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TEAM: "E" License, U10



DATE: DEC 2014 MESOCYCLE: In-season

MICROCYCLE: MED/HI

DAY: WED

TRAINING OBJECTIVE(S): The AIM of this session is to improve the **Passing/Redirecting** ability of players with an emphasis on building possession out of the back within the framework of an "E" License 6v6 session. Primary Players: #1, #4, #5, #6. Secondary Players #9 and #10.



I. WARM-UP

DURATION: 15min; INTENSITY: MED; WORK: 2min REST: 1min; REPS:5

ORGANIZATION (Physical Environment / Equipment / Players)

Passing, 2 groups of 6 in 1-2-1-2. Circulate ball from GK up to target and back around through MF. Vary patterns and include dynamic warm-up. Start in smaller grid for increased reps and progress to bigger space with game-like passing distances. End with "player's choice" of pattern.

COACHING POINTS / KEY CONCEPTS:

Passing mechanics: surface selection/placement/weight. Redirecting mechanics: surface selection/body shape/redirecting touch in next direction to play. Pre-action to create space, eye contact, vocal cues ("turn", "tight"). Redirecting player check shoulder before/after ball is passed.



II. MAIN PART: SMALL-SIDED ACTIVITY

DURATION: 20min; INTENSITY: M/H; WORK: 3min REST: 1min; REPS:5

ORGANIZATION (Physical Environment / Equipment / Players)

44x40yds. 4v2 to two targets: 1-2-1 vs 1-1. Attackers attempt to play out of back into targets. Vary starting position of ball. Second defender stays in 5yd zone to shield targets from receiving ball. If either defender wins ball then 2v4 to goal. Add defender in main grid if more pressure needed.

COACHING POINTS / KEY CONCEPTS:

Same points as above. Emphasis on passing/redirecting technical details. Visual cues for location of pass, direction of redirecting touch, and time on ball based on awareness of pressure. Visual cues for timing, angles, and distance of support.



III. MAIN PART: EXPANDED ACTIVITY

DURATION: 20; INTENSITY: M/H; WORK: 4min REST: 1min; REPS: 4

ORGANIZATION (Physical Environment / Equipment / Players)

44x40yds. 4v3 to two targets: 1-2-1 vs 2-1. Same as above but remove zone that restricted defenders. Add defender if more pressure needed.

COACHING POINTS / KEY CONCEPTS:

Same points as above. Emphasis on passing/redirecting technical details. Visual cues on when to penetrate versus when to possess based on numbers up/down/even situations. Transition from defense to attack.



IV. GAME

DURATION: 20; INTENSITY: M/H; WORK: 4min REST: 1min; REPS: 4

ORGANIZATION (Physical Environment / Equipment / Players)

44x55 yds. 6v6: 1-2-1-2 v 1-2-2-1. FIFA Laws of the Game.

COACHING POINTS / KEY CONCEPTS:

Same points as above. Emphasis on passing/redirecting technical details. Roles of individuals in team shape to enable penetration, to support ball, to create width, and to unbalance defense with mobility. Visual cues to possess vs penetrate based on opponents' early or delayed pressure.