

Name:

JULIAN CHANG

Team:

2006 LIONS



Date:

9/28/17

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: high

Activity Time: n/a

Duration: 20m

Intervals: n/a

Recovery Time: n/a

ORGANIZATION (Physical Environment / Equipment / Players)

5x15; cones; 6 players in each grid. 1v1 dribble moves: (1) Shoulder feint; (2) scissors; (3) stepovers; (4) Maradona; (5) Matthews; etc.

COACHING POINTS / KEY CONCEPTS

(1) Timing and distance. (2) Deceptiveness and selling the fake. (3) Explosiveness after move. (4) Quality and quickness of pass after move is executed and separation is created away from opponent.

**II. SMALL-SIDED ACTIVITY**

Intensity: high

Activity Time: n/a

Duration: 20m

Intervals: n/a

Recovery Time: n/a

ORGANIZATION (Physical Environment / Equipment / Players)

20x30; Tall cones or flags; 4v4 to gates. Score by dribbling thru gates.

COACHING POINTS / KEY CONCEPTS

(1) Triangulation. (2) Combination play. (3) Recognize opportunity to penetrate. (4) Recognition of when necessary to play negative or switch the point of attack.

**III. EXPANDED ACTIVITY**

Intensity: _____

Activity Time: _____

Duration: _____

Intervals: _____

Recovery Time: _____

ORGANIZATION (Physical Environment / Equipment / Players)

Full Field; 9v9. Gks are neutrals. Team scores by building from one keeper to the next, and then bringing it back to their keeper.

COACHING POINTS / KEY CONCEPTS

(1) Support. (2) Patience. (3) Shielding. (4) Utility to kill a game. (5) Creating depth and width. (6) Finding player with most available space.

**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