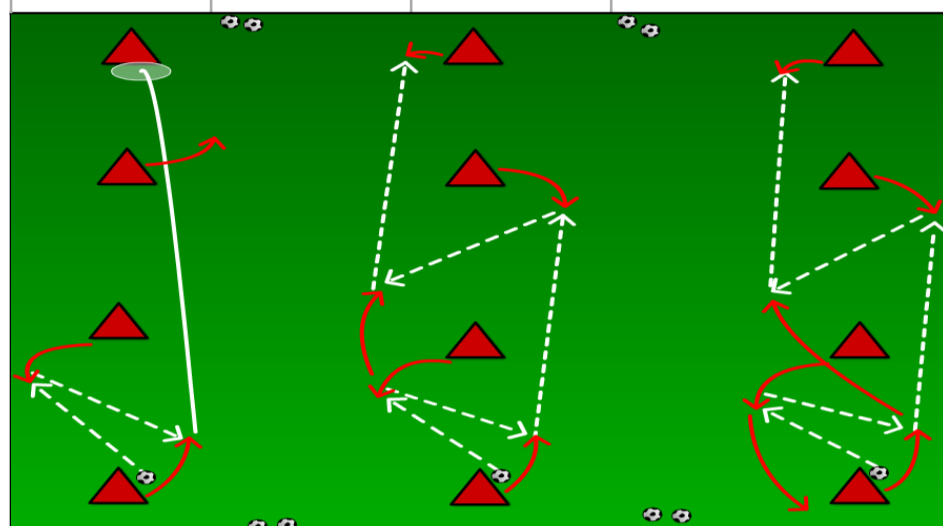


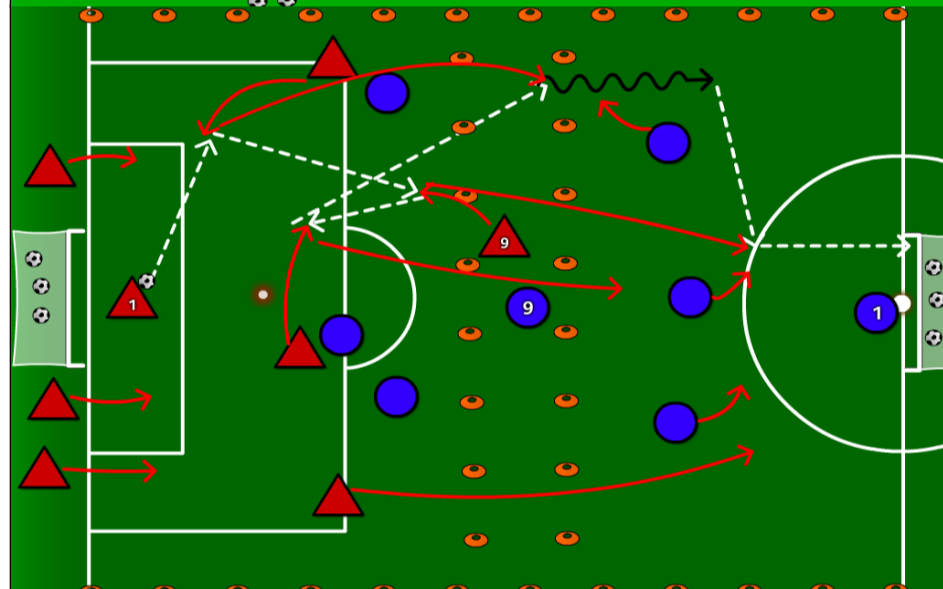
Name:	Patrick Hughes and Brian Biggio			Team:	03/04 Girls ODP (Fall 2016)			
Date:	11/11/16	Mesocycle:	Fall ODP Training	Microcycle/Day:	Week 7			

**TRAINING TOPIC & OBJECTIVES:**

Improve the groups' technical and tactical abilities as they relate to counter attacking utilizing the #9 in transition. Improve the players' understanding of the pattern of counter attacking, and the roles of the first, second and third attackers to help expose the opposition in transition. Improve the #9's ability to link play and be the focal point for counter attacking from the middle to attacking thirds, with wide penetration provided by the 7 and 11 in a 1-4-2-3-1 formation.



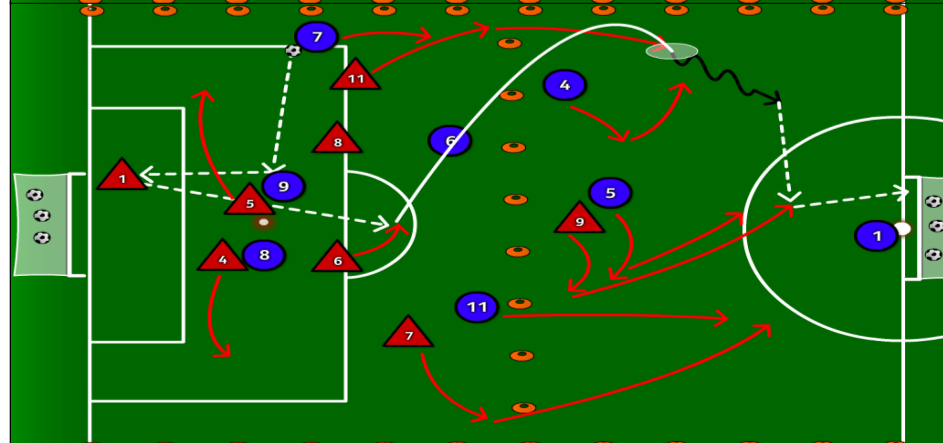
<b>I. WARM-UP</b>		Intensity:	High	Activity Time:	2m
Duration:	30m	Intervals:	10	Recovery Time:	1m
<b>ORGANIZATION (Physical Environment / Equipment / Players)</b>					
Groups of 4 over a 30 yd distance. Pattern play to bring out technical aspects of counter attacking. Have races with groups to promote competition and speed of execution.					
<b>COACHING POINTS / KEY CONCEPTS</b>					
Playing the proper foot of central players to allow them to play w/foot farthest from defender. Arcing supporting runs underneath central players to provide better angles for return passes. Quality of layoffs and penetrating balls that follow. Timing of supporting movements based on the receiving players' actions and movements.					



<b>II. SMALL-SIDED ACTIVITY</b>		Intensity:	High	Activity Time:	4m
Duration:	20m	Intervals:	4	Recovery Time:	1m
<b>ORGANIZATION (Physical Environment / Equipment / Players)</b>					
55x60 field. Rotating sets of 3v3+1 target player. Once defending team wins possession they combine w/their #9 to penetrate attacking zone and try to score quickly.					
<b>COACHING POINTS / KEY CONCEPTS</b>					
Finding player who is facing forward without pressure who can play the initial penetrating pass to start the counter attack. Timing of checking movements from the 9, waiting until penetrating player is found and then checking in after they have prepared the ball forward. Quality of the 9's layoff to supporting players, and penetrating actions of attacking players once the 9 has been found. Role of the GK in starting counter attacks after obtaining possession.					



<b>III. EXPANDED ACTIVITY</b>		Intensity:	High	Activity Time:	4m
Duration:	20m	Intervals:	4	Recovery Time:	1m
<b>ORGANIZATION (Physical Environment / Equipment / Players)</b>					
55x60 field. 8v8 to goal w/players in a 1-2-2-2-1 formation (1,4,5,6,8,7,11,9). Must find your 9 before penetrating attacking half, or find a through ball to the 7 or 11 into the attacking half.					
<b>COACHING POINTS / KEY CONCEPTS</b>					
Allowing the opposition to come into your defensive half to draw them out of the back and create space in behind to counter into. Finding the pattern of the counter - initial penetrating player, checking run, layoff, penetrating run beyond initial layoff player, penetrating pass, supporting movements, shot or creation of shooting opportunity for teammate.					



<b>IV. GAME</b>		Intensity:	High	Activity Time:	4m
Duration:	20m	Intervals:	4	Recovery Time:	1m
<b>ORGANIZATION (Physical Environment / Equipment / Players)</b>					
55x60 field. 8v8 to goal w/players in a 1-2-2-2-1 formation (1,4,5,6,8,7,11,9).					
<b>COACHING POINTS / KEY CONCEPTS</b>					
Points from above.					