
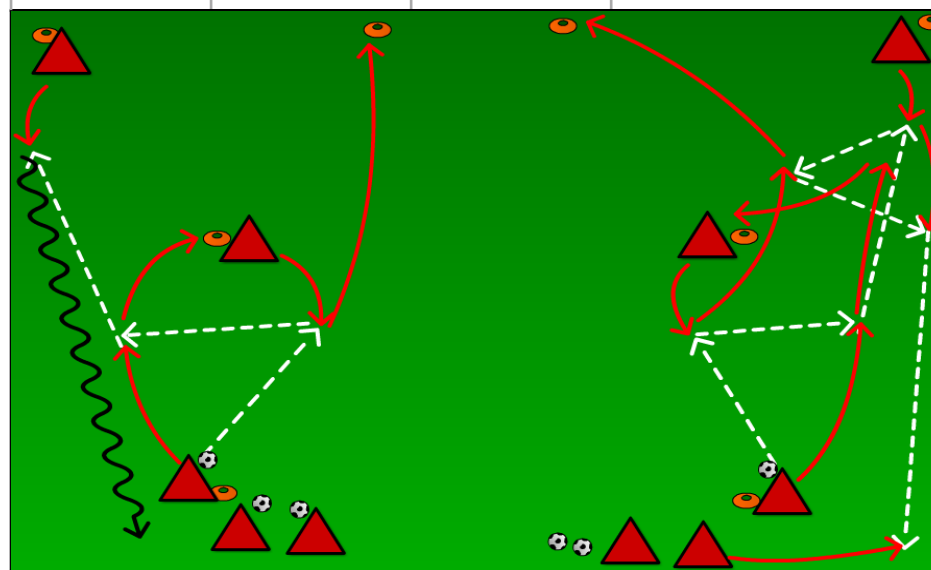


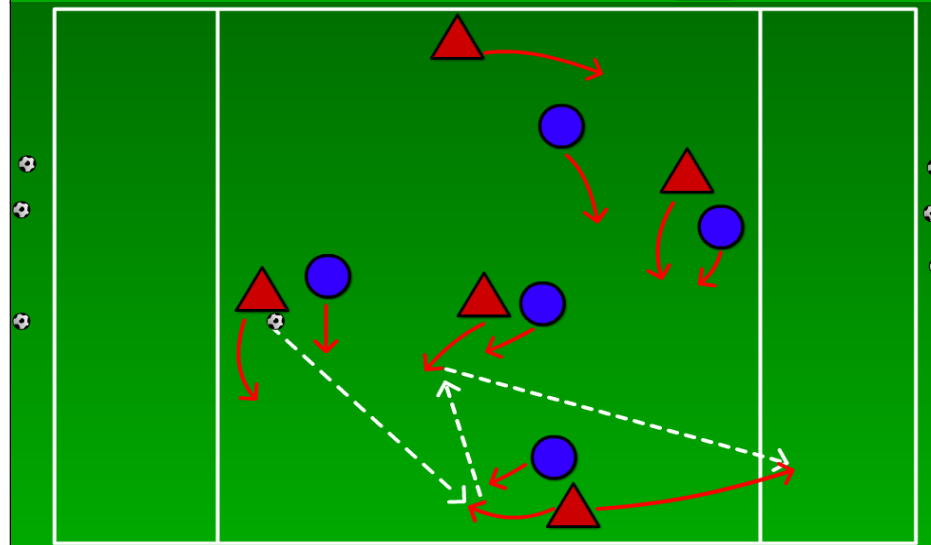
Name:	Patrick Hughes, Aaron Gyasi, Jake Carel			Team:	D-ODP (Fall 2016)			
Date:	11/4/16	Mesocycle:	Fall ODP Training	Microcycle/Day:	Week 6			

TRAINING TOPIC & OBJECTIVES:

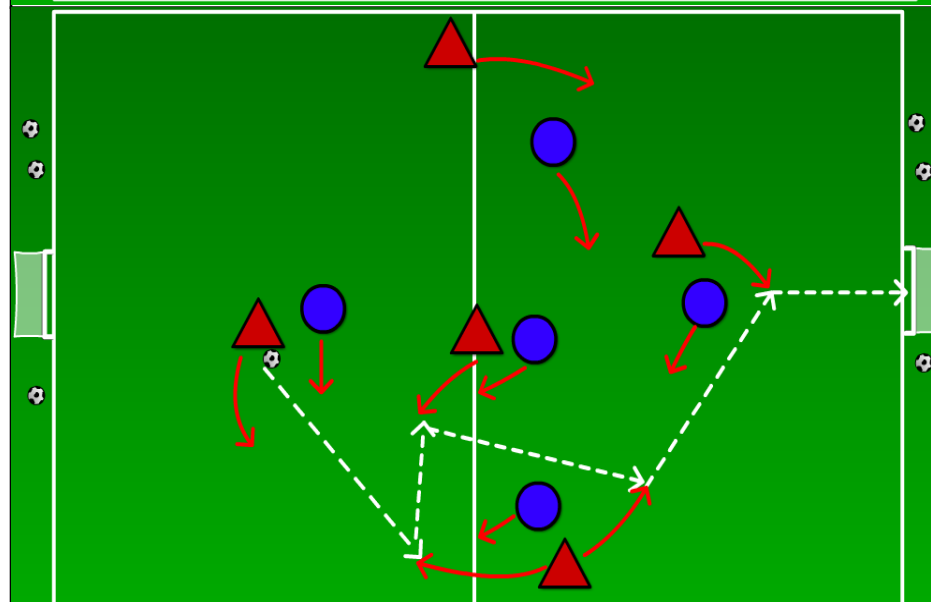
Improve the players' technical and tactical skills as they relate to exploiting give and go combinations for penetration. Improve the players' reading of cues for determining when a give and go combination is available, particularly for penetration in wide areas. Improve the players' body shape upon receiving to allow for a positive first touch, and improve players' willingness to commit defenders into give and go situations.



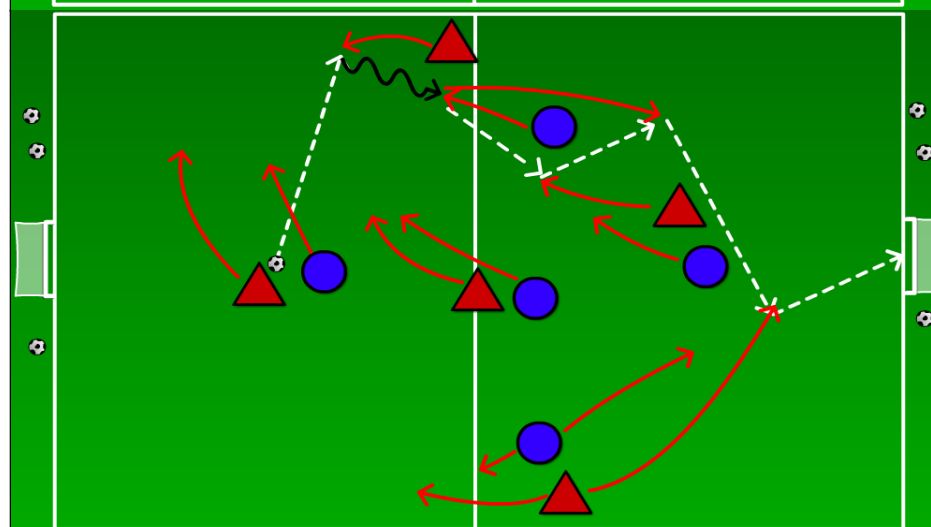
I. WARM-UP	Intensity:	Med	Activity Time:	2m
Duration: 30m	Intervals:	10	Recovery Time:	1m
ORGANIZATION (Physical Environment / Equipment / Players)				
Y shaped grids as shown, 20 yards long and 10 yards wide. Players organized as shown, 5-6 players per grid w/extra balls at the start. Progressions w/different give&go actions.				
COACHING POINTS / KEY CONCEPTS				
Positive first touch from 1st attacker, and 1st attacker playing quality pass to outside foot of checking player (foot farthest from defender). Checking movements of 2nd attacker to create supporting angle for 1st attacker to play off of. Arced penetrating run from 1st attacker to penetrate space created by 2nd attackers check away, with run made at pace. Quality 1 touch return pass from 2nd attacker into the run of 1st attacker to complete the give and go.				



II. SMALL-SIDED ACTIVITY	Intensity:	Med	Activity Time:	2m
Duration: 15m	Intervals:	5	Recovery Time:	1m
ORGANIZATION (Physical Environment / Equipment / Players)				
25x35 field w/end zones 8 yards from each end line. 5v5 w/players in a 1-3-1 formation. Score by playing penetrating pass to on-side runner into teams' attacking end zone.				
COACHING POINTS / KEY CONCEPTS				
Wide players' body shape upon receiving ball from central players to allow for positive first touch. 1st and 2nd attackers recognition of space behind defender that can be penetrated w/ give and go combination. Players' willingness to drive at and draw defenders close in wide areas before playing initial give and go pass and penetrating beyond on the run. Checking runs of central players to support wide play and provide options for penetrative or possessive play.				



III. EXPANDED ACTIVITY	Intensity:	Med	Activity Time:	2m
Duration: 15m	Intervals:	5	Recovery Time:	1m
ORGANIZATION (Physical Environment / Equipment / Players)				
5v5 to goal, 25x35 field. Players in a 1-3-1 formation. 1 pt for a goal. 1 pt for a give and go that beats a defender. 3 pts for a goal after a give and go that beats a defender.				
COACHING POINTS / KEY CONCEPTS				
Wide players' accuracy of pass into central players to allow them to play first time return ball w/foot farthest from defender. Penetrative vs. possessive decision from 2nd attacker as they check to the ball (deciding on the return pass or to turn away and play elsewhere). 3rd attacker's penetrating run during the course of give and go to provide a secondary penetrative option after completion of combination.				



IV. GAME	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.				