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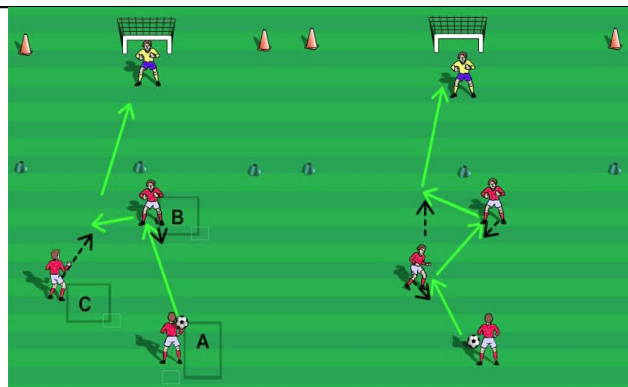
TEAM: U10 Final Third Attacking to Penetrate and Score



DATE: September, 2014 MESOCYCLE

MICROCYCLE DAY: Monday

TRAINING OBJECTIVE(S): The Aim of this practice is to develop combination play in the final third to penetrate and score through #9, #10, #7 and #11.



I. WARM-UP

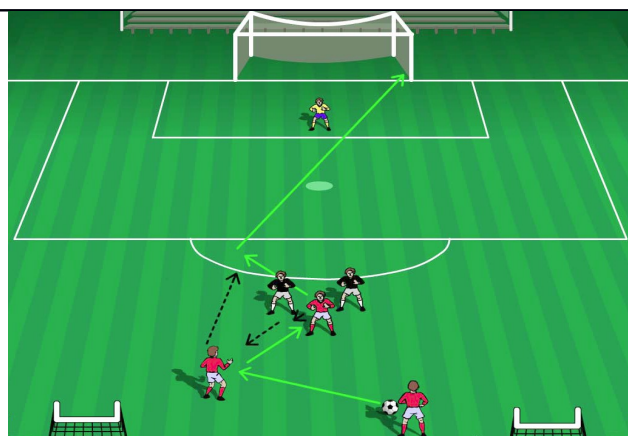
DURATION: 15 ACTIVITY INTENSITY: Medium ACIVITY TIME: 4
OF REPETITIONS: 3 RECOVERY TIME: 1

ORGANIZATION (Physical Environment / Equipment / Players)

12 players in groups of 3, (2 forwards – #9, #10 and 1 midfielder #8)
3rd person combination and wall pass combination

COACHING POINTS / KEY CONCEPTS:

Weight and accuracy of the pass, redirecting the ball, quality shot on target, checking to the ball, spinning off the player and timing of runs
Finishing Technique: angle of approach and accuracy over power



II. MAIN PART: SMALL-SIDED ACTIVITY

DURATION: 16 ACTIVITY INTENSITY: Medium ACIVITY TIME: +/-
OF REPETITIONS: 8+/- RECOVERY TIME: +/- 1 minute
(depending on the length of the game)

ORGANIZATION (Physical Environment / Equipment / Players)

3v3 at goal 1-2 (withdrawn forward) vs 1-2
3 attackers combine to score on full size goal and when the defending team regains the ball they score on the two mini goals. Starting position 8 yards above 14 yard box.

COACHING POINTS / KEY CONCEPTS:

Timing of runs, angle of support, when to dribble vs. when to pass, technical points from above. Principles of Play to cover: with, depth, penetration and mobility.



III. MAIN PART: EXPANDED ACTIVITY

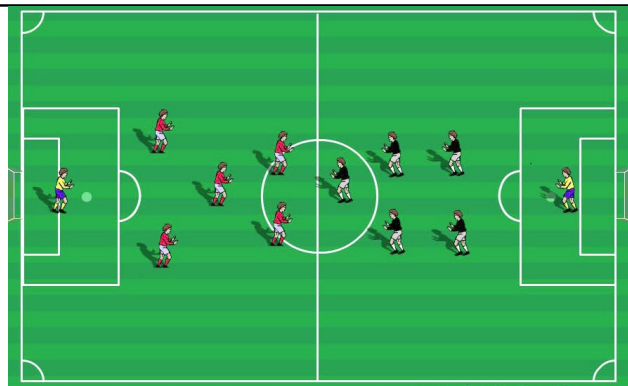
DURATION: 16 ACTIVITY INTENSITY: Medium ACIVITY TIME: 3
OF REPETITIONS: 4 RECOVERY TIME: 1

ORGANIZATION (Physical Environment / Equipment / Players)

5v6 at goal 1-2-2 vs. 1-2-1-1

COACHING POINTS / KEY CONCEPTS:

Angles of support, combination play, technical points as above and decision-making. Principles of Play to cover: with, depth, penetration, mobility and improvisation. We to penetrate vs. when to switch the ball.



IV. GAME

DURATION: 15 ACTIVITY INTENSITY: Medium ACIVITY TIME: 4
OF REPETITIONS: 3 RECOVERY TIME: 1

ORGANIZATION (Physical Environment / Equipment / Players)

6v6 at goals (1-2-1-2 vs 1-2-2-1)

COACHING POINTS / KEY CONCEPTS:

Angles of support, combination play, technical points as above and decision-making. Principles of Play to cover: with, depth, penetration, mobility and improvisation.