
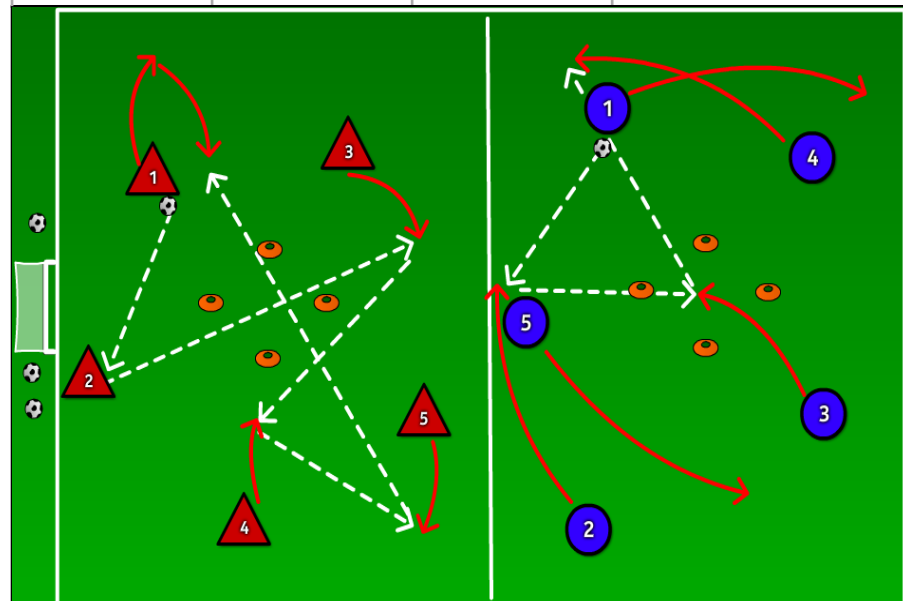


Name:	Patrick Hughes, Aaron Gyasi, Jake Carel			Team:	D-ODP (Fall 2016)			
Date:	11/11/16	Mesocycle:	Fall ODP Training	Microcycle/Day:	Week 7			

**TRAINING TOPIC & OBJECTIVES:**

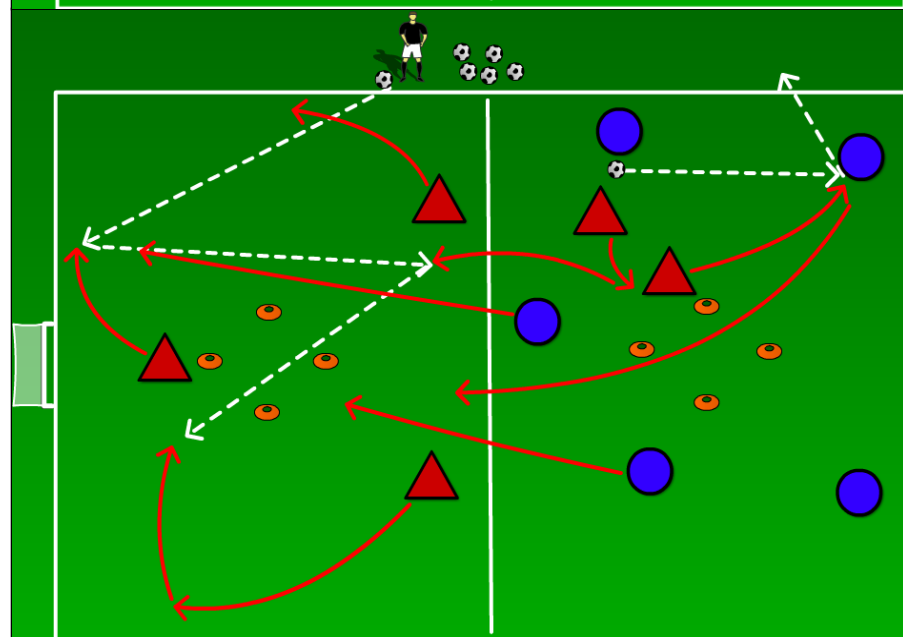
Improve the groups' speed of play in possession by improving the related technical skills and tactical decision making. Improve the players' technical speed to allow them to move the ball out of pressure faster. Improve the players' spatial and situational awareness to allow them to increase the speed at which they make decisions and execute possessive and penetrative actions.



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

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 Groups of 5-6 players, players numbered 1-5/6. Pass in order w/last player playing to #1. Multiple groups competing in races w/each other for competition.

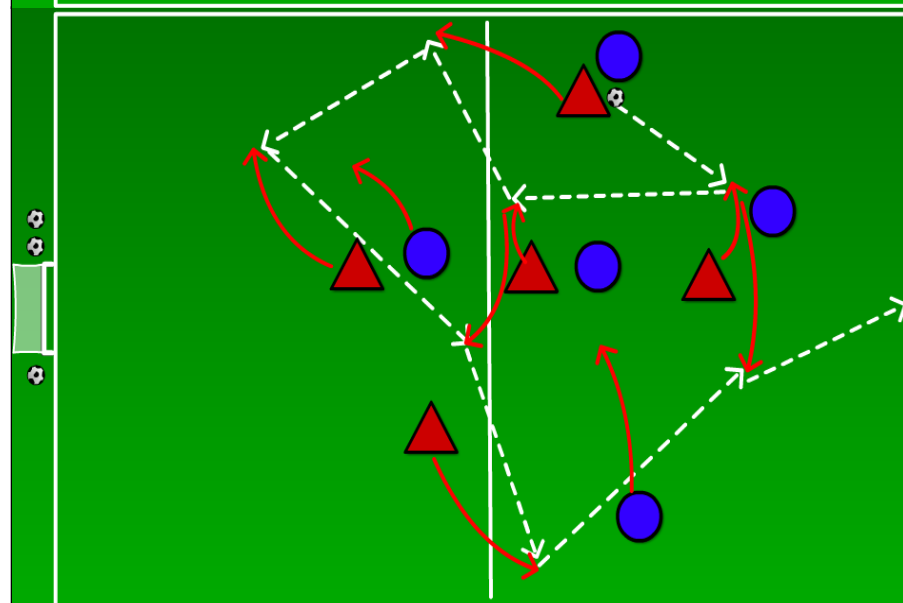
**COACHING POINTS / KEY CONCEPTS**  
 Movement into positions where player ahead of you can see you/pass to you without having to turn (encourage them to play direction already facing). Identifying the next target as the ball comes to you, and preparing toward the next target with a tight first touch. Playing passes with proper weight, shape and accuracy to allow teammate to receive cleanly. Communication of which foot receiver would like ball played to - nonverbal cues. Finding rhythm of play - touch, step, pass, move



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

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 25x35 field split in half w/4x4 diamond goals in the middle of both sides. Rotating games of 5v2 w/attacking teams scoring by completing 10 passes or playing through diamond goal. Defending team wins ball and attempts to return it to their side to begin play. Coach reintroduces ball to defending teams' half if ball out of bounds on attacking team.

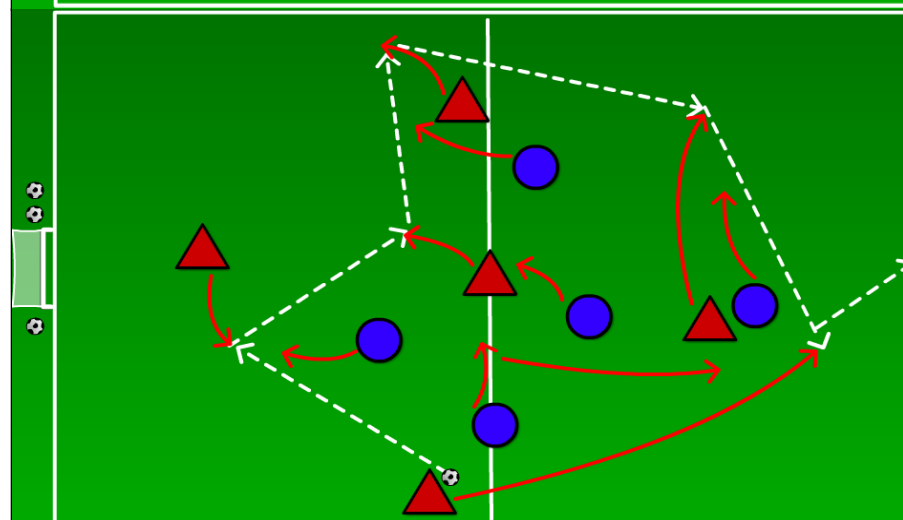
**COACHING POINTS / KEY CONCEPTS**  
 Expansion of attacking shape to use space effectively upon transition to attack. Opening body to the space attempting to be penetrated prior to receiving passes, first touch forward if possible. Supporting movements while ball travels to present options faster, cues for players further ahead of play to check. Early identification of next target and a directional first touch.



<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. Players in a 1-3-1 formation. # of passes completed prior to goal being scored = # of points awarded for that goal.

**COACHING POINTS / KEY CONCEPTS**  
 Expansion of shape upon transition to attack, ensuring that first pass of possession is completed. Supporting movements of central and wide players based on position of ball on the field. Anticipation of where support is needed based on defender positioning in relation to the ball. Looking early to make quick decisions prior to receiving the ball, planning ahead to play out of pressure faster.



<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.