
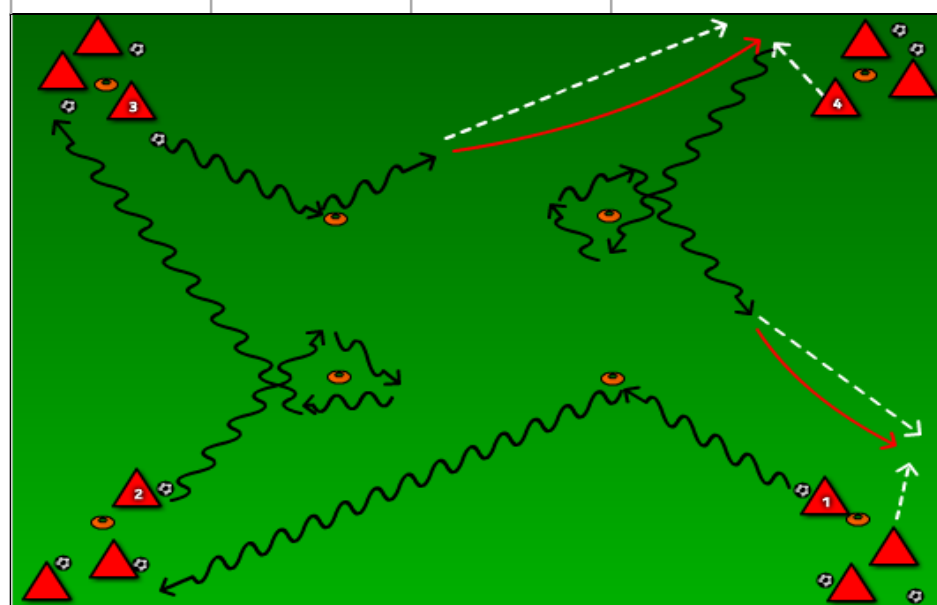


Name:	Patrick Hughes, Aaron Gyasi, Jake Carel			Team:	D-ODP (Fall 2016)			
Date:	9/16/16	Mesocycle:	Fall ODP Training	Microcycle/Day:	Week 2			

TRAINING TOPIC & OBJECTIVES:

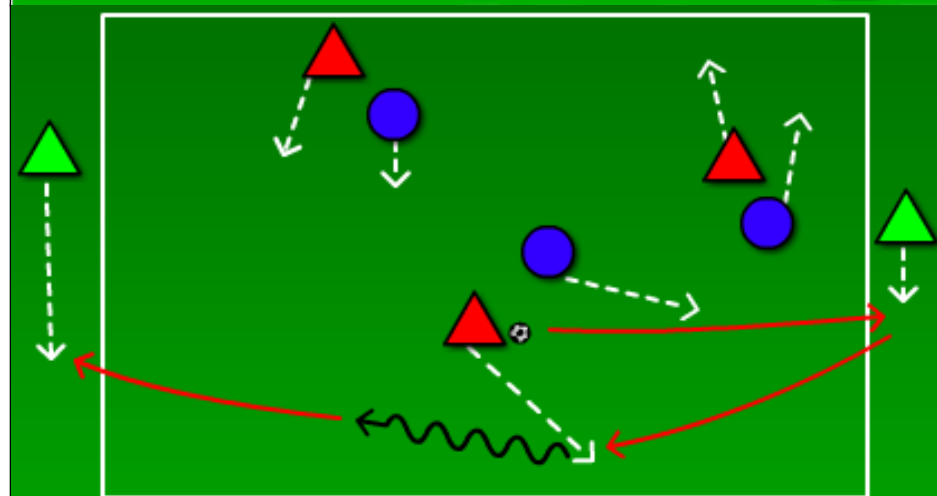
Improve the technical skills and tactical awareness of the group as they relate to the penetration v. possession decision making process. Improve the individuals' technical skills in relation to penetration on the dribble and on the pass. Improve the individuals' awareness of methods of penetration and when to use them, and the recognition of moments to penetrate and moments to maintain possession.



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

ORGANIZATION (Physical Environment / Equipment / Players)
 15x15 box with a 5x5 box inside. Players distributed at outer cones with mini-balls. Extra balls near each line. Players dribble at interior cone, complete dribbling tasks before exploding to next outer cone. Progress to a pass after dribbling task.

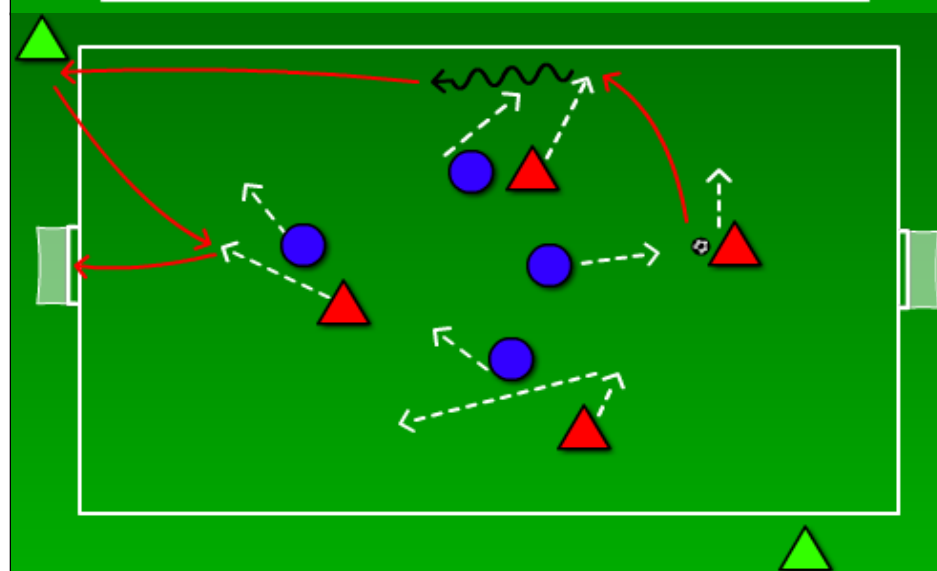
COACHING POINTS / KEY CONCEPTS
 Positive and explosive first touch to commit defender (cone), and after execution of dribbling task to penetrate into space. Speed of execution of each dribbling task, playing at a match-like pace. Creation of space from defender as player explodes away. Passing with the inside foot after player turns. Receiver of pass checking away from cone to create space from defender, before taking positive first touch to penetrate into grid.



II. SMALL-SIDED ACTIVITY	Intensity:	High	Activity Time:	2m
Duration: 15m	Intervals:	5	Recovery Time:	1m

ORGANIZATION (Physical Environment / Equipment / Players)
 15x15 box with target players on opposite end lines. 3v3 inside each box. Teams receive point for connecting both targets in possession, and play is continual from each target.

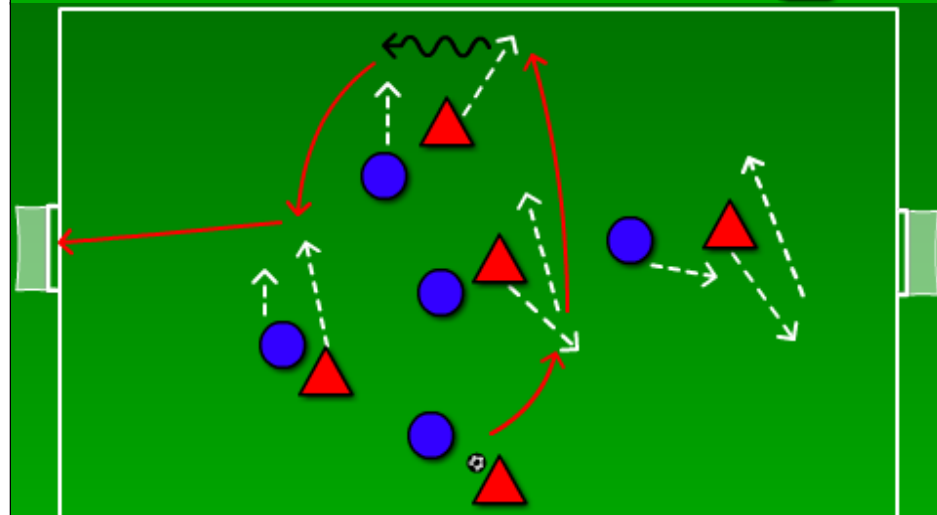
COACHING POINTS / KEY CONCEPTS
 Effective use of space in possession to create opportunities for teammates to penetrate. Creation of new angle of support after playing pass to target player, opening body to the field to allow for a positive first touch. Order of where to play when possible - forward 1st, wide 2nd, backwards 3rd (with first touch, on the dribble, and with a pass).



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

ORGANIZATION (Physical Environment / Equipment / Players)
 4v4 to goal with targets, 25x35 field. Targets may move to any line on the field, but have max 2 touch. 3 points for a goal after connecting with a target player.

COACHING POINTS / KEY CONCEPTS
 Penetration v. possession decision - 1v1, numbers up, or space = penetrate; numbers down or lack of space = possession with a pass. Penetration on the shot, pass or dribble, and when to use each. Constant changing of angles of support to be available to teammates who require options to maintain possession.



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.