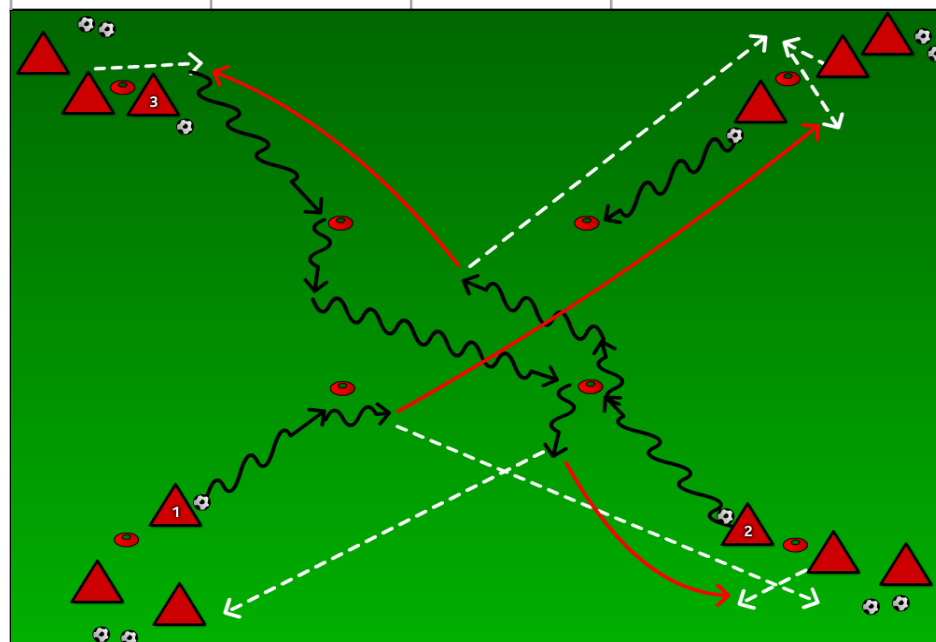


Name:	Patrick Hughes, Aaron Gyasi, Jake Carel			Team:	D-ODP (Fall 2016)			
Date:	10/21/16	Mesocycle:	Fall ODP Training	Microcycle/Day:	Week 4			

**TRAINING TOPIC & OBJECTIVES:**

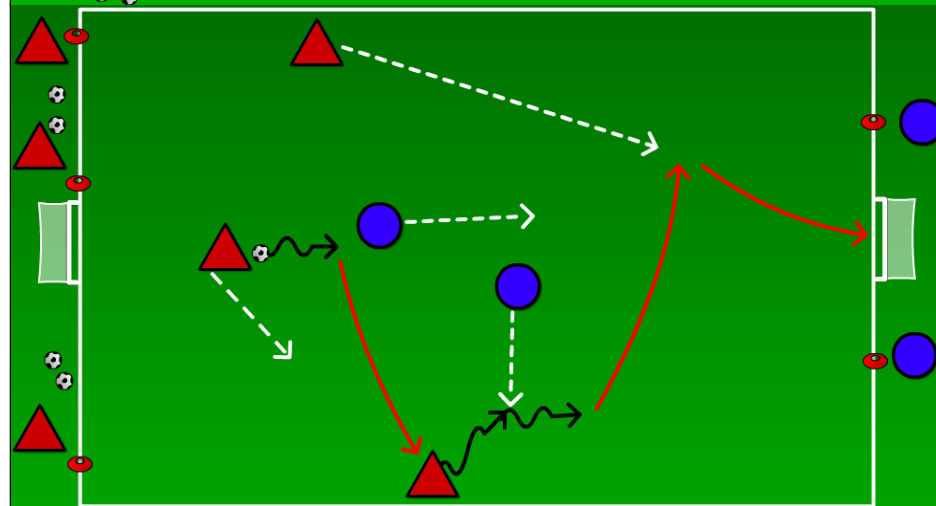
Improve the technical skills and tactical awareness of the group as they relate to the dribble v. pass decision when in possession. Improve the individuals' ability to recognize space and/or pressure, and the players' decision making in relation to utilizing a penetrative or possessive dribble or pass. Improve the supporting movements of the second and third attackers to provide passing options for the individual in possession, and to create penetrating opportunities through creation of space or by making penetrating runs ahead of player in possession.



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

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 20x20 box w/8x8 box inside. 3-4 players on each outer cone w/mini-balls. Attack central cone on dribble before finding opposite diagonal cone w/pass. Progress to attacking central space and then opposite cone before pass. Players rotate to the right or left of where they started based on side of cone being attacked.

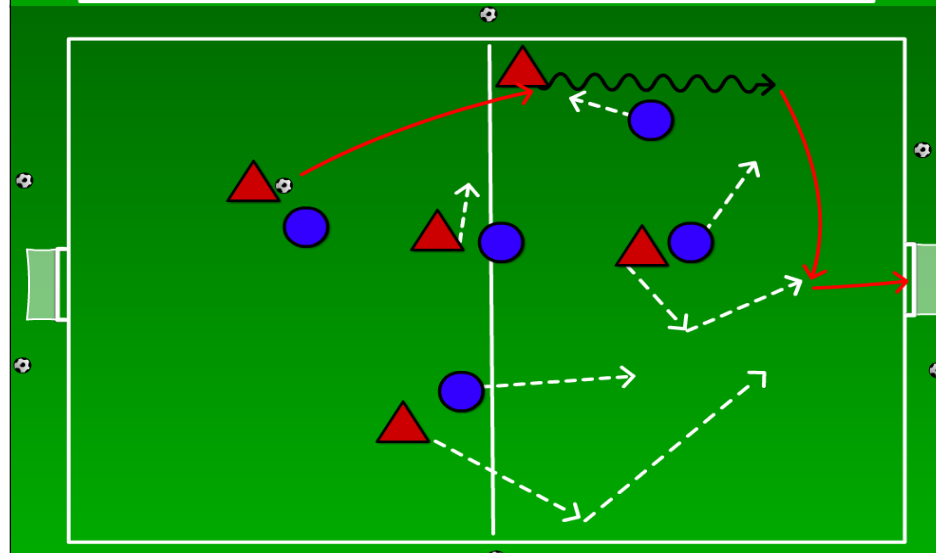
**COACHING POINTS / KEY CONCEPTS**  
 Attacking cone directly toward the opposite side player wishes to penetrate on (if wanting to go right, attack the left side). Larger touches to cover ground quickly, tight touches when under pressure, in tight spaces, or just before move. Passing with the first touch after explosion beyond. Immediate looking for supporting player after explosive touch, and quality of pass to supporting player. Checking movements of support, and attacking first touch.



<b>II. SMALL-SIDED ACTIVITY</b>	Intensity:	Med	Activity Time:	2m
Duration: 15m	Intervals:	5	Recovery Time:	1m

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 15x25 fields w/goals. 3v2s to goal, w/players rotating to new roles after each game. 10 players per field. Play begins w/attacker passing to defender who passes to second attacker.

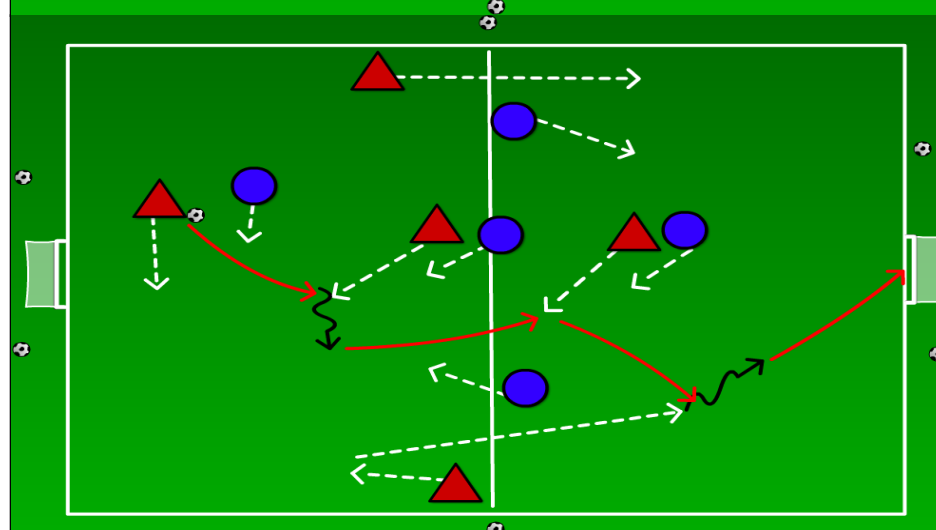
**COACHING POINTS / KEY CONCEPTS**  
 Positive and penetrative first touch, committing defenders to pressuring the ball. First attacker recognition of space behind first defender that can be penetrated on the dribble, or recognition of covering defenders that require a pass to support. Second and third attackers providing penetration, width and depth for player in possession.



<b>III. EXPANDED ACTIVITY</b>	Intensity:	Med	Activity Time:	2m
Duration: 15m	Intervals:	5	Recovery Time:	1m

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 5v5 to goal, 25x35 field w/middle restraining line. Players in a 1-3-1 formation. Players have 3 touch max in defensive half, unlimited in attacking half.

**COACHING POINTS / KEY CONCEPTS**  
 Risk vs. safety based on location on field for player in possession. Supporting movements of additional attackers to create space and provide penetration, width and depth. Pass vs. dribble decision based on player location (wide or central), encouraging wide players to penetrate 1v1, while central players penetrate more on the pass.



<b>IV. GAME</b>	Intensity:	High	Activity Time:	4m
Duration: 30m	Intervals:	6	Recovery Time:	1m

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 5v5 to goal, 25x35 field. Players in a 1-3-1 formation.

**COACHING POINTS / KEY CONCEPTS**  
 Points from above.