

Name:

JULIAN CHANG

Team:

2006 LIONS

Date:

9/26/17

Mesocycle:

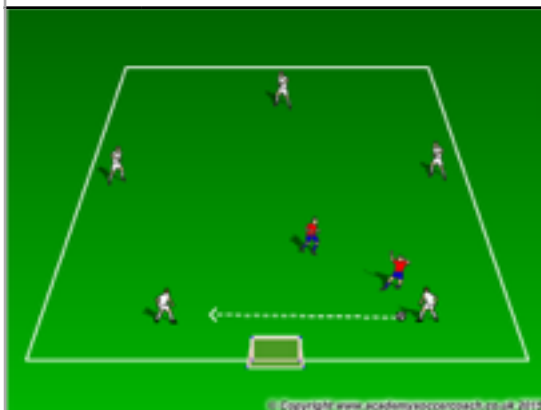
COMPETITION

Microcycle/Day:

DAY 1

**TRAINING OBJECTIVE(S):**

Improve team's ability to build out of the back. Improve movement in support and positioning to allow options for player on the ball. Teach #4 and #5 how to open up to support #1, and how to support each other in order to switch the ball and change the point-of-attack. Teach midfielders their roles and responsibilities to support #1, #4, and #5 to allow the play to build from the backline to the midfield. Teach midfielders to connect the lines of play, and to play between the lines of the opponents.

**I. WARM-UP**

Intensity:

med

Activity Time:

n/a

Duration: 15m

Intervals:

n/a

Recovery Time:

n/a

ORGANIZATION (Physical Environment / Equipment / Players)

10x10; 4 cones; puggs; 7 players. 5v2 rondo. Attackers score by connecting 10 passes. Defenders score in pugg after winning the ball. Defenders switch every 2 minutes.

COACHING POINTS / KEY CONCEPTS

(1) Movement in support. (2) Placement of pass across teammates' body. (3) Receive the ball across the body, looking to switch the play. (4) Quick transition after losing the ball.

**II. SMALL-SIDED ACTIVITY**

Intensity:

med

Activity Time:

n/a

Duration: 20m

Intervals:

n/a

Recovery Time:

n/a

ORGANIZATION (Physical Environment / Equipment / Players)

Half Field; 6 Tall cones; 1 full goal; 12 players. Attackers score by dribbling thru gates at midfield. Defenders win the ball and score on big goal in less than three passes.

COACHING POINTS / KEY CONCEPTS

(1) Defenders slide central when ball is played on opposite side. (2) Central midfielders create space for defenders before checking to the ball. (3) Outside midfielders create width. (4) Triangulating play and interchanging roles.

**III. EXPANDED ACTIVITY**

Intensity:

med

Activity Time:

n/a

Duration: 20m

Intervals:

n/a

Recovery Time:

n/a

ORGANIZATION (Physical Environment / Equipment / Players)

Half Field; 6 Tall cones; 1 full goal; 12 players. Attackers score by dribbling thru gates at midfield. Defenders win the ball and score on big goal in less than three passes.

COACHING POINTS / KEY CONCEPTS

(1) Create triangles of support throughout the field. (2) Open up the width of the field. (3) Create depth in midfield to stretch the field. (4) Deceptive movements to free up away from defenders. (5) Utilizing the GK to switch the field.

**IV. GAME**

Intensity:

low

Activity Time:

12m

Duration: 26m

Intervals:

2

Recovery Time:

2m

ORGANIZATION (Physical Environment / Equipment / Players)

full field; 7v7 scrimmage

COACHING POINTS / KEY CONCEPTS

(1) Movement. (2) Support. (3) Interchange of positions. (4) Deceptiveness