

Name:

Team:



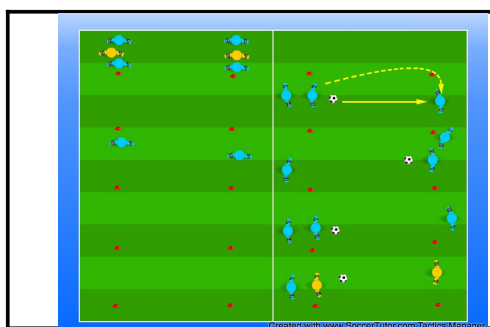
Date:

Mesocycle:

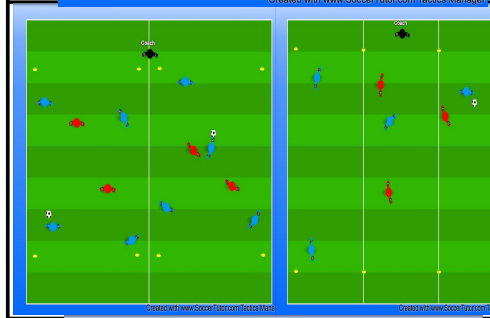
Microcycle/Day:

TRAINING OBJECTIVE(S):

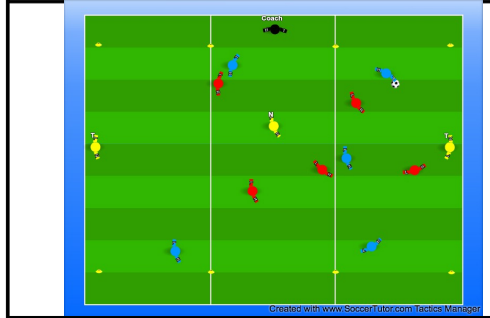
Improve the teams ability to possess to penetrate, with an emphasis on improving the decision making involved and creating the best possible opportunities to penetrate. PRIMARY PLAYERS: #1, #2, #3, #4/5, #6, #8, #10 & #9



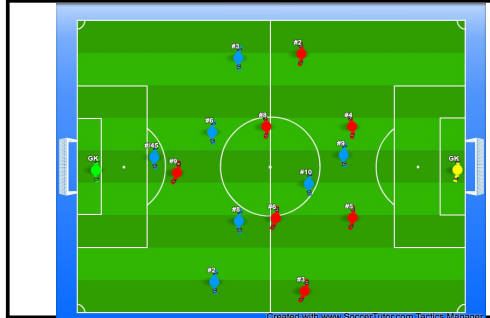
I. WARM-UP Intensity: Activity Time:
 Duration: Intervals: Recovery Time:
ORGANIZATION (Physical Environment / Equipment / Players)
 Club ACT endorsed injury prevention warm-up & core strength development (similar to FIFA 11+ & PEPS) Cones are 5 yards apart (20x5yards)
COACHING POINTS / KEY CONCEPTS
 Dynamic Warm-up. Focus on players techniques, when jumping, cutting, bounding, moving laterally, etc.



II. SMALL-SIDED ACTIVITY Intensity: Activity Time:
 Duration: Intervals: Recovery Time:
ORGANIZATION (Physical Environment / Equipment / Players)
 (as shown) Diagram 1 15x15/Diagram 2 15x40. 4v2 Possession play. Defenders switch with attacker when possession is lost. 1 for 1. PROG 5v3 possession play.
COACHING POINTS / KEY CONCEPTS
 Encouraged to play through middle 3rd. Selection of opportunities to penetrate into final 3rd. - Angle of Support - Body Position - Appropriate Pass - Technical Decision & Execution - Spatial Awareness - Link play between #4, #5, #6, #8 & #9



III. EXPANDED ACTIVITY Intensity: Activity Time:
 Duration: Intervals: Recovery Time:
ORGANIZATION (Physical Environment / Equipment / Players)
 (as shown) 5v5+3 in 25x40 Possession play. Using central Neutral player (N) in addition to team-mates to play in and out from Target players (T).
COACHING POINTS / KEY CONCEPTS
 -Penetrate. When? How? Who? & Why? - Angle of Support - Body Position - Technical Decision & Execution -Link Play continuation -Types of Movement off the ball (eg.wall pass, 3man, sping off) - Width -Improvisation -Look for visual Q's for when to penetrate or possess



IV. GAME Intensity: Activity Time:
 Duration: Intervals: Recovery Time:
ORGANIZATION (Physical Environment / Equipment / Players)
 (as shown) 8v8 Game. no restrictions. FIFA Laws of the Game. Coaching points in the flow. Stoppage.
COACHING POINTS / KEY CONCEPTS
 Selection of opportunities to Penetrate. When? How? Who? & Why? - Angle of Support - Body Position - Appropriate Pass - Technical Decision & Execution -Link Play - Spatial Awareness - Finding Solutions -Types of Movement off the ball - Supportive Distances