
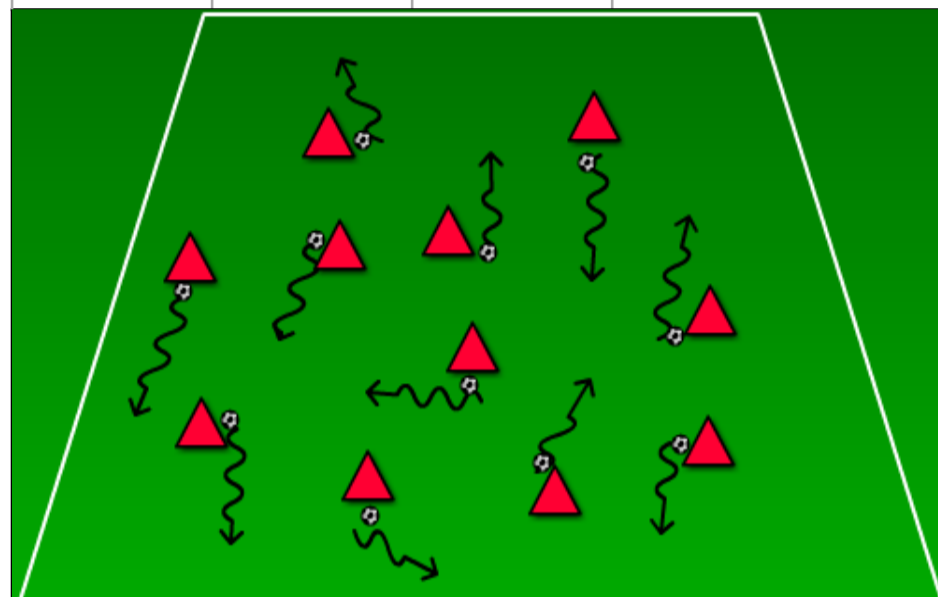


Name:	Patrick Hughes, Aaron Gyasi, Jake Carel			Team:	D-ODP (Fall 2016)			
Date:	9/9/16	Mesocycle:	Fall ODP Training	Microcycle/Day:	Week 1			

**TRAINING TOPIC & OBJECTIVES:**

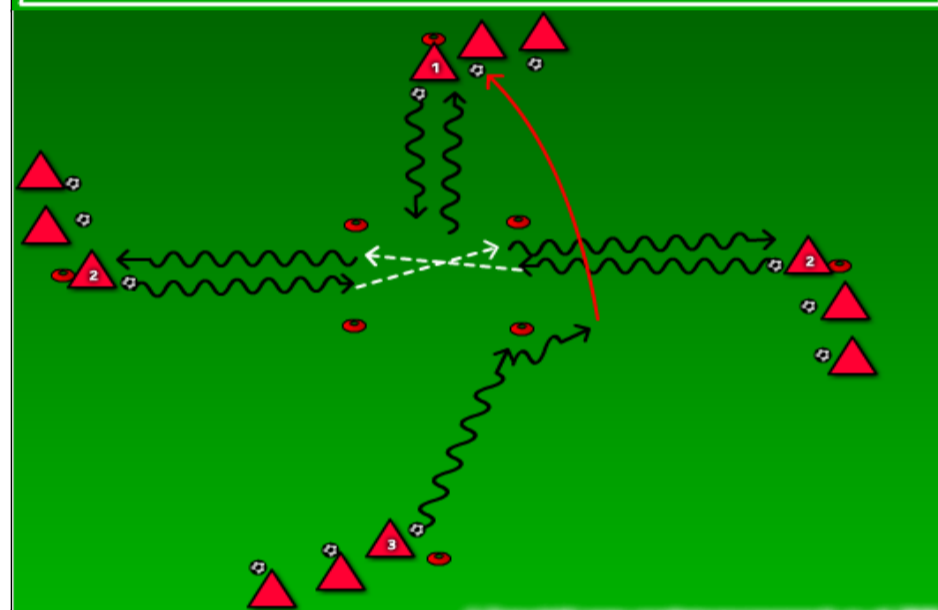
Improve the technical and tactical skills of the group as they relate to 1v1 Attacking and Defending. Improve the players' understanding of methods for taking on defenders in 1v1 situations with regards to use of change of pace and direction. Improve the players' understanding of proper 1v1 defending technique with regards to body shape, discipline and moments to tackle.



<b>I. WARM-UP</b>	Intensity:	Med	Activity Time:	1m 30s	
Duration:	10m	Intervals:	5	Recovery Time:	30s

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 Command dribbling within 1v1 grids (8x12). Players each with mini-ball, completing dribbling tasks as assigned by coaching staff. 8 grids in total, 15-20 players within each set of 4, dribbling throughout all grids together.

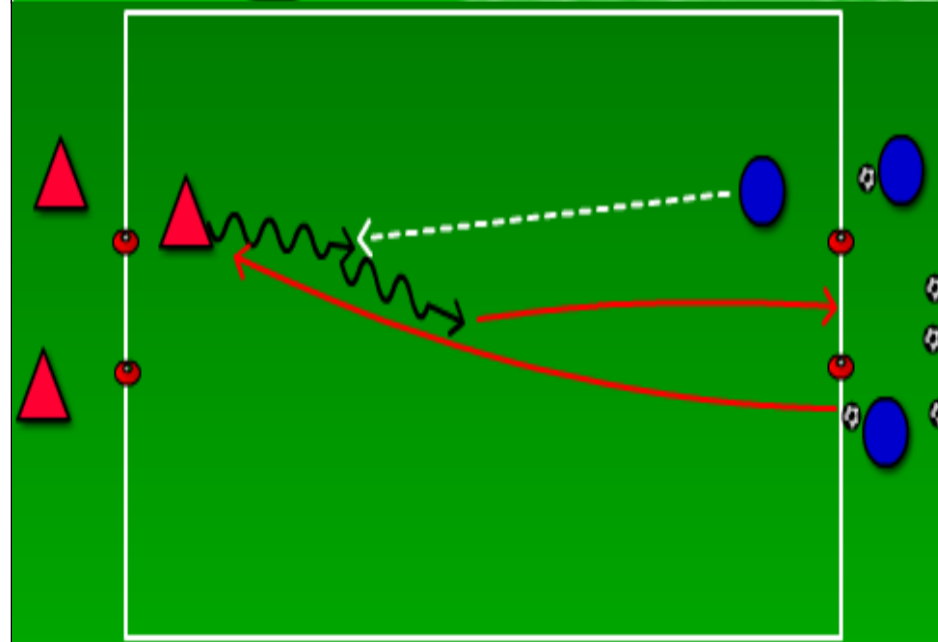
**COACHING POINTS / KEY CONCEPTS**  
 Close control in tight spaces, taking a small touch with each step to maintain control of body and ball. Looking after each touch to identify space and potential pressure. Use of larger touch to explode into space to escape pressure or change pace after a move or turn. Individual creativity in choice of moves, turns, escaping of pressure.



<b>II. SMALL-SIDED ACTIVITY</b>	Intensity:	Med	Activity Time:	2m	
Duration:	30m	Intervals:	10	Recovery Time:	1m

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 Technical grids as shown. Outside cones 10yds from central box (2x2yds). 12 players per grid, 4 mini-balls going simultaneously with extras near each outside cone. Progression 1 - turn and explode back to start, Progression 2 - complete move off start, stop ball on line, explode with ball opposite player across grid, Progression 3 - attack cone on right then left, complete move and pass to line across grid.

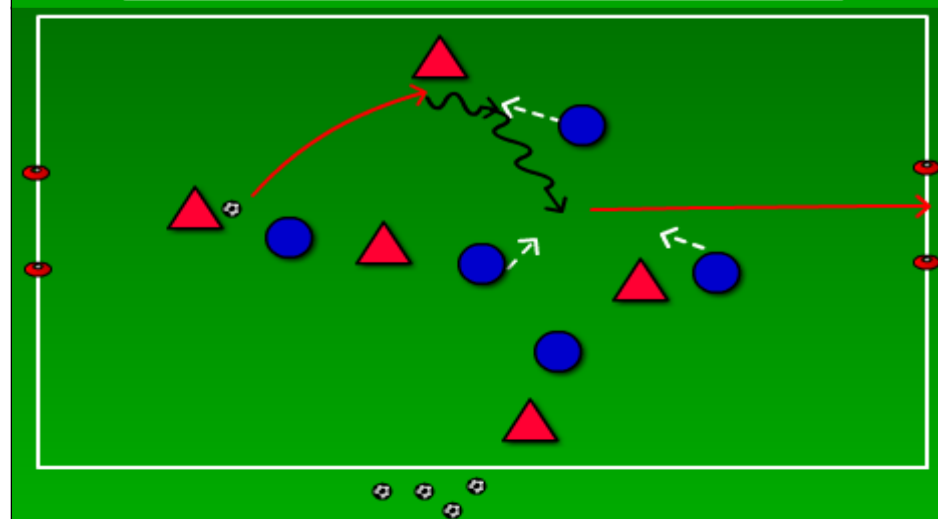
**COACHING POINTS / KEY CONCEPTS**  
 Explosion with larger touch to attack space at speed. Use of small touches to control body and ball before execution of turn or move. Speed of turn or move to escape defender, followed by larger touch to explode away. Creativity and match like speed of movement.



<b>III. EXPANDED ACTIVITY</b>	Intensity:	Med	Activity Time:	2m	
Duration:	30m	Intervals:	10	Recovery Time:	1m

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 1v1 Ladder with 8x12 grids and 1 yd goals on end lines. Players move up and down between grids. Player who scores moves up, player who is scored upon moves down. Third player initiates play with a pass to the attacker. Balls distributed along defensive end lines.

**COACHING POINTS / KEY CONCEPTS**  
 Must have match-like attacking and defending play. Attackers driving at defenders' front foot and use of change of speed and creativity to beat them. Defenders close down at pace, before controlling body and adopting defensive stance to force attacker direction of defender's choice. Defenders' discipline to adjust, maintain proper distance and stay between attacker and goal when attacker has good control. Defenders choosing proper moment to tackle and immediately counter attacking after winning possession.



<b>IV. GAME</b>	Intensity:	High	Activity Time:	3m	
Duration:	20m	Intervals:	5	Recovery Time:	1m

**ORGANIZATION (Physical Environment / Equipment / Players)**  
 5v5 to goal, 20x30 field. Players in a 1-3-1 formation.

**COACHING POINTS / KEY CONCEPTS**  
 Points from above. Guided discovery on when to go 1v1, and when to pass instead (1v1 or numbers down).