**NAME:** J. Charette  
**TEAM:** “D” License  
**DATE:** 11-8-14  
**MESOCYCLE**  
**MICROCYCLE**  
**DAY:** Wednesday

**Topic:** Improve your team’s ability to recover the ball in the attacking half  
**TRAINING OBJECTIVE(S):** The Aim of this session is to establish an aggressive team mentality and organization through attack and midfield pressing focusing on approach angles, channeling, double teaming, transition and visual cues on when to press. The session will involve individual and line roles of the following players: #9, #7, #11, #10, #6, #8 and #1

---

**I. WARM-UP**  
**DURATION:** 9 min  
**ACTIVITY INTENSITY:** M-H  
**ACTIVITY TIME:** 30 sec  
**# OF REPETITIONS:** 6  
**RECOVERY TIME:** 1 min (3 quality actions each)

**ORGANIZATION (Physical Environment / Equipment / Players):**  
2 players, 1 ball, 6x12 grid: footwork, closing from the front and behind

**COACHING POINTS / KEY CONCEPTS:**  
Angle, distance and speed of approach, low body stance, looking behind as you close and signaling

---

**II. MAIN PART: SMALL-SIDED ACTIVITY**  
**DURATION:** 15 min  
**ACTIVITY INTENSITY:** H  
**ACTIVITY TIME:** 1.5 min  
**# OF REPETITIONS:** 6  
**RECOVERY TIME:** 1 minute

**ORGANIZATION (Physical Environment / Equipment / Players):**  
4v4, 1-2-1 vs. 1-2-1, 24 x 50 (attacking team #1, #2/3, #4/5, #6/8 vs defending team #9, #10, #7/11 and #6/8). Attacking team starts the ball with the goalkeeper and scores on the mini goals. Defending team scores on the full size goal.

**COACHING POINTS / KEY CONCEPTS:**  
Movement of #9, 10, #7, #6 and #9, #10, #11, #8  
Same as above, line of confrontation, recovery runs, cutting off the line, channeling into pockets, double teaming, positioning of #10 and transition  
PoP to address: pressure/cover/balance/delay

---

**III. MAIN PART: EXPANDED ACTIVITY**  
**DURATION:** 18 min  
**ACTIVITY INTENSITY:** H  
**ACTIVITY TIME:** 2 min  
**# OF REPETITIONS:** 6  
**RECOVERY TIME:** 1 min

**ORGANIZATION (Physical Environment / Equipment / Players):**  
1-3-3 vs 1-4-1-1 48 x 60  
Attacking team scores by playing ball into central goal. Defending team scores in full size goal.  
Defending team establish compact starting positions to deny central penetration  
Possible situations: Vary ball starting positions, Down a goal(s) or Specific player to press

**COACHING POINTS / KEY CONCEPTS:**  
Positioning of #10 preventing the switch, line of confrontation, visual cues on “when” to press, resetting, backline and goalkeeper control the space in behind, securing the ball/possession or penetration and how to move as the ball is being switched/back at an angle:  
PoP to address: pressure/cover/compactness/balance/delay

---

**IV. GAME**  
**DURATION:** 6 min  
**ACTIVITY INTENSITY:** M-H  
**ACTIVITY TIME:** 6 min  
**# OF REPETITIONS:** 1  
**RECOVERY TIME:** CP to Recover

**ORGANIZATION (Physical Environment / Equipment / Players):**  
7v7: 1-3-3 vs. 1-4-1-1 48 x 70 Field Size, Fifa Laws  
(*Coaching Point’s Recovery)

**COACHING POINTS / KEY CONCEPTS:**  
Squeezing the space: space between the goalkeeper, back, midfield and front lines